

Serving members of MD36 Oregon and Northern CA

November, 2019 Volume 4/19-20

An Award for More than a Decade of Reading for the Visually Impaired



PID Ed Gear presents the plaque to Robert Foster (Photo by Robert Foster's wife Jill).

See Story p. 6

See Story p. 10

Lions MD-36 Nature/Scenery Photo Contest for 2019-20



A nature/scenery photo of a sunset.

November 14th International Diabetes Day

Grants Pass Lions Help Community Kids







See Story p. 20

ANNIVERSARIES

November 2019 marks the anniversary of another year in Lionism. It's great to be a part of a network of Lions who are recognized as the greatest service organization worldwide! Indeed, your club continues in the excellent tradition of service and pride under the banner of Lionism.

November

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

LIGNS OF OREGON

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MONTHLY CALENDARS

MEETINGS

November

- 2 District R Cab. mtg 9-12 @ Yachats cluhouse
- 9 District O Cab. mtg. 10-1pm @ Legacy Good Samaritan Hospital District E Cab. mtg. 10-1, Coos Bay, OR
- 14 OLSHF Patient Care Comm. mtg.
- 16 9-noon OLSHF Trustee mtg, Tigard Methodist Church 1-4pm Council of Gov. mtg., Tigard Methodist Church Program Services Comm. mtg., Ptld @ OLSHF office
- 25 SOLSHC Board mtg. @ 5:30 pm

December

12 OLSHF Patient Care Comm. mtg.

EVENTS

November

- 2 OLSHF Nifty Fifties Gala @ 5pm, Elysian Ballroom, Portland
- 10 The *Oregon Lion* deadline (for December issue)
- 11 Veterans Day Observed HQ office closed

December

- 2 Eyeglass Sorting Party, Keizer Lions Hall, 4100 Cherry Ave., NE @6pm
- 10 The Oregon Lion deadline (for January issue)
- 22 Hanukkah begins
- 25 Christmas Holiday

Are You Moving? Have You Moved?			
MD-36 will need a few days to change your address. Please provide your former address as well as your new address preferably by attaching a label from a recent issue of The Oregon Lion Magazine in the space outlined below.			
ATTACH YOUR ADDRESS LABEL HERE			
Name (pls print):			
New Address:			
City: State: Zip:			
Former Address:			
Lions Club: Mail this entire form to: The Oregon Lion, PO Box 51345, Eugene, OR 97405			

Council Chair News



Sharon Rollins

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Spouse: Dale Rollins

Creating Harmony Through Service

DEI: Diversity, Equity and Inclusion. Our Lions Clubs International President Dr. Jung-Yul Choi has asked that we as Lions consider serving with diversity this year and in the future to insure that as many community members as possible are reached for help with needs.

I recently attended a conference on DEI, held by the Nonprofit Association of Oregon to which Oregon Lions Sight and Hearing Foundation belongs. The topic was presented in such a way to help organizations such as Lions bring people closer together for a shared purpose. I'll briefly describe some of the strong points for discussion that were presented.

Diversity means increasing the experiences of ALL involved in our work. This can create a culture of lasting change that will benefit everyone involved in our club community service activities. Change can be difficult, even traumatizing, for some of our Lions – provide support for those who are uncomfortable as the project develops out into the greater community.

Get your club ready for planned activities by thinking: Why are we as a club doing this? Work with the community groups involved to engage in the service work in a way that is meaningful to all involved.

Think expansively about the skills that your club has to offer your community. Be specific about choosing a project that will put those skills, in combination with the community members also involved, to best use for everyone working toward the service goal. Be accountable. Check points of progress with all those working together and support those who might struggle.

Strive for learning as the project develops – relevant learning, with information that can

be shared with all involved. This means that the project leader makes the effort to teach inexperienced club and community members new information as the project unfolds. It has been said that "It is easier to do what you have always done, than what you are learning to do" – that's just human nature.

Fred Rogers liked to quote his mother, Nancy Rogers, as teaching him to "Look for the helpers – you will always find people who are helping others". Lions, let's be those people, helping others in our communities, with open hearts and minds.

Directory Corrections

- p. 8 Under Alert/Convention Operating remove Patti Longland
- p. 9 Under Finance & Budget Dist G spot OPEN Under GMT remove Patti Longland
- p. 11 Under Peace Poster remove Bev Bridgewater PCC
- p. 35 Corvallis Lions Club has new President of Jim Abbott
- p. 40 Under Alert remove Patti Longland
- p. 41 Under GMT remove Patti Longland
- p. 46 Cabinet Treasurer for 36G is Ruth Delarosa & mailing address is PO Box 588, The Dalles, 97058 Region 1 Chair is now OPEN
- p.48 #10 remove both Bev Bridgewater, PCC and Cheryl Hafer
 #10 add both Judith Poage, PDG - Hood River
 & Paul Zastrow, PDG - Hood River Eye Openers
 #16 should have Vicki Smith, PDG (Richard, PCC)
 --- Three Sisters
 #18 should say OPEN as is not filled
 - #23 Peace Poster position is now OPEN
- p.52 Under PCC 1972-73 Al Starns should be bold
- p. 76 Dist O Cab. mtg **is now April 11** NOT APRIL 18 10am-1pm @ Oral Hull
- p. 82 Abbott, Jim: President@corvallislions.com Please add to the Index.
- p. 83 Bennett, Darrell (West Linn) correct email is debco33@hotmail.com
- p. 86 Chandler, Pamela (Hood River) has new email of prpam065@gmail.com
- p. 89 Foran, Joe has new email jwfcef@gmail.com
- p. 93 Herrington, Ray has passed away.
- p. 104 Plummer, Jeff, new address of PO Box 566, Winchester, OR 97495
- p. 110 PDG Carol Tate & PCC Gary Tate have passed.

Magazine Corrections

p. 22 September issue has incorrect address for Ted Carlin. Should be 16355 SW Chinook Dr.

District O - Northwest - North Coast



District O Governor Column Terry Bowman

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International Director Billy J. Blankenship is coming to our District O Convention on February 28 at Embassy Suites at Tanasbourne. He chairs the LCI Membership Development Committee and is eager to get our clubs on a well-supported path for growth. Lion Carolyn, his wife, also is very good at starting new clubs and will give us pointers on achieving successful membership events. I really enjoy this Lion couple and am excited to introduce them to all of you.

Regional Chair Lulu has obtained another grant to fund our activities (75%) to attract new invigorated members to our clubs. Some find change to be very difficult, so let's reach out to one another so that all are in our circle of caring and compassionate support. We can be a living example as we proclaim our mission as well as support and encourage all efforts to grow.

Howdy to all you story tellers. Now is the time to remember your "AHA Story". The moment when you really felt in your heart "this is why I am a Lion, I have made something better." I will collect all the stories and we will choose one story at our District O Convention to take to the MD 36 Convention. All stories will be published in our very own book to share with the world the beautiful feeling of happiness and joy we receive from service. Please send these stories to me by e-mail or mail or whatever works for you. We love them all.

District R - Willamette Valley - Central Coas



District R Governor Column Steve Moser

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Happy November Oregon Lions

November is Family and Diabetes Awareness Month. As we look ahead to the holidays and I continue to make my club visits, I see and hear all of the great things that our clubs are doing for their communities and Lions Club International. It is very heartwarming. Our 2nd District Cabinet meeting will be in Yachats on November 2 and the COG meeting will be November 16 at 9845 SW Walnut Place in Tigard, OR. Club officers and upcoming leaders, we hope to see you at these meetings and trainings.

The District R Conference is just around the corner on February 8, 2020, in Corvallis. I hope to see you there and hear more wonderful stories. As we get ready for the conference, don't forget that if your club has any schools that are doing the Peace Poster Contest the deadline is November 15 to get entries to myself or PDG John Hamstreet. That way we can get your winners judged and our entry forwarded for the MD 36 Convention in May. Also, don't forget to submit your entries for the awards contests at the District R Conference and the MD 36 Convention.

We just received a grant to do Zone Chair Training. LCI is coming out with a new training guideline so this is a chance to train next year's upcoming leaders and zone chairs. The planned date will be March 28, 2020.

I am looking for an idea to submit for a diabetes grant which we could do with every club across the whole district late in the year maybe late April or May. If you have an idea, email me. And as we are doing all of our projects and fundraisers don't forget to tell your story to people you see and help and ask them to come and check out what it is that we do and remember to **Have Fun!**

DG Terry Bowman

DG Steve

District E - Southern - South Coast



District E Governor Column Bob Chaney

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Visits, goals and a domain. Oh, my!

The chaos of the first quarter of this year is now in the rearview mirror but for some reason I am still traversing the highways and byways of my district. Hmmm, maybe that chaos is not over. Maybe there is still a lot that looms ahead.

Seriously, all kidding aside, I have thoroughly been enjoying my visits to all the clubs in the district and as this column lands in your lap I will have only six first official visits left with one of those being my own club. I have to say this year has been so rewarding. Doing this for a second time gives you the knowledge of what this experience entails and I would tell anyone who has the opportunity to do it a second time to do it Early on in this process we were asked to come up with our goals for the year. Well, we sat down as a team (the district cabinet) and we developed and set the goals together, because, I feel that in order to achieve these goals, they have to belong to all of us.

Sometimes I feel we get too caught up in achieving the goals and lose sight of the bigger picture, which is providing service to our communities and the world. With that said, I do understand that LCI needs these goals for a host of reasons so I decided to highlight a couple of them here.

Leadership: We set a goal of having all incoming Zone Chairs receive training. That has been accomplished. We also said that we would identify at least five Lions to apply for local and LCI sponsored institutes. Well, we had eight people attend USA/Canada Leadership Forum and we have a couple people thinking about Northwest Lions Leadership Institute.

Membership: We set a goal of two branch clubs and one new club along with a Leos club. At this point we have three possibilities for branch clubs. None have actually been established as is the case with our Leos club, but they are close. As for the new club we are still working. Goals for new members in each quarter were set a nine. In the first quarter we had 16 new members. Goals for retention were to only drop 12. In the first quarter we have lost 24 so we have some work to do

Service: We set a goal of the district performing 750 acts of service. To date we have 52. This is why it is so important to report your club's activities as well as service projects. Our goal was 100,000 hours of service. So far we have about 8,000. Also our goal was to have 75 percent of the clubs in the district reporting on MyLion. At this point we have EIGHT clubs that have reported service yet I know that all of our clubs have performed service because I have heard about it as I sit through the meetings on my visits. So I implore you to PLEASE REPORT YOUR SERVICE!

Finally, **LCIF:** We set a goal of \$5,000 being donated throughout our district. So far approximately \$500 has been donated. I know that will change as the year goes by so let's try and reach that number.

The last thing I want to tell you about is that after two years District 36E finally has its own domain. We will work toward establishing a website but for now it's a domain. That domain is district36elions.org

Until next month fellow Lions and let's continue to Rock the Roar!

District G - Central - Eastern Oregon



District G Governor Column Gary Mose

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Unfortunately, I begin with the sad news of the passing of long time Lions PCC Gary and PDG Carol Tate from the La Grande Club. Their passing is a great loss to our Multiple District.

There have been some changes since my last letter. We have a new District Treasurer. I want to welcome to our team Ruth De La Rosa from The Dalles Lions Club and I would like to take this opportunity to thank Cheryl Hafer for her years of service as our District Treasurer.

On the 16th of September, Lion Patti Longland and I visited Doernbechers Children's Hospital in Portland. We visited with 4-month old Bristol Dixon and her parents from Prineville. We gave Bristol two stuffed Lions and said a family prayer. While we were there we visited and handed out gifts to other children.

In September, several 36G Lions attended the USA/Canada Forum in Spokane. Among these were 1st VDG John Taylor and 2nd VDG Pete Runnels. We attended many sessions, heard from many good speakers and brought back new information to share with our fellow Lions. I highly recommend attending the Forums whenever possible.

Since I started my club visitations I have sworn in 14 new members and look forward to swearing in many more. District membership growth is now at 28 with a target goal of 60 by June 30.

Membership Chair, PCC Steve Oliver and The Dalles Lions Club will be working on getting a club started in Dufur. Our 1st VDG John Taylor has started working on our new Student Video Contest, which I will update in future articles. Another of our goals is to provide more training opportunities. With the assistance of PCC Richard Smith, Leadership Chair, we received a \$500 grant from LCI for Zone Chair training. I strongly believe in the Youth Exchange Program, so during club visits I have asked each club to appoint a Youth Exchange representative to help PDG Paul Zastrow.

An Award for More than a Decade of Reading for the Visually Impaired

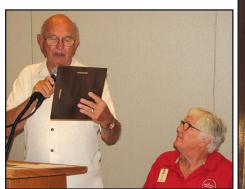
As Lions we often take some things for granted like our meetings, the committees we are on, and the fact that we all enjoy honoring the Lions motto "We Serve." Here in Oregon we have a monthly magazine, the *Oregon Lion*, which is loaded with great articles submitted by clubs all over the state. It is a great way to see what other clubs are doing and to showcase the imaginative projects your club devised and executed. Of course, there is the section devoted to monthly messages from the various District Governors and coverage of conferences, etc.

Even though we are Lions who work closely with the hearing impaired and visually impaired we do take for granted the fact that we can pick up our copy of the *Oregon Lion* and read it at our leisure anytime. What about those who are not able to read due to visual impairment or blindness? Many years ago then Eugene Downtown Lion Mary Lee Turner approached Richard Larsen who had radio broadcasting experience and suggested that he read and record the text of the *Oregon Lion*. Larson says Mary Lee gave him some helpful suggestions for cues to the listeners to the end of a page and end of story. Larsen also described any pictures and other non-text material. He got a recording device from the State Library System, read into a microphone in his home office, and sent the recordings to the State Library for distribution. After several years of recording, his schedule interfered with it and he became "weary of doing the project."

About 12 years ago Glynis Beyerlin, who was the Executive Secretary for MD36 Lions and responsible for publishing the magazine, began sending the *Oregon Lion* from the office to Robert Foster who was taking over the recording work. Foster said it took about two hours to record each edition as he read it from cover to cover. After reading so much about Lions he said he fell in love with Lions. He was fascinated by all the good works that were being done all over the state as well as internationally. Richard Larsen asked Foster why no one had signed him up as a Lion. Foster responded that he'd been a high school English teacher and would not have been able to make the meetings which were held at noon during the week. Apparently after he retired no one approached him again and now with his health problems he doesn't feel he could do justice to being a member.

Foster had a theater background so as he read the stories he made sure that he used a lot of voice inflections. He explained that doing a monotone voice would have been a distraction to a story and totally boring to a listener. Due to his health issues he decided that he had to give up reading the Lions Magazine. It will continue to be read because Foster made arrangements for it to continue to be read through the National Library System (NLS). The readings will be getting out to the public faster now because they are now online. Anyone can sign up for the NLS Service to hear the magazine. According to Richard Larsen "Whoever has taken Robert Foster's place has some big shoes to fill."

At the July 17 meeting of The Eugene Downtown Lions Club a plaque from Lions Clubs International was to be presented to Robert Foster but his health did not allow it. The award was announced at the meeting and PDG Mary Lee Turner brought it while PID ED Gear read the inscription. "Appreciation Award Presented to Robert Foster, Thank You for your many years of dedication to the Lions of Oregon by reading the "Lions Magazine" to tape for Books for the Blind. You truly personify the motto of the Lions "We Serve." Lion Ed formally presented the plaque to Robert Foster at his home.



PDG Mary Lee Turner asked PID Ed Gear to read the inscription





The plaque awarded to Robert Foster.

PID Ed Gear presents the plaque to Robert Foster (Photo by Robert Foster's wife Jill).

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

"Sleep in Heavenly Peace" A Project for Elgin Lions

The Elgin Lions created a new project, one which was directed to helping kids in need. Lion Pete Trick explained the project of "Sleep in Heavenly Peace," as an effort to get beds into homes where there are none for the children. Pete outlined the needs for the bunk beds and proper bedding to go with the units placed in the homes. He told the group the material cost of building each bunk bed would be \$325 per unit, and Lion labor would take care of construction.

Eighteen Lions showed up for the construction, after selecting a visible site on Main Street for people passing by to see the project and stop and ask questions or make donations. Stations were set up by Lion Pete including laying out materials, sanding and staining stations, cutting stations and stations to screw the bunk beds together. In a three- hour period, the Lions completed six bunk beds for the youth. New sheets, pillows and blankets were also collected for the kids.



Elgin Lions working at various stations.



(I-r) Those loading the flatbed are Jacki Phillips, Pete Trick, Wes Reid, Sue Thomas, Bob Thomas, Susie Harris, KC Harris, Daryl Hawes, Barbara Hawes, Everett Grandeen, Mike Garver, Bill Hall, Darlene Garver, Kathy Oliver, PCC Steve Oliver, Jared Rogers and Debbie Rogers

submitted by PDG Gerald Hopkins





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 screenedby 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.

The Silent Epidemic

Hello Oregon & Northern California Lions,

Following is an article written by Susan Watkins who is a Registered Dietitian and Certified Diabetes Educator:

Grappling with the Question: "Is it my fault that I have Diabetes?"

Many people with Type 2 diabetes blame themselves for their condition. Even though being overweight and not eating healthy can bring on diabetes earlier in life, it is not the sole cause. You may also wonder why you can't control or reverse diabetes even if you are eating right. It may be a surprise to you that a controlled diet isn't necessarily what it takes to control diabetes.

A lot of factors go into developing diabetes as well as controlling blood sugar levels once you have it. You may know people who are over the age of 50, very overweight and still have perfect blood sugar levels. This is because if everything is working normally the body makes enough insulin to cover any amount of carbohydrates or sugar a person eats-and normally this a perfect match to keep blood sugar levels in a certain range all day. For some overweight people, this process still works perfectly, but if you are overweight and have a family history of diabetes, the two together can increase your risk of having diabetes.

Genetics plays a big role in developing diabetes and some families are just more likely to develop diabetes-even if they already are eating healthy, well-balanced meals. But recent news from DPP or diabetes prevention research study found that if you are overweight and lose 5-6% of your body weight (10-12 lbs if you weigh 200 lbs) can reduce your risk of developing Type2 diabetes by 58%. Good news for those who have some pounds to lose.

Unfortunately, there are people who are not overweight that can develop diabetes and even for them, strategies such as stress management, exercise, spreading out certain foods can help-but often in these cases, medication is still necessary and essential. These Tipe2 diabetics are still making insulin but the body is not using it correctly, which is called insulin resistance.

Now lifestyle factors can work miracles. Losing weight, spreading out carbohydrate-rich foods, exercise, reducing stress and managing pain can all have a big impact on lowing your numbers or possibly getting off medications. But if you do not make enough insulin, you still may need medication or insulin injections, even if you are eating right or at a normal weight.

Today we have the KNOWLEDGE and the TOOLS to control diabetes.

Article Published on August 23, 2019. By: DLife Editors Written by: Susan Watkins, RD, CDE

submitted by PDG Garry Charbonneau MD36 Diabetes Awareness Chair

Lions Becoming Known through Environmental Projects

When Lions clubs are out and about doing either environmental projects, service projects or fund raisers, people see the Lions signs and ask, "What are these Lions clubs all about?" Even the Lion signs posted on the city sign boards cause people to wonder, "What do the Lions do?" If we can catch people's attention while doing environmental projects maybe they will want to come help with the project, maybe even come to a meeting and maybe, maybe even want to become a Lion.



"Lots of trash, lots of exercise and lots of fun" stated Bend Sunrise Lion Russ Chase after Highway Clean-Up this fall. Here they are ready for action with the Lions sign telling the public who is responsible for the clean-up.

Please send me photos or descriptions on how your club advertises or brings attention to the public while you are doing an environmental project. Last year we listed the projects, now we want to know how we are attracting the attention of the public, through these projects.

Lions MD-36 Nature/Scenery Photo Contest for 2019-20

Photos for our MD36 photo contest are starting to come in and you too can enter your prized nature/scenery photo. Rules are simple:

- 1. Photo must be taken by a Lion in Oregon;
- 2. No photo shopping; and
- 3. Limit of four photos per Lion.

The photos can be sent to the email address below or hard copies to the below mailing address. Let's show off our photo skills with the beautiful scenery of Oregon.

submitted by Ted Carlin, <u>Vptcarlin@yahoo.com</u>, 541-604-4054 16355 SW Chinook Dr., Terrebonne, OR 97760

Lions Team Up to Help Children with School Supplies



(I-r) President Kathy Oliver, Joe Garlitz (pastor for Catholic Church), Joyce Jordan, Jim Hallgarth, Risa Hallgarth, Bob Thomas, Tom Sorensen (Principal), Daryl Hawes, Barbara Hawes, PCC Steve Oliver, PDG Gerald Hopkins (pastor for Methodist Church) and Joe Johnson

The Elgin Lions teamed up with the Ministerial Association to help deliver several boxes of school supplies to the elementary school. Included in the supplies were two dozen back packs, which will be given to the new students attending Stella Mayfield Elementary School. Donations were collected at the churches, as well as a community Church in the park, a service for all the denominations.

submitted by PDG Gerald Hopkins



"I won't have to have the TV so loud or use the LOUD button on my phone," said Shirley Boettoher. (Also pictured is Dr. Landsberg and Ted Carlin.) Her daughter was so excited about not having to yell at her mom and not having to repeat everything as they noticed an immediate improvement in hearing with the two new hearing aids.



Mary Cattonwine is so happy with her two new hearing aids and so are Crooked River Ranch Lion Ted Carlin, Dr. Todd Landsberg, Audiologist, and her daughter

"Conversation Most Important" State ROARMOBILE Patients

"I want to hear the conversations," "I want to be able to hear questions so I can answer them," "I want to hear so I can take part in conversations." "I feel so isolated and lonely because I cannot engage in conversations." All nine patients and hearing aid recipients agreed that "conversation" was the most important reason for getting a hearing aid and improving their hearing. These patients all attended the Lions ROARMOBILE event in Bend, during September, hosted by Bend Sunrise Lion Russ Chase and Crooked River Ranch Lion Ted Carlin. Audiologist Dr. Todd Landsberg again donated his time and miles (his practice is in Coos Bay) so as to help others improve their hearing with new hearing aids.

"I have to have the TV loud. I cannot hear the phone ring and I cannot hear if someone comes into my house," stated Mary Cantonwine from Chemault. She left with two new hearing aids, improved hearing and a smile on her face.

"I went to college dances in the sixties and loved being by the big speakers, and later I experienced hearing loss, especially on the left side," said Mike Worley of Prineville. He, too, left with two new hearing aids and in awe of all the sounds he could now hear.

"I had knee replacement surgery last year and the music was so loud at the recovery house I think it added to my hearing loss. It seems like everyone mumbles but maybe old age is setting in. I had big chunks of wax removed from my ears," stated Maria Castro from Bend. She was amazed at the hearing improvement from the two new hearing aids and left showing deep appreciation to the Lions and Dr. Landsberg.



"Wow, being able to hear again is going to give me confidence in conversations and life," stated Larry Semore who is flanked by Russ Chase, Bend Sunrise Lions and Dr. Landsberg.

ROARMOBILE hearing exams and hearing aid recipients do not have to be Lions so if you know someone who is feeling isolated because of hearing loss have them contact the Sight and Hearing Chairperson of your Lions club. Everyone wants to get back into the conversation.

submitted by Ted Carlin

Pendleton Lions Join OLSHF Vision Screening Efforts

September 25-27 marked an important first for the Pendleton Lions Club and the OLSHF. For the first time we conducted vision screening of Pendleton students! This success was due in no small part to the efforts of PCC Brad King, OLSHF's emissary of SPOT, and his presentation along with other Lions to Matt Yoshioka, Director of Curriculum, Instruction and Assessment. Prior to this year, Lion Clayton Briscoe, O.D. and his staff would donate several days to manually test the vision of local school kids. While this effort was sincerely appreciated, it still cost Dr. Briscoe several days of office time and money to do the screenings. We hear that Dr. Briscoe plans to donate his services for follow-up exams for students whose families cannot afford it. Then there is KEX Kids and other resources. Lions, we got this handled!



Lions Risa Riggen, Alan Kendrick, Friend Sherri Lee, and 36G 1VDG John Taylor screening students at Pendleton's Early Childhood Learning Center

Because many Pendleton Lions were attending the USA/Canada Forum, there was little time to recruit volunteers, but 9 Lions and 5 friends of Lions answered the call to service on short notice. Thanks to training and oversight by PCC Brad King and Betty Jane Bugbee the screening went smoothly. A total of 1,919 student were screened, 14% of whom were referred for further service.

The kids were a little apprehensive about the new process; in the Middle School someone started the rumor to scare their friends that the process was painful and that we were sticking needles in the kid's eyes. Definitely not so! That rumor was quickly put to rest as students returning from screening spread the word what the process was really like. Lion Brad had warned us that Middle School students could be, uh, "different."

Perhaps the best thing to come of the whole process is the following paragraph from the *East Oregonian* on Saturday, 9/28/2019. From the *Tip of the Hat – Kick in the Pants* on the editorial page was this observation:

A tip of the hat to the Oregon Lions Sight and Hearing Foundation, which was touring local schools this week as part of its annual vision screenings for elementary and middle school-aged students. The Lions Club program has been around a while and is generally one of those extraordinary, unsung efforts we all eventually take for granted. We shouldn't. The Lions Club program is a vital one and helps flag undiagnosed visions problems for youth. Local Pendleton Lions Club members volunteered to help, and the program shows, once again, how civic involvement is alive and well not only in our town but in our state.

Sometimes you are just so darn proud to be a Lion!



PCC Brad King arriving for screening duty, with a cup of ambition

submitted by 1VDG John Taylor Photos by Bill Taylor

Bend/Sunrise Lions Honor CRR Lion Ted Carlin

During the District G Convention, members of the Bend/Sunrise Lions Club presented the Helen Keller award to Lion Ted Carlin (OLSHF Vision Screening Coordinator and Crooked River Ranch Lions Club member) for the work he has accomplished in our district supporting the school vision screening program, as well as assisting with the Bend ROAR hearing aid clinics to make both programs a great success. Then DG Phyllis Carlin worked with the Bend club to have the presentation made without Lion Ted's knowledge of what was occurring. The presentation was made by Lion Russ Chase (OLSHF Trustee and past President of the Bend/Sunrise Lions). Lion Ted is a great representative of what all Lions should do to show "WE SERVE".





(I-r) Then DG Phyllis Carlin with Lions Russ Chase and Ted Carlin

submitted by Russ Chase

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Hermiston Lion Shares Vision Study in Japan

Carol Clupny of the Hermiston Lions travelled to Kyoto, Japan, this year's host to the World Parkinson's Congress, to share a poster titled Women with Parkinson's Disease; Vison and Reading. Her study completed with 100 women having Parkinson's disease revealed that 65% had seen an eye care specialist with concerns about their vision. Twenty-five percent had vision challenges beyond what would be expected of their age or had difficulty reading.

Carol indicated, "I displayed the Lions Club International symbol on my poster, hoping to meet another Lion at the conference. Although I did not meet any Lion in person, my husband Charlie and I noted "Lions Club meets here" signs in restaurants and hotels as we travelled in Japan."

Carol was diagnosed with Parkinson's Disease 11 years ago and has been a member of the Hermiston Lions Club for 5 years.

submitted by Carol Clupny

Recruiting by Calendar

New members are obtainable with some sense of timeliness, GMT assistance and high visibility. Consider your calendar when planning a recruitment event and/or a new club campaign. The end of November through December is a time when individual prospective members are busy and have a heavy schedule through the holidays both at home and at work. They have many things on their mind including school events, home projects, shopping and parties. It is a difficult time to organize a successful recruiting event.

As your club plans holiday projects, do publicize them however. Prospective members will see what Lions are doing. I also encourage you to use Carrie Bartley's *MD36 PR Manual* as a source for flyers, brochures and publicity. The manual includes marketing ideas samples and exhibits to promote your club. You will find information on using Radio Public Service Announcements (including scripts), the use of Social Media, and how to create a free Website. Download a copy of the *MD36 PR Manual* from the md36lionsclubs.org website under Lions Club Resources- simply click on the Public Relations Manual.

Back to your calendar – January and February are also very difficult months for a recruiting event. As you know, our Oregon weather is very unpredictable during this period and it can include ice storms, blizzards, freezing rain resulting in closed highways (voice of experience living on I-84)

You are now looking at March and April. You should hit it hard for recruitment. Be organized and ready to start a recruiting event. Have committees in place. You have a two-month window. Starting in May, families and teachers will be planning summer vacations and be preoccupied with the end of the school year. By March and April, the major holidays are over, the harsh winter weather is past and neighbors are open to community events and giving back to their community. It is a good time to distribute the packets of wildflower seeds and brochures designed by PDG Rod Bach and PCC Steve Thomson (many thanks for the creative promotion). Potential members will welcome the activity of Planting the Seeds of Service with the Lions Clubs of Oregon.

Next, may I suggest that you use your District GMTs. They have data, brochures, handouts and much more to help you with suggestions for new member recruiting. Your GMT's are as follows:

District O	Dane Parreira	dgrtdane@gmail.com
District R	PDG Chuck Blanchard	ceblanchard71@gmail.com
District E	PDG Wes King	wgking71@hotmail.com
District G	PCC Steve Oliver	oliverucso@yahoo.com

Now for a high Visibility Project. With the use of information from your GMT and the PR Manual, you can plan a high visibility project. I am referring to visibility in your community. We have a builtin project with our OLSHF eye glass collection. Advertise locally that there will be a collection on Saturday (date of your choice) at a visible location in your downtown area. Have Lions there in shifts to collect eyeglasses and do not forget to collect used hearing aids also. You can hand out our new Lions of Oregon brochures with "Bee A Volunteer" wildflower packets. "Plant the seeds of friendship while making a difference in our community". Be sure to have membership applications available.

I wish to commend the Elgin Lions for their "Beds for Kids" project. They setup in a city park located on their main street. Folks passing by were drawn to the project and donated money and received information about Lions. Call the Elgin Lions and/or check out www.shpbeds.org (Also, see page 7 of this issue of the *Oregon Lion*.)

Consider the calendar when recruiting members for your club or forming a new club. Make use of information and data available to you, ask your GMT for assistance and plan a high visibility project. You will be successful with new members for your club or for chartering a new club.

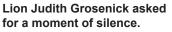
The Eugene Downtown Lions Club Annual Summer Picnic was Perfect

The Eugene Downtown Lions Club annual picnic was held Wednesday, September 11 at Lion Judith Grosenick's home. Lion Judith's back yard was the perfect spot again for the picnic. The rainy and much cooler weather moved on just on time. It was a relatively comfortable day (high temperature of 75 degrees). She began the picnic with a moment of silence for the victims of the 9/11 terrorist attacks. Bling and Coco, Lion Judith's "girls", were on hand to greet everyone.





Lion Judith's "Girls," Bling & Coco, the unofficial greeters, took a break from their duties.



Past President Dr. Craig Ford served the corn personally.

Club members brought side dishes and desserts and, as usual, the club provided fried chicken and corn-on-the-cob with Lion Judith providing hors d'orves along with soft drinks. Lion Dr. Craig Ford and his wife Klea performed the cooking of the corn. Lion Craig even served the corn. The food was excellent as usual and we all had plenty to eat. This picnic gives the members and guests the chance to get to know each other better and to share some relaxing time together.



The food was well worth the wait in line.

The desserts the members provided looked and tasted great.

A great evening for spending time together.

Lion Judith gave special thanks to all of the Lions who helped with the setup and take down of 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

OREGON LIONS SIGHT & HEARING FOUNDATION

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1959)

Grateful for OLSHF Leadership

Hank Calhoun Board Chair

CELEBRATING

Last month we were named the #4 Medium Size Best Nonprofit to Work For In Oregon by Oregon Business Magazine. We're appreciative of the staff members and the tremendous work they do. This work has been made possible by the dedication and leadership of great Lions who made the organization what it is today, many of whom are members of the OLSHF Hall of Fame. We're grateful for the contributions of all members, especially those who are no longer with us:

Marguerite Hofferber - As the first woman to Chair the OLSHF Board of Trustees, Marguerite set an example of dedication and hard work. "There's no rest for the wicked, and the righteous don't need any," was one of her favorite expressions that epitomized her spirit of leadership.

Norm Ross - One of the co-Founders of OLSHF, Norm's dedication to the Foundation and to Lionism in general was illustrated by his record of not missing a Portland Downtown Lions Club meeting in over 45 years.

John Anderson - The other co-Founder of our organization in 1959, Lion John was so committed to helping others that he donated his cornea tissue, while still living, to another Oregonian in need of a transplant. John was a tireless fund raiser for the Foundation and worked hard to build our relationship with Good Samaritan Hospital and the Devers Eye Institute.

Vic De'Prey - Vic's contributions will never be replicated as he single-handedly managed the Lions referral line, connecting Oregonians in need of sight and hearing services to local Lions Clubs throughout the state. Vic's efforts led to OLSHF managing a process that receives and processes thousands of requests each year.

Don Green - Don will always be remembered for his contributions to the Mobile Health Screening Program. Don led by example; he was first to roll up his sleeves and did whatever it took to get the job done.

William "Page" Douglas - A Lake Grove Lion, Page believed so strongly in our programs that he left a significant bequest to OLSHF, ensuring that our sight and hearing programs can be provided to low income Oregonians in perpetuity. Doug Thompson Executive Director

SIXTY YEARS 7



Carl Berry - Carl served as OLSHF Chair in 1995-96; his love of the Foundation inspired Carl to direct his Gresham Breakfast Lions Club to donate \$5,000 to the Foundation on the Club's 5th anniversary, \$15,000 on their 15th anniversary, and \$20,000 on their 20th anniversary.

Walt Trandum - Walt was integral in the process of Good Samaritan Hospital agreeing to free occupancy for the Foundation in perpetuity; he led the effort of adding hearing to OLSHF in the 1970s, and provided leadership that developed Camp Taloali, the summer camp for deaf children.

Earl Dobson - A Newport Lion, Earl is regarded as one of the staunchest advocates OLSHF ever had for the Mobile Health Screening Program. Earl coordinated all health screening events on the Central Oregon coast for years and was a pioneer in securing business sponsorships for these events.

Art Rotter - Art was a dedicated Jefferson, Woodburn, and Yachats Lion, and a long-time supporter of OLSHF programs and events. Art and his wife Jean were two of the first OLSHF Charitable Gift Annuitants.

Bob Mackey - A Portland Downtown Lion, Bob was Chair of the Foundation in 1980-81 and provided leadership to fund raising for the Devers Memorial Eye Clinic, leading to free occupancy in perpetuity for OLSHF.

Mike Morelli - Mike was OLSHF Chair in 1978-79 and was an advocate for investing in the Lions Eye Bank of Oregon, passing the enucleation law in Oregon, and establishing longterm investment funds for OLSHF.

Russ Gilmore - Russ served as Foundation Chair in 1991-92 and played a leadership role in establishing OLSHF longterm investment funds and encouraging Lions to incorporate OLSHF into their estate planning process.

We encourage you to nominate a candidate for 2020 OLSHF Hall of Fame induction. Simply email Doug at <u>DougT@OLSHF.org</u> or mail your nomination of 250 words or less to us at 1010 NW 22nd Ave #144, Portland, OR 97210. Please describe how your nominee made significant contributions to the Foundation for at least 10 years.

GIFTS & MEMORIALS

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

Lion Champion - \$10,000 School Vision and Above North West Regional ESD Paragon BioTeck, Inc.

Lion Heart - \$5,000-9,999 KEX Kids Fund

Lion Sentinel -\$1,000-2,499 Albina Fuel **ASCRS** Foundation Oregon Department of Corrections Potter Living Trust West Linn LC William Taylor & Janice Stewart

Lion Tamer -<u>\$500-999</u> Ferguson Wellman Capital Management George Stockinger Werner James

<u>Lion Patron -</u> <u>\$100-499</u> Arlington LC Thomas & Kathryn Albert Bradley & Michelle King Carol & Todd Morrison Community Health Charities Crooked River Ranch LC Drakes Crossing Nursery Mike & Ruth Rava Powers LC Salem Northeast LC Steven & Kathleen Lindland Thomas & Kathryn Albert

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School Vision Screening & Community Event <u>Sponsors</u> Bend La Pine SD Bethel SD Forest Grove SD Grants Pass SD Junction City SD

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In Memory of Dr. Albert **Zieg, O.D.** Canby LC

PRIDE

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Thank you to all our recurring donors!

JOIN OUR PRIDE! olshf.org/pride 503-413-7399 info@olshf.org

Back to School in Style

Graham is a 2nd grade boy who loves reading, learning and exploring the world around him. His mom Lauren never suspected anything was wrong with her son's vision since he always enjoyed school and sports or always had his nose in a book. Somehow he had been compensating for his low vision in class and in recreation; none of his teachers noticed a problem.

Then Graham received a vision screening at school from the Oregon Lions Sight & Hearing Foundation and was identified as having a vision issue that could likely worsen. Lauren quickly took her son to an eye doctor and after confirming what the screening identified,



now Graham has the eyeglasses he needs. As the photo illustrates, Graham is ecstatic and ready for the new school year, confident in his new glasses.

Community Health Screening in Tigard



On October 4, the Oregon Lions Sight & Hearing Foundation partnered with Project Homeless Connect Washington County to host an all-day event at Tigard Christian Church for homeless members of the community. Project Homeless Connect's mission is "to bring communities together to create and promote tangible solutions that remedy the homelessness of their neighbors."

Participants of all ages checked in around 9am and were provided with breakfast and lunch. Lion Warren Heathman was on site to provide vision and blood pressure screenings. There were also opportunities for dental services, haircuts, and veterinary services for animals. Backpacks, shoes, and clothing were available as well.



Thank You for a Swell Time!

Thank you to everyone who joined us for our Nifty 50s Gala, celebrating 60 years since our founding in 1959. We had amazing costumes, delicious food, and made some fantastic memories. (Stay tuned for photos next month!) Most importantly, the fun was for a good cause. All proceeds from our gala event support our sight and hearing programs that serve people of all ages in need, all over Oregon. Thank you so much for your support.

If you weren't able to attend, we're sorry we missed you! We hope to see you next year. But it's not too late to support our programs this year.

Visit our website at <u>olshf.org</u> or text "NIFTY" to 41444 to make a secure, online donation.



KEX Kids Thanksgiving Fundraiser

The KEX Kids Fund is a non-profit organization established to provide students with free comprehensive eye exams, eyeglasses and hearing aids. For over 20 years, the Oregon Lions Sight & Hearing Foundation has collaborated with the 1190 AM radio station's KEX Kids Fund by managing support for their vision program.

Every year, 1190 KEX radio holds a Thanksgiving radiothon pledge drive to bring in support for children's vision and hearing care, including examinations, eyeglasses and hearing aids for children whose family cannot otherwise afford these critical services and devices. This vital program increases prospects for learning and communication, and contributes to success in school and in life. With your generous support, the KEX Kids Fund serves about 1,000 children each year. To make a donation, please go online to: kex.halfoffdeal.com



The 2019-20 Guiding Lamp Award

As most of you know, the Guiding Lamp Award is an award that is presented each year for a contest designed specifically by the District Governors. They come up with the contest each year and put together the criteria that constitutes winning the award.

This award was created as a tongue-in-cheek award by the 2014-15 Council of Governors and has become quite a conversational piece ever since.

Well, this year the District Governors had decided that they would like to make this award much more meaningful and, hopefully, a coveted award. They want to do something that would involve every Lion within MD36 and so they have decided to ask each and every Lion in every club in MD36 to write their Lion story of when they truly became a Lion.

All the stories submitted will be put together in a book, published and offered for sale not only in MD36 but throughout the Lions world with all the proceeds going to a project or area of concern determined by the District Governors.

With that in mind here is the criteria that were developed for this meaningful endeavor:

- 1. All stories need to be written in the first person.
- 2. All stories must have the authoring Lions name and club.
- 3. Stories need to be submitted directly to the respective District Governor.
- 4. Stories can be submitted via e-mail, snail mail or in person.
- 5. There is no parameter on length, but don't write a novel.
- 6. All stories will be read and discussed by the District Governor's team, with the most poignant story, in the team's estimation, being chosen as the representative from each specific district, i.e. O, R, E & G.
- 7. At the MD convention in Canyonville in 2020, the four stories will be read and discussed by a panel of the four District Governors' choosing.

The most poignant story, in the panel's estimation, will be the recipient of the Guiding Lamp Award.

In addition, the winning author and the author's club will receive a complimentary copy of the book, once published. So get those pens, pencils and keyboard humming and let's create something to show the world what it means to each of us to be a Lion.

submitted by DG Bob Chaney, Sr.

Grants Pass Lions Help Community Kids



Grants Pass Lions participated in the annual Kid's Care Fair sponsored by Parkway Christian Church in Grants Pass on August 31. The event includes vision exams, hearing tests, dental exams and information for parents from many local organizations that serve the community including Fire and Police. The photo collage shows Lions Mel Williams and Nancy Stahly registering children for hearing tests, Lions John Aegerter and Millard Marsh administering a hearing test (lower left) and Grants Pass Lions President Ron Rae administering a hearing test (lower right). The Kid's Care Fair is held each year just prior to the start of the new school year. Parents receive a punch card that is punched by each organization present and then the child receives a new backpack for school.

submitted by Lion Steve Gulliford, Immediate Past President, Grants Pass Lions Club

20 Oregon Lion November 2019

Another Successful Pat and Annie Picnic

The annual Pat and Annie picnic for the visually impaired community was held by the Eugene Downtown Lions Club at Emerald Park in Eugene on Saturday July 13. Co-sponsored with the Oregon Commission for the Blind, the picnic provided a free picnic lunch for all of the attendees.



Steven Eudy from the Oregon

Commission for the Blind

manned the information table



Lion Jim Newton carrying food plates

for one of the guests



Former Eugene Downtown Lion PDG Mary Lee Turner introduced herself in her usual buoyant style

The Lions provided rides for any of the guests who needed transportation to and from the park. The weather was perfect, sunny and warm, high of 85 degrees, with a nice breezy. About 67 guests attended the picnic including the visually impaired guests, members of the Eugene Downtown Lions Club and representatives of the Oregon Commission for the blind.

Robin Illers, retired Rehabilitation Instructor from the Oregon Commission, returned this year. Steven Eudy, from the Commission, maned a table full of informative pamphlets and other items. The Commission's tech specialist Mike Thomas and his wife Kelli, along with counselor Kathleen O'Gieblyn, enjoyed their time at the picnic too. A first-timer at the Pat & Annie picnic was Megan Aleman, Programs Specialist with the NW Association for Blind Athletes. who spoke to the group about sports for the visually impaired and introduced blind athlete Karissa Whitsell who described her competition in tandem bicycle events. Former Eugene Downtown Lion Mary Lee Turner traveled down from Portland to attend the picnic and to be guest program speaker at the club's meeting the following Wednesday.



(L) Megan Aleman, Programs Specialist with the NW Association for Blind Athletes with blind athlete Karissa Whitsell (R) who described her love for competition.



(r-I) Lion Judith Grosenick, Lion Pat Richardson's daughter Kat Chin and her family were great servers at the food table

Lots of great conversation along with the picnic lunch.

The food, consisting of fried chicken, potato salad, macaroni salad, coleslaw, rolls, watermelon, and refreshments, tasted great out in the open air of the park. The attendees lined up and filled their plates with the delicious food. The time was well spent meeting and getting to know the guests and Lions. The group varied from those with some visual impairment to those who are totally blind. Some had their guide dogs with them. We'll all be looking forward to getting together again next summer. A special thank you to all who helped make this a success: Pat Chinn and her family, Lions: Norma Barbisan, Carol Casciato, Tim Chuey, President Mary Fechtel, Judith Grosenick, Diane Landon, Tom McCann, Jim & Sharon Newton, Karen Norton, V.P Susan Pfanner, Wes Reynolds, Darlene Thomasec, Teri Yerton and Mohawk Lion Bob Leeper.

submitted by Tim Chuey, Publicity Chairman, Eugene Downtown Lions Club Oregon Lion November 2019 21

Sharing the Excitement

Elaine Miller, from Scio, was sponsored by Stayton Lions Club and La Pine Lions with a generous scholarship, enabling a 7 week exchange in homes in both New Zealand and Australia as well as a one week camp experience in Queensland.



Darla Forbes Miller 1986 Exchangee to Australia with daughter Elaine Miller, Exchangee to New Zealand and Australia 2019.....Los Angeles send off



Ted and Susan Forbes, YE chaperones, 1988, hosted by Alan and Colleen Harvey. The Harveys came to Oregon in ensuing years as chaperones and were hosted by the Forbes.

Elaine's trip involved visiting both islands of New Zealand and hosts showing her the Hobbitan and sights around Rotorua and Lake Taupo. Her North Island hosts all gathered to help her celebrate her 21st birthday while there. These activities also included a trip to the Waiatomo Caves where the glow worms are. This is always a spectacular sight and site as the acoustics in the cave are phenomenal. Her South Island hosts gave her a tour of Christchurch where she saw the rebuilding of the city after last year's devastating earthquakes as well as the mosque where so many lost their lives. She was hosted there by the former exchange to Oregon, Chris Helliwell and family as well as former chaperones and chairpersons in New Zealand who had also been to Oregon.



Elaine with first NZ host, PDG Alan Harvey New Zealand's Youth Exchange Chairman



Elaine at Hobbitan New Zealand....where filming of Lord of the Rings and the Hobbit took place.

of a Youth Exchange



Elaine at the Australia Zoo

While in Australia, Elaine was thrilled to go to the Irwin's Australia Zoo and actually see the Irwins perform as well as be introduced to the unique Australian animals. She was hosted in Toowoomba by another family whose daughter was hosted in Oregon. There she was treated to an excursion and roundup in the outback where she saw mobs of kangaroos in the wild. Being a farm girl, having these experiences were much to her liking. Elaine went on to Tully and stayed with a former Australia Chairman and camp director treating her to a tropical experience of pineapple and banana plantations in the area. Her last week was spent at Camp Kanga at Procerpine. Being one of three US youth there, she was the oldest, having just turned 21. She was dubbed Grandma Elaine by her fellow campers who were all 5 to 6 years younger than she. Regardless, she would highly recommend a camp experience to anyone on the exchange.

The trip was a great adventure for her and one she will treasure. Her mother made the same trip to Australia as a Lions Exchangee 33 years ago. One of her mother's hosts, also hosted Elaine while in Brisbane.

The exchanges from both Australia and New Zealand are in the offing shortly. Having hosted ever so many of these youth, it is a wonderful opportunity for family and for outgoing youth. If youth don't know about our short term program, they may well be missing wonderful opportunities. So getting the word out is important.



Elaine at pineapple plantation with host PDG Val Bradley near Tully Queensland

submitted by Susan Forbes



Supplies the North Bend Lions will donate to the North Bend school district.

North Bend Lions Work on Behalf of Veterans and Students

On August 16, the North Bend Lions Club participated in the 10th annual Veterans Stand Down at the North Bend Airport. We were able to refer 8 veterans to a local clinic for exams and glasses. There were over 300 local veterans that attended to get information on and make use of what services are available to them in the area.



Lion Jan Martin unpacking the school supplies.



Lion Robert Martin unpacking the school supplies.

On Thursday August 29, the North Bend Lions met at the district office for the North Bend school district to donate supplies for the students whose parents cannot afford to purchase them. We had met earlier in the month for a shopping session at the local Walmart store. We each took a list of a different grade level and started shopping. When we reached our budgeted amount we had a shopping cart full of needed items.

Included were pencils, pens, crayons, markers, colored pencils, notebook paper, watercolors, notebooks, erasers, dividers, calculators, glue, glue sticks, pencil boxes and pencil pouches. We were told that all of the supplies were in need and would be put to good use.