



Serving members of MD36 Oregon and Northern CA

November, 2018 Volume 4/18-19



## More Roaring - More Hearing



**"The Lions Helen Keller Award was presented to Dr. Todd Landsberg, an Audiologist from Coos Bay, for all his volunteer work and travel with the ROARMOBILE. Presenting the award from the Bend Sunrise Lions Club were Bend Lions Russ Chase, right and John Pasma. Also looking on is Chris McCabe, the Prineville Lions Sight and Hearing Chairperson, and hearing aid recipient Esther Harmon and her son and granddaughter.**

**See Story p. 6**

**World  
Diabetes Day  
November 14, 2018**

## ANNIVERSARIES

November 2018 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.

### November

Bend/Sunrise	November 5, 1926
The Dalles	November 15, 1926
Sutherlin	November 22, 1946
Vernonia	November 23, 1946
Huntington	November 9, 1948
Portland Columbia	November 2, 1949
Canby	November 30, 1951
Lake Grove	November 29, 1966
Hermiston	November 27, 1972
Sandy	November 11, 2009

### December

Portland Downtown	December 2, 1921
Mill City	December 11, 1947
Eagle Point	December 16, 1951
Garibaldi	December 7, 1953
Halfway	December 8, 1965
Estacada	December 15, 1966
Hood River Eye Openers	December 29, 1975
Bonanza	December 21, 1977
Mt. Angel	December 19, 1980
Eugene Cascade	December 26, 2001

## MONTHLY CALENDARS

### MEETINGS

#### November

- 3 Dist O Cab mtg., OLSHF Auditorium @10am  
Dist R Cab mtg. Viking Sal Senior Center,  
Junction City, OR @ 9am  
Dist E Cab mtg. Medford - SOLSHF @ 10am  
Dist G Cab mtg. Madras, Erickson's Aircraft  
Collection Museum @ 10am
- 7 OLSHF Exec. Comm mtg @ 11am, OLSHF office
- 8 OLSHF Finance & Audit Comm mtg @ 10am
- 14 OLSHF Patient Care Comm. mtg. @ OLSHF  
Program Services mtg. @ OLSHF
- 17 Global Action Team mtg, Spfd. Justice Cntr @10am
- 26 SOLSHC Board mtg. @ 5:30pm

#### December

- 1 OLSHF Trustee mtg., Springfield Justice Cntr. 9am  
Council of Governor mtg., Spfd. Justice Cntr @ 1pm
- 12 OLSHF Patient Care Comm mtg @ OLSHF

### EVENTS

#### November

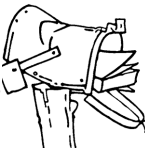
- 10 The *Oregon Lion* deadline (for December issue)  
SOLSHC Community Vision Clinic  
OLSHF Masquerade Gala, Elysian Ballroom Portland
- 12 Veterans Day - Observed - HQ office closed
- 22-23 Thanksgiving Observed - HQ office closed

#### December

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

### 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.



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New Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Former Address: \_\_\_\_\_

Lions Club: \_\_\_\_\_

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



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

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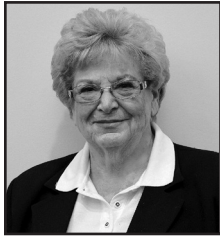
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## Council Chair News



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### Soaring Beyond the Horizon as "We Serve"

This year we are putting a great deal of emphasis on the Global Action Team (GAT) which is comprised of the Global Leadership Team (GLT), the Global Membership Team (GMT) and the Global Service Team (GST). The first GAT meeting of 2018-19 was held in Bandon with 22 Lions in attendance. At that meeting we discussed the goals for the year for each of the four district governors and the progress they are making toward those goals, with everyone pretty much on track.

GLT reports showed that each of the districts have scheduled leadership training as well as having completed some training. The importance of doing orientation was also brought up by all. The need to train your replacements is essential, so that we can keep on going beyond the horizon. Also, of importance is promoting future leaders through the use of Lions University studies as well as the USA/Canada Forum and the Northwest Lions Leadership Institute.

Membership, of course, is always a big issue. All districts are working on obtaining a new club and looking for better ways to rejuvenate and reinvigorate existing clubs. Several ideas were proposed for retention of current members. One idea suggested by MD36 GMT Chair PDG Judith Poage was to provide each new member with their own eyeglass box for which they can be responsible, giving them immediate ownership in the club. A second idea was from District R where they are putting out a monthly Membership Newsletter, which each month addresses a new item worthy of review and/or action and which anyone can receive. If you are not receiving it and wish to do so, contact Chuck Blanchard at [ccbanchard71@gmail.com](mailto:ccbanchard71@gmail.com).

Some of the districts have already established district service projects, while others are just getting started. MD36 GST Chair PCC Rod Bach gave us a slogan to use here- "Let's share what we have, let's not reinvent the world". Distributed to all in attendance was a very simple survey from the American Diabetes Association that can be placed in Dr's waiting rooms, or any place where people gather. It gives people a quick check to see if they might be prone to diabetes. Even though the survey does not reference the Lions, it is a very simple but effective project that can be used by all Lions in our fight against diabetes. It is also important that all clubs be given the MD36 service calendar highlighting each monthly service theme for the year. Be sure to let all clubs know the importance of reporting all service projects to LCI.

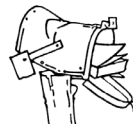
Bringing the GAT team together to share what each district is doing and what future plans they have gives all in attendance new ideas and concepts that can be incorporated into the individual plans that they are making. The next GAT meeting is scheduled for November 17 at the Springfield Justice Center. Once again, we will collaborate to achieve the goals set forth by our international President as we set, by example, our creativity to look beyond the horizon.

## Directory Corrections

- p. 18 2005-06 PDG George Sahlberg - spouse listed should be Joyce
- p. 29 Forest Grove Lions now meet at Diversity Cafe, 2104 Main St., still at Noon weekly on Thursdays.
- p. 33 Region 3, Zone 1 Chair is David O'Kelley
- p. 36 Eugene Downtown now meeting 1 & 3, Wednesday. Not weekly. Same place.
- p.48 Under item #11, Cheryl Hafer from La Grande
- p. 49 #29. Sight Preservation: Chair is Betty Bugbee (Bruce) -- Westin-McEwen Bend/Sunrise meet Noon 1, 2, 3 & 5 Tues at Jake's Diner, 2210 NE Hwy 20; and on the 4th Tues. the meeting is at 6:30 PM at Pappy's Pizzeria 20265 Meyer Dr.
- p. 50 Hood Rvr Eye Openers has new meeting locations: 7am, 1, Tues / 6:30pm 2-4 Tue. contact Pres. or Sec. for locations
- p. 51 Nob Palmer is new President of Union Lions
- p. 74 District O Cab. mtg. will be at OLSHF Auditorium at 10M - new venue!!
- p. 76 May 18, Dist O Cab mtg. will be at the Oregon Guide Dogs, 32901 SE Kelso Rd. Boring, OR @ 10am  
June 1, delete District O Cabinet meeting in Boring, Oregon
- p.101 Add Palmer, Nob, 521 N 5th St., Union, OR 97883 R) 541.562.9324  
C) 541.910.9006 ~nobpalmer@gmail.com
- p.109 Portland Hollywood President: Tran, Thuy add email of drtctran@gmail.com

### Are You Moving? Have You Moved?

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Eugene, OR 97405

Attach Your Address Label Here

Name (print) \_\_\_\_\_

New Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Old Address \_\_\_\_\_

Club \_\_\_\_\_



## District O - Northwest - North Coast



### District O Governor Column Dan Wolf

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#### Howdy Lions!

Well it is sure nice to see the heavy smoke is gone and the rain is starting. I hope you're all enjoying a little bit of our Indian Summer. October was a good month of vision service projects.

I have been visiting clubs and enjoying meeting some great Lions. Thank you all who have so kindly welcomed Nancy and me to your club meetings. As I was speaking to the Vernonia Lions Club a few nights ago, I had the great pleasure of announcing their Lion of the Year, their own Club President, Allen Marshall, Great work Lion Allen. After addressing the Vernonia Lions, I had the pleasure of introducing Doug Thompson from the Oregon Lions Sight & Hearing Foundation, who awarded a Helen Keller award to Lion George Tice. Congratulations Lion George. George has been a Lion for 20 years and works tirelessly to help his Lions club fundraise in the community. George is a two-time President of the Vernonia Lions.

Our service project for the February District O Convention will be collecting used purses and travel bags to be used for making women's hygiene kits. At Our Multiple Global Action Team Meeting, the Council of Governors decided to take this service project a little further and have a little competition between districts towards earning this next year's Guiding Lamp Award. We will be selecting the best decorated purse filled with the appropriate items for a women's hygiene kit. The theme will be in keeping with our International Presidents theme "Looking over the Horizon". This can be either a nautical or hot air balloon related. Each district will select a winner and the winners will be entered into a friendly competition at the Multiple District Convention in Seaside in May. The winner of that competition will win the Guiding Lamp Award. This should be a lot of fun and provide districts some resources for homeless women, shelters, etc. Start gathering those purses and travel bags in your clubs.

In November, the MD 36 service calendar suggests conducting Diabetes Awareness Screenings. I am encouraging clubs to set up some tables in front of businesses, clinics or stores and pass out brochures about diabetes. Also it is suggested that we use the handy little survey that Fae Lloyd with the Global Service Team obtained from the Diabetes Association to hand out to folks, who can then take a short survey and see if they are a likely candidate for diabetes. They are then referred to their doctor for further testing. No blood draw or fasting is required. We don't need names, but it would be nice to keep track of the scores that indicate referral to a doctor just for our information.

In December we will take on Hunger Relief, more on that next month.

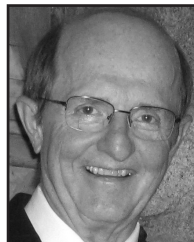
Our next Cabinet Meeting will be at the Embassy Suites in Hillsboro at the site of our District O Convention 1 PM to 4 PM.

Save the Date: 2019 District O Convention February 23, 2019 with a No Host Dinner the evening before at the Embassy Suites.

I am pleased to announce that we finally have a date for our spring Cabinet Meeting at the Oregon Guide Dog's Boring Campus, On May 18, 2019, so mark your calendars for that.

Be well my friends!

## District R - Willamette Valley - Central Coast



### District R Governor Column Dale Bachman

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Spouse: Judy Bachman

#### Fellow Lions:

The membership focus for the month of November is Family and Diabetes Awareness. Plan a Club activity that focuses on these areas. Visit [fightdiabetes.lionsclubs.org](http://fightdiabetes.lionsclubs.org) for more information. You will also have a chance to win a Fit Bit!

There are so many great things going on around the world that have the Lion imprint on them that sometimes we forget to look closer to home. For example, how many of you in the Eugene/Springfield area have had the opportunity to drive behind the Riverbend Hospital to see the progress being made on the Heartfelt Guest House?! This is a project that has PID Ed Gear's imprint on it, one he has been promoting for quite some time. It is special to see the progress and to know that soon it will be "up and running." Thank you, Lion Ed.

Recently, the MD Global Action Team (GAT) held a meeting in Bandon. This great group of Lions, under the leadership of Council Chair Gail Black, is taking on the challenges forwarded by International President Gudrun. Your MD36 Governors: Lion Dan Wolf from District O, Lion Bryan Longland from District E, Lion Phyllis Carlin from District G and myself from District R, all want to make an impact during our Governor year. I would love to hear from you about projects of which your club is especially proud and about service activities you have performed this fiscal year. The Springfield Lions and the Springfield Mohawk Lions (under the leadership of Lion Jordan Ryder of the Eugene Bethel Club), are currently helping screen students in all Springfield School District Middle and Elementary Schools. The Springfield Lions Club recently did highway cleanup and members are preparing to have a booth at the Lane County Home Show under the direction of Lions Dale and Ginger Howard (who are, incidentally, relatively new members of our club, having transferred from a club in Nevada). Lion Dale H. also offers information from the Lions website. Check out this one as an example: <http://www.lionsclubs.org/EN/newsmedia/videos/download.php?id=gFe3>

Another project we are promoting with the help of Lion PDG John Hamstreet is the Peace Poster contest. Several teachers in the Springfield School District plan to get involved with this. Be on the lookout at the District R Convention for some samples. The District R Convention is Saturday, February 2, 2019, at the Oregon State University Alumni Center in Corvallis. Lion Craig Urbani, PDG Tom Hilgers and 2<sup>nd</sup> VDG Linda Stent are helping to coordinate this event. Our guests will be ID Ardie Klemish and her husband, PDG Ken from Iowa. I look forward to seeing many of you in Corvallis. It should be a fun and educational time. If you have ideas/suggestions for our district, please do not hesitate to contact me. Proud to be a Lion.  
DG Dale Bachman, [bachmandale1@gmail.com](mailto:bachmandale1@gmail.com)



## District E - Southern - South Coast



**District E Governor Column**  
Bryan Longland

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Spouse: Patti Longland

### Happy Holidays Lions of 36-E

The holiday season is my favorite time of the year, as Lions and families gather to reflect on achievements and new milestones and goals met for the year. It is a time to be grateful for the contributions of time and talent of Lions or family members who have passed in 2018. It is also a chance to look back at what we could have done differently for the betterment of our lives, both as Lions and personally.

As you plan your club's holiday parties this year, consider asking a nearby club to join your club for the celebration or invite a potential member to go with you. Just ask!

**Membership:** I think my lucky number is 22. Since July 1, District 36-E gained 22 new members and dropped 22 members, and the average club size is 22, for a net gain/ loss of zero as of October. A year ago, District 36-E had 800 members. Now we sit at 758 members and I would like to see 36-E near 800 again by July 30<sup>th</sup>. If each club has a "plus 1" by June 30 that would be 35 new members, only 7 people short of that very achievable 800 goal.

District-G Governor Phyllis Carlin has put up a friendly "Membership Madness Challenge" to all districts of Oregon and Northern California. The winner would be based on a percentage of growth. At a recent Global Action Team (G.A.T.) meeting, the possibility of a cash award (perhaps \$500) was mentioned, but no decision was reached.

District 36-E has a new, second time 1<sup>st</sup> Vice District Governor. PDG Bob Chaney has been elected to fill the position. District 36-E still needs a 2<sup>nd</sup> Vice District Governor at this time. If you meet the requirements and have a desire to become 2<sup>nd</sup> Vice District Governor, please call 541-404-8751 or email me at bryan@sunsetmotel.com

**Visitations:** All visitations are going well. I have visited 25 of the 35 clubs in District 36-E. All of the clubs visited have had at least one signature service project and some smaller projects, all reflecting the unique needs of the communities they serve. One of the most popular common club projects is school screenings. Most clubs screen children in the last quarter of the year.

**Global Action Team (G.A.T.)** The first G.A.T meeting was held in Bandon on September 29. I felt it was well attended for a first meeting. We had twenty-some Lions attend from all districts. The Global Action Team consists of Membership, Service and Leadership Chairs. G.A.T starts at the club level to help club secretaries report to LCI, zone chairs, district governors, districts and multiple district. This helps with overall club health. All attendees were glad they that they had come and everyone left with some new information.

Convention will be in Bandon, March 15-16, 2019, at "The Community Center" aka the Barn. Clubs bringing raffle baskets should have a Lighthouse Theme. Clubs are also asked to bring purses filled with lady's hygiene supplies, to be distributed to women's shelters.

**Cabinet Meetings:** District E offers training at all cabinet meetings for president, secretary, and zone chairs. Remember all Lions are encouraged to attend cabinet meetings. It's a good way to better understand our district (and have fun too).

### Upcoming Dates:

November 3: District 36-E 2nd Cabinet Meeting, SOLSHC, Medford, @10 a.m. (officer training will be available at this.)  
November 14: National Diabetes Day  
March 15-16: District 36-E Convention, Bandon  
March 17: 36-E 3<sup>rd</sup> Cabinet Meeting, Community Center 11<sup>th</sup> Street, Bandon, 10 a.m. (officer training will be available at this.)

## District G - Central - Eastern Oregon



**District G Governor Column**  
Phyllis Carlin

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• pascarlin@gmail.com  
Spouse: Ted Carlin

**Tis' the Season.** Are you starting to get in the holiday spirit? I know I am and I bet you are too. Soon many of District G clubs will be involved in holiday projects. The Hood River Valley Leos annual "Hit and Run Santa" program will soon be underway. The Leos shop for both children and parents from five families referred by local service agencies. Before their December meeting, the Leos gather to wrap presents and enjoy a pizza party. After the meeting and under the cloak of darkness, the Leos take the presents (now bundled by family groupings in large sacks tied with red bows) and place them on each family's doorstep. They knock and then run and hide while the recipients find the gifts that Santa has left behind.

The LaPine Lions serve as Halloween Crossing Guards, helping children and their families cross Highway 97 safely so they can Trick or Treat in town. The Dalles Lions Club participates in the city's annual Starlight Parade and through this participation promotes their Christmas tree pickup program. The Three Sisters Lions Club sells popcorn and hot chocolate at the Sisters Christmas Tree Lighting ceremony. In order to contribute to community giving, for many years members of the Madras Lions Club have assisted with the Red Cross Blood Drive, held the third week in December. These are just a few of the many projects that District G Lions Clubs will be involved in during the holidays.

**Convention Season Follows.** Following the holiday season, it becomes convention season for Oregon Lions. Districts O and R will hold their conventions in February, followed by District G and E in March. Mark your calendars for March 1-2. Madras, Oregon, will serve as the host city for the District G Convention, which will be held at the Inn at Cross Keys Station with Friday's opening banquet at Erickson's Aircraft Collection. Erickson's is the home of an amazing vintage WWII aircraft collection which features the B-17 Flying Fortress, the Madras Maiden.

International Director Gwen White of Columbia, North Carolina, will be the featured speaker on Saturday. In addition to serving an International Director, Gwen is the Executive Director of the Visually Impaired Persons Fishing Tournament, which is the largest service project of its kind in the world. The three-day event attracts more than 350 visually impaired persons, 130 sighted guests and 300 volunteers each year. From humble beginnings, with 15 participants, to the event it has become today, Gwen will inform us on how to organize and execute a really big service project. On Friday, Alison Perry of the Central Oregon Veterans Ranch will be the featured speaker. Four years ago the Ranch was an idea and now it is serving veterans of central Oregon. Registration forms will be coming out soon. We hope you can attend.

**We Serve.** International President Gudrun Ynvadottir believes there is still a world of service yet to be reached, even in Lions. She is encouraging us to reach within ourselves to do more and is asking all clubs to add one new service project. With November being Diabetes Awareness Month and January Hunger Awareness month, both themes offer ample ideas and opportunities for service.

## More Roaring - More Hearing

"I could hear the guy tapping on his cellphone across the street," said Patient #2 as he excitedly tried out his new hearing aids from Dr. Todd Landsberg and the Lions ROARMOBILE. "I can hear the traffic outside,"



"I can hear," yelled out Erin Wilson from Prineville who is legally blind and has had hearing problems since childhood. Erin points toward his hero Dr. Landsberg who fitted him with two hearing aids. "Thank you Lions," said his wife, "I am so thankful for any help that comes Erin's way."

yelled out patient #3 "and I only have Social Security to live on, so I am so very much appreciative of Dr. Landsberg and all you Lions."

These were the results of just two of the eleven patients Dr. Landsberg examined, talked with in depth and, in the end, issued hearing aids to as part of a ROARMOBILE event in Bend in early August. The Oregon Lions Sight and Hearing Foundation in Portland organized and facilitated the events.

Russ Chase and John Pasma of the Bend Sunrise Lions, Chris McCabe of the Prineville Lions and Ted Carlin, event coordinator, from the Crooked River Ranch Lions assisted

Dr. Landsberg by recruiting people with hearing problems, interviewing them for their needs and enjoying the beaming smiles as the hearing aids they were issued starting working, allowing them to hear things they had not heard for a long time.



"I worked many years in a sawmill and a noisy factory and now my children are telling me I am deaf," stated Janice Childress from Bend. Here surrounded by Bend Lions Russ Chase (l) and John Pasma (r), she is all smiles after receiving two hearing aids and as she was leaving said excitedly, "Hey, I can hear the traffic outside."

"I have had a hearing problem since childhood and I have been legally blind since I was 4 years old. Plus I have had cataract surgery and now need laser surgery on my eyes, so receiving these hearing aids is just one beautiful gift to me. Thank you Lions," said Patient #5.

"I have had hearing problems since birth and three years ago I had hearing aids and then my dog ate them. These quality hearing aids that Dr. Todd put in my ears are letting me hear sounds I have not heard before," said appreciative Patient #8.

"My father beat my head so severely as a child that I have had hearing loss from a very early age. This is going to be great because I will not have to have the TV on full blast. Thanks Dr. Todd for examining me," said a proud Patient #9.

"My kids have been telling me the last couple of years that I am deaf. I worked for many years in a sawmill and then a noisy factory and the other day I could not even hear the skill saw that I was operating. Guess it is time for an ear checkup," stated Patient #11, who was last seen smiling, cupping her ears and dancing out the door. A perfect ending to a long day for Dr. Landsberg and the Central Oregon Lions.

Dr. Landsberg, who is an audiologist at the South Coast Hearing Center in Coos Bay, donates all his time and mileage as he travels around the state examining patients with hearing problems that the Lions Clubs have arranged to be seen.

And the following day after the ROARMOBILE he was able to run seven legs in the Cascade Relays in Bend. What a guy...



"I can hear a guy typing on his cell phone across the street," said an elated John Harrison from Prineville, center, after being fitted for two hearing aids. John was all smiles with his wife and Dr. Todd Landsberg. His wife stated, "This is great we won't have to have the TV on full volume."

*submitted by Ted Carlin, Crooked River Ranch Lions*



## Leo Isis Breazille - Leo of the Year for MD36 2017-2018

At our first Cabinet meeting in Rockaway, we Honored Leo Isis Breazille as Leo of the Year for MD36. Not only is she the Leo of the Year in Oregon 2017-2018, but also she is one of 35 Leos receiving the award from LCI in the nation. This is quite an honor. She has been a 4-year member of the Neah-Kah-Nie Leos Club, holding several offices including being President during her senior year. Isis will be attending Western Oregon University in Monmouth. She has been a great asset to Lion Don Markle during her four years at school. We are very proud of her.



(l-r) MD36 36-O Leo Representative Dan Markle, 2017-2018 Leo of the Year Isis Breazille (of the Neah-Kah-Nie Leos Club) and DG Dan Wolf

*submitted by DG Dan Wolf*

## Oregon Cyclists Run Into Bigfoot

Approximately 20 Elgin Lions were on hand to greet 1,600 Cycle Oregon participants at Andy's Landing on Tollgate Highway. Many of the cyclists stated that seeing "Bigfoot" was a favorite part of their journey, with many using a photo op to send back to their families. One commented, "I have to prove I really saw Bigfoot" (AKA PCC Steve Oliver)!



Don't hurt our guests, Bigfoot



Bigfoot greets cyclists



Cyclists greeted by Lions Everett Grandeen, Daryl Hawes, Jim Hallgarth and PCC Steve Oliver

*submitted by PDG Gerald Hopkins*

# LIONS VISIONGIFT

## SHARE YOUR BLESSINGS

Teresa Rambaud was only 14 when she was diagnosed with Keratoconus – a progressive eye disease that affects the cornea. In spite of this, at the age of 17, Teresa was able to visit Silverton, Oregon as an exchange student.

By the time Teresa was 20, she had become totally blind. Life was dark and difficult at times, and she would often fall and hurt herself. Teresa was incredibly grateful for the care and support of the teachers and classmates who got her through school – assisting with studying and even giving her tests orally. But Teresa's family made the greatest sacrifices, assisting her each day and routinely loading their large family into the car for 12-hour round trips to El Paso, Texas, to see eye specialists. Teresa got through it by focusing on the good moments of her life. She says, "Even when I was blind, I have always been able to see my blessings."

At the ages of 22 and 24, Teresa received her first two cornea transplants from donors in El Paso, Texas. For the first time in almost four years, her world turned from dark and gray to bright, vivid color.



Over the years, Teresa's vision began to decrease again. Though her doctors assured her she wasn't experiencing rejection, they did recommend another cornea transplant in each eye. As a long-time Happy Valley resident, her transplants were performed in Portland, with corneas recovered by **Lions VisionGift**. In October 2016, she received a right cornea, and in December 2017, she received a left cornea.

In April 2018, Teresa was able to meet the family of one of the donors who helped her to be able to see her beautiful daughter's dimpled face again – Robert Esparza of Gresham. Teresa had been praying and waiting for that opportunity and felt that meeting Robert's family was another amazing gift to her. To be able to thank

Robert's dad, Simon (*pictured together at the 2018 Donate Life NW "Tabor Trot"*) for supporting his decision to help others was a wonderful feeling, and her hope is that she can give them a sense of peace and comfort as they have given her the gift of sight.

As a four-time cornea recipient, as well as a Bilingual Donor Contact Representative for Be the Match bone marrow donor program, Teresa urges others, "Share your blessings! Become an organ, bone marrow, eye, and tissue donor. Also, support your loved one's decision to help many patients in need: deciding to give someone life or sight after you are gone – it's amazing – the most beautiful, and selfless action of compassion!" (*Story provided through Donate Life NW*).

***Lions VisionGift is dedicated to advancing transplantation, research and education to honor donors and their gifts of sight. Since its inception in 1975, over 40,000 people have received the gift of sight from tissue procured and screened by Lions VisionGift. Additionally, thousands of gifts have been utilized for ocular research and surgical training. Lions VisionGift has locations in both Portland, Oregon and Boston, Massachusetts.***

*submitted by Matt Webber*



# You, Me and the D!

Hello Everyone,

Welcome to my world! Won't you come on in? Following is an article about some tips on how to conquer when your motivation seems to be waning.

## **Stay on Course Feeling your motivation wane? Try these tips to move forward.**

By: Kara Mayer Robinson

You know exercise is great for managing diabetes, so you've made it a priority and settled into a groove. Congratulations! But what do you do when it feels like a drag? Conquer roadblocks with these solutions.

**Just lace up.** David Weingard, CEO of the diabetes coaching platform Fit4D, knows how it feels to want to bail on a workout. His trick: Simply lace up.

"Lots of days I wake up with a high blood sugar and just get myself out the door to exercise," he says. "By the time I get back, I've brought my blood sugar levels under control, and I'm mentally pumped up for the day."

**Slip but don't slide.** Expect days when you want to slack off. Highs and lows are normal. The trick is to accept them and get back on track tomorrow.

Avoid the trap of focusing on negative thoughts. Tell yourself one down days is fine – if it doesn't become a string of them.

**Have fun.** If you dread exercising, you may be doing the wrong activity.

Find something you like. Cardio choices go beyond running and spinning. Try swimming laps or loading your video console with dance games. Not a gym lover? Walk, bike, or run outdoors. Love walking but ditch your plans whenever it rains? Drive to the mall and do laps indoors.

**Try zigzagging.** Doing the same thing day after day can be a slog. Change your patterns and choices. Exercise indoors one-day, outdoors the next. Push yourself extra hard today, go easier tomorrow. Do an elliptical workout one day, a Zumba class the next.

Bonus: Switching it up works different muscles and prevents overuse injuries.

**Join forces.** "Having a good training partner will make workouts more fun and enjoyable," says Weingard.

Recruit friends, family, or others in your community to exercise together. Join a group and sign up for regular workouts. Next time you go walking, invite a neighbor to tag along.

**Log it.** "Detailed record keeping is a key factor in realizing the benefits of exercise and minimizing blood sugar swings," says Weingard.

As part of that record-keeping, start a fitness journal. Record when and how much you exercise, your blood sugar levels, and how exercise impacts them.

Then look for patterns and find what works best for you. Maybe you do better in the morning but not so great at night. Maybe you stick with certain workouts but not others.

**Time travel.** Remember how amazing you'll feel when your workout's in the bag. You'll carry a sense of accomplishment and pride with you all day – and keep your glucose in check.

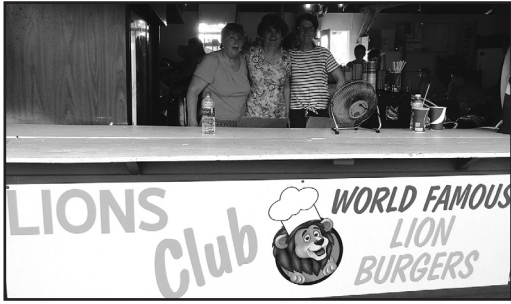
If that doesn't work, says Weingard, envision tomorrow. "Hang in there on the tough days. Easier moments are right around the corner."

Reviewed by Michael W. Smith, MD, CPT, WEBMD Chief Medical Editor

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

"Friends ask how you are and then wait for an answer."

## La Grande Lions Popular Hamburger Stand



The La Grande Lions' Hamburger stand is the most popular stop at the Union County Fair. Many patrons describe them as the best hamburgers to be found.

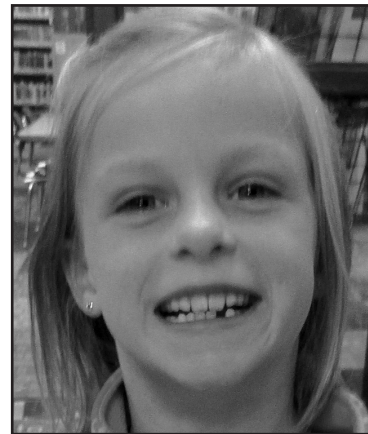
*submitted by PDG Gerald Hopkins*

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## Elgin Lions Provide Eye Screening to the Imbler School



While screening students at the Imbler School, librarian Gidget Sannar offered a thanks of appreciation to the Lions Club. She stated that the new eye machine found that her daughter, Shelby, had a problem that may have never been detected on a normal eye screening. She said that her doctor said Shelby was very close to losing vision in the left eye had she not taken the Lions paperwork to him.



Imbler Second grader Piper Braseth repeated over and over "I loved it" when describing her experience with eye screening by the Elgin Lions



Those Lions helping with the screening of the Imbler School students included left to right: Bruce Bugbee, PCC Steve Oliver, Darlene Garver, Kathy Oliver, Betty Jane Bugbee, Mary Hopkins and PDG Gerald Hopkins (not pictured)

*submitted by PDG Gerald Hopkins*



## Bend Sunrise Lions “Head out on the Highway”

“Helping to make our community and environment a little better makes me proud to be a Lion,” stated Bend Sunrise Lions Sight & Hearing Chair Russ Chase, following a Highway Cleanup Project near Bend. Lion Russ worked hard putting together and coordinating everything with ODOT to make the event possible as this was the first time the Lions had cleaned up this section of highway. Russ sends out a big Lion’s ROAR to fellow Lions Steve, John, Linda, Wes, Eric, Alan, Jerry and Gloria and a big SHOUT OUT to Lions’ friends Heather and Barb who went above and beyond and joined the club’s efforts.

“A small mountain of trash was collected and everyone worked hard and was ready to relax following the highway cleanup,” stated Bend Sunrise President Steve Olson. “We are all proud of our efforts.”

“This is a great example of a Lions club taking on a new environmental project,” stated MD36 Environmental Chairperson Ted Carlin. “Hopefully with the environmental projects listed below Lions clubs can find new projects for them to try.” Remember LCI President Gudrun Yngvadottir, has tasked each club with adding one new service project this year. If you do any environmental project, please send it to Ted Carlin, [Vptcarlin@yahoo.com](mailto:Vptcarlin@yahoo.com), (541) 604-4054 and also please email any photos of your project.

### List of MD36 Lion Environmental Projects:

- Road clean-ups
- Highway cleanups
- Cemetery cleanup
- Cleaning off and painting over graffiti
- Cleaning of parks and lakes
- Maintaining a park
- Planting trees
- Pruning, cutting limbs and falling trees
- Composting
- Watering flower baskets
- Sponsoring a community garden

- Produce to seniors from the community garden
- Home safety inspections for seniors
- Checking smoke alarms
- Maintaining your Lions aclubhouse
- Clothes for the homeless
- Recycling cans and bottles
- Holding a recycle garage sale
- Holding a PR course & campaign against littering
- Taking up the battle against straws & plastic bags
- Involvement w/ SOLVE (Stop Oregon Litter & Vandalism)
- Car pooling



Russ Chase of the Bend-Sunrise Lions Club readies his Highway Cleanup Team for a long day of picking up trash and other mysterious items

### MD36 Outdoor Scenery Photo contest:

Entries are coming in and winter weather scenes will make for some great scenery photos. Just a reminder we are holding the MD 36 Outdoor Scenery Photo contest so send in your entries to Ted Carlin, above. The top five photos will be going to the MD 36 Convention to be voted on by you for the best in the District. You can send any size photo, preferably electronically, does not have to be recent, but no *photo shopping* please.

*submitted by Ted Carlin, MD36 Environmental Committee Chair,  
[Vptcarlin@yahoo.com](mailto:Vptcarlin@yahoo.com), (541) 604-4054*

## **The Eugene Downtown Lions Club Annual Summer Picnic was Better Late than Never**

The Eugene Downtown Lions Club annual picnic was held Wednesday, September 12, at Lion Judith Grosenick's home. The picnic that was scheduled for August 8 was postponed because of hot temperatures and bad air quality due to wildfires. Lion Judith's backyard was the perfect spot again for the picnic. It was a relatively cool day (high temperature of 70 degrees) but the Lions, family and guests who attended the gathering just wore jackets or sweaters to be comfortable.



**As usual the food looked and tasted great**



**Lion Past President Dr. Craig  
Ford cooked the corn to  
perfection**



**The desserts the members provided  
were delicious**

Lion Judith and I discussed at length the weather forecast for the September 12 as we came closer to the chosen day. In my last forecast update I explained that there would be many clouds and a 50% chance of showers with a slight chance of a thunderstorm. The good news part of the forecast was that there seemed to be a pretty good chance of a break in the showers from 5 pm until 8 pm which was the timeframe for the picnic. There were a few sprinkles of drizzle early on, but the rest of the time was dry.

This was a particularly special event for Lion Judith because she was able to introduce the club members to her new "girls" Bling and Coco. Previously her boys, Nicholas and Alexander, had been participants, but with their passing, the "new" girls made their debut.



**(l-r) Lion Judith's "Girls," Coco (on the move)  
& Bling, were the hit of the event**



**Can you tell we're enjoying ourselves?**

Club members provided side dishes and desserts and, as usual, fried chicken and corn-on-the-cob along with soft drinks were provided. Lion Dr. Craig Ford, assisted by wife Klea, performed their magic preparing the corn.

The food was excellent as usual. This picnic gives the members and guests the chance to get to know each other better and to share some relaxing time together. Lion Judith gave special thanks to all of the Lions who helped with the setup and take down then returning the tables and chairs. Of course, thanks to everyone who did anything to help out including bringing lots of delicious food to share and for everyone who attended.

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



## Rockaway Knight Lions Branch Club Receives Donation

Knight Lion Andrew Sarkudy, manager of Mo's Restaurant in Canon Beach, received a \$600 donation from Mo's for back to school necessities for Neah-Kah-Nie Middle School. Andrew presented the check to Knight Lion President, Mark Fiebig and Knight Lion Treasurer, Nathan Beeman.

The Knight Lions are standing by the table at Mo's covered with the handprints of children. The Mo's Corporation donates the money received by customers at this table to children in need. Thanks to Mo's and Andrew the Knight Lions were able to shop at Fred Meyers.

Fred Meyers gave additional discounts so that the Lions were able to fulfill the wish list given to them by the school counselor, Rob Herder. The donations were taken and presented to the school principal Leo Lawyer and counselor Rob Herder by Andrew Sarkudy, Marilou Bowman and 1VDG Terry Bowman.



Knight Lions (l-r) Andrew Sarkudy (manager of Canon Beach Mo's), President Mark Fiebig and Treasurer Nathan Beeman.



Counselor Rob Herder, Knight Lion Andrew Sarkudy, School Principal Leo Lawyer, Guiding Lion Terry Bowman. On steps in front: Guiding Lion Marilou Bowman.

(l-r) Knight Lion Andrew Sarkudy, Knight Lion Mark Fiebig and Guiding Lion Marilou Bowman



Lion LuLu Bowman, Rockaway Lions Club

## Rockaway Lions Collect Beach Garbage



(l-r) Lions Nathan Beeman and Mark Fiebig registering volunteers

Rockaway Lions, partnering with SOLVE, collected 500 pounds of garbage from seven miles of their local beach. Project chair Mark Fiebig stated that the beach was actually cleaner than our previous 32 years of beach cleaning. Volunteers registered at the Rockaway Lions Club and returned with their sacks of debris to the club house to be disposed. There were 46 SOLVE volunteer and 16 Rockaway Lion participating. Rockaway Lions graciously provide lunch for all of the volunteers.

*submitted by LuLu Bowman*

*"New Century Leadership Training"*

## **District G Lions Have a Fun Leadership Training**

Lions Working Together, Lions Setting Goals, Technical Communications, Specific Officer Training, Hands on Technology, Leaders Moving Forward, The Rise of Volunteers, Positive Lions Meetings, and How to Have a Fun New Member Orientation were all topics covered in a fun and interactive leadership training session in The Dalles in mid-October.

Somehow Global Leadership Team Chairperson PCC Bev Bridgewater, along with the District GLT and DG Phyllis Carlin put together a jam packed agenda that lasted only a little over five hours. Of course there were some snacks and lunches added in.

"We were able to interact and question the speakers and not just be talked to, which made it fun and interesting" noted PDG Vicki Smith from the Three Sisters Lions Club.



**"Fun" was the buzzword of the day at Leadership Training, even when gathering for their group photo following the sessions.**

Members from The Dalles, Hood River Eye Openers, Huntington, Crooked River Ranch, La Pine, Three Sisters, Arlington and Pendleton Lions Clubs were all in attendance and happy to pick up new information.

And the good news is there was another equally as good training in La Pine later in October, reaching out to other areas in the geographically challenging district.

*submitted by Ted Carlin*

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## **Donating Makes a Difference**



**Albany East Lions' booth at the Albany home show**

Albany East Lions had a booth at the Albany Home Show and we had a quilt from donatelife in our booth on display. A young girl came up, saw it and realized that one of the squares was hers as a recipient and two of her siblings had a square as donors. She told her story to our members Mary and Gerry Oliver and they said it just made the whole circle complete as to how important donating is.

*submitted by Bill Scheler, Membership Chair*



## Astoria Lioness Club Busy in the Community

The accompanying photo was taken of the Astoria Lioness Club at our recent October meeting. We had just completed a project for the Christmas Wishing Tree Program in Clatsop County by cutting out and preparing over a thousand "Wishing Bells" for a local gift program for children in our county. Others who participated in the project were Lioness Donna Thompson and Lioness Emily Elena.

The Christmas Wishing Tree Program puts the bells in local banks and credit unions and at Fred Meyer for customers to select and purchase gifts for children in our area. The more than one thousand bells are displayed on the table.

The Astoria Lioness Club also supports Guide Dogs for the Blind, Oregon State Library Talking Books, Camp Toloali camperships, Clatsop County Regional Food Bank, and Oregon Lions Sight and Hearing Foundation.

We always welcome new members and meet at 12:30PM at Doogers on the first Monday of each month except December.



(l-r) Lioness Nancy Lockett, Guest and former Lioness Carol Lindstrom Atwood, Guest and special friend of Astoria Lioness, Alissa Holyoak, Standing from left to right: Lioness Lavina Jones, Lioness Ann Bales and Lioness Charlene Larsen.

*submitted by Charlene Larsen*

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## Union Lions Elect Officers, Discuss Projects

The Union Lions held an organizational meeting electing new officers and discussing plans for the upcoming year. The officers include Norman Palmer, President; Linda Palmer, Secretary; Karen Gordon, Treasurer and Vern Valiant, Membership Chair. President Palmer recognized Martha Valiant for her years of service and leadership as president of the club.

The group then outlined some of the events they would address for the year. The first project would be the basketball tournament held December 7 and 8. Palmer outlined the hours and shift times needed. Other projects discussed were the Christmas Parade, scholarship program, Flags for First Graders, and Easter Egg Hunt. To complete these and other items on the agenda, Palmer asked the group to reach out for volunteers within the community. The president sent out 25 invitations and other club members will make

contacts with individuals in the community. Palmer also discussed contacting community members in Cove and North Powder to determine if they would like to be a part of the Lions organization.

The group agreed upon a 5:30 evening meeting and will be seeking out information on the school complex as a possible meeting place. The next meeting will be November 6.



(l-r) Martha Valiant, President Palmer and Linda Palmer

*submitted by PDG Gerald Hopkins*





**Red Rowley**  
**Board Chair**

**Doug Thompson**  
**Executive Director**



# New Tax Law and Year End Giving

A question that we get fairly often from Lions is *“What impact will the new tax laws have on the Foundation?”*

It’s an excellent question and one that quite honestly isn’t easy to answer, so here’s a little background first. Congress passed the 2018 Tax Reform Act, the largest piece of tax reform legislation in three decades, and it will impact the tax return that most people will complete for the 2018 tax year.

A couple of the key provisions of the new tax laws that pertain to individuals are as follows:

1. The standard deduction doubled from \$6,350 to \$12,000 for individuals, and from \$12,700 to \$24,000 for married couples.
2. The charitable contribution deduction limit rose from 50% to 60% of an individuals adjusted gross income.

The general consensus is that far fewer Americans will itemize their taxes, leading to speculation that fewer taxpayers will make charitable donations for the purpose of gaining tax breaks. No formal studies have been conducted to predict the actual impact of doubling the standard deduction, but we feel it’s safe to say that those motivated by tax breaks will decrease - or even eliminate - their charitable contributions.

The key phrase there is *“those motivated by tax breaks”*. For sure, some OLSHF donors have tax breaks as an incentive, but we believe that most of our supporters give for these reasons:

- To help those less fortunate
- Emotionally moved by someone’s story
- Want to have a feeling of empowerment
- They have a desire to change someone’s life
- To memorialize someone dear to them
- They were raised to give to charity
- To feel connected to our great cause
- They feel fortunate and want to give something back
- The right person asked them to do so
- A desire to leave a legacy

We believe these are only some of the reasons that people give to the Foundation and we don’t believe that new tax laws will change how people feel or why they want to help. With the end of the calendar/tax year looming, only you can decide what motivates you to support OLSHF or other charities of your choice, and we hope you’ll be guided by your heart, not the new IRS tax code.

# GIFTS & MEMORIALS

**Contributions list includes gifts received Sep 16, 2018 to Oct 15, 2018. Thank you to each and every donor!**  
**If you have questions about donating, our programs, or how you can volunteer, please contact us at [Info@OLSHF.org](mailto:Info@OLSHF.org).**

## **Lion Sentinel** **\$1,000-2,499**

Arthur & Diana Carroll  
 King City Lions Club  
 Local Association of  
 Journeyman and Local 290  
 Marc Nelson Oil Products, Inc.  
 Vanguard Charitable  
 Windedahl, Rangitsch,  
 Groeneveld and Norton LLC

## **Lion Tamer** **\$500-999**

Sarah Evans  
 Huggins Insurance Services,  
 Inc.

## **Lion Patron** **\$100-499**

Joseph & Margaret  
 Adelsberger  
 John Anderson  
 Debbie & Rodney Bach  
 Gwen Best  
 Stella Brown  
 Canby Lions Club  
 Diana Cutonilli  
 Thomas & Paula Hilgers  
 Edward Jones  
 McCoy Freightliner  
 Kenneth Onstott  
 Nancy Parkhill  
 Powers Lions Club  
 Brian Rangitsch  
 Springfield Lions Club  
 George Stockinger  
 West Linn Lions Club

## **Lion Donor** **Up to \$99**

Larry Barnett  
 Robin & Ray Herrington  
 Suzanne & Gary Mose  
 Leann & David Nelson  
 Michael & Mary Regan  
 Mark Stanford

## **School Vision Screening & Community Health Event** **Sponsors**

Canby School District  
 Clackamas School District  
 Community Action Agency  
 Compassion Connect Inc.  
 Corvallis School District  
 Dallas School District  
 Dayton School District  
 Elkton School District  
 Gaston School District  
 Thomas & Paula Hilgers  
 Hillsboro School District  
 Jefferson County  
 School District

## **School Vision Screening & Community Health Event** **Sponsors (cont.)**

Lane County School District  
 Lincoln County School District  
 Linn Benton School District  
 North Lake School District  
 Odell Lioness Club  
 Prospect School District  
 Rogue River School District  
 Salem Keizer School District  
 Sherwood School District  
 South Lane School District

## **HONORARIUMS**

### **In Honor of Dr. William Baer's 80th birthday**

James & Ilene Davidson

## **MEMORIALS**

### **In Memory of Robert Fraser**

Steven Mattox &  
 Alice McIlvanna

### **In Memory of Bob Howe**

Jean Rotter

### **In Memory of Jim Kunkle**

Arthur & Gail Abbott

### **In Memory of Art Rotter**

Jean Rotter

### **In Memory of Gary Weldon**

Debbie & Rodney Bach

## **LEAP Optical** **Program Supporters**

Beaverton Lions Club  
 Central City Concern  
 Clackamas Volunteers  
 in Medicine &  
 The Founders Clinic  
 Enterprise Joseph Lions Club  
 Esaia Gastelum  
 Give a Little  
 Milwaukie Lions Club  
 OHSU Foundation  
 Pendleton Lions Club  
 Portland Legacy Lions Club  
 Rockaway Lions Club  
 St. Helens Lions Club  
 Washington County Finance  
 Division

## **ROAR! Program**

### **Supporters**

Columbia Community Mental  
 Health Inc.  
 Pamela Deraita  
 Portland Hollywood Lions Club  
 Portland Legacy Lions Club  
 Prineville Lions Club

## **PRIDE (Recurring Donors)**

Arthur & Gail Abbott  
 Luella Amerson  
 Brenda & Nathaniel Anderson  
 John Anderson  
 Kaitlin Anderson  
 Joyce & Wallace Anderson  
 Andrew & Kelly Asbra  
 Deborah & Rodney Bach  
 Dale & Judith Bachman  
 Janet Baker  
 Wayne Baseden  
 Robert Belmont  
 Darrell & Lanell Bennett  
 Charles Blanchard  
 Terry & Marilou Bowman  
 Bev Bridgewater  
 Carol & Doug Brink  
 Stella Brown  
 Michael Cairns  
 Gerald Caldwell  
 Henry & Lynn Calhoun  
 Kent Calvin & Aruna Aleem  
 Phyllis & Edward Carlin  
 Debi & Tony Castor  
 James Cech  
 Robert & Carrie Chaney  
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 Diane & John Landon  
 Bryan & Patti Longland  
 Hope & Doug Loose  
 Nicole Mandarano &  
 John Salois  
 Elaine Marsh  
 David McBride  
 Stacy Buckley &  
 Abigail McFayden

## **PRIDE (Recurring Donors cont.)**

Ashley McFerron  
 Fred & Helen McNaughton  
 Steve & Liane Moser  
 Cynthia Nemec  
 Bill Nourse  
 Steven Olson  
 Katie O'Neill  
 David Ott  
 Dane Parriera & Kathy Parreira  
 John & Linda Pasma  
 John Pfanner III &  
 Susan Pfanner  
 Matthew Phillips  
 Cory Price  
 Keith Price & Denise Lukens  
 Brian Rangitsch  
 Doug & Keren Reinhart  
 Melinda, Christopher &  
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 Bonnie Roeder  
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 Rodney Schossow  
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 Linda Stent  
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 Carol Swesso  
 Carrie Swesso-Bartley &  
 David Bartley  
 Trudy Tallman  
 Mary Thibert  
 Jane Thomas  
 Douglas Thompson  
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 Steve & Mary Tronnes  
 Mary Lee Turner  
 Kerith Vance  
 Joan Vaughan  
 Katie Warren &  
 Taylor Torgerson  
 Tiffany Warren & Aaron Habib  
 Wesley Whittle  
 Dan & Nancy Wolf  
 Jadie Wright  
 Paul Zastrow

**Call Nicole at (503) 413-7329  
 to learn more about  
 PRIDE!**





# *I'm Grateful for..*

**In honor of the holiday, we asked a few of our Board members to share their thoughts on what they are grateful for:**

"I'm grateful that we're able to give vision screenings to more than 180,000 students in a year. I'm thankful that we're not resting on our laurels but looking for solutions to help even more people in need."

- **Homer "Red" Rowley, OLSHF Board Chair, Forest Grove Lions Club**

"I am grateful that I am able to serve. If I can do just a little bit along with others doing a little bit, then we can do the big things." - **Belinda Petshow, Forest Grove Lions Club**

"I'm proud and grateful to be part of an organization that has been forward-thinking and miles ahead of everyone else for years when it comes to student vision screenings, patient care and so much more."

- **Carrie Swesso Bartley, Milwaukie Lions Club**

"I am proud to be a Trustee to the Foundation. I am constantly amazed how hard the Foundation works for our Lions clubs. Especially my own club with school and adult vision problems."

- **Marilou "LuLu" Bowman, Rockaway Lions Club**

"I am so grateful and proud to be a part of a organization that shares my passion for helping others and continues to strive to eliminate vision problems throughout our state, especially with children."

- **PDG Bob Chaney, Sr., Myrtle Creek Lions Club**

"I'm grateful to a great organization that allows us to assist those that can't obtain such necessary items such as hearing aids, glasses, etc. I am eternally grateful when seeing the affect on their lives as they hear and see things that they have missed for many years." - **Russ Chase, Bend Sunrise Lions Club**



## *Save the Dates!* **Keep the Promise**

# **2019**

**Eugene, Valley River Inn - April 10th**  
**Salem, Mission Mill Museum - April 24th**

**Portland - TBD**  
**Roseburg - TBD**

**Contact Doug at [DougT@olshf.org](mailto:DougT@olshf.org) for more info.**

# School Vision Screening



Dionicia Sanchez-Dominguez was able to screen her own daughter, Daniella, for vision health issues at our school vision screening event at Knight Elementary in Canby on October 1st.

During the month of October, OLSHF partnered with local Lions Clubs throughout Oregon to:

- Provide vision screening events at 175 schools.
- Screen over 48,000 students for up to 11 vision health issues.
- Referred roughly 5,050 students for follow up comprehensive eye exams with local vision professionals.

## PRIDE News



PRIDE member PDG Bob Chaney, Sr.

*"It was a simple choice to make the PRIDE program part of my continued commitment to the Lions mantra of We Serve. I am very passionate about continuing to serve others and this program allows me to show my continued support of the Foundation and its mission."*

We invite you to join us - and to join Bob - as one of our members of PRIDE.  
Contact Nick at [nick@olshf.org](mailto:nick@olshf.org) to learn how!

# Lions WHITE CANE

TEXT "CANE" to 91999

*Thank you*  
Lake Grove Lions Club and  
Certified Indoor Environmental for  
making White Cane Day a success!

## Community Screenings



Warren Heathman, OLSHF's Veteran Screening Events Coordinator, screened at this year's Binational Health Fair at Chemeketa Community College. The event was a huge success! Warren screened 85 people of which 72 were referred.

Warren is such an amazing and caring person, he stayed (past event time) until everyone in line was seen.

## ROAR! Program

A message from a ROAR! recipient:

*"I am so pleased. I was able to get two hearing aids and I'm hearing things I haven't heard in decades! I'll now be able to hear my 4 month old grandson when he first calls me Grammy. I'm so grateful for your help. Thank you from the bottom of my heart."*

- Thank you Lion Donna Korn and the Alvadore-Franklin Lions Club.

## Meet OLSHF Staff



Donna Penny  
School Screening  
Events Coordinator

What Donna loves about working for OLSHF:

*"I love doing the Vision screenings, working with the various Lions Clubs and the kids, especially the kids. Knowing that what we are doing may make a difference in their lives makes all the work worth while!"*

What we at OLSHF love about Donna:

*She serves her community, students, and she gives back generously to support our mission.*



## Robin Church Addresses Elgin Lions

Robin Church of the Union County Clerk and Records Office was the guest speaker at the Elgin Lions Club. Church discussed the advantages of the paper ballots mailed to individuals, indicating that the increase of voting was up 50%, while the costs to administer were cut by approximately 50%. Church noted that individuals can sign up to observe the counting process for elections. Church also noted that of the 18,000 voters in Union County, there were approximately 150-400 challenges to signatures or inappropriate markings on the ballot.

Church told the Lions that the paper ballots are not online and there is a paper ballot trail, which eliminates the possibility of hackers for the system. During off-year elections, the percentages of voters returning ballots is approximately 46%, while presidential elections usually result in a turnout of 80%.

In other action, Chair of Sight and Hearing, Lion Keith Warren, reported that to date the club has paid for 21 vision checks and glasses. Warren also reported on a new sign ready for the RV Dump. Through the Lions Community Garden, a total of 36 pounds of potatoes was donated to the Food Bank.

The group voted to do the maintenance and care of Pocket Park in Elgin. The group also decided to do another roadside cleanup for Highway 82. The date was set for the later part of September.

Donating apple cider to citizens of Elgin in appreciation of support and for visitors passing through the city, an event known as Free Apple Cider Day, was set for October 13. Members of the club press apples for fresh ingredients.

Elgin Lion members screened all grades at the Imbler School within a 2 ½ hour period, under the guidance of Lion Betty Jane Bugbee of the Weston-McEwen Lions Club..

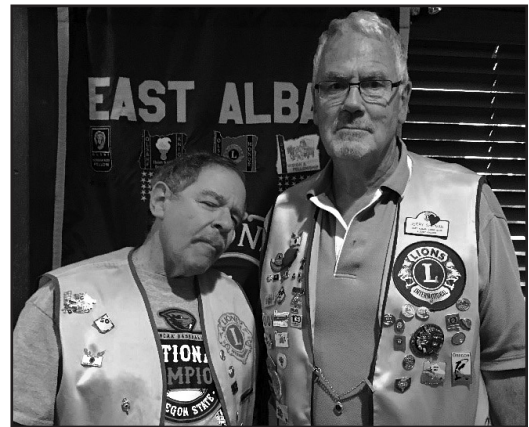


**Robin Church**

*submitted by PDG  
Gerald Hopkins*

## East Albany Lions Club Provides Vision Screenings

The East Albany Lions Club completed eye screenings for 1,053 school students in 4 hours on October 2, 2018. "It's what we do," says Lion Robert Springer. Last year we screened 4048 students in 15 elementary schools in Albany in 7 days. 459 students were referrals. This year we will do the schools in 5 days. Albany schools are amazingly cooperative because we have their students out of the classroom for such a short time and the staff has less time lost due to the efficiency. The nurse's assistant tracks how much time it takes at each school, making planning much easier.



**Lions Robert Springer and Jerry Shipman**

Lion Robert goes on to say, "We started screening back in the '90s when the school nurse asked us to help with schools that had a poor turnout of volunteers. It became clear it was better to have our club do all schools to have consistent volunteers and better screening for the students. This was the light box system. When Doug Thompson visited our club with the SPOTS, I immediately jumped in to get involved with this much better screening tool. We have been using the SPOTS for 6 years. We also do community screenings, about 6 a year. Albany is blessed with a strong club that makes it possible to screen 15 schools in 5 days. Dedicated members can efficiently screen as many as 400 students in an hour!"

Lion Robert and Lion Jerry Shipman became Oregon Lions Sight and Hearing Foundation staff members. They set up the school screenings as well as help organize other Lion clubs for their school district eye screenings.

*submitted by Ed Lupkin*

## Former Mayor Dan Pokorney Addresses Elgin Lions

Former La Grande mayor, Daniel Pokorney, addressed the Elgin Lions on a new book he has recently published. Living a series of tragedies during his life, Pokorney has related how the tragedies became triumphs in his book, Tragedy to Grace.

In other action, Roadside Cleanup chair Lion Barbara Hawes noted that the 12 Lions cleaning Highway 82 collected 17 bags of garbage in a two-hour period.

A new sign, purchased by the Lions, has been placed at the RV dump site on the way into Elgin. The site is used by those traveling with trailers or campers.

The Lions also agreed to support the city Halloween Trunk or Treat program for kids of all ages. The Lions generally set up five or six sites along the city streets to give away candy. Students will be encouraged to go to a school party following Trunk or Treat in the city.

Sign-up for ushering at the Opera House will continue through October 13. Due to the popularity of the production, *Mary Poppins*, the play may be continued for an additional week. The club will also be giving away free apple cider the afternoon of October 13. The Lions expect many visitors with the play, as well as an Eagle Cap Excursion Train running the same date.



Daniel Pokorney  
addresses Lions

*submitted by PDG Gerald Hopkins*

## The Elgin Lions Ushering at the Elgin Opera House for the Production of Mary Poppins.



(l-r) Elgin President Kathy Oliver, actors Alaina Watson, Hunter Adams, Alex Fuller and PDG Gerald Hopkins



Sell-out crowds, through mid-October, are assisted by the Elgin Lions for the Elgin Opera House

*submitted by PDG Gerald Hopkins*

## Elgin Member at Walmart Wellness Day

The campaign against diabetes in partnership with the ADA and local Walmart was held in Eugene the later part of September. During the Walmart Wellness Day screenings were held in a campaign to recognize, prevent and treat diabetes.

Elgin Lions Club member Kristi Gonzalez showed up for the event—but alas, no other local Lions were there. Count on those pesky but active Elgin members to show up when and where least expected!



Lion Kristi Gonzalez representing Elgin Lions at a Eugene Walmart wellness clinic

*submitted by PDG Gerald Hopkins*



## Burns Lions Busy with Vision Screening



(l-r) Helping this year were: David Allen, Kathy Schouviller, Tara Thissell, Chris McDade from Prineville; George & Joyce Sahlberg, Coordinator Ted Carlin and Katie Angstead from Crooked River Ranch, Tina Mello and Jen Shepard.

Students at Slater Elementary School were screened for vision on September 12, 2018. Of the 397 students that were tested 34 were referred for additional testing. On September 13, screening was conducted at the ESD office on 39 students from Fields, Suntex, Double OO, Pine Creek and Drewsey. Such screenings are done by Lions and volunteers, using state of the art cameras and meet State of Oregon requirements that all students receive annual vision testing. The program is made possible by the Burns Lions and the Oregon Lions Sight and Hearing Foundation who furnish the screener, vehicle and equipment. A small cost is asked of the requesting school if possible. Screening is done strictly by volunteers under the direction of

the program coordinator. Thus far in FY 2017-2018 182,094 students in 617 schools have been screened and 18,209 were referred for comprehensive exams.

*submitted by PDG George Sahlberg*

## Elgin Lions Clean Up Highway

Both sides of Highway 82 in Elgin were cleaned by Elgin Lions as they worked on a mass cleanup for the area.



*submitted by PDG Gerald Hopkins*

## Elgin Lions Bob Thomas was the Recipient of the Diamond Centennial Pin



Club President Kathy Oliver presented Thomas the pin.

*submitted by PDG Gerald Hopkins*

## County Commissioner Addresses Lions

County Commissioner Donna Beverage was the guest at the Elgin Lions Club in October. Donna discussed issues within Union County, declaring that the county has the lowest employment rate with 124 jobs available within the county. As a result, Beverage is encouraging businesses to partner with the college students for training in the job market. She noted that the two barriers in employment include getting to work on time and being able to pass the required drug tests.

Beverage was pleased that the county has received a quarter of a million dollars from the Oregon Department of Transportation with a portion to be used in the Bahm Industrial site. The trucking business and food industries are increasing in the county so CDL drivers (those with Commercial Driver's licenses) will be needed for employment.

The Commissioner stated that she has been involved in the Blue Mountain Forest Plan, which focuses on logging, improving fish and wildlife habitats and keeping the roads open for fire management. "We need to manage the forest or watch it burn," she stated.

Beverage is also working with eight counties gathering information to send to Washington D.C. Part of the Board effort for water planning includes information for farmers and ranchers. Priorities include working with baseline information to address key issues. Part of the baseline data will be used to study freezing costs for internet rates. Beverage added that information will be gathered to address housing issues within the county.



**County Commissioner Donna Beverage**

*submitted by PDG Gerald Hopkins*

## Elgin Lions Gave Out Free Apple Cider to the Community and Visitors As a Way of Thanking them for Support



**(l-r) Susie and Bob Thomas making hot fresh donuts for the cider event.**



**(l-r) Lions Keith Warren, Jack Mielke and Bill Hall putting the squeeze on the apples.**



**Lion Risa Hallgarth screens ciders for the jugs.**

*submitted by PDG Gerald Hopkins*





## **COMMUNITY VISION CLINIC**

**SATURDAY,  
NOVEMBER 10<sup>TH</sup>,  
2018**

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and to get your  
TIME SLOT**

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