

LIONS OF OREGON

Serving members of MD36 Oregon and Northern CA

May, 2016 Volume 10/15-16



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Lions Club Up the Amazon River

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ANNIVERSARIES

May 2016 marks the anniversary of another year in Lionism. It's great to be a part of a network of Lions who are recognized as the greatest service organization worldwide! Indeed, your club continues in the excellent tradition of service and pride under the banner of Lionism.

May

Salem Downtown	May 26, 1922
La Grande	May 02, 1929
Portland Parkrose	May 13, 1931
Mount Hood	May 11, 1951
Portland Centennial	May 07, 1963
Rockaway Lioness Lions	May 18, 1979
McKenzie River	May 25, 1979
Gresham Breakfast	May 06, 1980
Cloverdale/Nestucca	May 06, 1983
Florence Siuslaw	May 26, 1983
Gold Beach	May 06, 1993
Waldport	May 17, 1993
Elgin	May 23, 1997
Scappoose	May 05, 2000
Mohawk Valley	May 06, 2003
La Pine	May 24, 2004
Weston McEwen	May 06, 2008
Redmond	May 20, 2010

MONTHLY CALENDARS

MEETINGS

May

- 3 Finance & Audit Committee meeting - OLSHF @12pm
- 5 OLSHF Executive Committee meeting - OLSHF @12pm
- 7 District R Cabinet meeting - Springfield Justice Center, 4th & B Street @9am
- 9 MHSP Committee meeting - OLSHF @10am
Patient Care Committee meeting - OLSHF @12pm
- 12 OLSHF Trustee meeting - Canyonville - Seven Feathers Resort & Casino @9am
Council of Governors meeting - Canyonville - Seven Feathers Resort & Casino @1:30pm
- 23 Southern Oregon Lions Sight & Hearing Center Board meeting @6pm

June

- 8 Patient Care Committee meeting - OLSHF @noon
- 11 District E Cabinet meeting - Grants Pass - Bear Hotel, 2101 NE Spalding Ave. @10am

EVENTS

May

- 5 Keep the Promise Breakfast - Portland - Oregon Zoo @ 7am
- 8 Mother's Day
- 10 *The Oregon Lion* article deadline (for June issue)
- 13-14 92nd MD36 Convention - Canyonville - Seven Feathers Resort & Casino
- 19 Keep the Promise Breakfast - Klamath Falls - Shilo Inn @7am
OLSHF Webinar @11am
- 30 Memorial Day - HQ office closed

June

- 2 Eyeglass Sorting Party - Keizer - Keizer Lions Hall @6pm
- 10 *The Oregon Lion* article deadline (for July issue)



The Oregon Lion Website:
www.md36lionsclubs.org

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Email: md36lions@comcast.net

Address: 1075 Washington St., Ste. #212, Eugene, OR 97401

Council Chair News



Chuck La Tourrette

R) 541.956.0965

C) 541.264.0437

towers7@charter.net

Spouse: Margie

Website: md36lionsclubs.org

As I sit here recuperating from surgery, it occurred to me that what we go through to keep our body healthy parallels how we keep healthy Lions clubs.

- First, recognize that there is a possible situation which needs to be checked out; something is amiss but we don't know what.
- Next, get an educated opinion, with tests and trusted evaluation of the concerning signs of the situation that need to be addressed.
- A very crucial step: accept and put a plan in place to alleviate the concern. At this stage, we may find out the issue is more serious than we thought.
- Trust the team who will help you solve the problem.
- Preparation for dealing with the situation is crucial, but following instructions will help you with the solution.
- Listen to your team. They all play a crucial part of the solution to your becoming healthy.
- Once the steps are carried out to solve your situation, be aware there will still be changes to be made and healing time.
- Put into your follow-up plan reviews, tests, and re-evaluation to ensure your continued health and possible improvements.
- Realize, when you stop working towards a healthy body (club), it will not be the best it can be.

I'm continually amazed by the number of people who are supportive of you in times of crisis. Also, what we may consider unique to ourselves is usually more common than we realize.

Let's be healthy, in body and with our Lions club.

"Where There's a Need There's a Lion."



Celebrate Mom on May 8th

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
1075 Washington Street #212
Eugene, OR 97401

Attach Your Address Label Here

Name (print) _____

New Address _____

City _____ State _____ Zip _____

Old Address _____

Club _____

MD and District Websites

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

MD36: md36lionsclubs.org

District O: www.lionsoforegon.net

District R: www.lionsclubs36r.org

District E: www.districtelions.org

District G: www.oregonlions36g.org



Lions VisionGift Milestones

Not to get hung up on language – more specifically, on the validity of hyperbolic statements about the “best” or “greatest” – but **Lions VisionGift** just may have some of the most impressive eye banking professionals in the game. It’s true that every company will claim to have the greatest employees, but how often does that seem like a marketing point? How often do companies take the time to explain why their employees are the best? To that end, we’d like to add credence to our claim of having the most impressive eye bank staff in the world by highlighting a few remarkable achievements from just the past couple of months.

The Recovery Technician role is one with a higher degree of turnover than other eye banking positions. This is true on an industry-wide scale across the entire nation, perhaps owing to the uncertain scheduling required and the unique demands of performing recoveries. **Lions VisionGift** has had some success bucking this trend, and there is no better example than our own Kate Dunn-Davis. Kate is a Recovery Technician with **Lions VisionGift** who just recently performed her 1,000th donor recovery in the past five years. Let me just restate that – 1,000 recoveries. That Kate has jumped in her car to recover tissue everywhere from Eugene to Salem is testament enough of her drive (pun intended), but that her actions have resulted in hundreds and of patients regaining their sight is her true legacy. As noted, recovery technician positions are such that very few eye bankers have actually attained this milestone.

Processing Technicians are responsible for the intricate tissue preparation procedures we perform on donor corneas to prepare them for surgeons to use in transplants. There are two versions of this endothelial keratoplasty therapy; DSAEK which has been performed for more than 10 years and the newer DMEK, which is only a couple of years old. Of note, each of these therapies was developed through extensive exploration and refinement by **Lions VisionGift** laboratory staff – with DMEK largely being pioneered in our lab by our technician Phil Dye. That Phil just this month passed the 1,000 DMEK graft preparation threshold is a truly remarkable achievement. Coupled with the many hundreds of peels Phil performed during validation and clinical trials for the procedure, Phil’s epic contribution to DMEK science means he has very likely performed more of these peels than any other person on the planet. Consider that for a moment. The most innovative procedure in cornea science was developed at our eye bank, and the most prolific practitioner of the therapy is one of our own.

While these “thousand-event” milestones are impressive in their own right, perhaps even more amazing is the marking of a special anniversary for one of our own here at **Lions VisionGift**. You’ll read more about this person and their accomplishments in the companion article, but this month marks the 25 year anniversary for Ruth Phinney. In this day and age it is increasingly rare to find someone who has worked for one organization for even 15 years, but to have left as indelible mark on your colleagues as Ruth has in the for the past 25 years is something almost unheard of. Many of you have had the opportunity to meet Ruth through the years – she was a stalwart at Lions conventions for many years before accepting a new role with the eye bank – but please read the companion article to see what her contributions have meant to her colleagues and customers.

The professional men and women of **Lions VisionGift** have a long history of industry leading achievements, and it speaks volumes about our organization that we only need to look a couple months into the past to find ample proof of the greatness of our dedicated colleagues.

<https://www.facebook.com/lovedrenched>

A Salute to Ruth Phinney – 25 years of dedicated service to the corneal blind



In the early 1990's, patients needing corneal transplants often waited many months for their transplant. Corneal tissue was not as readily available as it is today, and the cornea storage media was not as efficient in keeping a cornea viable for the length of time that today's media maintains the integrity of the tissue. I worked at the Casey Eye Institute as director of the Oregon Eye Bank at OHSU. My surgeons had a very busy cornea practice and often scheduled 7 - 8 corneal transplants a week. Our eye bank was small, and I generally had to import tissue for their patients. Fortunately the **Lions Eye Bank of Oregon (LEBO)** was across town at Good Samaritan Hospital. Theirs was a larger eye bank and they were always gracious in helping me meet the needs of our patients.

Ruth Phinney was about 8 months pregnant when I first met her. She was an eye bank technician at LEBO and worked the night shift – always a busy time. I'll never know why eye banking seems to be busiest at night, but it was usually then that I was searching for tissue. And so it was that I had the opportunity to follow along with Ruth as she went

about her technician duties all the while getting closer to the birth of her lovely daughter, Marika.

In 1998, I became the director of the LEBO, and had the pleasure of working more closely with Ruth. It was a joy to watch her delve head-on into a complicated donor record. Ruth took delight in finding answers for the human condition that resulted in death and donation. She was excited to recognize an anomaly under the slit lamp and was equally excited to share the recognition with other technicians. She made eye banking an avocation and shared her knowledge with other technicians and with interested supporters at Lions Conventions.

Many times I have remarked that Ruth would not be satisfied until she understood the causation for a donor's death. She also would not be satisfied until she found a suitable home for the resulting eye tissue, whether it be for transplant or for the vital research projects that can someday yield the answers we need to eradicate the many causes of blindness.

Today Ruth can look back and be proud of the contribution she has made to eye banking in the ensuing 25 years. She has had a career that few can brag about – one that has challenged her keen intellect, fulfilled her desire to engage in constant learning, and more importantly count many patients with renewed or saved sight who have her to thank.

Congratulations Ruth. Good Job!

Barbara L. Crow,
CEO **Lions VisionGift**

40th Tualatin Lions Easter Egg Hunt a BIG Success!

On Saturday, March 26, the Easter Bunny made his 40th annual visit to the Tualatin Lions Club's Easter Egg Hunt and received what might be his best and biggest welcome when he arrived a little before 2PM and the start of that hunt. What the Easter Bunny found was a large Tualatin Community Park all ready for the hunters and their families thanks to the efforts of the Tualatin Lions and their Boy Scouts, Troop 530.



A lucky Easter egg hunter

Over 300 hunters, aged infant to 8-years-old, were on hand for their "hunting heats". The hunters were accompanied by over 600 of their family members, including moms and dads, brothers and sisters and grandmas and grandpas, many of whom are former hunters! Yes, there were third-generation hunters in the park that day! The first "heat" was for infants to "Toddler-2's" and the group, with minor assistance from family was quick to find all of their eggs. The next groups, the "3 to 4 year olds", the "5 to 6 year olds" and the "7 to 8 year olds" were even faster! The last two groups even outran and over-ran the Lion announcer who made the mistake of being in those hunting areas when he set off the starting horn! Hunters located all of the "special eggs" and all of the big Lion prize baskets went home with lucky and talented kids.

The Scouts from Troop 530 worked hard setting up the hunt areas and worked even harder distributing candy to every hunter and then cleaning up the park leaving no trace of the massive Easter Egg Hunt that had just happened. The Tualatin Lions worked just as hard, keeping the right age groups in the right hunting areas, collecting 250-plus pounds of non-perishable food for the Tualatin Schoolhouse Food Pantry and selling popcorn, soda and water to hungry hunters and their families. The Lions earned enough cash to fund three scholarships to the Tualatin Police Department's Gang Resistance Education and Training (G.R.E.A.T.) Summer Camp.

This was the 40th annual Tualatin Lions Club Easter Egg Hunt and it has become a tradition and a feature of the season for families in Tualatin and the surrounding area. Even the City's Park Department looks forward to this event and takes a fun and active part, keeping the grass just a bit long in this perfectly landscaped park. Also the local fire department, Tualatin Valley Fire and Rescue, came out to play, bringing Ladder 34 out for the kids and their families to "tour" after their hunts.



Lion Dale Rollins busy making popcorn

submitted by PDG Brad King

Mobile Health Screening Unit Hosted by Newport Lions

The Newport Lions Club hosted the Oregon Lions Mobile Health Screening Unit on April 9, at the Samaritan Health Expo. Of the 24 individuals screened for potential problems, 10 vision, 5 high blood pressure and 2 glaucoma issues were detected. Many thanks to Samaritan Health Services for allowing us to be at their Expo, PDG Brad King for bringing the Unit from Portland and for fellow Lions staffing the Unit.

submitted by Newport Lions Club



La Pine Lions Participate in Flags Program

In February, the La Pine Lions Club handed out 140 flags to the first grade classes at Rosland, La Pine Elementary and Three Rivers schools.

Lions Dave and Betty Driggers (pictured) gave a brief explanation about the flags history to the first graders at Rosland Elementary and finished their presentation with the Pledge of Allegiance. Lions William and Sharon Reeder, Teresa Smith, Bob Toussaint, Jerry Toussaint and Bob Bennett (not pictured) also participated in the event.

submitted by President Gary Mose and Sue Mose



Crooked River Ranch Lions Doctor for a Day

"Blood Pressure and Body Mass are all within range" stated Dr. Ted Carlin while running a Health Station at The Culver Schools Health Fair in February. Co-sponsored by Oregon Health and Science University (OHSU) and the American Cancer Society, the Health Fair has dual goals: one being research for OHSU and the second to return the data to the Culver community so they can see where the future health focus should be. Six CRR Lions volunteered for the all day health fair.

submitted by Ted Carlin



(l - r) Herb Carter, Rikki Carter, Dave Palmer, Vonnice Larson, Joanie McKenzie and Ted Carlin



Elgin Lions Wind Up Bingo

The Elgin Lions bingo efforts wound up for the year with the blackout called until a winner was declared. A squeal from Teri Fuhrman let everyone know the \$77 found a home. New bingo sessions will begin in the fall.

Lion Everett Grandeen gives the bingo award to Teri Fuhrman

District O - Northwest - North Coast



District O Governor Column

Hank Calhoun (Lynn)

R) 503.397.4436

C) 503.369.3351

• hlcalhoun@comcast.net

Website: www.lionsoforegon.net

Recently I received a letter from a Lions Club in our District suggesting that District 36-O spend more energy helping newly chartered and struggling Lions clubs rather than putting so much energy in chartering new clubs. I am thrilled that members of Lions Clubs are taking time to think about membership. Their suggestion is eagerly accepted, because a healthy Lions District needs to help existing clubs with retention of its valued members and at the same time help clubs in knowing how to increase membership with new members of all ages. The truth is, if District 36-O had only 20% members that were dropped because of non-attendance/non-payment of dues, District 36-O would have a significant growth curve.

The reality is that District 36-O has been working on helping newly chartered Lions clubs, and struggling Lions clubs. A new Lions club is assigned two trained guiding Lions to help the new club know how to be effective in serving it's community. Our District also has a number of Lions that have been trained to help struggling clubs with membership, make club meetings become more meaningful and find relevant club projects that serve their community.

My challenge to all Lions clubs in District 36-O is to take advantage of the opportunities that are available. Take advantage of officer training that will be offered this spring and summer for new officers and officers that would like to be more effective at serving their community. Take advantage of help in getting new members into your existing Lions club by setting membership goals and asking the District for support to reach your goals. Please understand that each club must want and be willing to ask for help. I, as District Governor, do not feel it is my place to send a fellow Lion to your club and tell you what you need to do to be a better club when the club feels that it is a great club the way it is.

The reality is that there are many communities in our District that do not have a service club to help people with vision needs. All of the large cities in our District are under-represented by Lions clubs. Lions need to work on all aspects of membership simultaneously. We must have each club make a commitment and plan to appreciate each member and find service projects that make the members feel satisfied. We need each club, new or well-established, to strengthen its club with new members and new service projects that support its community. Each club needs to look for and suggest areas that need a Lions club to support that area or community. All Lions need to stand ready to help their fellow Lions in their club, Zone, or neighboring community.

It is a great day to be a LION.

District R - Willamette Valley - Central Coast



District R Governor Column

Chuck Blanchard (Joan)

R) 541.689.3952

C) 541.814.2869

• ceblanchard71@gmail.com

Website: www.lionsclubs36r.org

By the time you read this, the District 36-R Women's Symposium will be over. Considering the hard work the Symposium Committee has put into this project, I am sure it has to be a success. I particularly want to recognize the Lions who served on the Committee. They have worked for months to make sure our first symposium was a success. Those Lions are: Symposium Committee Chairperson Judy Kauffman, Debbie Bach, Carol Casciato, Mary Fechtel, Judith Grosenick and Karen Norton. If you see any of these ladies, stop and thank them for the excellent work they did to make the symposium a reality.

I have been doing a lot of traveling to District Conventions during the past two months. It started with our own District 36-R Conference in Albany. I then visited the District 36-O Convention on February 20 in Gresham. In March, I visited two District Conventions: District 36-G in The Dalles on March 4 and 5 and the District 3-6E Convention in Medford on March 18 and 19. It's interesting and frequently educational to visit the Conventions of the other Districts. Of course, I have the opportunity to renew old acquaintances and friends I haven't seen for a year. I also had the opportunity to see how Conventions are done in the other three Districts. Needless to say, there were many similarities between the Districts. There were also differences that I believe District 36-R should consider for future. After all, the first thing you learn as a Lion is to plagiarize shamelessly.

I visited the Lincoln City Lions Club on March 6. I never got the chance to speak (they probably planned it that way) because they were reviewing the details involved in the Club becoming the sponsor of a local Cub Pack. There were several issues to be settled and I was impressed with the organized and business-like manner in which they handled them.

Finally, I want to recognize the Newport Lions Club which is the lead Club for the "101 on 101 Bike Tour" to be held on October 1, 2016. Planning involves five Lions Clubs on the coast: Lincoln City, Pacific Sea, Newport, Waldport and Yachats. Lion Jill Smart is chairing the committee and she is doing a great job.

District E - Southern - South Coast



District E Governor Column

Wes King (Carol)
R) 541.469.2387
C) 541.661.3129
• wgking71@hotmail.com
Website: www.districtelions.org

I know that we keep hearing over and over that we need to keep working hard on getting new members. The truth is, if we don't recruit new members, through attrition our clubs will fail. Unfortunately I have seen this over and over in District 36-E. We have had three clubs fold this year due to low membership. Even though the few remaining members in each of these clubs was doing their best to provide service to their communities, the tasks became overwhelming and the extremely overworked few were forced to realize they could not do it all alone and eventually gave up.

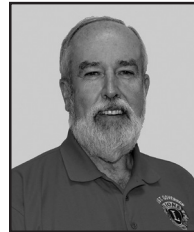
The second part of the problem is just as serious as the first. Retention of our members needs to be improved. Each member needs to feel needed and that they belong to something larger than themselves. Each member needs to be involved in the services we provide and have the opportunity to grow. This can be achieved through having members look for needs in their communities that are not being met and work on ways to meet these challenges. Clubs need to give members a fair hearing on new projects and not be afraid to try something new.

Recognition: When a member steps up and does a great job a simple thank you has been earned. But thank you alone doesn't cut it. You need to state why you are saying thank you. For example: "You did a great job today helping screen our school children for eyesight. Your contribution has helped make it possible to provide this great service to the children. Thank you for helping."

There are other service clubs in our communities that are having the same kinds of problems with membership as the Lions clubs. I encourage you to work with other service clubs as together you can do so much more. There is nothing to keep someone from belonging to more than one service organization. Therefore, when other service club members see all the work that Lions do in their communities they may join the Lions club. Remember "Where There's a Need There's A Lion."

Waves of Lionism

District G - Central - Eastern Oregon



District G Governor Column

Paul Zastrow, PDG
R) 541.354.1002
C) 503.754.4318
• pzastrow@gorge.net
Website: www.oregonlions36g.org

Ten months into the Governor's Year and what have we all accomplished? Collectively, probably a great deal in helping make our communities and clubs better places to work, play and live, but in the full scope of things I would imagine not a whole lot! Have we screened all kids for their vision? Did we do our best at making club members welcome and involved? Have we been aware of such programs as Youth Exchange, Quest, Lions Clubs International Foundation and Oregon Lions Sight and Hearing Foundation, or even Canine Services – and have we given each the attention it deserves?

Each club should report to the MD 36 Office and Lions Clubs International its elected slate of officers. When doing this, please ensure that all addresses are accurate, as well as the times and places of your meetings and that you have elected both a Membership Chair and even a Centennial Chair, the latter being critical during this year of our 100th Anniversary Internationally!

Also, take a gander at your accomplishments for the year – have you continued your best projects and activities and tossed away those that do not work? Have some been modified to make them better at helping your communities? And what new things have you started? Are you working with other organizations or groups? Always remember that doing so makes work not only easier, but also spreads around the work and the experiences that make Lionism so worthwhile. Recruiting others to help can mean gaining more Lions to your clubs as well.

As this year as your District Governor wears down, I do want to say a great big thanks for the honor of having served as your DG. Clubs in District G have always been the best at welcoming and working. May our collective efforts be acknowledged and may we endeavor to do a better job in the future in creating a great place in each community to live, work and play. Tucker and I still have places to travel and people to see before the end of June. We know that our upcoming Governors will continue to try to do their best at making Lionism shine for everyone, and my plea is to give them the assistance that is heartfelt and truly deserved.

You, Me and Diabetes!

Hello Everyone,

For those of you who have been dieting and exercising to redefine yourselves both mentally and physically, I hope your routines have been working for you. There's nothing like success to keep you inspired and on track. For those of you who have fallen off the path, don't despair. Just get up and continue on as it is essential not only for your health, but it will also work wonders for your attitude. When life gets tough, the tough get going. I'm positive that if you set your minds to what needs to be done and stay focused you will accomplish the tasks at hand and be well rewarded in mind and spirit. Please enjoy the article that follows and be assured that I'm rooting for you in your efforts to succeed.

Can You Reverse Type 2 Diabetes? It Depends on Lifestyle and Genes

By: Sonya Collins

Can you reverse type 2 diabetes? With diet, exercise, and weight loss, some people can restore their blood sugar and insulin to normal levels so they no longer need medication. Not everyone can achieve this – it depends on how long you've had diabetes, how severe it is, and your genes.

Many people who have type 2 diabetes are overweight. The more you weigh, the harder it is for your pancreas to make the amount of insulin your body needs to control blood sugar, says Yehuda Handelsman, MD, and endocrinologist in Tarzana, Calif.

That's why, when you're newly diagnosed with type 2 diabetes, doctors typically recommend that you lose 5% to 10% of your body weight and try to build up to 150 minutes of physical activity per week.

"Five to 10 percent should be sufficient to control your diabetes. But how to reverse it? This may require losing, say, 25% of your body weight," Handelsman says. Exactly how much weight a person must lose to bring insulin and blood sugar back to nondiabetic levels varies by the individual, and getting there requires radical change.

In a study in the U.K., researchers supervised 11 people with type 2 diabetes who cut their calories to just 600 per day for two months. In that time, they each lost about 33 pounds and their diabetes went into remission. Three months later, seven of the 11 were still diabetes-free.

To stay that way, you have to keep the weight off. "People use the term 'reversal' when they can go off medication, but you must still engage in a lifestyle program to stay off the medication," says Ann Albright, PhD, RD, Director of the Division of Diabetes Translation at the CDC. This lifestyle may require more exercise and a more restrictive diet than you would need to simply control diabetes.

Lifestyle alone doesn't cause diabetes. "Not everybody who is overweight or obese gets diabetes. The ones who do get it have a genetic predisposition," Handelsman says. If you reverse diabetes through aggressive life changes, you will still have a greater risk of developing the condition again than someone who has never had it.

Also, the longer you've had diabetes, the less likely it is you can reverse it because diabetes damages your insulin-producing cells. "If you have diabetes for 20 years and then you lose weight, you may not have any cells that produce insulin left," Handelsman says.

*Reviewed by Bunilda Nazario, MD, WEBMD Lead Medical Editor
Health Information from WEBMD, Spring 2016*

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

submitted by PCC Charlie Tate, Diabetes Chair

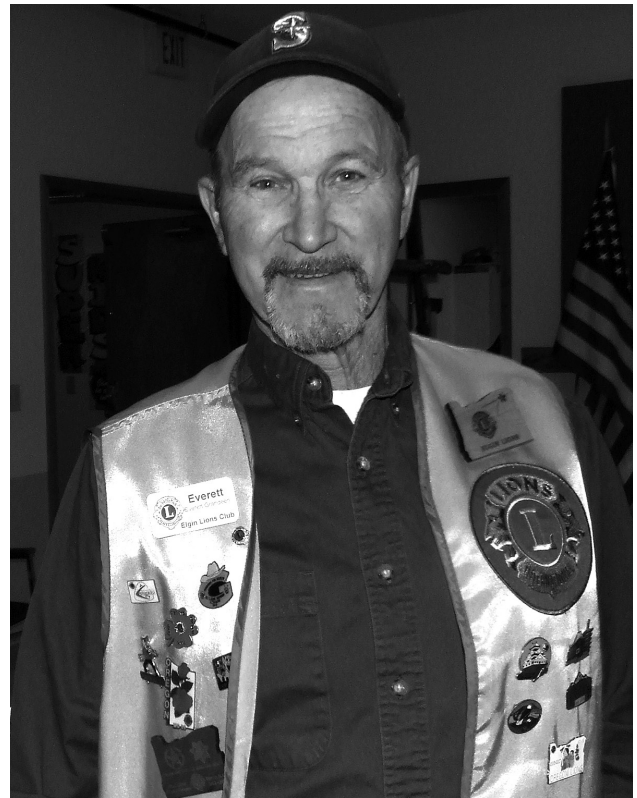
The Grandeens Share Information on European Trip to Lions

Lion member Everett Grandeen and his wife Diana shared experiences of their trip to Europe with the Elgin Lions Club.

Everett, Diana and daughter Kami arrived in Frankfurt, followed by a cruise up the Rhine River, highlighted with castles along both sides of the scenic waterway. "There was one area of 36 miles which had 60 castles in that distance," Everett said. According to Everett, commerce on the river is one of the busiest in the world. The family visited the Kaiser Wilhelm castle and took a tram rising 1,700 feet to the fortress. Castles were a major form of defense, Grandeen reported, and most had chains across the river to stop the ships for taxes.

Everett and Diana shared pictures from Amsterdam, which was the goal of the trip. Kami participated in the 24 mile marathon run, while Diana completed 13 miles. "I tried to jog a little but ended up walking for a small part of the race," Grandeen noted.

Other destinations took them to Belgium and France. The family was in awe of the Normandy beaches and the cemeteries lining the coast. Following other sites including castles, armories, and shopping plazas, the Grandeen family flew from France back to the States.



submitted by Gerald Hopkins

The La Pine Lions Club Receives Matching Grant

Last October, the Cascade Relay (CR) organization awarded the La Pine Lions Club a \$4,000 matching grant from Scott Douglass, Executive Director of the Cascade Relay organization, for the purpose of applying the funds towards replacing their aging concession trailer. After months of fundraising, the La Pine Lions satisfied the requirements of the CR grant. At their March 23 business meeting, Mr. Douglass presented La Pine Lions Club President, Gary Mose with a \$4,000 check.

According to President Gary Mose, "We are very humbled to have been selected to receive this matching grant. The Cascade Relay organization is known for supporting Central Oregon non-profits, school groups, community organizations, and local businesses through their events. Without their support and the support of other community members, businesses and organizations who donated funds to our Club, we would be years away from fulfilling our dream of a new concession trailer. We are very proud of our Club's service to the community. The La Pine Lions Club members thank everyone who contributes to this important work. You are truly helping Lions make a difference in our community."

Proceeds from the Lions concession trailer fund a variety of projects in the local community, such as the La Pine school vision screenings, sight and hearing exams for local lower income residents, student scholarships, Flags for 1st Graders, La Pine Community Kitchen, American Red Cross and La Pine Christmas Baskets Association.

submitted by Gary Mose

Part 2 ... Downtown Lions Clean Their Closets

Early this year the Eugene Downtown Lions Club partnered with the organization “Clothes For The Cause” to collect gently used clothing in large amounts for profit. The Springfield Lions Club was also invited to participate in this project so they too collected bags of “Clothes For The Cause”. At the conclusion of the clothes collection, the plan was to gather at Lion Alice Bender’s home to load up the bags of clothes that were graciously stored in her garage as they were gathered up from Club members and friends.



Loading up Lion Jim Origliosso's (r) horse trailer

The final pickup date was February 23. At 3 pm Eugene Downtown Lions met and loaded the bags into Lion Jim Origliosso's spotless horse trailer and then delivered them to a predetermined pick-up point. About a dozen members took part in this final phase. The plan was to unload the trailer full of bags into the large rental truck belonging to “Clothes For

The Cause” at 4 pm at North Eugene High School. As fate would have it, this all happened earlier than planned. A bucket-brigade style line made it easy to get the bags from the trailer into the truck. Lion Jim Mueller was in charge of the clicker that kept track of the



Loading the bags into the truck

number of bags loaded. A set number of bags were required to qualify for a best per bag rate, so the Eugene Downtown Lions were paired up with teams from the North Eugene Basketball team and Cheerleading squad as well as Springfield Lions Club, all of whom brought their bags to add to the total.



Unloading the trailer

The end result was a total of 300 bags, which grossed \$450 of which \$87 went to the Springfield Lions. All in all, it turned out to be an enjoyable and relatively easy project, while also turning a profit.

submitted by Tim Chuey



The loading crew



Lion Adam Schulz (l) helping with the loading

Keno Lions Easter Egg Hunt 2016

The Keno Lions filled and hid 2200 Easter eggs with 26 prize eggs included for the 33rd annual Easter Egg Hunt. They were all found in about 5 minutes! Each child attending received a stuffed animal.



Easter Bunny Lion Gary Price

The Easter Bunny handed out candy.

Donuts, juice and coffee were served. Four bicycles, Easter baskets and other donated items were raffled. All proceeds will go to fund next year's hunt.



Portion of the donated stuffed animals



Keno Lion Carl Morrow and one of the bicycles being raffled

submitted by Kathleen Kite

Crooked River Ranch Striding Lions Man Aide Station at Bend Marathon to Benefit their Relay for Life Team

The Crooked River Ranch Lions manned an Aide Station at the Bend Marathon on Sunday April 24 and hydrated over 1,500 runners while at the same time raised money for their Relay for Life Team, the Crooked River Ranch Striding Lions. The Crooked River Ranch Striding Lions will take part in the Jefferson County Relay for Life on July 9 and 10 in Madras.



(l-r) Charlie Cameron, Sheila Dearman, Michelle Cameron, Phyllis Carlin, Carole Stagl, Mark Dearman, Donnal Wildt, Jim Stagl and Sue Flory



(l-r) Sheila Dearman, Michelle Cameron, Carole Stagl, Mark Dearman, Donna Wildt, Jim Stagl, Ted Carlin (As the Lion) and Charlie Cameron

submitted by Ted Carlin

Carlins Find Lions Club Way Up the Amazon River



While vacationing and touring in South America, Sisters of Crooked River Ranch Lions and Ted Carlin discovered a remote Lions Club pictured to the left. Sisters Mary Carlin-Yates and Patty Carlin-Fabrikant discovered the Club in the town of Iquitos (E-key-toes). It is up in the Amazon Basin and was the heart of the rubber industry and the infamous rubber barons of the late 1800s. It's a city of 500,000 people now with its only access via air or on the river. No roads lead to Iquitos. The great Lion statue caught their eye and they had to pass the photo on to Lions Ted and Phyllis.

submitted by Ted Carlin

Reminding You Of An Option For Receiving *The Oregon Lion* Magazine

To: Lions of Multiple District 36
From: MD 36 Communications Committee
Re: ***The Oregon Lion*** and Budget Implications

The 2014-15 Council of Governors adopted the recommendations from the Communications Committee regarding ***The Oregon Lion*** magazine and its impact on the MD 36 Budget. With the continued loss of membership as well as escalating costs for print media, it was decided to eliminate three (3) of the eleven (11) printed issues of the magazine, saving approximately \$2,460 per issue. The net income from District Conference/Convention advertising as well as from Oregon Lions Sight & Hearing Foundation and Oregon Lions VisionGift comes to approximately \$10,700, while the costs for printing and mailing the eleven (11) issues of the magazine is budgeted at \$26,620. The 2014-15 budget predicted a shortfall of \$4,555. Elimination of the three (3) issues allowed savings of \$7,260, which gave the ability to add back some \$3,205 to be used for programs. The issues eliminated are October, March and June. The months of July/August, September, November, December, January, February, April and May are still being published. All eleven (11) issues are available on the MD 36 website by the 5th of each month.

The Communications Committee also recommended that those willing to receive ***The Oregon Lion*** issues via the Website or via electronic means have the ability to indicate so by a check-off method. For each person so choosing, there will be a savings to the MD of \$0.61 per issue, which could be added to overall programs as ***The Oregon Lion*** printing and mailing budget would be thus reduced. Additionally, this check-off is being published in the magazine for several issues.

For those of you receiving the electronic version, your issue will not be sent in the form of an email. You will need to go to the website: md36lionsclubs.org and click on the list on the left that reads: **THE OREGON LION MAGAZINE ARCHIVES**. Look for the current month issue.

The check-off options are as stated below:

I, _____ do hereby ask that I receive ***The Oregon Lion*** via electronic means on the Lions website.

Club Name: _____

I, _____ do not wish to receive ***The Oregon Lion*** via electronics, but instead wish to continue with a paper copy sent to my home address.

Please send your option to: MD36 Headquarters Office, 1075 Washington Street, Suite #212, Eugene, OR 97401 or by email to: md36lions@comcast.net

URGENT! THIS IS YOUR 2016-17 LIONS CLUBS OFFICER REPORTING FORM

Lion Secretary: Reporting newly elected club officers is extremely important to ensure that the new officers receive the information and material they will need for the coming year. You may report the new officers using the MyLCI Website or by mailing this printed form to International Headquarters (deadline May 15). Mailing instructions follow.

Changes in club officers during the fiscal year should be entered in MyLCI or sent to International Headquarters.

IDENT.	CLUB NO.	DISTRICT	NAME OF CLUB	INTL. OFFICE USE ONLY
				LANG. COUNTRY

Your meeting place and time are printed on the left. If there are changes in your meeting information, indicate the changes below.

	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
EACH WEEK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1ST WEEK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2ND WEEK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3RD WEEK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4TH WEEK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ALTERNATE WEEKS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOUR							

MEETING PLACE _____

STREET ADDRESS _____

CITY _____

POSTAL CODE _____

STATE OR PROVINCE _____

Club Website URL _____

* Member numbers are found on the Semi-Annual Membership Dues Invoice.
 # Provide updated home address information in the local mailing format.
 Lions mail will be sent to the home address unless SEND MAIL TO CLUB ADDRESS is checked.

CLUB MAILING ADDRESS:

PRESIDENT: NAME	MEMBER NUMBER*	PREFERRED CONTACT NUMBER:
#		
#		PHONE TYPE <input type="checkbox"/> CELL <input type="checkbox"/> HOME <input type="checkbox"/> BUSINESS
E-MAIL ADDRESS	SPOUSE/ADULT COMPANION NAME	SEND MAIL TO CLUB ADDRESS <input type="checkbox"/>
SECRETARY: NAME	MEMBER NUMBER*	PREFERRED CONTACT NUMBER:
#		
#		PHONE TYPE <input type="checkbox"/> CELL <input type="checkbox"/> HOME <input type="checkbox"/> BUSINESS
E-MAIL ADDRESS	SPOUSE/ADULT COMPANION NAME	SEND MAIL TO CLUB ADDRESS <input type="checkbox"/>
TREASURER: NAME	MEMBER NUMBER*	PREFERRED CONTACT NUMBER:
#		
#		PHONE TYPE <input type="checkbox"/> CELL <input type="checkbox"/> HOME <input type="checkbox"/> BUSINESS
E-MAIL ADDRESS	SPOUSE/ADULT COMPANION NAME	SEND MAIL TO CLUB ADDRESS <input type="checkbox"/>

YOUR OLSHF AT MD-36 CONVENTION



Carleene Iverson
Chair

We hope to see you in Canyonville!

It's not too late to plan to attend the MD 36 Lions Convention in Canyonville May 13-15 and we hope to see you there! The Foundation will share information on how OLSHF programs help Lions Clubs "keep the promise" made to Helen Keller.

OLSHF Roar! Forum, Presenting: Brenda Anderson, Associate Director - With so many programs, the Roar! Hearing Assistance programs deserve some attention! Come lend an ear to learn more about all of our programs but with a special focus on our new Roar! Mobile Events. There are opportunities to reach more people in your local community, be sure that at least one member of your Lions Club attends - Free Lions gift for all attendees!

LEAP/LERC Forum, Presenting: Kelly Asbra, OLSHF Optical Program Director; Dr. Kurt Wilkening, OD - Hear an update on the OLSHF Lions Eyeglass Assistance Program (LEAP) Optical Lab AND follow the journey that a donated pair of eyeglasses makes from a collection box anywhere in Oregon to Coffee Creek Correctional Facility for Women to a person in need somewhere around the globe. Our Lions Eyeglass Recycling Center (LERC) is one of only 19 in the world!

The "Premier School Health Screening Program in the U.S.", Presenting: Mara Steen, MHSP Manager with Brad King and Wally Anderson, OLSHF MHSP Event Managers - Through the partnership with MD 36 Lions Clubs, the Foundation's Mobile Health Screening Program (MHSP) has transformed into a dynamic tool for detecting health issues for Oregonians and northern Californians in need. Hear some of the MHSP highlights of 2015-16 from Mara, Brad and Wally, who have helped lead the process of screening over 170,000 students this year.



Doug Thompson
Executive Director

"You Can't Play With Grandpa, He's Blind!"

Can you imagine losing your sight completely due to a correctable vision issue but not having the resources or insurance to do anything about it?

Alex Hernandez of Albany didn't have to imagine this scenario, as recently as February he no longer could see well enough to work. "It was 6 AM, while driving to work I drove my car into a ditch" said Alex. When my wife picked me up, she said, 'We're going to a doctor, there's something wrong.' We went that very day and I found out I had cataracts. I tried playing frisbee with my granddaughter. I didn't realize that I had threw the frisbee too hard and I busted her lip open. I felt so bad; my son told my granddaughter, 'You know you can't play with Grandpa, he's blind!'"

Enter Eugene Downtown Lion Dr. Matthew Neale: "When I came into private practice, looking for a charity to help, I thought 'what could be more perfect than the Lions Club, who else has a better heart for vision?'"

Dr. Neale joined Mission Cataract in 2012 and performs surgeries for patients at no cost to the Foundation, the sponsoring Lions Club and the person in need. "Alex had cataracts in both eyes, he was



A snapshot of Dr. Neale helping Alex Hernandez with his examination for Mission Cataract.

blind. His cataracts were so bad he could barely see a hand move in front of his face. It was so exciting to do Alex's surgery because one day after surgery Alex had clear vision, it was life changing."

"I woke up the next day and I could see...vividly!" said Alex.

OLSHF has over 30 Mission Cataract surgeons like Dr. Neale willing to help people like Alex. If your Lions Club would like to learn how to sponsor a person in need and promote the opportunity of Lions Mission Cataract in your community, please contact the Foundation. Grandchildren everywhere will thank you.

The Gift of Vision
Produced by Rick Gates, this seven minute video tells Alex's story. Watch online at www.OLSHF.org

GIFTS & MEMORIALS

Supporters

Lion Heart: \$5,000-\$9,999
The Favro Family Trust

Lion Pride: \$2,500-\$4,999
Keno Lions Club

Lion Sentinel: \$1,000-\$2,499
Ashland Lions Club
Bandon Lions Charitable Foundation Inc.
Brookings Harbor Lions Club
Corvallis Mid Valley Lions Club
Dorris Lions Club
Grants Pass Lions Club
Illinois Valley Lions Club
Klamath Falls Lions Club
Madras Lions Club
Merrill Lions Club
Oregon Dept of Revenue Charitable Checkoff
Roseburg Lions Club
Roseburg Umpqua Lions Club
Sutherlin Lions Club

Lion Tamer: \$500-\$999
Columbia Gorge Lions Club
United Way CFC

Lion Patron: \$100-\$499
Joseph & Margaret Adelsberger
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Joseph Donahue
Joyce Gross
Charles Johnson
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Powers Lions Club

Lion Donor: Up to \$99
Mayola & Edgar Lundberg
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Mary Lee Turner

Memorials

Gift in Memory of Don Bowers
Springfield Lions Club

Gift in Memory of Kerry Bennett
Columbia Gorge Lions Club

Gift in Memory of Ellen Cocanower
Rockaway Lions Club

Gift in Memory of Don Derickson
Springfield Lions Club

Gift in Memory of Hazel Henningsen
St. Helens Lions Club

Gift in Memory of Jeanne Hollinger
Keno Lions Club

Memorials (cont.)

Gift in Memory of George Litzenberger
Springfield Lions Club

Gift in Memory of John Northam
Springfield Lions Club

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Roar! Mobile Event Sponsors

Myrtle Creek Lions Club
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MHSP Event Sponsors

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Cottage Grove Lions Club
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Klamath Falls Lions Club
Lewis & Clark Elementary School
Lions Foundation of West Linn
Mitchell Lions Club
Newport Lions Club
Oregon Trail School District
Santiam Canyon School District
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Washington School of the Deaf

LEAP Lab Accounts (Recently Established)

Beaverton Lions Club
Bend Sunrise Lions Club
The Collins Foundation
Enterprise/Joseph Lions Club
Estacada Lions Club
King City Lions Club
Mt. Hood Lions Club
Portland Downtown Lions Foundation

Keep the Promise Campaign Supporters

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Melanie Kate-Mason

Contributions listed include gifts received 2/16/16 to 3/15/16 only. Every effort is made to ensure this list is accurate. We appreciate you bringing corrections to our attention by emailing Info@OLSHF.org.

GIFTS & MEMORIALS (CONT.)

Keep the Promise Campaign Supporters (cont.)

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 Marjorie Logsdon
 Karl & Linda Ness
 Pacific West Bank
 Sandra Peterson
 Paul Toole
 West Linn Riverview Lions Club



Lions Harlan Geigle and Pauline Goyette thank loyal supporter Larry Arndt for participating in all 20 Bowl-A-Thons!

LEAP LAB GIVES THE GIFT OF SIGHT - A TYPICAL DAY!



"I'm no longer dizzy when I look down and walk. I can finally see again!" - Mike Meshke

Mike had cobbled together his previous pair of glasses with lots of duct tape. He struggles with Multiple Sclerosis which causes him to have light sensitivity and a need for transition lenses. His condition of large angle exotropia requires 10 diopters prism in each eye.

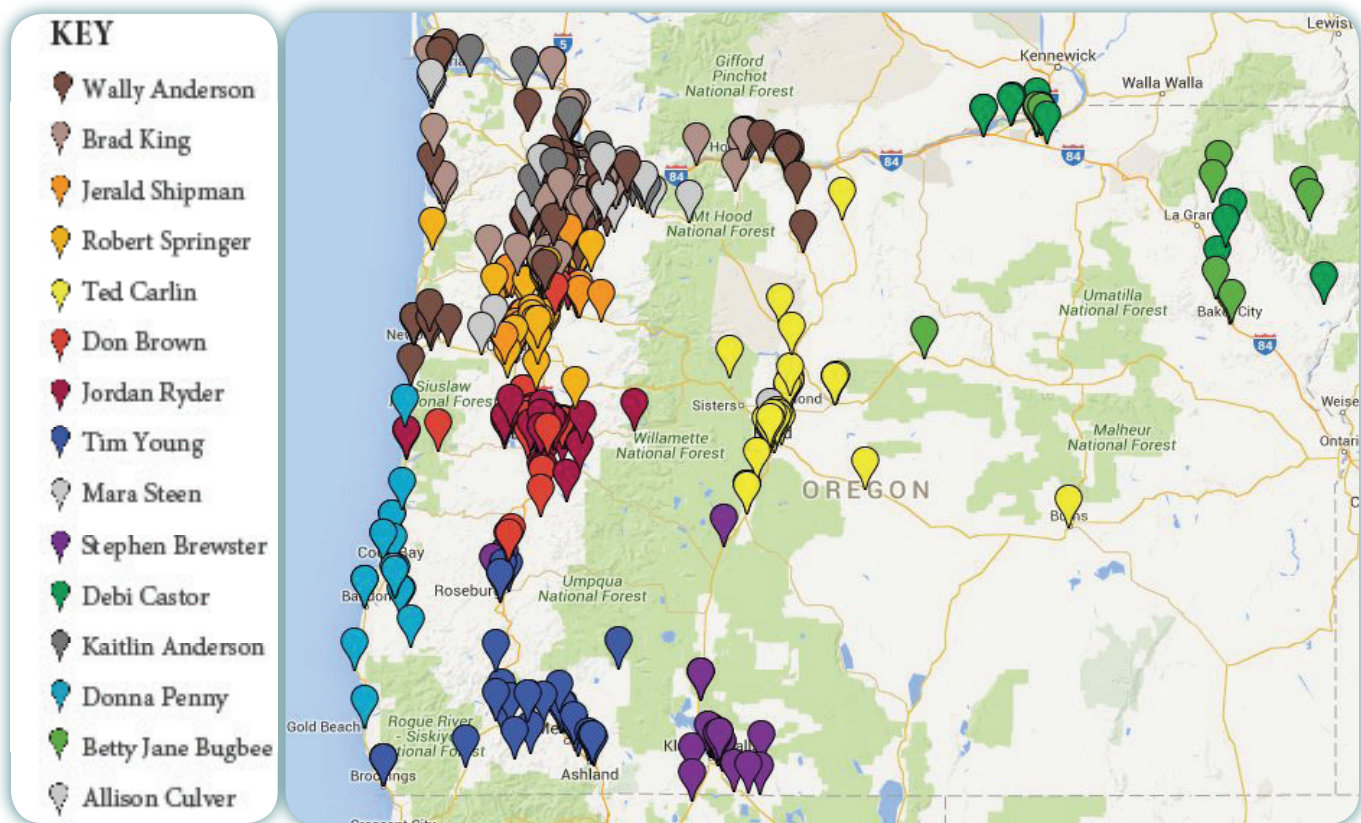
Dick Gay from the Beaverton Lions Club referred Mike to OLSHF. A pair of glasses to correct Mike's vision would cost, at the very least, \$580 (at retail value with plastic lenses and a budget frame). The cost would increase with adding transition lenses.

Our LEAP Lab made his glasses and only charged the Beaverton Lions Club \$65. Tracy and Katie rummaged through boxes of recycled frames and found one that his old lenses were able to fit into for the time being until his new pair is finished by the LEAP Lab. This is only one story that illustrates how the LEAP Lab keeps the promise Lions made to Helen Keller every day!

Just some of the ways your Foundation Keeps the Promise

MHSP HEALTH SCREENING LOCATIONS 2015-16

The markers on this map each represent a screening event from this year. This shows where the 165,000+ children OLSHF and MD 36 Lions screened as of mid-March.



Thanks to your continued contributions and time spent volunteering, **MHSP will serve over 175,000 children with vision screenings this school year!**

SAVES SCHOOLS MONEY

CJ Gray, District Assessment/Student Services Coordinator for the Baker School District, calculates the amount saved by utilizing the Foundation for vision screenings, saying “the cost of busing students, time away from school and district staff time as well...we calculated \$6,000 savings...”

Gray also notes “We are a rural district that is close to 70% poverty, so any assistance is always needed to ensure that our students get the best tools to have a great learning experience, and eye care is nothing short of one of the most important tools!”

ACCURATE AND OBJECTIVE

Salem-Keizer School Superintendent Christy Perry believes their “schools greatly benefit from MHSP” because “by screening children accurately, potential vision issues can be identified before turning serious and impacting a child’s ability to learn.”

WHY MHSP?

- Oregon mandates vision screening for students **but provides no funding and not all schools can afford to do so.**
- 25% of students have a treatable vision problem **yet less than 10% of students that need them have eyeglasses.**

to serve those in need of sight and hearing saving assistance!

Elgin Lions Busy with Activities

Over 40 members and guests were present at the April 25 Lions meeting, addressing numerous projects and information. First on the agenda was recognition of the March and April "Boy of the Month." Seniors Gage Little and Jaydon McKay were recognized by the Lions for their school and community involvement.

Michele Timmons, Director for the Elgin Library, reported on planned activities for the summer. After an overview of the activities, the Club moved to donate \$300 to be used for reading incentives.

Vision and Hearing Chair Keith Warren reported that the Club has taken 17 requests for glasses to date. Coverage includes an examination and glasses for the individuals.

A city cleanup is planned for May 21 and several of the Lions volunteered to help with the service. Chair Barbara Hawes is also organizing a roadside cleanup for May 12. Lion members and other volunteers will meet at WC Construction at 9:00 and work during the morning hours.

Two members volunteered to help serve meals at the Community Center for the month. A discussion also centered on Riverfest and the Club decided not to have any outside food vendors this year based on community responses at last year's Riverfest. Chair Linda Johnston said that 16 other vendors have signed up to date and will be located in the City Center. Jared Rogers also reported that additional bags of duckies were found for the Duck Race and 1,000 ducks will be launched for the event. All Duck Race tickets have been picked up by members for sale.

President Bob Thomas inquired if Lion Gerald Hopkins had brought back any cigars from his recent trip to Cuba and the response was that all three boxes were smoked at the border for fear of confiscation. The Club moved to fine Lion Gerald \$5 for going to Cuba in the first place. The motion was carried with one dissenting vote! PDG Hopkins followed up with a discussion of hearing coils to help those with hearing aids in a large facility. Lion PDG Gerald had met with Tim McGlothlin of The Dalles and had measurements taken at the Opera House, Stella Mayfield School and Community Center with the possibility of purchasing the equipment. Teri Hale and Diane Grief will visit with the Club to describe this technology and possible use at a future meeting.

Signup sheets were passed to members for the Walk-a-Thon May 3 and 4, as well as ushers for "The Ring of Fire," currently being shown at the Elgin Opera House.

submitted by PDG Gerald Hopkins

Definition of the Lions Clubs International Emblem

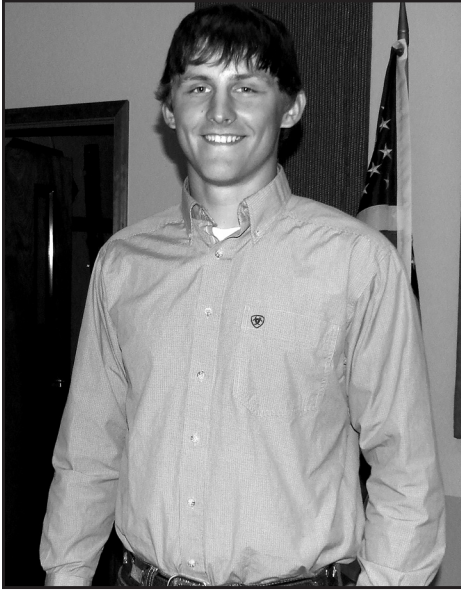
The emblem of Lionism is recognized throughout the world. It consists of a gold letter "L" on a circular blue field. Bordering this is a circular gold area with two Lion profiles at either side facing away from the center. The word "Lions" appears at the top and "International" at the bottom. Symbolically, the Lion face looks to both the past and the future ... proud of the past and confident of the future.

Wear it with pride!



Two Elgin Students Recognized as Boy of the Month

Two students from the Elgin Schools were selected as March and April's Boy of the Month. Gage Little and Jaydon McKay, were recognized by the Elgin Lions for their leadership and community involvement. The background of Jaydon and Gage is quite similar. Both students were born in La Grande and both seniors have attended the Elgin Schools throughout the twelve years.



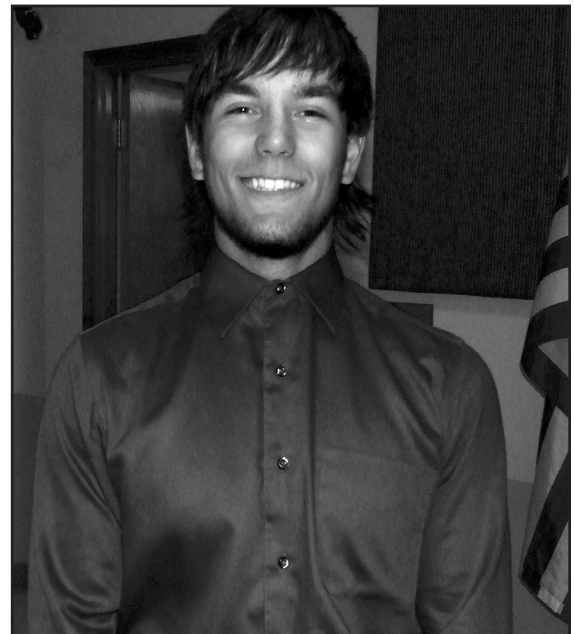
Gage Little

Gage and Jaydon listed history and health/science classes as their favorites and both plan to attend Eastern Oregon University on football scholarships. Gage plans on entering a program for fire science after serving as volunteer Jr. Firefighter for the city of Elgin. Jaydon will major in biology at the University.

Gage and Jaydon stated that Elgin has a very good school system where all the teachers can work on specific skills and they know the students' needs. "I like how you know everyone," Jaydon added.

Both boys have been very involved with sports. Gage has been in track, football and basketball and has been captain for the latter two. Jaydon has also served as football captain and played baseball and wrestled for the District. He has been a two time District Champion and took second in the State Wrestling Tournament.

Gage has served as a Jr. Firefighter for Union County, promoted Drug Free Use and worked on the Safe Communities Council. Jaydon is currently serving as the Student Representative on the City Council and has been President of Future Business Leaders of America. He serves as President of the National Honor Society maintaining a 3.7 grade average.



Jaydon McKay

Gage is the son of Chris and Tracy Christopher and Jaydon is the son of Jamie and Steve McKay both families of Elgin.

submitted by PDG Gerald Hopkins

Just a Friendly Nudge!

April was Officer election month. Have you reported your incoming Officers to LCI and submitted a copy to the Headquarters Office for the 2016-2017 Directory?

Elgin Lion Receives Build Key Award

Elgin Lion member Janet Stafford recently received the 10 Builder Key from Lions Clubs International. The award was presented by Lion Jared Rogers.

submitted by PDG Gerald Hopkins



2016 MD36 Convention

Events and Projects



Basket Raffle - Theme is "Lions Are All In" Proceeds from sales go to help defray Convention costs. There will be 2 prizes given, \$100 each...for the most popular and for the best depiction of the theme. (Please deliver baskets to the display table area)



Book Collection - Books will be collected for the Douglas County Library System with a branch in Canyonville. The Canyonville Librarian will be there to accept the books. There will be a table in the display area where you can leave your donated books.



Service Project — There will be a canned food collection to be given to the South Douglas Food Bank. PDG Chuck Johnson is the Board Chairman. There will be a table in the display area where you can leave your non-perishable food donations.



Shirt Exchange — Once again we will take your wearable Lions shirts, hats, etc. to offer to other Lions rather than put them in thrift stores. You may take any of the apparel home with you--great for play clothes for your grandchildren, wear while gardening, etc. Only items with Lions logos or club names accepted; must be clean and in good condition. Small donation suggested. Located in display table area.

Gator Thoughts

Gator Thoughts = Thoughts that rattle around in my head and sometimes slip out for no apparent reason. Sorry!

As the most incredible vision and hearing screening year ever comes to an end, I believe we are at about 175,000 screenings! As the final figures come in, this number may go up or down a little, but it should be very close. Next month we will have the final numbers. What a great year! With the help of our great field staff I know it won't be long before we reach the 200,000 screening mark if we can find the money to do it. We need the help of the Oregon legislature to be able to go much farther with our increase in screenings.

Back in about 2010, at the beginning of our Capital Campaign, we knew we were going to grow in employees and the number of screenings. However, I don't think any of us thought we would grow this fast or screen this many kids in one school year, so soon. We were thinking that in 2020 we would maybe be where we are today. Go figure! Sometimes our best laid plans are even better than we thought they would be.

I hope everyone that can, will go to Omaha in September for this year's 2016 USA/Canada Forum. We need your help in registering Lions to come to Oregon in September of 2017 to **our** Forum. We will be celebrating 100 years of Lionism and we want our Forum to be the best ever. In order to do that, we will need the help of Lions from all over our Multiple District and a lot of the Districts around us, such as Multiple District 19 in Washington. We need you to start making plans to be in Portland in September of 2017 to help out. We need chairmen for many different committees so let us know now if you have an interest in helping. **We need you!!**

I Believe

You should not regret growing old. It is a privilege denied to many!

I Wonder

Why do we say something is out of whack? Just what is a whack anyway?

Why does "Slow down" and "Slow up" mean the same thing?

Why does "Overlook" and "Oversee" mean opposite things?

This English language is so confusing!

Did you know?



The headrest of car seats is deliberately kept detachable and sharp so that it could be used to break the glass of a car in case of fire and emergency. The car's glass is kept easily breakable from the inside. Very few people know about it and thus can't save themselves in case of emergencies.

Please share it with as many possible and educate!



See ya later ... Wally

Gator ...to be continued

40 Years of Magic!

The Mid-Columbia Lions presented their annual Follies with the theme of **40 Years of Magic**. The magic was what the audience experienced as they listened to music and watched scenes from plays



The magicians for 40 years of pulling the show together

over the past 39 years. Based on my experience in theater, including writing, directing and participating in semi-professional shows, I definitely rated this production with five stars. In fact, I turned to my wife, Mary, at intermission and said, "I can't believe it is intermission already."

Both young and old were featured throughout with skits from the past including Cheers, Bonanza, Mash, Our Big

Redneck and more. The dancing was outstanding and featured tap dancers from the Columbia Gorge Dance



Nothing like a Dame from the musical South Pacific

Academy. Throughout the production, the choreography was well done with characters moving in succinct movement and

ending with a rendition of Can-Can dancers. Many of the stars including Mike Oats, Clinton Curtis, Dave

Tallman, and Terri Tyler have been seen in several productions. Andy Streich and his daughter, Andrea Fox, opened the show with the rendition of *Sentimental Journey* and a sentimental journey it was for cast and audience. Four members, Bev Bridgewater (Executive Producer and Director), Trudy Tallman (Producer and Artist), Alice Pierson (Cosmetologist), and Mary Jette (Stage Crew) have been with the Follies the full 40 years. The real winners are those who have benefited from over \$330,000 earned for the Oregon Sight and Hearing program. I plan to support the Follies for another 40 years!



Can-Can girls remain a regular feature of the Follies



From Cheers the musical



Future Follies performers

submitted by PDG Gerald Hopkins