

LIONS OF OREGON

Serving members of MD36 Oregon and Northern CA

October, 2016 Volume 3/16-17



A Statute of Driscoll the Guide Dog with members of the Gresham Breakfast Lions Club

See Story page 6



Sutherland Lion Anne O'Key was recently presented with a bench of her own!

See Story page 7



French Prairie Lions Branch Club Joins Aurora Colony Days Parade

See Story page 14

ANNIVERSARIES

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

October

Klamath Falls	October 14, 1927
Myrtle Point	October 5, 1928
Roseburg	October 12, 1928
Forest Grove	October 15, 1946
Lake Oswego	October 16, 1946
Milwaukie	October 28, 1948
Springfield	October 10, 1950
Saint Helens	October 10, 1955
Jordan Valley	October 13, 1970
Wallowa	October 15, 1973
Banks	October 23, 1987



The Oregon Lion Website:
www.md36lionsclubs.org

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MONTHLY CALENDARS

MEETINGS

October

- 31 Southern Oregon Lions Sight & Hearing Center Board meeting - Medford @6pm

November

- 5 District R Cabinet meeting - Junction City - Viking Sal, 245 W 5th Ave. @9am
- District E Cabinet meeting - Oregon Lions Sight & Hearing Center, Medford @10am
- District O Cabinet meeting - Mt. Hood Lions Clubhouse - 10am-1pm
- District G Cabinet meeting - Rufus - Texas Steakhouse Restaurant, 10am-2pm
- 12 OLSHF Trustee meeting -Springfield Justice Center, 4th & B Street @9am
- Council of Governors meeting - Springfield Justice Center, 4th & B Street @1pm
- 28 Southern Oregon Lions Sight & Hearing Center Board meeting - Medford @6pm

EVENTS

October

- 1 OLSHF Hall of Fame Gala - Tualatin Country Club - @4pm
- 3 Rosh Hashanah begins
- Eyeglass Sorting Party - Keizer Lions Hall, 4100 Cherry Avenue NE- @6pm
- 10 Columbus Day observed - HQ office closed
- 11 *The Oregon Lion* article deadline (for November issue)
- 12 Yom Kippur

November

- 6 Daylight Saving Time ends
- 8 Election Day
- 10 *The Oregon Lion* article deadline (for December issue)
- 11 Veterans Day observed - HQ office closed
- 22-25 Thanksgiving Day observed - HQ office closed

Council Chair News



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Three months have come and gone since our new Lions year started. What have you done for the Lions of Oregon and Northern California? I know the Lions who are working on the Centennial Celebration have done a lot already and are continuing to work to make Multiple District 36's Centennial Celebration extremely memorable.

Those Lions working on the USA/Canada Forum are also working hard. Both groups could use additional help.

How many of you have asked someone to join your Lions Club this past three months? I know it isn't always easy as none of us like rejection, but go ahead and try. You will be surprised at the responses you get. Invite them to come to one of your projects. Many join when they see the good they can do for their communities.

Now to change the focus a little. Two years ago we asked Lions to reach out and help 100 million people prior to our Centennial Celebration. We've already reached that goal and then some. Don't stop now just because we have surpassed our goal.

Our International President Corlew has asked Lions to join him in a worldwide week of service in Sight, to end preventable blindness and visual impairment in our communities during the week of October 10-16. Each club that has a service project such as a vision screening or White Cane donation will receive special recognition. We can change lives this October.

October 1 was the deadline to get the peace poster kits. I hope that each club got their kits and distributed them to the schools.

As I finish this column, I urge each of you to register for the Centennial Convention in Chicago. Be a part of Lions history.

Directory Corrections

Page

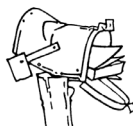
- 11 Opportunities for Youth (OFY) Chair is now Sue Jaggers (Jim, PDG) - from District O
- 12 SMART Chair is now Jim Jaggers PDG (Sue) from French Prairie Branch Club - District O
- 39 Florence-Siuslaw Lions Club meeting place is Pacific Pines RV Park, 4044 Hwy 101
- 52 Columbia Gorge club address should be: PO Box 522, Cascade Locks, OR 97041
- 60 PDG Al Jackson should be in bold
- 66 PDG Al Jackson should be in bold
- 96 Add Jackson, Al, PDG, PO Box 96, Cascade Locks, OR 97014 R) 541.374.8655



Lions Bob Thomas and CC Steve Oliver are the latest Lions to receive a Centennial pin for sponsoring a Lion this year.

Are You Moving? Have You Moved?

We need a couple of days to change your address. Please give us your old address, as well as your new one, by attaching a label from a recent issue of The Oregon Lion in the space shown.



Mail entire form to:
The Oregon Lion
1075 Washington Street #212
Eugene, OR 97401

Attach Your Address Label Here

Name (print) _____
New Address _____
City _____ State _____ Zip _____
Old Address _____
Club _____



CEO of Lions VisionGift Set to Retire

Barbara Crow, Chief Executive Officer of Lions VisionGift (LVG), has announced her retirement; her final day will be December 31, 2016. Barbara has served as Executive Director/CEO of LVG, formerly Lions Eye Bank of Oregon, since 1998. She came to the organization from Oregon Health & Sciences University where she served as Executive Director of the Oregon Eye Bank at OHSU from 1987, and is credited, along with Dr. Joseph Robertson and Lion George DeHart, with merging the two eye banks in 2000.

Barbara's tenure saw the eye bank through its growth years as a program of the Oregon Lions Sight & Hearing Foundation, to its present day status as a world renown eye bank dedicated to its mission of honoring its donors and their gifts of sight in order to eradicate preventable blindness through transplantation, vital eye research, education and the provision of medical products used to treat specific conditions in the eye. As she puts it, "I came to a program that had 7 employees and a 24 member Board of dedicated Lions, many of whom stayed with the eye bank to provide guidance and support through the years. FDA regulations soon pushed the eye bank into a new world of increasing tasks to complete the same job. Today **LVG** has a staff of 60 and provides over 1500 corneas a year for transplant in Oregon and across the world. We've added serum eye drops to ease dry eye conditions, a patented "halo" group of sterile tissues used in glaucoma surgeries, and vital eye research projects in conjunction with local cornea surgeons and with researchers at Johns Hopkins University in Baltimore, MD."

According to Barbara, "This has been a 'Dream' job for me; I've been assisted by a superlative staff and a group of steady Lions who believed in the eye bank. Together we have built an organization that is the envy of eye banks all across the world. Our Medical Advisory Board is filled with surgeons renowned in the world of ophthalmology; our Board and community has a staunch group of Lions and non-Lions that have stood by us, acted as tissue couriers for us and cheered for every milestone we crossed.

We have ventured into cell biology research in a partnership with Johns Hopkins University, and soon we will open Lions VisionGift East in Boston, MA. This latest venture will facilitate the delivery of tissue to our many surgeons in the eastern part of the US. I feel this is the right time for me to step aside and watch as LVG soars to new heights! I will forever be grateful to many Lions, some of whom are no longer with us but stay with me only in spirit. No one could have had a better career than to come to work each day and know that we make a difference in the lives of those who have suffered with unnecessary blindness. My time with **LVG** will be extended as a consultant during 2017, to ensure a smooth transition in leadership of this fine organization."

Chris Stoeger, MBA, CEBT, CTBS to Head Lions VisionGift

Chris Stoeger, longtime Director of Operations at Lions VisionGift (LVG) has been chosen as the next CEO to succeed outgoing CEO, Barbara Crow. Chris will take over the helm officially on January 1, 2017. The months between now and the end of the year will be spent transitioning from the long time leadership of his predecessor.

In January of this year a national search was undertaken to find a replacement for Barbara Crow. From a list of over forty applicants for the coveted position, a Search Committee of the Board selected Chris as the outstanding candidate. Chris began his career as an eye and tissue bank specialist at UT Southwestern Eye and Tissue Bank in Dallas, TX. He moved to Portland in 2000 and began working as an eye bank technician at **Lions Eye Bank of Oregon**. Over the years he served the eye bank in increasingly responsible roles, most recently as Director of Operations. He has led numerous projects in the eye bank, including three remodeling projects in the **LVG** building that have enabled the staff to expand their services to include high level tissue processing projects and the inclusion of applied research projects that have resulted in numerous industry publications and seminars. Chris oversaw the hiring of the eye bank's first ever PhD to lead projects and attract industry funding for projects that can provide vital information about current tissue practices.

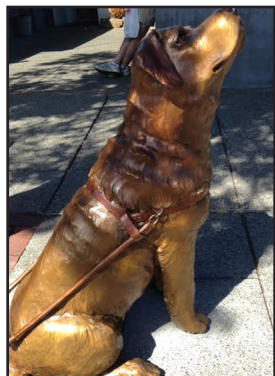
Under Barbara's leadership, **LVG** has made a habit of finding and developing talent within its ranks. Chris will have the advantage of being assisted by a management group that offers a total of well over fifty years of combined industry experience. Couple this with his years of experience as a member of the Eye Bank Association of America's Board of Directors, Accreditation Board, Medical Advisory Board, and Policy, Position & Research Committee, and one can see the promise his selection presents to the future success of **LVG**.

Chris cites **LVG's** Mission as a huge motivator: "For the past 16 years I have gone to work at **LVG** every day knowing that I am making a difference in peoples' lives. It's just what we do here. **LVG** is brimming with people that share my dedication and enthusiasm for eye donation and sight restoration. Amid this atmosphere, it is humbling and an honor to have the torch passed on from Barbara. She has created so much opportunity for growth – both personally and for the organization as a whole. **LVG** is well positioned to continue its mission long into the future. Onward and upward!"

According to Barbara, "Chris takes over the helm at a time of rapid industry change. It's exciting to see the development of new technology in tissue preparation and tracking, surgical applications and cell biology research. He has the energy, enthusiasm, intellect, and industry reputation to be a forward leader for **LVG**. I am thrilled that the Board has chosen Chris as my successor and look forward to the ongoing success of **Lions VisionGift**."

Gresham's Pride: Driscoll – A Guide Dog for the Blind

On July 15, at a ceremony on Main and 3rd Avenue in downtown Gresham, a statue of a very special animal was unveiled by members of the Gresham Outdoor Public Art Committee and the Gresham Breakfast Lions Club. For ten years, Driscoll the Guide Dog, was the faithful companion and best friend to Ken Jernstedt, who lost his vision in 1996.



Driscoll

The story behind the excitement is that Driscoll is representative of the hundreds of guide dogs that roam the streets of Gresham with their trainers every year. He represents Gresham's close relationship with Guide Dogs for the Blind, the nation's oldest guide dog organization with a campus in nearby Boring, Oregon. Guide dogs are a frequent sight in Gresham where they train in a real-life environment. Then, after graduation, many of the dogs, along with their new sightless partners navigate the streets of Gresham getting used to their new relationship and environment.

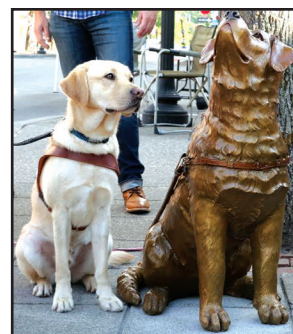
Driscoll is just one of the many existing and future projects in which the Public Art Committee has been and is involved. Their mission is to cultivate an appreciation of visual and approachable outdoor art. So when Lion Pat Swift, who's been a member of the Gresham Breakfast Club



Driscoll and friends

for over 20 years, was contacted by the Art Committee regarding a sponsorship of the statue, he immediately wrote a personal check for \$250, then he had a thought – he remembered that during the Lions Centennial, all clubs are encouraged to plan a Legacy Project to make visible gifts to their community. At the next Board of Directors meeting Lion Pat must have made a very persuasive presentation because the Board voted to fund one-half the cost of the statue (\$3,750). This is just one of the examples of the work that the Gresham Club does throughout the year. Also, they were the only Club in Oregon to contribute over \$10,000 to the Oregon Lions Sight and Hearing Foundation.

submitted by Steve Solcz



Driscoll with one friend

Keno Lions Club Hosts Dogs for the Deaf

The Keno Lions Club recently hosted Blake Matray and Abby from Dogs for the Deaf in Central Point, OR. After a great presentation and demonstration of Abby's abilities, members decided to donate \$500 to the program and plan a tour of the facility in the spring.

submitted by Kathy Kite



Blake Matray and Abby from Dogs for the Deaf

The Sutherlin Lion's Club Centennial Legacy Project

The City of Sutherlin, known as the City of Flags, is fast becoming known also as the City of Benches! Since the project started, thirty-five benches have already been placed around town, eight more coming soon and seven more just ordered. Although the money is being handled through an account with the Sutherlin Blackberry Festival, the idea actually came from two long-time Lions members. It all started a few years ago when Anne O'Key, now 95 years old and one of the first women to join the Sutherlin Lions Club, made a comment that it would be nice if there were benches on Central Ave so the seniors citizens could get out and walk, and have a place to rest if they got tired. Sutherlin City Councilor Frank Egbert (and Lion member for 30 years) liked the idea, but the City Council was skeptical.

The first bench was installed in November, 2012, when Lion Frank decided it would be a perfect way to honor long time Lion Ben Shoufler and asked the community for memorial donations in his name. Over the next couple of years, several more "memorial" benches were purchased by friends and families to honor some of our prominent citizens from the past.

Then, some decided that, even though one spouse had passed, the remaining spouse should also be honored as well so both names were put on the benches and they have now become benches to honor anyone. This project has just exploded, with the number of benches doubling in the past year. The community is contributing 100% of the money to pay for the benches, the Blackberry Festival orders them and the city is installing them. It's a win-win for everyone! Over half the names on the benches belong to past and present Sutherlin Lions Club members! What a great Legacy Project for any community!

If you are interested in doing something similar for your town, want a legacy bench for your Lion's Club, or have any questions feel free to contact Lion Carol Swesso at cswesso@msn.com.

submitted by Carol Swesso

The Keno Lions Club recently enjoyed a visit from 36-E District Governor Carol Brink and her husband Lion Doug



(l-r) Keno Lions Club 2016-2017 Officers: Wonda Klooster, Treasurer; Kathy Kite, Secretary; Carl Morrow, 1st VP; DG Carol Brink; Joe Foran, President; John Kite, Past President and Tail Twister; and Char Poff, Lion Tamer.

submitted by Kathy Kite

Students Receive Keno Lions Scholarships

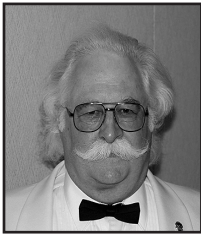


Jacob Wehde recipient of Keno Lions Annual \$1,000 scholarship

Jacob Wehde, graduating senior from Henley High School, was the 2016 recipient of the Keno Lions Annual \$1000 scholarship. He will be attending Klamath Community College. 2015 graduates, Shelby Johnson of Triad High School and Andrew Tice of Henley High School also had scholarships renewed for \$1000 each for the 2016-17 academic year. Johnson attends KCC and Tice attends Oregon State University.

submitted by Kathy Kite

District O - Northwest - North Coast



District O Governor Column

Garry Charbonneau

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Facebook: District 36-O Lions Clubs

Instagram: district36olionsclubs

Fellow Lions,

For the August District O Cabinet meeting, 1st VDG Bert Diamond and I added something different. We had a breakout session in which people split into small groups and discussed what clubs can do to retain their membership. We then asked each group to present some of their ideas. Everyone liked having the discussion as part of the meeting and the meeting still ended 20 minutes early. I believe the breakout session helped everyone to feel included and involved.

Here's a list from one of the groups that I think sums up what all the groups put together:

- Find a job for new members right away so that they begin to feel some ownership in the club and activities.
- Find what their passion is and then try to channel them in that direction.
- Use a buddy-system to mentor them, educate them, and keep them involved.
- Listen to their ideas and be willing to try to do it their way; there is more than one way to do just about everything.
- Try to help them feel they have value and that they are needed.
- Do not micro-manage. We learn more from our mistakes than from our successes.
- Keep in touch with all members and stay tuned in to what is happening with each member both in Lions and in their personal lives.
- Share important/appropriate family and business information with all members.
- Greet all members equally and always use good manners.

It's important to remember that everyone wants to feel that they have done their share for the club and its activities, no matter how young or old they may be.

Lions Can Do

District R - Willamette Valley - Central Coast



District R Governor Column

Judy Kauffman (Cy, PDG)

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Fall is in the air and it is time to work on goals for the year. Fall colors are everywhere, trees are losing their leaves and it is time to make our goals and projects a reality. Check out what LCI has to offer, what's going on in our District and see how you can grow as members and as a club. Remember, there is always someone you can reference and use as a sounding board, your Zone Chair, your District Governor, or a Guiding Lion.

As this issue goes to press we are working hard to charter campus clubs at U of O, Oregon State University, and Western Oregon University. We hope to have clubs to charter at all three universities by the end of September. But we need your help!! If you know of a student starting or returning to any of these campuses call your District Governor to get them on board.

And now it is time to think about Halloween and the holidays. Plan your club projects: sales of poinsettia or Sees Candies, Santa projects or holiday baskets for families in need. Remember, your club and you as members are important. Enjoy each other and what you do to make your community a better place.

Have a great month and CELEBRATE LIONS!

District E - Southern - South Coast



District E Governor Column

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Hi Lions. . . Kids and teens have been back to school for a month but over the summer some have had the opportunity to attend a Lions event with parents or grandparents. More and more clubs are starting to include children and teens in their meetings and activities. I'm so happy to hear that because they are our future Lions.

Did you know that there is a **Family Cub Program**? Lion Cubs are children of Lions club members in a Family Lions club. The Family Cub Program divides Cubs into three age groups: Age 3 and under, 4-7 and 8-12.

At **lionsclubs.org** you will find an Activity Guide (MPFM-33) that contains suggestions for integrating a Cub Program. It is filled with age-specific fun activities for all sorts of Lions events. Clubs may also order Cub patches by age level to help Cubs feel like part of the club and get them excited to participate.

Leos clubs provide wonderful opportunities for teens and young adults. Alpha Leo clubs are designed for young people between 12 and 18 years of age and focus on the individual and social development of teens and preteens. Omega Leo clubs are tailored for young adults between 18 and 30 years of age and focus on the personal and professional development of young adults.

In District 36-E, the Merrill Lions Club sponsors the Lost River High School Leos Club that has 55 teen members. That is so awesome; I applaud Jennifer Johnson and other Lions for working with them. The Myrtle Point Lions Club sponsors Myrtle Point Leos with Trudy Sefers as their advisor and PCC Charles LaTourrette is the advisor for the Rogue Leos sponsored by the G.P. Redwood Lions Club. Leos is a great way for teens to work as a team, have fun, make new friends and develop valuable leadership skills. If your club would like to sponsor a Leos group in District 36-E, contact PCC Chuck LaTourrette at 541-264-0437 or at towers7@charter.net.

If you are not already doing so, I encourage you to take your children to a Lions meeting or have them help at your club's events. The Bonanza Lions Club is using the **Student Program** to get teens involved by helping with activities and sharing in the experience of serving. The Sutherlin Lions Club has **Lions in Training** that include two children and two teens who attend meetings and assist at events. There are maybe other clubs in the District teaching the younger generation about Lionism. Perhaps when they are older our youth will remember the satisfaction and fun experienced by them in serving others and will hopefully join their local Lions club. Get our youth excited now about volunteering.. They are our hope for everlasting survival of U.S. Lions Clubs.

"Let's Celebrate Together the Heart of a Lion". .

District G - Central - Eastern Oregon



District G Governor Column

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August came in with a roar and sent your four District Governors on the road.

On August 4, I made my first visit to Weston-McEwen Club and Vice Governor Debi Castor. It was an honor to install the officers for 2016-2017. A special thank you to President Bruce Bugbee and the Weston-McEwen Lions for their hospitality.

The first Cabinet meeting for District 36-G was held on August 6 in Rufus at Bob's T-bone and was well attended. The energy was high and clubs reported on their diverse Centennial Projects.

On August 8, I visited the Elgin Club with PDG Gerald Hopkins and CC Steve Oliver present, it was very easy to give the presentation – they had my back! A special thank you to Lions Barbara and Daryl Hawes for the barbeque in their beautiful backyard. It was attended by 28 Lions. Lion Gary Brown was inducted. While LCI wants me to speak on the importance of getting new members for more service, it was nearly impossible when I installed the 63rd member for Elgin and my Hood River Lions have 65. Oops – the race is on.

On August 31, Lion Elaine Johnson and I made a visit to Madras Lions Club. The members were preparing to distribute their American Flags along Main Street for a Memorial Day celebration.

Between September 2015 and April 2016 we had three clubs turn in their Charters, including: Maupin (chartered in 1948), Pilot Rock (chartered in 1974) and Redmond (chartered in 2010). We are on the move to rectify the loss.

LCI was contacted and sent a New Club Specialist, Ronnie Martin, on August 28 to meet with a team from District 36-G in Redmond. I enlisted Lions from Madras, Prineville, Bend, Crooked River Ranch and La Pine Clubs to attend his workshop. We canvased Redmond downtown on Monday, Tuesday, Wednesday and Thursday for future Lions. The 23 new Lions were provided a light lunch on Friday and they elected their President, Secretary, Treasurer and Membership Chair. It is a dynamic, excited group with friends that will be joining. A special thank you to Lions that helped meet and greet the new members and a special welcome to the new Redmond Lions.

Ronnie Martin has revamped the LCI approach to forming a new club. I encourage every club to learn his system. It is a positive, dynamic way to form a club and a way to expand and energize your existing club. If you are attending the USA/Canada Forum, Ronnie Martin will be giving a seminar on Saturday, at 10am. I hope to see you there!

You, Me and Diabetes!

Hello Everyone,

By the time you read this article our beautiful and bountiful summer will have ended and my favorite season, autumn, will be in full swing. The nights will be cooler and the leaves on the deciduous trees will delight us with their various hues of gold, orange and red. Mother Nature is so kind to us (most of the time anyway). Following is a great article that I discovered. I was so taken by this author's comments that I intend to purchase his new book *The End of Diabetes* and also his #1 New York Times book *Eat to Live*. My wish for all of you is that you're staying healthy and, if you are diabetic, keeping it in check.

Greens, Beans and Fruits: The Best Anti-Diabetes Foods

By: Joel Fuhrman MD

Diabetes is the seventh leading cause of death in the U.S. and the disease doubles the risk of heart attack and stroke. However, Type 2 Diabetes is a lifestyle disease - our food choices can either prevent or promote insulin resistance and resultant diabetes. Many conventional diabetes diets rely on meat or grains as the major calorie source. However, these strategies have serious drawbacks. High-nutrient, low glycemic load (GL) foods are the optimal foods for diabetics, and these foods also help to prevent diabetes in the first place:

Leafy greens and other non-starchy vegetables: Green and non-starchy vegetables have almost nonexistent effects on blood glucose and are packed with fiber and phytochemicals. A recent meta-analysis found that greater leafy green vegetable intake is associated with a 14% decrease in the risk of Type 2 Diabetes. One study reported that each daily serving of leafy greens produces a 9% decrease in risk. Greens, mushrooms, onions, garlic, eggplant, peppers, etc. are essential components of an anti-diabetes (or diabetes reversal) diet.

Beans: Beans, lentils, and other legumes are the ideal carbohydrate source. Beans are low in GL due to their moderate protein and abundant fiber and resistant starch, carbohydrates that are not broken down in the small intestine. This reduces the amount of calories that can be absorbed from beans; plus, resistant starch is fermented by bacteria in the colon, forming products that protect against colon cancer. Accordingly, bean and legume consumption is associated with reduced risk of both diabetes and colon cancer.

Nuts and seeds: Nuts are low in GL, promote weight loss, and have anti-inflammatory effects that may prevent the development of insulin resistance. The Nurses' Health Study found a 27% reduced risk of diabetes in nurses who ate five or more servings of nuts per week. Among nurses who already had diabetes, this same quantity reduced the risk of heart disease by 47%.

Fresh fruit: Fruits are rich in fiber and antioxidants and are a nutrient-dense choice for satisfying sweet cravings. Eating three servings of fresh fruit each day is associated with an 18% decrease in risk of diabetes. For those who are already diabetic, I recommend sticking to low sugar fruits like berries, kiwi, oranges and melon to minimize glycemic effects.

This approach works. In a recent study on Type 2 Diabetics following this diet, we found that 62% of the participants reached normal (non-diabetic) HbA1C levels within seven months and the average number of medications required dropped from four to one. A diet of vegetables, nuts, seeds, beans and fresh fruit can prevent and even reverse diabetes while promoting long-term health.

If you have type 2 diabetes, learn about my diet and lifestyle plan for naturally reversing diabetes in my new book, *The End of Diabetes*.

Reprint from Cottage Grove Sentinel

"A quitter never wins! A winner never quits!"

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

Astoria Lions Club Installation and Award Ceremony

On June 28, PDG Bob Hoover from West Linn was the installing officer for the Astoria Lions Club for the 2016-2017 Lions year: Charlene Larsen, President; First Vice President, Lavina Jones; Second Vice President, Nancy Lockett; Secretary, Lenard Hansen; Treasurer, Norm Davis; Lion Tamer, Ron Larsen; Tail Twister, Russ Thompson; Directors: Carl Abraham, Gene Mellott and Donna Thompson.

After installing their officers, the Club also presented a Helen Keller Humanitarian award to Steve Forester, publisher for the *Daily Astorian*. The Lions wished to express a special thanks to the *Daily Astorian* for being such a strong supporter of the Astoria Lions Club since 1944 by donating excess



New officers and directors installed by PDG Bob Hoover

newsprint, over runs and paper. Over the past 16 years, the *Daily Astorian's* newsprint, which the Club has processed and sold for \$140,000, has accounted for over half of the dollars the Astoria Lions Club has invested in the community during that time period.

A recap of those donations includes: \$109,400 for hearing exams and hearing aids and eye exams and glasses. Another \$67,900 has been donated to the Oregon Lion Sight and Hearing Foundation. The Club has also donated a total of \$20,500 for various youth program activities at children's camps here on the coast and the local high school, another \$15,700 for the Christmas food basket activities at the fairgrounds and \$37,200 for other miscellaneous activities. Over the last 16 years, this has amounted to \$257,000 that the Astoria Lions Club has invested in our community.



President Tom Gill presenting award to Steve Forrester

In addition to contributions of money, the Club has done student eye screening at the Knappa, Astoria and Warrenton School Districts. Another project warmly accepted by first grade students at our local schools is the annual Flags for First Graders. Members also have donated hours of cooking time for the American Cancer Society's annual Cancer Walk for Life and

Lower Columbia Hospice. Through the years members have contributed volunteer hours to other programs like: reading for the Start Making a Reader Today program, adopting a highway section for cleanup and providing assistance and materials for building a wheelchair ramp for a blind person. Astoria Lions adopted the Ninth Street Park as an ongoing community cleanup project. They provided equipment and work with nursing students from Clatsop Community College doing medical screening in Seaside for the annual Homeless Connect project. They also provide assistance at the fairgrounds each Christmas loading food boxes for distribution.

Here in our community many people have contributed their old glasses to the Club. The Astoria Lions Club takes them to the Oregon Lions Sight and Hearing Foundation in Portland where eventually the glasses are taken on health mission trips to other countries to provide sight assistance to people in need. Lion Carl Abraham has made 15 trips to such far ranging places as the Ukraine and to island kingdoms in the South Pacific. Other members of the Club have also made trips to Central American countries to do eye screening and deliver glasses.

Overall the club members receive a great sense of satisfaction in doing the variety of community assistance projects helping others in the community and thereby living up to their motto: WE SERVE. All the above is done by their thirty to forty members, quite a contribution back to our community.

submitted by Charlene Larsen

District G Cabinet Meeting Tends to Business

The first meeting of the District G Cabinet Meeting was held at Bob's Texas T-Bone in Rufus. DG Judith Poage immediately got down to the meat and potatoes of goals for the new year. Lion Judith's theme of HATS, an acronym for helping another through service, outlined goals for the year. These included 1) having District and club officers get ON-LINE to learn about their job and take online training, 2) having two new clubs in the District as well as one specialty club, 3) reducing the club drops, identifying retention problems and providing assistance to Lion clubs, 4) reporting service projects, identifying signature club projects and letting the community know Lions International is 100 years old. Judith identified future Cabinet meeting dates which included November 5 and April 8 at Rufus and February 4 which will be a teleconference meeting. A brochure, which outlines activities for the year including the Legacy Project and what involvement is needed, was created by DG Poage and PCC Bev Bridgewater.

DG Poage also listed activities for the District G Convention to be held at the historic Columbia Gorge Hotel March 10-11, 2017. The DG and her crew are planning a fun event for Friday night and on Saturday the District will be at the Columbia Gorge Hotel where the Lions will celebrate 100 years of Lions in style.

Treasurer Cheryl Hafer outlined a proposed budget for the year, which was readily accepted by the group. Funds were tripled for the line item of membership growth. Members felt this was an area of emphasis for the year. DG Poage has organized a team to go into Redmond to establish a club, and individuals from Nyssa are interested in joining Multiple District 36. Lion Cheryl was lauded for outstanding work as the Cabinet Treasurer.



PCC Bev Bridgewater shares a brochure with District information, which can be inserted into the state directory

Awards Chair Kristen Harmon outlined the District awards and contests. She asked that all entries be submitted by mail or email any time prior to April 20, 2017. She will make the information available online and asked that presidents share the information with their respective clubs. In the area of publicity, Lion Kristen asked that CC Steve Oliver take information to the Council meeting to solidify rules across the Multiple District.

PCC Bridgewater handed out information regarding zone and regional chairs. She also shared information from the Global Leadership on identifying problems and getting assistance for those problems.

submitted by PDG Gerald Hopkins



DG Judith Poage outlines plans for the year

Community Garden Among Elgin Legacy Projects

The Elgin Community Garden is one of many legacy projects of the Elgin Lions Club. Established by Club members, 24 raised garden beds were made for members of the community. A shed was built for any members having tools that they would like stored and water is made available through pumps at the site. The Lions also brought in mulch and fertilizer for the community beds as needed. All types of vegetables and even a few flowers can be seen at the site.

President Bob Thomas and his wife Sue have dedicated hours to watering the beds when the temperatures rose above 90 degrees this summer and added that all the beds are in use. "One senior citizen who is slightly handicapped still comes over to take care of his small garden."



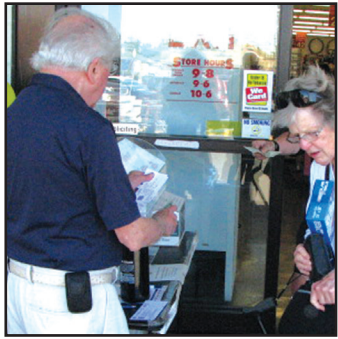
Elgin President Lions Bob Thomas and his wife Sue

submitted by PDG Gerald Hopkins

Eugene Downtown Lions Club Annual Raffle Comes to a Close



(l-r) Lions Susan Pfanner and Jim Newton perform



(l-r) Lion Bill Sarnoff selling tickets just before the drawing

The winners were invited to join the Lions for a free lunch at one of our meetings where they would receive the paperwork to claim their prize. As it turned 5 out of 6 winners attended the June 29th meeting. The remaining winner of the sixth prize attended the July 6th meeting to receive her prize certificate. Lions Dan French and Jim "Newt" Newton were the raffle committee co-chairs for this year and are to be Congratulated for their dedication to making this a great raffle. The final report from our hardworking raffle "Moneyman" Lion Andy Bakr says that ticket sales totaled just over \$19,000, which betters last years total by \$1,000. Thanks to our sponsors Bi-Mart, Hutch's Bicycle Shop, Jerry's, Towers Marketing, Office World, and Eugene Tour and Travel.

Money raised by this raffle will be channeled back into the community via Community Service Grants starting in October. Last year's raffle funded such groups as Stove Team International, Boys and Girls Club, Angel Flight West, Lane County Senior Support Services, Senior Companion Program, Kind Tree Productions (Autism), Lions Guest House, Dogs for the Deaf, South Willamette Valley Honor Fight, and Direct Connect Humanitarian Aid.

The Eugene Downtown Lions Club's Annual Raffle was again a big success. The raffle lasted for 7 weeks with ticket sales at various locations including Bi-Mart stores, 3 Market of Choice stores, one Haggen store and the Fifth Street Public Market. Weather for the outside ticket sellers varied from sunny and hot (92 degrees F plus) to cloudy with light rain and drizzle (60 degrees F). The odds of being a winner in this raffle were better than most other raffles because a limit of 4,000 tickets could be sold.

Six great prizes were offered. The drawing took place in front of the Bi-Mart store at 18th and Chambers on Saturday June 25th. First prize, a \$3,000 travel voucher from Eugene Tour and Travel was won by Bertha Cruz after buying only one ticket. She explained that she hasn't seen her mother back in Mexico for twenty years and winning means she and her family will finally be able take the long-awaited trip to visit her mom. Second prize, a \$1,400 Herman Miller "Aeron" office chair from Office World (Thanks to Lion Don Combs) was won by Donna Brown. Third prize, an iPad valued at \$729, was won by David Mitchell. Fourth Prize, a choice of a Men's Giant Escape bicycle or a Woman's Specialized Liv-Alight bicycle each valued at \$520 from Hutch's Bicycle Shop, was won by Les Merritt. Fifth prize, a \$500 gift certificate from Bi-Mart, was won by Michael Kennedy and the sixth prize, a \$500 gift certificate from Bi-Mart, was won by Kate Blaser.



(l-r) Lions Twila Butler and Raffle Co-Chair Dan French give 1st prize winner Bertha Cruz paperwork for her prize



(l-r) 5 of the winners shared lunch with us: Michael Kennedy, Les Merritt, David Mitchell, Donna Brown and Bertha Cruz



(l-r) Lion Raffle Co-Chairman Jim Newton gives 6th prize winner Kate Blaser (with her husband Robert) the certificate for her prize



(l-r) Lions Twila Butler, President Norma Barbisan and Box Hixson picking the winners

submitted by Tim Chuey

Vernonia Lions Club Voted “Citizens of the Year” 70 Years of Service and Still Going Strong

The city of Vernonia celebrated its 60th “Friendship Jamboree” this past August. It’s a three-day event with a huge parade down the center of town. Every year the city selects a “Citizen of the Year”. This year we were very proud that they selected the Lions Club of Vernonia!



(l-r) Lions Paula Hanson, Teresa Brucken and Aaron Miller in Lion Don Webb’s new pick-up



Dewey Pool almost ready!

Over the years, the Vernonia Lions have supported the schools, local food bank, library, Gales Creek Camp and Camp Echoing Evergreen. We have provided scholarships for graduating senior and Christmas baskets for seniors, placed flags on Veteran’s graves, performed road clean-up as well as countless other projects. The Club also has provided eyeglasses, vision exams and hearing aids for the needy in our community. In addition, we have supported Oregon Lions Sight & Hearing Foundation every year to help with their patient care efforts.

Club International’s 100th Anniversary we took on a Centennial Community Legacy Project. Our project was to raise funds and repair the historic Dewey Pool on Rock Creek in downtown Vernonia. We were successful in raising over \$20,000 to do the repairs to the pool that was originally built in 1938. Dewey Pool has been filled every year since. Many seniors in Vernonia say it’s where they learned to swim as a child. We still see more work that needs to be done in the area, such as more new benches and retaining wall work. So as always we will continue “To Serve”, hopefully another 70 years.



Picture of Dewey Pool site area in downtown Vernonia



Lion Rick Hobart fundraising at Vernonia K-12 School

submitted by Lion Randal Harvey

French Prairie Lions Branch Club Joins Aurora Colony Days Parade

The French Prairie Lions Branch Club took part in the Aurora Colony Days celebration by having two entries in the event’s parade on August 13. The purpose of the Club’s participation was to create awareness of the Club and to promote membership. Five members of the Club and several family members helped with the parade. The Club distributed shade glasses to children along the parade route plus gave out candy.

French Prairie’s major service project has been to provide free sight screening to all students in the North Marion School District, working with our Oregon Lions Sight and Hearing Foundation. The Club serves five small communities in northern Marion County. French Prairie meets the 1st and 3rd Thursdays at Christ Lutheran Church in Aurora.

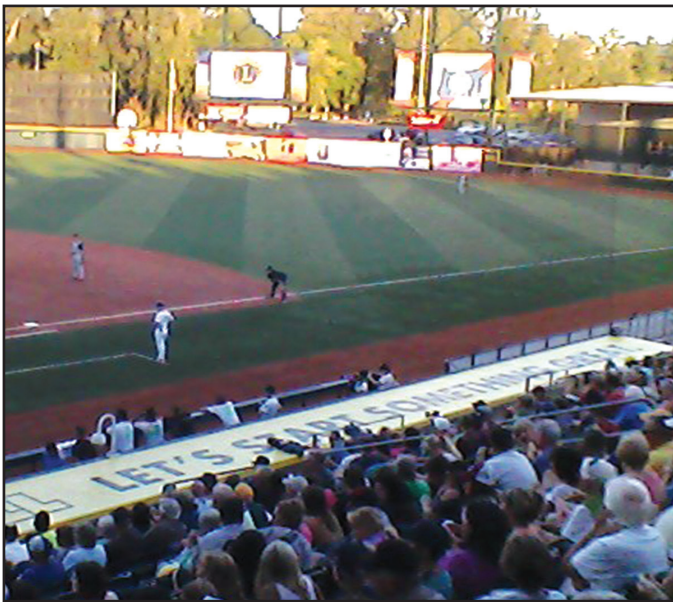
submitted by PDG Jim Jagers, Secretary

Lions Spend a Pleasant Evening Together at the Ballpark

Lions from two Clubs, Eugene Downtown and Mapleton, attended, "Lions Night At P.K. Park," many of them accompanied by family and friends. Everyone seemed to enjoy the upbeat atmosphere of minor league baseball, with the usual hot dogs/beer/ice cream and other delicious treats, along



Lions at the ballpark photographed by Lion Diane Gregoire



Yes, there was a baseball game too, notice the Lions logo on the big screen photographed by Lion Wes Reynolds



Lion Jerry Linville takes a turn at the Lions table photographed by Lion Sharon Newton

with the between-innings promotions involving silly competitions and some very nice prizes. Eugene Downtown Lions Treasurer Isaac Sullivan's daughter Sierra happily rode home on a new bicycle that she won.

The Lions maintained a table featuring pamphlets and posters illustrating the activities and functions of the Lions in an effort to inform attendees about what Lions do and to attract new members. In addition, Lion Matt Neale, a Eugene ophthalmologist, threw out the ceremonial first pitch of the game. Dr. Neale has performed a number of free surgeries for needy patients as part of the Mission Cataract Program sponsored by the Oregon Lions Sight and Hearing Foundation.

Also drawing attention to the Lions were the frequent announcements by the P.A. announcer describing the Lions mission and activities. Most Lion attendees wore Lion apparel, so it was difficult for a non-Lion to miss seeing and hearing about the Lions.

Clearly, Lions Night at P.K. Park got the Lion brand out there for people to see and made it clear what Lions do to serve the community.

Lions Night is fast becoming an annual event, not only because it spreads the word, but also because it is an enjoyable summer social event.

*submitted by Past President Jim Newton and Tim Chuey,
Eugene Downtown Lions*



Sierra Sullivan proudly rides the bike she won



Oregon Lions
Sight & Hearing Foundation

(800) 635-4667 INFO@OLSHF.ORG WWW.OLSHF.ORG
1010 NW 22ND AVE, #144, PORTLAND, OR 97210

**OUR MISSION IS TO SCREEN, TREAT, SAVE AND RESTORE SIGHT AND HEARING
IN PARTNERSHIP WITH LIONS CLUBS.**



ART ABBOTT BOARD CHAIR

On October 1st the Portland State Vikings hosted the Idaho State Bengals at Providence Park and you know who the big winner was?

The Oregon Lions Sight & Hearing Foundation.

For four years now, my Gresham Breakfast Lions have coordinated a fundraiser for the Foundation by selling tickets to a Portland State University (PSU) football game. Many of us visit other Lions Clubs in the area, promote tickets sales on Facebook, and for every ticket we sell PSU gives 1/2 of the proceeds to OLSHF. It's a great way to raise money for our sight and hearing programs, and I can tell you every one of our members is happy to support the Foundation this way.

But we're not alone. Also on October 1st, Lions on the Oregon Coast held the 1st Annual "101 on the 101" a bicycle ride from Lincoln City to Yachats with proceeds also benefiting the Foundation. Congratulations to the Lions of Pacific Sea, Newport, Waldport

and Yachats for creating this great new fundraiser. For over 20 years the West Linn and West Linn Riverview Lions have worked together to hold a Bowl-a-thon in March to support OLSHF and have generated over \$100,000 in proceeds to support sight and hearing programs. And you may know the Mid-Columbia Lions Follies that have been staged for 40 years now and have raised a staggering \$400,000+ in that time. Bravo!

Would you be willing to consider having your Lions Club plan a fundraiser to support OLSHF programs? It's important to know that there was a time when 100% of the Foundation's budget came from Lions support from the Parade of Checks at Lions Conventions. This still takes place of course but today this support accounts for only about 5% of OLSHF fundraising. Planning a new event in your community can help us sustain our school vision screenings for kids or could help a person in need with sight saving surgery. Plus, your new event could raise more awareness of your Lions Club and generate some new members. In other words, the big winner could be the Foundation AND your Lions Club.



DOUG THOMPSON EXECUTIVE DIRECTOR

It's terrific that OLSHF and MD36 Lions screened over 170,000 children for vision issues last school year but the reality is that this is just a means to an end.

The 17,000+ children identified with vision problems need full eye exams and new eyeglasses to help them see and read at grade level and to give them the best opportunity for success in life. Together, we can help make this happen.

As many of you know, Oregon Health Plan has the Healthy Kids plan which provides eye exams and eyeglasses for those enrolled. But since not all Oregon children get enrolled many don't receive the help they so desperately need. Fortunately, KEX Kids Fund is a program that for many years has funded exams and eyeglasses.

KEX Kids Fund has helped as many as over 1,000 kids per year, but not throughout the entire state.

That has changed. We're now recruiting vision providers throughout Oregon to join the KEX Kids Fund network of providers. These providers are reimbursed for exams and eyeglasses and qualifying families pay nothing.

One of our newest partners in the program is our good friend, Eugene Downtown Lion Dr. Matthew Neale (see pg. 18) - Thanks Dr. Neale! - who will enable as many as 40 more children in Lane County receive exams and eyeglasses. This is a win-win-win situation: Our partner provider is reimbursed, no cost to local Lions or OLSHF, and most importantly another child is able to see and learn to their full potential.

Please contact OLSHF if you have a vision provider in your community that might be interested in learning about the KEX Kids Fund program - there's always room for another winner!

**YOUR ONE TIME OR RECURRING GIFT ENSURES YOUR LIONS
SIGHT AND HEARING SAVING PROGRAMS CAN SERVE OVER 200,000
CHILDREN AND ADULTS THIS YEAR.**



Oregon Lions
Sight & Hearing Foundation

GIFTS & MEMORIALS

LION CHAMPION - \$10,000 AND ABOVE

M.J. Murdock Charitable Trust
Ford Family Foundation

LION SENTINEL - \$1,000-\$2,499

Oregon Dept of Revenue Charitable
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Garibaldi Lions Club
Bud & Brenda Wilkinson

LION TAMER - \$500-\$999

Bill Nourse
Rockaway Lions Club

LION PATRON - \$100-\$499

Bradley & Michelle King
Hoodland Lions Charities Inc.
Gene Christian
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LION DONOR - UP TO \$99

Garry Charbonneau
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LIONS EYEGLASS ASSISTANCE PROGRAM SUPPORTERS

Burns Paiute Tribe
Compassion Connect Inc.
Harney County District Hospital
Michael Howard
Klamath Tribal Health & Family
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New Eyes for the Needy
Judith Poage

ROAR! HEARING ASSISTANCE PROGRAM SUPPORTERS

Eugene Bethel Lions Club
Eugene Cascade Lions
Eugene Downtown Lions Club

HONORARIUMS

IN HONOR OF JOE GARLITZ
Dr. Gerald & Mary Martha Hopkins

MEMORIALS

IN MEMORY OF BENJAMIN ADELBLUE
Dale & Beverly Friedemann

IN MEMORY OF SAM ANGELO
Leslie Ann O'Brien

IN MEMORY OF LORRAINE CAVANAUGH
Dale & Beverly Friedemann

IN MEMORY OF PAT GRADY
Art & Gail Abbott

IN MEMORY OF ROGER HEARSON
Russell Walker

IN MEMORY OF DON KESSLER
Jerome Blegg
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IN MEMORY OF GEORGE LITZENBERGER
Springfield Lions Club

IN MEMORY OF PAULA NAUGHTON
Art & Gail Abbott

IN MEMORY OF PAULINE THALMAN
West Linn Riverview Lions Club

IN MEMORY OF JAMES WATTS
Rockaway Lions Club

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Baker School District 5J
Bandon Lions Charitable Foundation
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Elgin Lions Club
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Hood River Lions Club
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King City Lions Club
Lake Oswego Lions Club
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Langlois Lions Club
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North Bend Lions Club
North Bend School District
Philomath Lions Club
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Center
Rogue River School District
Stanfield School
Sutherlin Lions Club
The Dalles Lions Club
Union Lions Club
Waldport Lions Club

OLSHF PROGRAMS CHANGE LIVES EVERY SINGLE DAY THANKS TO YOU, LIONS CLUB MEMBERS, SUPPORTERS, AND VOLUNTEERS. THANK YOU FOR ALL THAT YOU DO!

BAKER CITY LIONS CLUB SAVES JOSH'S VISION



We're so pleased to be able to provide Josh Buxton of Baker City (On left, with parents Sherry and Curtis) with a much needed corneal UV-crosslinking procedure to address his inherited condition of keratoconus, a thinning of the cornea that causes visual distortion and, eventually, blindness.

Baker City Lions Sight & Hearing Co-Chairs Steve Schauer and Gregg Hinrichsen are the local heroes, sponsoring Josh's Patient Care application and leading the way for the Baker City Lions to provide funds to make it possible for Josh to travel to Portland three times for appointments and two crosslinking procedures at the Devers Memorial Eye Clinic. Inspiring work Baker City Lions!

NEWEST KEX KIDS FUND PROVIDER EUGENE DOWNTOWN LION DR. MATT NEALE



The Foundation and the KEX Kids Fund together provide a continuum of care for children, from vision screening, referral, eye exams to new eyeglasses. Our missions are intertwined – families rely on OLSHF to screen and identify potential vision issues for their children through our Mobile Health Screening Program (MHSP) and the KEX Kids Fund to provide access to eye exams and eyeglasses. Through our combined efforts, children who see better, learn better.

Eugene Downtown Lion Dr. Matt Neale is the newest provider now serving Lane County area children with the vision exams and follow up care they need. Thank you to Dr. Neale and his team for joining the KEX Kids Fund provider network!



LIONS EYEGLASS RECYCLING CENTER (LERC)
SUPPORTING MISSION TRIPS AROUND THE WORLD

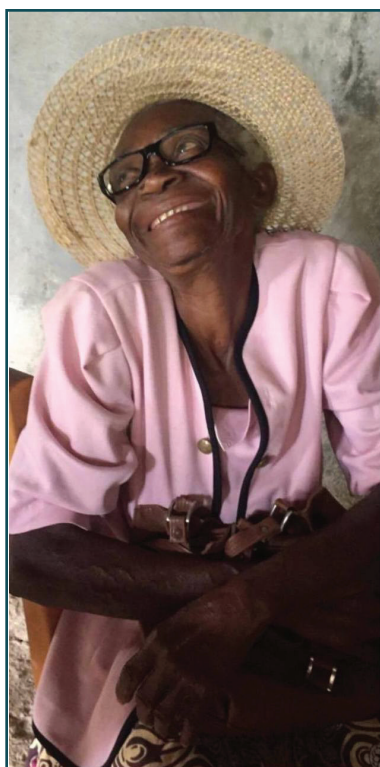


Oregon Lions
Sight & Hearing Foundation

JULY & AUGUST 2016
51,000 EYEGLASSES COLLECTED **8,8263 EYEGLASSES DISTRIBUTED**

*IS YOUR LIONS CLUB INTERESTED IN AN EYEGLASS SORTING PARTY
HELD AT OUR LIONS EYEGLASS WAREHOUSE?*

CONTACT OPTICAL PROGRAM COORDINATOR TRACY BROWN TO SET UP YOUR SORTING PARTY!
TRACY@OLSHF.ORG **(503) 413-7399**



“My favorite memory comes from an lady wearing a pink dress and straw hat. Although I couldn't understand her, I will never forget the smile and confidence she radiated after those glasses were placed on her. She kept grabbing my hands, smiling, looking at me directly in the eyes and repeating words I couldn't understand, but I knew she was communicating complete gratitude.”

-Justine Solesbee, after participating in the Haiti Missions Trip

Just Ask is Great But Don't Forget to Just Answer

Yes, the Just Ask or Just Ask One program is a fantastic way of introducing people to the life of Lionism and the wonderful opportunities that are afforded through volunteerism, not to mention the friendships that are built through club and conferences. I have long been a proponent of the Just Ask program since its introduction and continue to practice it as often as the opportunity presents itself. However, I must relate an experience that occurred while I attended the USA/Canada Leadership Forum in Omaha in September.

The Forum was a unique and equally satisfying experience. I networked with fellow Lions from all over the country as well as our own team from Oregon and was able to attend several of the trainings available at the Forum. As a side note, I do feel that the time spent with our Oregon team was especially beneficial. I feel a lot closer to many of the Lions and even as close as family to others like my fellow First Vice District Governors: Tom, Bert and Debi, but that is a whole separate subject.

I thoroughly enjoyed the Forum and felt that I had learned and experienced a lot and had become a better Lion because of this. But that wasn't where the most rewarding experience of the weekend took place. That came on the trip home. As I was sitting on the plane awaiting takeoff, a young gentleman decked out in his Oregon Duck attire took the seat next to me. Within a couple of minutes he struck up a conversation and asked me where I was from. When I said Oregon, he asked if I had been in Omaha for the Oregon-Nebraska football game. I told him no, that I was there attending the Lions leadership conference.

He replied, "Lions. What is that? Aren't they like a club or something?" Here was my opportunity so I began explaining what the Lions Club International was all about.

The young man had a lot of questions and wanted to know in specifics about LCI, the Forum and everything that makes up a club from what they do to how they do it. Well, I spent the better part of the next two hours talking with him about the Lions. I felt remiss that I didn't have a brochure about LCI with me but what I did have in my briefcase was my USA/Canada Forum Club Handbook, which incidentally goes everywhere with me. I pulled it out and offered to let him look through it. The young man was eager and he perused the entire handbook from cover to cover asking questions about certain things he read. I was more than happy to answer his questions. As we conversed, he said that he was really interested in becoming a Lion and would like to attend a meeting to check it out further. I asked him where he was from and found out that he was from Roseburg. Knowing the Roseburg Lions schedule, I wrote down their meeting times and places for him along with my name and phone number.

As we talked further about his life, I discovered that he happened to be a supervisor at a business where my great niece and nephew-in-law worked and he knew both of them quite well. What a small world! As we disembarked in San Francisco I told him that I would stay in touch and asked him to do the same. As I sat there awaiting my next flight, I thought what an incredible opportunity this was to share my passion for Lions and it came about because I Just Answered.

The point of relating this experience is that it is also just as important to Just Answer as it is to Just Ask. Who knows this might be the beginning of the next big campaign with LCI to Just Answer. As we all know sometimes we are reluctant to Just Ask but when asked who can keep the passion and joy of being a Lion bottled up inside. So I propose to you, in addition to Just Ask, be just as willing and ready to Just Answer.

submitted by Bob Chaney, Sr. 1VDG District 36-E

The King City Lions are Strong and Mighty!

The King City Lions are one of the larger Lions Clubs in Oregon and are proud to have at least half of their members come to their meetings regularly. Their Zone Chair Dane Parreira was their guest speaker August 16 and was very proud of them.



The King City Lions at their August 16 meeting



The Dancers of Hula Halau' Ohana Holo'oko'a

August was a very busy month for the King City Lions. On August 4, the Club hosted a luau for the Lions at Pacific Pointe Retirement Center and raised \$1,078 to help their community. A special thanks goes out to Lion Maiya Martin Burbank who did most of the organizing for this event. During the week of August 14 – 20, Club members helped celebrate King City's 50th Anniversary in Lions style. They brought in the MHSU truck for free blood pressure, diabetes, eyesight and glaucoma screenings, had a booth at the Club open house and hosted a free ice cream social. Finally, on August 26, the Club had their annual Golf Tournament and BBQ. They raised \$1,549 and served many hamburgers and Polish hotdogs to golfers and all the extra non-Lion volunteers as appreciation. Amongst all of that, they had their monthly newspaper

recycling, Bingo, Courier deliveries, Honor Flight can collecting and renting and selling of convalescent equipment. It was all hard work, but lots of fun. The King City Lions enjoy raising money and giving back to their community and beyond.

submitted by Angela Stierle

Lion Craig Shares Poem

The Elgin Lions have been ribbing President Bob Thomas about his lengthy meetings. In fact, they even designed a wall clock with a permanent time of 6:55pm to fit over the current hall clock. Lion Steve Craig also put some parts together for a desk clock with the fixed time of 6:55 to remind Thomas of the adjournment time. Members have served notice that a \$5 fine is being avoided with their helpful thoughts.

In the most recent meeting, Lion Steve Craig also wrote a poem that was shared with the members. He read:

It is Five Till Seven Somewhere

It's five till seven somewhere
So set down in that chair
And let me tell you how it's done.
First of all we try to have a lot of fun.

Before we ever start the meeting,
We do a lot of greeting.
Now we all set down to eating
Then we have our well organized meeting.

By this time it's five
Till seven somewhere.

We help with Sight and Hearing
And by this time the End is Nearing.
About this time Bob calls
For sixty second or less.
This is when someone
Tries to do their best
To make everyone laugh
And do a lot of cheering.

By now the end is nearing
It's five till seven somewhere
And Bob rings the bell at about
Five till seven somewhere.

submitted by PDG Gerald Hopkins

Identity Theft Subject at Baker City Lion Meeting

Identity theft was the subject presented at the Baker City Lions meeting by Diane Witherrite. Diane described identity theft as a serious crime disrupting finances, credit history, and reputation while taking time, money and patience to resolve over an extended period of time. She said, "This happens when someone steals your personal information and uses it without your permission."

Diane said that the thieves may go through trash cans, work for businesses, medical, or government agencies to steal personal information, misuse the name of a legitimate business and call or send emails that trick you into revealing personal information. Diane advised the Lions to shred all documents that show personal, financial and medical information and not to respond to email, texts and phone messages that ask for personal information. "In this area we have a lot of fireplaces. It's the best way to dispose of personal information."



Diane Witherrite

Diane added that sometimes wallets are stolen, so it is important to remove credit cards, health insurance papers, or passports. "The best prevention is to get a free credit report every 12 months from each of the nationwide credit reporting companies. Go over them with a fine tooth comb and be aware even if the charge is small, because sometimes the thieves start with small charges and it might even be a year later after the theft." Diane advised the group to create passwords that mix letters, numbers and special characters. "Don't use the same password for more than one account. If you shop or bank online,

use websites that protect your financial information with encryption. Set your computer's operating system, web browser and security system to update automatically." Diane added that if identity theft is suspected to make an identity theft report immediately and report it to the police. "Just remember, you will be responsible for all charges on your cards, so it is important to act quickly."

Red flags listed by Diane included mistakes on your bank or credit card, mistakes on medical benefits from your health plan, regular bills and account statements don't arrive on time, bills or collection notices for products or services never received or ordered, calls from debt collectors about debts that don't belong to you, a notice from the IRS that someone used your Social Security number, businesses turning down checks and unexpectedly being turned down on loans. "A lot of damage can be done in a very short period of time."

submitted by PDG Gerald Hopkins

Lions Hear About Inca Trail and Machu Picchu

Guest speaker Kathy Rysdam of Elgin recently made a trip to Machu Picchu via the Inca Trail. Kathy described her adventures to the Elgin Lions, sharing stories and pictures of the four-day climb along a very steep trail laden with uneven rocks and stones.

The ancient city, which is about 8,000 feet high in the mountains, is located about 50 miles northwest of Cusco, Peru. Kathy said that when the Spaniards raided the area they were unable to see the city which was overgrown in vegetation. The city remained hidden until discovered by Hiram Bingham in 1911. The walk on the trail was difficult involving uneven stones and steep trails, with high drop off areas. "It's the most grueling thing I have ever done," she said. Kathy stated that guides went with the small group and carried in most of the supplies, but were unable to carry more than 3 ½ pounds of the traveler's personal possessions. "Because of the difficulty," she relayed, "we were able to only cover six miles the first day. We definitely needed a walking stick to get up the trail." The total climb involved 26 miles.



Photo Kathy Rysdam

"They only allow 500 travelers a day up the trail of which 300 are guides for the guests. The guides did prepare excellent meals from soup to chicken dishes. We had eggs in the morning." In general, Kathy felt the Peruvian food was the best to find throughout the world. "In Cusco, you can find food from any nationality. It's an adventure I will never forget."

submitted by PDG Gerald Hopkins

Leo Clubs in the Multiple District

"The benefits are big. The Leos do community projects at the high school and in the community," said Don Markle, advisor of the Neah-Kah-Nie Leo Club in Rockaway, Oregon. Forty young women and men are members of this Leo Club and that's almost 20% of the entire high school population.

Neah-Kah-Nie High School Leos help decorate Rockaway's Chamber of Commerce at Christmas, assist with the town's kite festival and fundraise to send club members to the national FBLA conference. Their sponsor Club, Rockaway Lions, hosts and pays for the annual Leo Appreciation Night Banquet, pays for Leo club shirts, and also connects each Leo with adult mentors related to the Leo's career interests.

Nine Leo clubs are listed in our Multiple District 36 Directory:

District O: Neah-Kah-Nie Leo Club

District R: Junction City and Mohawk Valley Leo Clubs

District E: Lost River High School, Myrtle Point and Rogue Leo Club

District G: Hood River Valley, La Pine and The Dalles Leo Clubs

The **Dalles High School Leo Club** has about 30 members made up of about half and half men and women students. Ethan Wray, Club advisor, says, "Our Club's main activities are vision screening for 1st, 3rd and 5th graders, the Project ELLF Food Drive and our Christmas tree pickup." Sometimes these Leos join with their sponsor, The Dalles Lions Club, on community service projects such as repairing and improving local city parks.

Junction City has a Leo Club with 4 female and 6 male active members. They have helped the Junction City Lions Club with the Chicken BBQ, the Easter Egg Hunt and the Junction City Pet Parade. The Leos also supplied lunch for the workers at the local Habitat for Humanity house and helped the Corvallis Mid-Valley Lions Club on their Thanksgivings Charity Road Race.



Junction City Leo Club members



The Dalles Lions and Leos improving a city park

The **Hood River Valley Leos** raise money each month for a different local organization including the Hood River Warming Shelter, the high school Global Citizens Club, and the Relay for Life. With 29 young women and 20 young men as members, this Leo Club also helps with FISH food bank, American Red Cross blood drives, BINGO at the senior center as well as registration of voters at the local farmers' markets, and other local charitable causes.

Membership in the **Lost River High School Leo Club** averages 50 students and has been as many as 80 in the past. The Leos volunteer with the Klamath Basin's Potato Festival and the local crab feed and they run a coffee bar at break time at school as a fundraiser for student scholarships. Club advisor, Jen Johnson says, "Leo clubs teach students to give back to the community and that giving of yourself is a win-win situation."

If you're interested in starting your own Leo club in your community, check out the Lions Club International (LCI) website. There are many resources to help you. Here's some basic steps below listed on the LCI website.

1. Determine if the new Leo club will be community or school-based, an Alpha club (12-18 years old) or an Omega club (18-30 years old).
2. Identify potential Leos and invite them to an informational meeting.
3. Host a formation meeting to elect officers, discuss projects and determine the time and place for the meetings.
4. Complete required paperwork (Leo Club Organization Report) and plan an installation ceremony.

For more information about starting a LEO club contact **Don Markle** at [503-367-9300](tel:503-367-9300) or **Timothy McGothlin**, The Dalles Lions Club President, at 541-298-5469 or tmac70@charter.net

submitted by Bert Diamond, 1st VDG, District O

Elgin Lions Hold Annual Barbeque



**Chef for the evening is
Lion Daryl Hawes**



**(l-r) Lions Dick Barnes and
Everett Grandeen play a
round of horseshoes**



**(l-r) Lion
Jared Rogers
visits with
President
Bob Thomas
and Council
Chair Steve
Oliver**



**Governor Poage explains
legacy projects**

The Elgin Lions held their annual barbecue at the country home of Barbara and Daryl Hawes. Lion Daryl barbecued fresh halibut caught by Lion Jared Rogers in a recent fishing jaunt to Alaska. Special guest for the evening was District Governor Judith Poage. Governor Judith outlined legacy projects along with the history of Lions and encouraged the Club to report the many projects to International. DG Judith also honored Gary Brown by inducting him as the newest member into the Club.



**President Bob Thomas
takes on the youngest
Lion, four year old
Andrew Berglund, in a
round of horseshoes**



**Lions have a chance to visit
during picnic activities**



**(l-r) Lions Mary Hopkins and Bernadette
Barnes visit with Governor Poage**



**(l-r) Gary Brown with sponsor
Debbie Rogers is inducted by District
Governor Judith Poage**

submitted by PDG Gerald Hopkins