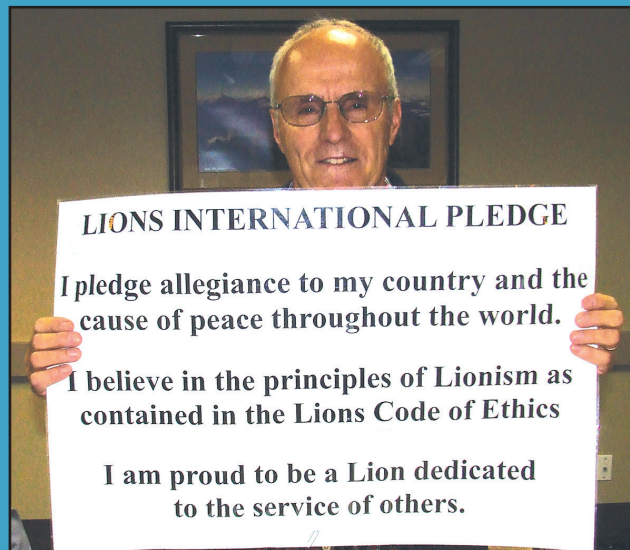




Serving members of MD36 Oregon and Northern CA

September, 2016 Volume 2/16-17



**Remembering our international roots thanks to  
Baker City Past President Mark Bogart**



**Crooked River Ranch Lions - Seasons of Hope  
See Story page 6**



**Powers Tour de Fronds Event  
See Story page 12-13**

## MONTHLY CALENDARS

### MEETINGS

#### September

- 10 District E Cabinet mtg. - Sutherlin Community Bldg. @10am
- 14 Patient Care Committee meeting - OLSHF @noon
- 26 Southern Oregon Lions Sight & Hearing Center Board meeting - Medford @6pm
- 29 Executive Committee meeting - OLSHF @noon

#### October

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

### EVENTS

#### September

- 1 MHSP Back to School Webinat @11am
- 5 Labor Day - HQ/OLSHF offices closed
- 10 *The Oregon Lion* article deadline (for October online issue)

#### October

- 1 OLSHF Hall of Fame Gala - Tualatin Country Club @4pm
- 3 Rosh Hashanah begins
- 10 *The Oregon Lion* article deadline (for November issue)
- 12 Yom Kippur



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

THE OREGON LION (USPS No. 119-630) is published monthly for \$7.00 per year (in state); \$8.00 per year (out of state) by Lions Club International, Multiple District 36, 1075 Washington St., Ste. #212, Eugene, OR 97401. Phone: 541.484.0452

Periodical postage paid at Eugene, OR and additional mailing office.

Postmaster: Send address changes to:

The Oregon Lion, 1075 Washington Street, Ste. #212, Eugene, OR 97401

Magazine Staff:

Leah Hawes, Exec. Secretary

Email: [md36lions@comcast.net](mailto:md36lions@comcast.net)

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

## ANNIVERSARIES

September 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.

### September

Portland Hollywood	September 12, 1928
Enterprise/Joseph	September 09, 1929
Stayton	September 01, 1938
Central	September 02, 1938
Ashland	September 13, 1938
Silverton	September 27, 1938
Prineville	September 28, 1938
Troutdale	September 08, 1948
Keizer	September 15, 1950
Bandon	September 15, 1951
Albany East	September 27, 1951
Rockaway	September 12, 1955
Jefferson	September 28, 2009

### 9th Annual Scramble for Sight & Hearing

The La Pine & Sunriver Lions Clubs are hosting their 9th Annual Scramble for Sight & Hearing Golf Tournament on September 18, 2016 at Quail Run Golf Course in La Pine, Oregon. They are looking for Lions who want to enjoy a day of fun, good food and good golf at a great Central Oregon golf course. You will be supporting a terrific cause too: eye exams, glasses, hearing exams and hearing aids for low income residents. If interested in being a sponsor or participant, please contact Lion Gary Mose at (541) 536-5413 or [lapinelionsclub@gmail.com](mailto:lapinelionsclub@gmail.com) for a registration form.

## Council Chair News



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Spouse: Kathy

**Website:** md36lionsclubs.org

There is an old adage that says "Time flies when you are having fun". I must be having a lot of fun as it seems like I just submitted my first article to the magazine. In fact I am having fun, with all the activities of my own Club as well as helping the La Grande Lions Club (my old Club), in their food booth at the Union County Fair. If people only realized how much fun we Lions do have, they would be beating down our doors to join. Somehow we need to get the word out.

Our International President Bob Corlew has issued a call to all Lions everywhere to join together with him and his theme of New Mountains to Climb, by helping those who are less fortunate, promoting peace and understanding around the world and taking us Lions to new heights. We Lions have a rich history over the last 100 years of changing lives. We can continue to achieve this and even more when we work together.

What can we do to help our president Bob Corlew climb these new mountains? He has set three main goals. First: Lead through service by hosting youth, vision, hunger and environmental projects as part of Centennial Service Challenge. Club secretaries have the criteria for each project. We all do these. It is just a matter of reporting to International.

The second is: inviting family, friends and neighbors to join us in a service. We have friends or family who aren't Lions. We just need to be persistent in asking them to join us.

The third: connect with the community you serve by doing a Centennial/ Legacy Project. Your club secretary has the information you will need to complete one of these.

**Remember!!! WE SERVE**

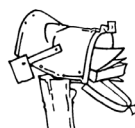
## Directory Corrections

### Page

- 7 MD Credentials Chairman, Jim Vincent  
business phone should be: 503.636.1414
- 8 Co-Chairs of Awards Committee are Carrie  
Bartley (Dist-O) / Carol Swesso (Dist-E)
- 12 Oregon Lions Earth Angels add members:  
Carleene Iverson, PDG, District R  
Debi Castor, VDG, District G
- 32 Add Lake Grove mailing address of  
PO Box 1163, Lake Grove, OR 97035  
Mt. Hood Lions Club has a new email  
address: mthoodlions@gmail.com
- 34 W.L. Riverview Lions Club's address  
should be PO Box 406
- 39 Eugene Bethel has mailing address now:  
4257 Barger Dr., #344, Eugene, OR 97402
- 41 Springfield Mohawk President is now PDG Robert  
Belmont and Gregory Hyde is now Secretary
- 45 PDG Schock, John (Anita should be Areta)
- 68 Delete third line from the bottom
- 78 March 24-25, 2017 District E Convention  
is pleased to have PID Haynes Townsend  
as the guest speaker
- 79 Change May 11 to May 18  
Change May 12-14 to May 19-20
- 93 Hafer, Cheryl, remove residence number
- 94 Tom Hammond email: jthammond@comcast.net
- 95 Robin Herrington email silkies75@yahoo.com
- 96 Jagers, Jim, PDG, cell should be:  
503.703.7386
- 98 Charlene Larsen email crl.larsen@charter.net
- 105 Rollins, Dale add drrollins@comcast.net
- 108 Stagl, Jim, PDG email is: reatta2@gmail.com  
Stierle, Angela, phone number listed is her cell  
Stierle, Scott, delete residence number  
and replace C) 503.290.8764
- 111 Vincent, Jim. B) 503.636.1414

### 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 \_\_\_\_\_





## “Year of the Inspection”

*One of the most important attributes of a healthy and mature industry is the presence of regulatory and accreditation bodies with strong and enforceable rules. These accreditation bodies exist so members of a profession can safe-guard their collective reputations by ensuring entities that perform similar functions will perform them to an industry standard and not denigrate the whole field through substandard work. Similarly, regulatory bodies mandate the application of due diligence to ensure the safety of products or services. Lions VisionGift (LVG) has several layers of government and industry regulation to navigate, that can include providing access to the building and records for inspection. Sometimes these inspections can occur in rapid succession, as they have this year.*

2016 truly has been the “Year of The Inspection” for **Lions VisionGift**. When you consider the fact that we’ve already been inspected by the Food and Drug Administration (FDA) earlier this year, the reality that we are currently in inspection processes with the Department of Employment and the New York Department of Health seems like a lot of auditing. But add to that the pending inspections of SAIF/Occupational Health in August and our own EBAA inspection scheduled for the end of August, it becomes clear that our industry is highly regulated.

**Lions VisionGift** is a proud member of the Eye Bank Association of America (EBAA), the regulatory body made up of top-performing eye banks from around the nation, and has played a critical role in the Association for more than 25 years. We regularly receive the highest possible inspection score from our EBAA audits and have only ever received a full three year accreditation certificate for our efforts.

You might be wondering what business the New York Department of Health has in inspecting an eye bank in Portland, Oregon – and your curiosity would be well placed. As this month’s companion article highlights, **Lions VisionGift** is far from a regional eye bank but rather an international business with specific dealings in New York. As such, we were required to gain a Tissue Banking License in New York. A full list of the licenses we hold can be found on our website, but among the states we hold licensure in are California, Massachusetts, and Florida, in addition to the nation of Canada.

While the amount of inspections we are facing this year are more than we’ve ever seen before, it’s important to note that they are not the result of an increased scrutiny concerning **Lions VisionGift** or our practices. There are many reasons why these reviews are conducted; the reality that **Lions VisionGift** has been creating more public records through increased filings surrounding our expansion into Boston as well as tissue placements in other states could have triggered multiple review processes.

In any event, our staff has always performed admirably during previous inspections and we have been diligently preparing for these major events all year. That is perhaps the one true benefit to having multiple inspections in a row – you’re never more prepared for an inspection than right after you finish another one.





## ***Lions VisionGift - A New Chapter***

This summer marks a milestone of sorts, as it has now been 5 years since The Lions Eye Bank of Oregon became ***Lions VisionGift***. In those five short years we've revolutionized corneal therapies through the creation of DMEK therapy and HALO Sterile tissues, and reengineered our laboratory to be prepared for the next wave of research opportunities. We've created lucrative partnerships with some of the most esteemed institutions of higher learning from across the country and recruited incredibly talented surgeons to our Medical Advisory Committees. In short, ***Lions VisionGift*** is a very different entity than even the most recent iteration of The Lions Eye Bank of Oregon.

Many of you will recall the discussions surrounding our name change – and for those of you who don't, rest assured, there were many. In the end, there were many compelling reasons for moving to the new moniker, not the least of which was that we don't really "bank" "eyeballs", but we do facilitate the "Gift" of "Vision". There were also advantages to removing the word "Bank" from our name, and more importantly, our building; as families didn't have to try and decipher what kind of bank was calling them while they're grieving and strangers stopped knocking on the front door trying to open a checking account or use the ATM. We also chose to drop any regional designation from the name because, even then, we recognized the changing nature of the industry and likelihood that we would one day expand beyond our state boundaries.

It is the confluence of these two ideas – our spirit of innovation and the unbinding of our regional constraints – that dictates our next big announcement originates. For the better part of two years we've been plotting the next step in ***Lions VisionGift's*** mission to improve patient outcomes and experiences, and we are very proud to announce that ***Lions VisionGift*** has signed a lease and begun renovations on our new building in Boston, Massachusetts – to open for operations before the end of the year.

The new facility is located in the historic Tower Point Building in the beautiful and revitalized Seaport District of Boston. This new development from ***Lions VisionGift*** is the outgrowth of important relationships with some of the most prominent corneal surgeons and vision researchers in the country. The facility will focus on providing our world-renowned DSAEK and DMEK grafts to our surgeons on the East Coast. It will be a hub for critical research initiatives with partners like Harvard/Mass Eye, Johns Hopkins, and other prominent East Coast institutions.

The truth is that ***Lions VisionGift's***, and The Lions Eye Bank of Oregon's, impact was always felt well beyond our state borders. Through the years, our international placement of tissues that American surgeons had declined has numbered in the thousands, and patients all across America have always benefitted from the cornea processing techniques we've pioneered or taught to other eye banks. Even still, there's something about having a physical location in another state, with our name on it – ***Lions VisionGift*** – that drives home the reality that we really aren't just Oregon's Eye Bank any longer.

We'll provide an update for you in future publications on the progress of the building and the team being assembled to lead this new chapter in the ***Lions VisionGift's*** story.

## Crooked River Ranch Lions Join Relay for Life in Madras

On July 8, a somewhat “dark and windy” plus rainy, afternoon, 5 RVs pulled into the Jefferson County fairgrounds in Madras, bearing Lions from Crooked River Ranch Lions Club in preparation for the Annual American Cancer Society Relay for Life. A pre-event evening gathering prepared us for the 24-hour Relay scheduled to start at 10:00 am Saturday morning, July 9. With approximately a dozen Lions in attendance, after a potluck meal, team leader Lion Ted Carlin promised a rousing brand of participation and commandeered 3 recruits to join him in costume for the opening ceremony the following morning. With the official theme, “A Season of Hope”, our costumes represented the four seasons of winter, spring, summer and fall. At the opening ceremony Lion Julie Picard, dressed in a snowman costume for winter, Lion Carolyn Thompson, in a rabbit costume for spring, Lion PDG Jim Stagl, in a Kool-Aide costume for summer, Lion Ted Carlin, in a squirrel with nuts costume for fall and Paulette Nordin making a special appearance in the Lion suit, gathered for a lap following the survivor and caregiver opening lap. With the Lion members of the Crooked River Ranch Striding Lions team on the course for the entire 24 hours of the Relay and several special appearances by the costumed members and a herculean effort by two special walkers, Lion Sue Flory who did around 20 miles and Lion Lynda Bengtson who did 28 miles, we had a very successful first appearance at the Madras event. Lion Ted even managed to get himself “jailed” during the event. At the closing ceremony we were even awarded the Best Costume team award. Overall, the event raised nearly \$64,000 for ongoing cancer research and related programs. A very successful event to say the least. We will be back next year and plan to make the Madras event our Relay for Life event of choice annually.



Lion Ted Carlin  
is jailed

gathered for a lap following the survivor and caregiver opening lap. With the Lion members of the Crooked River Ranch Striding Lions team on the course for the entire 24 hours of the Relay and several special appearances by the costumed members and a herculean effort by two special walkers, Lion Sue Flory who did around 20 miles and Lion Lynda Bengtson who did 28 miles, we had a very successful first appearance at the Madras event. Lion Ted even managed to get himself “jailed” during the event. At the closing ceremony we were even awarded the Best Costume team award. Overall, the event raised nearly \$64,000 for ongoing cancer research and related programs. A very successful event to say the least. We will be back next year and plan to make the Madras event our Relay for Life event of choice annually.

*submitted by PDG Jim Stagl*

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## Crooked River Ranch Striding Lions at Relay for Life “Four Seasons of Hope” Well Represented

Why would Crooked River Ranch Striding Lions PDG Jim Stagl be dressed as a pitcher of Kool Aid, Carolyn Thomson be dressed as an Easter Bunny, Julie Picard be dressed as a Snowman and Ted Carlin be dressed as a Squirrel gathering nuts? Because they were representing the Four Seasons of Hope for cancer victims and survivors at the Madras Relay for Life (RFL) in early July.

Kool-Aid depicted summer, the Easter Bunny was spring, the Snowman was winter and the Squirrel was fall. They represented the Four Seasons of Hope, the 2016 theme, at the opening ceremony, the Survivors’ Lap and the closing ceremony all held at the Jefferson County Fairgrounds.

Over 30 Crooked River Ranch Lions and friends made up the Crooked River Ranch Striding Lions team that had a walker carrying the torch for the entire 24 hours of the Madras Relay for Life with cool temperatures and rain not slowing them down. Super walkers Linda Bengtson, over 27 miles, and Sue Flory, over 20 miles could be seen on the track day and night.

Each lap around the track at a RFL event is more than a step forward in the fight against cancer: it is a firm footing we need to navigate a path to a world with less cancer. Thirty one years ago, in Tacoma, Washington, Dr. Gordy Klatt walked for 24 hours raising \$27,000 for cancer research. The Crooked River Ranch Striding Lions celebrated their fifth year of relaying and they join the 3.5 million dedicated Relay supporters around the world and more than 5,000 events nationwide. **continued top of page 7**



The Crooked River Lions and Lions representing the four seasons gather with most of the other Crooked River Ranch Striding Lions as they kickoff the Jefferson County Relay for Life in Madras



The Crooked River Ranch Striding Lions take cancer and cancer fundraising seriously but still had time to circle their 8 RVs for a Friday night “Happy Hour” and many hours of fun camaraderie and laughter during the weekend. They even had time to cause numerous smiles and a little fundraising with their “Follow the Lion” lap. (Picture 20 Lions in boxer shorts, roped together and trying to navigate around the track!)

Many dollars were raised for the American Cancer Society by the Madras Relay, with the Crooked River Ranch Striding Lions contributing over \$2,000, but the Relay for Life is more than a fundraiser. It provides an opportunity to:

1. Celebrate the lives of the survivors who have battled cancer. (Ten Crooked River Ranch Lions cancer survivors took part in the Survivors’ Lap);
2. Remember loved ones we have lost to cancer. (Over 100 Crooked River Ranch Luminaria bags, many representing CRR Lion loved ones lost to cancer, glowed throughout the night following the Luminaria ceremony); and
3. Fight back against a disease that has taken too many.

We take part in Relay because we have been touched by cancer and desperately want to put an end to the disease. Next year’s Madras Relay is scheduled for July 8 and 9, and if you are interested in joining our team and the fight against cancer contact any Crooked River Ranch Lion.

*submitted by Ted Carlin*



Crooked River Ranch Striding Lions Super Walkers (l-r) Linda Bengtson, over 27 miles, and Sue Flory, over 20 miles, are still standing while showing off their “lap beads”



The Four Season and others gather in the morning after keeping the CRR Striding Lions Torch moving around the track for 24 hours



(l-r) Crooked River Ranch Striding Lion caregiver Donna Wildt and survivors Sue Flory, Dave Wildt and Jana Dunham are all smiles during the Survivor’s Lap

## Rockaway Lions Roared over the 4<sup>th</sup> of July!

Rockaway Lions led the parade through town with our Lion of the Year Shelly Perez and our incoming President Ron Hemberry in convertibles followed by a trailer of Lions and Lion grandchildren.

Fundraising efforts were in full swing. The Hot Dog Wagon sold 932 dogs. We sold 500 bags of Lion Annie’s famous caramel corn. We made over \$7,500. Yea!!!!

Rockaway Lions provided extra fun with beach games, a money pit for small children and a mile run in the sand for teens. The city gave away \$1,200 in prize money. The Rockaway Chamber brought students from Pacific Lutheran to help with all the activities. It was wonderful to have a their help!

*submitted by Lion LuLu Bowman*



Lion wagon with grandkids throwing candy



Lion of the year Shelly Perez



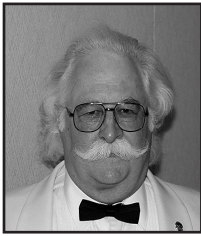
Selling caramel corn



Incoming President Lion Ron Hemberry



## 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, the first month of the Lion year is over and it went fast. I'm scheduled to visit 7 clubs, attend a Council of Governor's meeting, play in 2 Lions golf tournaments, lead a cabinet meeting and do a couple of other unofficial visits. There is plenty of time left to contact me and find out what dates are still available to visit your club.

I want to stress the positive aspect of being a Lion. At my Toastmaster's meeting, I was reminded that we humans have a tendency to seek what is wrong, not what is right. There is a saying, "seek and you will find". If you seek what is wrong you are going to find it. It's easy for people to find fault with almost everything that happens in their life. I like to believe that we as Lions are seeking what is right, what is good. We as Lions should always be seeking the positive aspect of our daily life. The Lions Can Do Spirit.

One of my Can Do Goals for the year is to give the USA/Canada Lions Forum Lions Club Handbook to every club in the District.

Who has the most important position as a Lion in the District? It's not me, your District Governor. Yes, I might be called the big cheese, but I'm not the most important person in the District. The most important person in the District is you, the Lions of clubs that make up the District. Our Lions clubs are the base, the foundation of the District. You, the individual Lions of the clubs, are the life blood of the District. Without the clubs, the District will tumble down. Without you Lions, the life blood of the District, the District will die. Fellow Lions: You are the most important part of the District.

Think Positive, Lions Can Do

## District R - Willamette Valley - Central Coast



### District R Governor Column

Judy Kauffman (Cy, PDG)

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**Website:** www.lionsclubs36r.org

I am honored to serve. We can look forward to a great year of serving together to make a difference in our communities and beyond. My theme to "Celebrate Lions" is honoring the work of the past and the work that we are beginning in our next century of service. We are training Guiding Lions to help in clubs that would like to have an outside look at how clubs can be stronger. I hope to help bring the service of each club to a new level and find new opportunities to excel. Moreover, as part of our Centennial Celebration we will be showing our communities that we are moving into the next century of service.

Summer is almost over and we begin in earnest to work with clubs to continue our commitment to service. As a volunteer, I am dedicated to ensure that clubs are making wise choices to be healthy clubs and to serve others as well as their members so that all members are satisfied and feel good about the work that they are doing.

It is said that a small thing can be made large - that's what we want to do! Let's take a small thing or event in our community and make it the "grooviest" thing that ever happened. It may be a Centennial project or maybe a project that has been "to do" for some time. Let's make it fun and let's make everyone want to join in on the fun, members and our community members.

Commitment this month will be to charter campus clubs. We are recruiting on our University campuses to open new avenues of service for young people. To do that we will all have to work together to get young adults to join us to work on campuses and in communities to make our world the coolest place to be in the universe!

## District E - Southern - South Coast



### District E Governor Column

Carol Brink (Doug)

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Hi Lions...I have started my club visitations. The first one was to Prospect, a town of 400-500 people in the Rogue River National Mountains close to Crater Lake. The Lions built a wonderful clubhouse in Prospect on a sizeable piece of land that can be used for community events. Their Club was busy preparing for the city's annual Jamboree and Timber Carnival, one of the last three timber carnivals in the state of Oregon. Prospect is a small Club but a big Club in terms of helping the community. Like other clubs they are suffering the loss of members for various reasons and they need new members to continue to provide needed service to the people in their area. Their membership plan is "Just Ask" and their Lions are asking people in their local church, community and at the Medford Vision Clinic. They have a couple of leads on new members and I wish them all the best in growing their Club. Get a copy of "Just Ask" from the LCI website [www.lionsclubs.org/resources/EN/pdfs/me300.pdf](http://www.lionsclubs.org/resources/EN/pdfs/me300.pdf) "Just Ask" is a great plan. You have to talk, talk, talk... to people everywhere.

Be sure to let people know what your club is doing for the community, not the fundraisers but the service you provide like Youth Vision Screening. It's a good time to brag about your club. Tell prospective Lions about your favorite service project or your club's next service project. Talk to prospective members about the opportunity to make long time Lion friends. Let potential members know that Lions give 100 percent of public donations and fundraising money back to the community and that Administrative costs are covered by dues and come out of Lions pockets.

If someone asks "Why Should I Pay to Be A Lion", here's what PCC Lion Richard Smith wrote in 2009. "As a Lions club member you are automatically included under an umbrella insurance policy of several million dollars covering Lions activities. The dues help with Administrative costs on a district, state and International level. The Conventions, Lions International magazine and the Oregon Lion magazine you receive are forms of communication among members and are a way of sharing ideas. It is true that you can volunteer *without paying dues* but would you alone buy glasses for a needy resident or support an expensive surgery for someone who cannot afford a Cochlear Implant, or help eliminate River Blindness. *Lions work together as an organization to do those things that as an individual we probably would not do or could not do. It is belonging to an organization to participate in something bigger than ourselves to make a difference in the quality of life of people. That is why we pay to be a Lion!*"

By the time you read this my husband Lion Doug and I will have spent a couple of weeks meeting with Lions in the Klamath Falls area. Our plans are to visit Lions clubs in that region before the snow flies and it becomes harder to get through the mountains. See you soon.

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

## District G - Central - Eastern Oregon



### District G Governor Column

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Your four DGs have begun club visitations. We will make a few mistakes; however, we are committed to helping each Lion in our multi-district with our "New Mountains To Climb" challenge as we begin our second 100 years. We have four distinct themes. Our themes are united in our focus on service and the people we help.

My theme: **Helping Another Through Service** is representative of the variety of hats worn by the Lions of 36-G who come together to provide service to those in need in our communities.

We have Club Presidents who are: Ranchers, Farmers, Teachers, Sheriffs, Post Mistresses, Nurses, Lawyers, Artists, Chaplains, Orchardists, Merchants, Doctors, Computer Techs, Bartenders, and Athletes. We are united in service to the people we help.

I recently installed as President of the Columbia Gorge Club, Lion Jessica Bennett, the acting Fire Chief for Cascade Locks fire station. A special thank you, Lion Jessica, for your service to your community and to your Lions Club. You wear a special hat.

My first club visit was with Weston-McEwen Club and Vice Governor Debi Castor. A special thank you to President Bruce Bugbee and the Weston-McEwen Lions for their hospitality and for inviting me to install their new officers. I congratulate them on their construction of two foot bridges complete with hand rails at Camp Meadowood Spring for their Centennial Project.

It is the 100th year for Lions International. The Lions logo features a Lion looking back at what we have accomplished in the past 100 years with 47,000 clubs internationally. And, our logo features a Lion looking forward to what is yet to be accomplished. The clubs of 36-G are working on their Centennial Projects in celebration. I look forward to visiting each club, learning about projects and celebrating as we move forward in community service.

The Lions of District 36-G have enthusiasm and desire to serve our communities. It is an honor to serve with them.

District Governor is a new hat for me; however, your support is amazing – thank you!

## **You, Me and Diabetes!**

Hello Everyone,

Welcome to an article that if thoroughly digested could possibly save you from the unwanted onslaught of diabetes. As someone who has done combat with this insidious disease every day for years now, I encourage you to read on and place yourself in a win-win position. Best of luck in your endeavor to preserve your health. If you are struggling and need some encouragement, give me a call and I will help you find the way to success. Together we're better!

### **What is prediabetes, and how can I stop it from progressing to full-blown diabetes?**

**By: Rita Rastagi Kalyani, MD, MHS, Assistant Professor of Medicine,  
Johns Hopkins School of Medicine**

Prediabetes means your blood sugar (glucose) level is above normal, but not high enough to be considered diabetes. The higher level means your body is starting to have trouble using the hormone insulin, which normally moves glucose from the blood into your body's cells. Without insulin working properly, glucose begins to build up in your bloodstream.

Prediabetes is a warning, signaling that you could develop diabetes if you don't change your lifestyle. In addition, higher-than-normal blood sugar over time puts you at risk for complications like heart disease and nerve damage (neuropathy).

Prediabetes often doesn't have any symptoms, so you may not know you have it. Your doctor can measure your blood sugar during a routine blood screening. To decide whether to screen, your doctor will look at risk factors, such as your age (if you're 45 or older), ethnic background, family history of diabetes and if you're overweight, have high blood pressure or high cholesterol or had gestational diabetes during a past pregnancy.

Your doctor might order one or more of three blood tests to measure blood sugar. A fasting blood glucose test checks your blood sugar level after you haven't eaten anything for at least eight hours. The hemoglobin A1c test shows your average blood sugar levels over the past three months. And an oral glucose tolerance test checks your blood sugar two hours after you have a carbohydrate-containing drink.

If you do have prediabetes, you can prevent it from progressing. In fact, our studies show that people can delay diabetes for a decade or more just by making lifestyle changes. Those changes include eating low-calorie, low-fat meals and exercising to lose 5% to 7% of your body weight. Exercise should include at least five half-hour aerobic sessions (such as a brisk walk) and a few bouts of strength training (such as lifting light weights) each week.

People who still have high blood sugar levels after changing their diet and exercise habits may need diabetes medicines to bring them down. But for most people, lifestyle changes can prevent diabetes if you start making them early.

#### **Ask your doctor:**

1. I don't have any symptoms, but I do have risk factors for prediabetes. Should I be tested?
2. If I have prediabetes, what are the odds that it will progress to diabetes?
3. How often should I exercise, and which kinds of workouts are best?
4. What foods can I eat to lower my blood sugar levels? Any foods I should avoid?
5. Should I see a dietitian or other specialist about prediabetes?
6. How often should I see you for checkups?

*Reprint from Answers at Walgreens, Summer 2016 Issue*

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

*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*



## An Old Tradition Is Brought Back To Life

As the first event of her new presidency of the Eugene Downtown Lions, Lion President Sharon Newton chose to bring back a tradition that hasn't been seen for 8 years. For many years the Club held a summer picnic for the visually impaired. Saturday July 9, 2016, was the day it returned. The Downtown Lions, in conjunction with the Oregon Commission for the Blind, organized the picnic at Emerald Park in Eugene, providing a free picnic lunch for all of the attendees.

The Lions also provided rides for any of the guests who needed transportation to and from the Park. The morning

started out cloudy but by noon the clouds parted and the sun shone with the backdrop of blue sky and just a few clouds.

Jackie Macy from the Oregon Commission for the Blind

checked the picnic guests in as they came to the pavilion. The group varied from those with some visual impairment to totally blind.

The food, fried chicken, potato salad, macaroni salad and watermelon, tasted great out in the open air of the Park. The Lions filled plates and served them to the guests that needed assistance. The best part of the noon to 3 pm gathering was the time spent

meeting and getting to know the guests and Lions. Lions who attended had very meaningful conversations with many of the guests as they all dined on the delicious food. Lion President Sharon's first event of her presidency will definitely live on in memory and be repeated for many years to come.



Jackie Macy, Oregon Commission for the Blind, checks in the guests



Guide dogs, white canes, or scooters whatever it takes to be mobile



A table full of satisfied picnic attendees



(l-r) Lions Judith Grosenick and Tom McCann having an animated conversation



Lion Golda Fabian (r) fills her plate

*submitted by Tim Chuey*



Lion William Reeder welcoming people

## Health & Wellness Fair Held in La Pine



Michelle Erwin, Donor Support Coordinator, Dogs for the Deaf

La Pine Lions Club, OLSHF and Dogs for the Deaf participated in the La Pine Parks and Rec Health & Wellness Fair held on July 9. OLSHF provided free health screenings to over 20 individuals. Vials of Life were given out to visitors to the Lions booth and Dogs for the Deaf provided information on their assistance dog program. The La Pine Lions Club supplied food to fair goers and vendors from their new concession trailer. (photo r)



*Submitted by Sue Mose*  
Oregon Lion September 2016 11



## Powers Lions Club Sponsors Spectacular

The Powers Lions Club is in its 4th year as sponsor of the Annual Tour de Fronds bicycle event bringing together several community service organizations to provide an awesome event in the small community of Powers, OR. The Tour de Fronds, often referred to as the best-kept bicycling secret in Southwestern Oregon, rolled through the Siskiyou National Forest on Saturday, June 18.



Spaghetti served at Powers County Park (l-r) Lion Carla Blanton, Powers volunteers: Mckayla Brotton, Jeff Pike and Heather Mackensen; and Lioness Debbi Byrd



(l-r) Lions Noble Adamek, Wendell Stauffer, Hank Shorb and Jeff Allred enjoying the fruit of their labor!

mile Eden Valley Metric Century ride, and the 77 mile Arrastra Saddle. There was something for everyone, from the novice to the cycling enthusiast.



A glimpse of what the riders were enjoying along the Big Tree route

The event began and ended at the Powers County Park. The Park is a beautiful site to spend some quality time camping, fishing and hiking. For more information you can visit [www.co.coos.or.us/Departments/CoosCountyParks/Powers](http://www.co.coos.or.us/Departments/CoosCountyParks/Powers).

Activities kicked off on June 17 with a spaghetti feed fundraiser from 5- 7:30pm at the Powers County Park – Blue Shelter. This was open to all volunteers and their families as well all the cyclists and their families. It was a great opportunity to meet and greet the cyclists and enjoy a great dinner.

The Tour de Fronds, celebrating its 19th year, is described as one of the most beautiful cycling events in Oregon. Cyclists reveled in one of the most complex botanical and geologic areas in the Pacific Northwest and gazed on some of natures finest: a variety of ferns, mosses, lichens, and wildflowers; lush meadows, sparkling waterways, cascading waterfalls, and majestic, old growth Douglas fir and Port Orford cedar (some of the largest stands in the world) and abundant wildlife. The Tour de Fronds, so aptly named, is a nature lovers ideal ride. It traverses Oregon's premier

Glendale/Powers Bicycle Recreation Area, a project of USDA Forest Service and the Bureau of Land Management.

The Tour provides a choice of 7 scenic rides, from 30 to 101 miles, on low-traffic roads in Southwestern Oregon's beautiful Coast Range. There are five asphalt rides and two asphalt/gravel rides. The two asphalt/gravel rides had new destinations this year and are sure to become favorites: the 55 mile Big Tree/Flannigan Prairie and the Rogue River/Old Agness Store rides. For those riders looking for a challenge, there was the 101 mile Cruiser Dutch Henry Century ride with 5500' in elevation gain. We also had our 30 mile Daphne Grove ride, 45 mile Agness Pass ride, 63



Cyclist enjoying the beautiful Siskiyou National Forest

## Bicycling Event in Southwestern Oregon

The morning of the event began with a check-in and day-of-event registration at the Powers County Park from 6:30-9:30am. A continental breakfast was available at the park.

As the cyclists departed they found well-stocked rest stops at the end of each ride destination with plenty of tasty treats



Tour de Fronds cyclists stopping by Daphne Grove rest stop on Coquille river

operators keeping track of all riders. To add to the ambiance, music was available at most rest stops.

At the conclusion of the ride, to replenish the cyclist caloric burn-off and to thank all the volunteers, a delicious post-ride meal of homemade lasagna, tossed salad, French bread and delicious desserts was served at Ross Hall.

To further extend the weekend, the Lions Club created the Sunday Morning Lions Club Father's Day Pancake Feed. It was held on June 19 from 7:30 to noon at Ross Hall.

This 2nd annual delicious breakfast was prepared and served by the Powers Lions and was open to the community as well as the cyclists.



Cyclists replenishing caloric burn-off

The Tour de Fronds always takes place on the 3rd Saturday of June. The date for the 20th Annual ride is June 17, 2017. For cycling enthusiasts, more information about this event can be found on our website at [www.tourdefronds.com](http://www.tourdefronds.com), or questions sent to our email: [info@tourdefronds.com](mailto:info@tourdefronds.com), also like us on face book.



Lion Noble Adamek (center), inspecting flapjack batter while (l-r) Lions Jeff Allred mixes while Craig Rector and Mark Rector supervise

such as the signature "monster cookies", a variety of refreshing drinks and delicious fruit. These rest stops were serviced by Lions as well as ham radio



Idyltime band from Idaho playing music at Friday night spaghetti dinner. (l-r) Beth Tate Mason, Dave Daley, and Joey Shorb (Beth's brother) who is from Powers and joined the group as a guest



## Burns Lions Club Holds Installation Ceremony



(l-r) President Peggy Yarbor presents award to past Lion Raymond Swartout for 52 years of outstanding service



(l-r) Lion Jean Hurst receives Lion of the Year Award from President Peggy Yarbor



(l-r) President Peggy Yarbor presented PDG George Sahlberg with Outstanding Leadership Award

Lion Peggy Yarbor was elected by the Burns Lions Club to serve a third term as President. Yarbor read the words of Helen Keller and reminded the group of the challenge for the Burns members to be the "Knights of the Blind." Yarbor listed two major goals for the ensuing year of increasing club membership and supporting a new LEO club.

Officers installed for the 2016-17 year by Past District Governor Gerald Hopkins included President, Yarbor; Vice-President, David Allen; Secretary, PDG George Sahlberg; Treasurer, Fred Flippence; Lion Tamer, Pearl Sahlberg; Tail Twister, Kathy Rementeria; Board Members Darlene Winefield, Debbie Staley, Maria Iturriaga, and Ann Vloedman; Membership Chairs PDG George Sahlberg and Pete Runnels.

Recognition for perfect attendance went to PDG George Sahlberg, Pearl Sahlberg, Debbie Staley, and Peggy Yarbor. The Club also presented Williams Aircraft Service the "Business of the Year" for the use of a hanger in Lion activities.



Burns members inducted for the new year

*submitted by PDG Gerald Hopkins*

## 2015-16 La Pine Lions Club Awards Banquet

On June 9, 2016, the La Pine Lions Club held their Awards Banquet at the La Pine Senior Center. DG Paul Zastrow presenting District 36-G Club awards and State awards to membership. President Lion Gary recognized Lion Officers and members who served their community through volunteering and providing financial support for club events and projects throughout the year. This year the Club awarded Certificates of Appreciation to Service Organizations and Businesses who supported the Club throughout the year.



Lion President Gary Mose with Future Business Leader Association member Trentyn Tennant

We greatly appreciate the communities continued support of the La Pine Lions Club Community Service Projects. We were also honored to have one of our Future Business Leaders of America attend the event and speak to the attendees.



(l-r) Lion Sue Mose, Lion President Gary Mose presenting 2015-2016 President Awards for Service and Club Certificates of Appreciation for volunteerism to Lions Betty Driggers, Lanell Bennett, Donald Dickover, Dave Driggers and Jerry Toussaint

La Pine Lions receiving awards for their service during 2015-2016. Lion Dave - Guiding Lion Award; Lion Lanell - Youth Award for Service - Boy Scout Troop 36; Lion Don - Hunger Award for Service - La Pine Community Kitchen; Lion Jerry Toussaint - Hunger Award for Service - La Pine Community Kitchen; Lion Betty Driggers - Secretary award. Congratulations Lions for a great year of service!



Lion President Gary Mose and Sec/Treasurer Lion Sue Mose presenting awards to Lions Ernie Vowell, Sharon Reeder, Jerry Toussaint, Bob Toussaint and Arlene Bennett for volunteering at the La Pine Community Kitchen

*submitted by Lion Gary Mose, President,  
La Pine Lions Club*



## Downtown Lions Install New Officers at Annual Awards and Installation Banquet

The Eugene Downtown Lions Club's annual Awards and Installation Banquet was held June 22 at the Shadow Hills Country Club. Lion Past President Jeff Musgrove performed the emcee duties with his usual sense of humor. Members enjoyed the meal and for dessert everyone was given a piece of cake to celebrate. The cake had the number "100" written on it in honor of the upcoming celebration of the 100th anniversary of the founding of Lions Clubs International.

The keynote speaker was our own Lion District Governor Chuck Blanchard. Lion Chuck said he found a spirit of cooperation working with all Lions. He felt that to be an effective District Governor you need to be willing to try new ideas. He had a great time being DG and said that he got energy from the various clubs



**Lion District Governor Chuck  
Blanchard was Keynote Speaker**

he visited. "Leadership is very important" he said and his "successor Lion Judy Kauffman will make a good leader."

Lion President Norma then announced that Sharon Newton was the Lion of the Year and Joan Vaughan was Lion Cub of the Year. Lion Jim Origliosso was given the Melvin Jones Fellowship award and Lion Karen Norton received the Helen Keller Benefactor award. Presidential and Spirit of Service awards were also made.

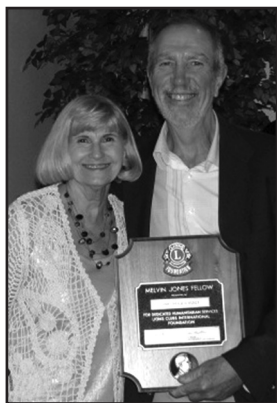
OLSHF "Honor Roll" awards were given to Lions Dan French, Yvonne Hamson, Annie Harris, Sandy Mattson, Jim Newton, Susan Pfanner, Ralph Robinson, Stephanie Sarnoff and Teri Yerton. The Ed Gear "Dedicated Service" award was presented to Lion Mary Fechtel.

The installation of Officers and Board of Directors was performed by Lion Past International Director Ed Gear. The officers for the new Lions year 2016-2017 are Lions: President Sharol Newton, 1st VP Dr. Craig Ford, 2nd VP Jim Origliosso, Secretary Mary Fechtel, Treasurer Isaac Sullivan, Tail Twister Twila Butler, Lion Tamers Dan French and Andy Bakr, and Immediate Past President

Norma Barbisan. Directors for 2015-2016 are Lions Diane Landon, Rosy Makyadath, Jerry Woeste, and Joan Vaughan. Directors for 2016-2017 are Lions Diane Gregoire, Bob Hixson, Suzie Hunter, and Teri Yerton.

Lion Immediate Past President Norma Barbisan gave her final address as Club President. She was grateful for all of the support she received from the Club members during her presidency and she thanked everyone for their service and repeated the phrase she used when she was installed as president that we need to "Shine our light as Lions."

Newly Elected Lion Sharon Newton gave her first comments as Club President. She said that the Club should do the things that Lions Clubs International President Yamada set out for his goals. His top priority was for each club to invite and retain at least three new members which would help the club grow and make Lions even stronger. At her last meeting as President Lion Norma Barbisan was presented with her Past President's Pin and a gift by Lion President-Elect Sharon Newton.



**Lion Jim Origliosso was  
given the "Melvin Jones  
Fellowship" award by  
Lion Norma Barbisan**



**Lion President-Elect Sharon Newton  
(R) gives Outgoing President Norman  
Barbisan a present and her Past  
President's pin at her last meeting as  
President**

*submitted by Tim Chuey*



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.

## CONGRATULATIONS OLSHF HALL OF FAME INDUCTEES



**ART ABBOTT**  
**BOARD CHAIR 2016-17**

In October 2014, I was inducted into the Oregon Lions Sight & Hearing Foundation Hall of Fame, an honor I'll always treasure. On October 1st the

OLSHF Hall of Fame will celebrate the inductees of the Class of 2016:

- **EARL DOBSON, NEWPORT LIONS, POSTHUMOUSLY:** Lion Earl was one of the strongest advocates for the MHSP program anywhere in Oregon and he worked tirelessly to coordinate MHSP events on the central Oregon Coast. Earl was a pioneer in securing local business sponsorships for MHSP and as a result of his dedication over 22,000 people have been screened for health issues over the years.
- **ROD BACH, CENTRAL LIONS:** Rod joined the OLSHF Board of Trustees in 2007-08 and served as Chair in 2010-11. Rod played a significant role in the 2011-16 OLSHF Strategic Planning process, helping to shape the "2020 Vision" of one day all Oregon children having their vision screened each year and providing leadership to MHSP now screening over 170,000 students per year.
- **BILL NOURSE, McMINNVILLE LIONS:** Lion Bill was elected to his first term as OLSHF Trustee in the late 1960's, served as OLSHF Secretary in 2002 and 2003 and eventually rose to the rank of Chairman in 2006. A recipient of both Helen Keller and Norm Ross awards, Bill continues to serve on the OLSHF Finance & Audit Committee and Golf Committee. Rumor has it Bill recently won the Long Drive award for "Super Seniors" at the OLSHF golf tournament in August.

• **SHARON ROLLINS, TUALATIN LIONS:** Sharon was elected as OLSHF Trustee in 2004, became Secretary in 2005 and was named Chair in 2009-10, becoming the second woman to hold the position. Sharon has an extensive list of Foundation leadership awards, including a Helen Keller Benefactor, a Norm Ross Fellow and has received the OLSHF MD-36 Volunteer of the Year award for her countless number of MHSP screening events she's participated in.

We hope you'll take time to nominate a Lion that you feel is deserving for consideration of Hall of Fame induction. We're looking for Lions that have made important contributions to OLSHF for at least 10 years, you can send your nominations to Doug Thompson at DougT@OLSHF.org

We hope to see you at this year's Hall of Fame Gala - A Midsummer Night's Dream - on October 1st (See page 19 for details).



**JOIN US OCT. 1ST AS WE INDUCT OUR NEWEST  
MEMBERS OF OLSHF'S HALL OF FAME (L-R):  
ROD BACH, BILL NOURSE, AND SHARON ROLLINS.**

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



*Oregon Lions*  
**Sight & Hearing Foundation**

## **GIFTS & MEMORIALS JULY 16-AUGUST 15**

### **LION CHAMPION - \$10,000 AND ABOVE**

Harriet R. Smith Trust

### **LION PRIDE - \$2,500-\$4,999**

Caskaide Inc  
COGNEX  
Ferguson Wellman Capital  
Management  
Joseph Hawkins

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

Reitmeier Mechanical  
The Romain Group

### **LION TAMER - \$500-\$999**

Bliss Sequoia  
Carlton-Yamhill Lions Club  
McMinnville Lions Club  
Pacific Continental Bank  
Keith Price

### **LION PATRON - \$100-\$499**

William Allgood  
Garry Charbonneau  
Combined Federal Campaign  
Eugene Cascade Lions  
Garibaldi Lions Club  
Donna King  
Kyocera Document Solutions NW  
Pace Butler Corporation  
Sharon & Dale Rollins

### **LION DONOR - UP TO \$99**

Russell Chase  
Brent & Kelly Culver  
Goodies Cell Phone Shop  
Barbara Huson  
James & Carolyn Jones  
King City Lions Club  
Kroger  
Oregon Dept of Transportation  
(ODOT)  
Neesie Steinke  
The Benevity Community Impact  
Report  
The Standard

### **PRIDE RECURRING DONORS**

Jack Anderson  
John Anderson  
Raymond Andrieu  
Charles Blanchard  
Carol & Doug Brink  
Kent Calvin  
Debi Castor  
Rennie Cleland  
Jo Hallam  
Carleene Iverson  
Keith Price  
Brian Rangitsch  
David & Penny Rich  
Sharon Rollins  
Al & Becky Scott  
Dixie Sexton  
Doug Thompson  
Dr. Steven Tronnes  
Paul Zastrow

### **MOBILE HEALTH SCREENING SPONSORS**

Central Lions Club  
Compassion Connect, Inc.  
Adrienne Finnegan  
St. Helens Lions Club

### **LIONS EYEGLASS ASSISTANCE PROGRAM**

#### **SUPPORTERS**

Compassion Connect Inc.  
Garry Charbonneau  
Dallas Lions Club  
Hood River Lions Club  
Portland Columbia Lions Club  
Powers Lions Club  
Prineville Lions Club  
Sutherlin Lions Club  
The Wallace Medical Concern  
West Linn Riverview Lions Club  
Michael Zakarneh

### **IN HONOR OF BECCI SCOTT**

Dr. Gerald & Mary Martha Hopkins

### **MEMORIALS**

#### **GIFT IN MEMORY OF SAM ANGELOS**

Rod & Debbie Bach

#### **GIFT IN MEMORY OF EARL DOBSON**

Mo & Patricia Jaffer

#### **GIFT IN MEMORY OF ERNIE HORSLEY**

Betty Levenhagen

#### **GIFT IN MEMORY OF LEROY HORSLEY**

Mo & Patricia Jaffer

#### **GIFTS IN MEMORY OF DONALD KESSLER**

Ann & John Geller  
Daniel & Kathryn Montag  
Julie Sheppard

#### **GIFT IN MEMORY OF FREIDA KOCH**

George & Pearl Sahlberg

#### **GIFT IN MEMORY OF GARRY LIENHARD**

Jeffrey & Grace Mandel

#### **GIFT IN MEMORY OF DON MARCUS**

David & Brian Stockner

#### **GIFT IN MEMORY OF BETTY NEFFENDORF**

Yoichi Kitayama

#### **GIFT IN MEMORY OF HAROLD PICKRELL**

Mo & Patricia Jaffer

#### **GIFT IN MEMORY OF JESSIE SPOSITO**

Gerald Monroe

#### **GIFT IN MEMORY OF JACK STOOPS**

Mo & Patricia Jaffer





Oregon Lions  
Sight & Hearing Foundation

INTERESTED IN VOLUNTEERING?  
LET US KNOW BY CALLING (503) 413-7399 OR  
EMAILING [MHSP@OLSHF.ORG](mailto:MHSP@OLSHF.ORG)

## "IT'S SCREENING SEASON!" FALL IS AROUND THE CORNER



**DOUG THOMPSON**  
**EXECUTIVE DIRECTOR**

Recently I read that low income children who do not read at grade level in the 3rd grade are 13 times less likely to graduate from high school with their peers. *13 times less likely!*

Let's put this in the context of what Oregon Lions do when we screen Oregon children for vision issues: Last school year MD36 Lions partnered with the Foundation to screen over 170,000 students for vision health issues in Oregon and Northern California and identified over 17,000 students with vision issues that were not being addressed.

These kids are likely not reading at grade level if they're not seeing to their potential, putting them at risk of not staying on track academically to graduate with their peers.

### ONLY WITH YOUR SUPPORT, WE WILL HOLD OVER 500 EVENTS SCREENING OVER 150,000 STUDENTS AT SCHOOLS THROUGHOUT MD-36

During the 2015-16 school year, we referred 18,000 elementary aged students for follow up vision care to address a potential issue. 25% of all children have a vision problem significant enough to affect their performance in school.

Will you help us this school year to continue identifying potential vision issues in young students? By identifying potential vision issues and referring children to resources for follow up care (exams and eye glasses), together we invest in the future of children and their success.

Back to school means children should be ready to learn and play. Screening their vision is a crucial part of preparing them to succeed in the classroom. Our Mobile Health Screening Program provides schools with the technology, expertise and compliant reporting needed to screen the vision of their students.

School districts look to us for help with screening their students. We provide access to follow up resources for eye exams and eye glasses if families qualify.

Through the Mobile Health Screening Program (MHSP) our cost to screen a child for vision issues is about \$2.50. So for about the cost of a cup of coffee, a student can be referred for a much needed eye exam. Then through their insurance, other programs or our KEX Kids Fund that youngster can receive new eyeglasses and have a better chance to see the written word and get back on track to graduate from school.

Would you be willing to sacrifice a few cups of coffee a month to help kids graduate? I hope you'll read below and learn how you can sponsor a few kids, a classroom, or even an entire school's vision screening this year by joining our PRIDE recurring donor program. For just a few bucks a month you can make a child more likely to be successful in life, **about 13 times more likely.**

There are already over 500 school screening events scheduled for this upcoming school year. We need your help to catch vision issues early and ensure children get glasses so they stay on track with reading and learning.

#### YOUR SUPPORT WILL MAKE IT POSSIBLE TO REACH AS MANY CHILDREN IN 2016-17 AS WE DID LAST YEAR!

**\$75 MONTHLY SPONSORS VISION SCREENINGS FOR AN ENTIRE SCHOOL**

**\$50 MONTHLY SPONSORS VISION SCREENINGS FOR ALL KINDERGARTEN,  
FIRST, THIRD, AND FIFTH GRADERS AT A SCHOOL**

**\$25 MONTHLY SPONSORS VISION SCREENINGS FOR ALL FIRST AND  
THIRD GRADERS AT A SCHOOL**

**\$10 MONTHLY SPONSORS VISION SCREENINGS FOR ALL  
KINDERGARTENERS AT A SCHOOL**

**TEXT THE WORDS "BACK2SCHOOL" TO 91999  
TO MAKE YOUR SECURE DONATION TODAY!**



LET'S CELEBRATE AND HONOR THOSE WHOSE  
CONTINUED SERVICE CHANGES LIVES EVERY DAY!



Oregon Lions  
Sight & Hearing Foundation



THE FOUNDATION'S MISSION CATARACT PROGRAM MADE IT POSSIBLE FOR JOSEPHINA OF SALEM TO RECEIVE CATARACT SURGERY THIS SUMMER FROM DR. MARTIN BALISH AT THE OREGON EYE CENTER IN TIGARD. MD-36 LIONS CLUBS CAN SPONSOR PEOPLE IN NEED FROM THEIR COMMUNITIES TO RECEIVE THE GIFT OF SIGHT THROUGH THIS WONDERFUL PROGRAM.

## HELP SOMEONE IN YOUR COMMUNITY SEE AGAIN!

*DID YOU KNOW THAT YOUR LIONS CLUB CAN  
PARTNER WITH OLSHF TO GIVE THE GIFT OF SIGHT TO  
PEOPLE IN NEED IN YOUR COMMUNITY?*

The Foundation's Mission Cataract program accepts applicants from throughout MD-36 that lack health insurance and live in households of less than 200% of the federal poverty level. There are more than 30 doctors around the state that participate in Mission Cataract, making it possible to restore vision at no cost to the person in need - or to the local Lions Club! For information on how to access applications and how to promote this opportunity in your community, contact us at [Info@OLSHF.org](mailto:Info@OLSHF.org).



OREGON LIONS SIGHT  
AND HEARING FOUNDATION PRESENTS

### *A Midsummer Night's Dream*

HALL OF FAME GALA

SATURDAY, OCTOBER 1, 2016

4:00 PM-RECEPTION & SILENT AUCTION

5:30 PM-DINNER, INDUCTION AND PADDLE RAISE

TUALATIN COUNTRY CLUB- 9145 S.W. TUALATIN ROAD

PLEASE RSVP BY SEPTEMBER 14TH TO [ALLISONC@OLSHF.ORG](mailto:ALLISONC@OLSHF.ORG)

TICKETS \$65.00 FOR AN INDIVIDUAL  
\$550 FOR A TABLE OF EIGHT

## A MIDSUMMER NIGHT'S DREAM HALL OF FAME GALA

SATURDAY, OCTOBER 1

4PM RECEPTION, 5:30PM DINNER & SILENT AUCTION  
TUALATIN COUNTRY CLUB



FROM 2015: LION ART CARROLL JOINS THE OLSHF HALL OF FAME

## How and Why to Start a Club or District Instagram Page

Your Lions club and district is interested in marketing and getting new members. YES??? How do you do that? One of the best ways to advertise your club is to be in the public eye by:

- Doing service projects
- Having a booth at a local fair
- Making your membership committee one of your biggest committees.

Also, at one of your club and district meetings, take time for each club member to practice an “elevator speech,” a 30-second sales pitch to educate someone about Lions. Each club member is a salesperson!

Another easy and free way to advertise is to use social media. An article in the summer issue of this magazine, told how to start a club Facebook page. Seniors are the fastest growing age group to use social media. And Facebook is their most popular social media site. Along with Facebook, Instagram and Twitter are great ways to connect with others, especially younger people.

**INSTAGRAM** is a fun way to post photos and short videos about your club and district’s events and activities. Make your Instagram page either private, for club/district members only, or public, for anyone to see. Open your own personal account and post photos of your family/friends. You can only open an Instagram account using a smart phone. So, designate someone in your club who is friendly with technology to start your Instagram page. This new Instagram account can be started in conjunction with your Facebook page or with your email.

To start, it’s best to Google “8 steps to open an Instagram account.”

Or log into <http://m.wikihow.com/Create-an-Instagram-Account>

**THE BASIC STEPS** to create an Instagram account are as follows:

1. Download the application to your mobile device.
2. Install Instagram.
3. Go to the registration menu.
4. Complete the registration with your Facebook account or your email (using a username and password).
5. Register your phone number.
6. Fill out information. USE CLUB or DISTRICT NAME for profile name.
7. Confirm your email password.
8. Enjoy Instagram.

### More Detailed Steps:

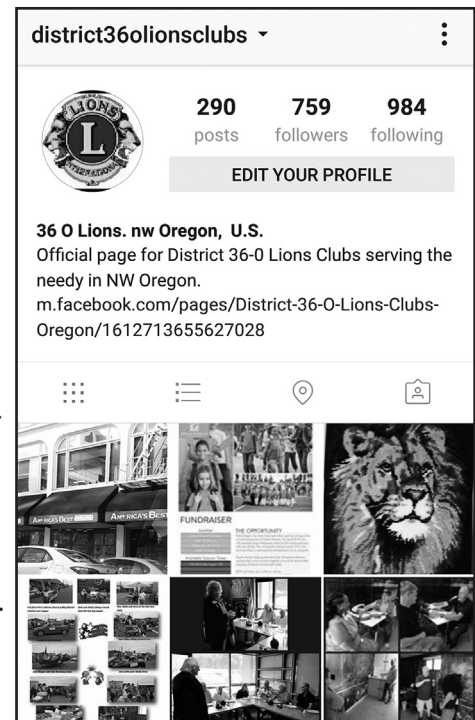
- \* After verifying your account, open the Instagram icon on your cell phone.
- \* Change your profile whenever you wish.
- \* Post photos by going into the photo gallery on your cell phone and sharing it to your Instagram page.
- \* Crop the photo, change its color and clarity, and write a description.

**HASHTAGS** get your Instagram photos out to the local and distant Internet users. (A hashtag is the # symbol with a keyword or phrase, as in #weserve or #lionsclubs.) If you search on your Facebook page the hashtag #communityservice, you’ll get a whole lot of different groups who have added that hashtag to their post. Adding hashtags to all of your Facebook, Instagram and Twitter posts/tweets advertises your club and district and gets the word out of the many wonderful service we do for the community.

Check out the LCI Instagram page, @lionsclubs. Click on “followers” and scroll to see all the other Lions and Leo clubs on Instagram.

Questions? Please email me at [bertdiamond@gmail.com](mailto:bertdiamond@gmail.com)

*by Bert Diamond, District 36-O 1<sup>st</sup> VDG and Social Media Coordinator*





## Centennial Celebration Materials Are Here!

I am happy to tell all Oregon Lions that a major portion of our Centennial Celebration grant funds have been expended on 4 PR kits of materials for District and state-wide celebrations. I have delivered the following to each District Centennial Coordinator:

*5 photo panels (photos from those sent to me by each District)*  
*1 package industrial strength Velcro for the PVC support structure attachment*  
*100 white-with-Centennial logo collection bags (for eyeglass or other service collections during parades or events)*  
*1 triangular magnetized sign for the top of a truck or car*  
*2 magnetic panels of the Centennial logo for truck or car doors*

Not included are the PVC materials with which the support structures to support the panels on truck beds or displays for events will be made. It is the task of each District Centennial Celebration Coordinator to work together with Lions skilled in this sort of construction to create these support structures. District O has, with the super skills of Lion Dane Parreira, a complete structure that displays the photo panels beautifully!

To reserve this kit in your District, please contact your Centennial Celebration Coordinator with an email only, not a phone call:

District O:	Sharon Rollins	<a href="mailto:sgrollins@comcast.net">sgrollins@comcast.net</a>
District R:	Darrell Scott	<a href="mailto:dlscott1970@aol.com">dlscott1970@aol.com</a>
District E:	Wes and Carol King	<a href="mailto:wgking71@hotmail.com">wgking71@hotmail.com</a>
District G:	Paul Zastrow	<a href="mailto:pzastrow@gorge.net">pzastrow@gorge.net</a>

The major requirement for use of these materials: A short report and .jpg photo or two, via email, of the materials in use. I, as MD Centennial Coordinator, am required to submit these reports to LCI as proof of our MD's appropriate use of the \$6K grant money. Please send these reports and photos to [sgrollins@comcast.net](mailto:sgrollins@comcast.net).

The remaining \$1200, the matching funds required by the LCI grant, will see use in our BIG 100<sup>th</sup> Celebration at the MD 36 convention in Pendleton, May 19 and 20, 2017. We're going to have a parade and a party!

Many clubs have made requests for 4<sup>th</sup> of July use of the materials. However, it's very possible that the panels will head to Chicago to be a part of the MD 36 entry in the Centennial International Parade of Nations. This decision is up to the MD 36 International Participation Committee. All of the kits WILL be used in the MD 36 Centennial parade in Pendleton in May 2017.

We're on our way to the BIG celebrations of this Centennial year!

PDG Sharon Rollins  
MD 36 Centennial Celebration Coordinator

## Impact 100 of Union County

One person can make a difference. Often we cross the path of an individual, who in some small way, makes an impact on those around us. Susie Harris is one of those individuals.



Susie Harris presents on formation of Impact 100 of Union County

Recently, Susie, who comes from La Grande, spoke to the Elgin Lions about the formation of Impact 100 of Union County. The program was initiated in 2003 when Susie and nine other women were talking about helping those with needs in Union County. Susie said that the small group made a goal to have 100 women meet once a year and select an individual or family that could use special assistance. The goal included having each lady in the group of 100 donate \$100 and start with \$10,000 annually. Through donations, Susie stated, a difference could be made for individuals needing assistance.

With shared information and special donations, that figure has grown to totals in excess of \$21,000 annually. Through the members sources or other individuals they know, members have also been able to get books, appliances, computers or other items donated for those in need of help and the individuals receiving the assistance, are not aware of the help until it is offered. "There is always one of our members who has an item we need or who knows someone who has something needed or will help getting it to us," Susie explained. "Personally I like the ones we can help with something like medical issues."

Susie provided charts from year one with the individuals helped or assistance given. Many have been children needing dental care. Other examples were grandparents needing help with school expenses, a computer for a handicapped child, tires for a car, gas to get a child to medical treatments, and more. "We are now close to donating \$213,000 for those in need. We are currently working with Arts East to develop scholarships for special assistance. We also hope to expand the program to work with the habitat and special needs for the troops."

"Anyone can donate to the program through the Community Bank. But my brother, Bruce and his daughter Harvest, who own Local Harvest in La Grande, will put pictures up in their business of individuals who donate \$100 at the restaurant to Impact 100 of Union County."

*submitted by PDG Gerald Hopkins*

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## Centennial Celebration - Club Service Project

CALLING ALL CLUBS IN MD 36! Lions Clubs International is now in the third of the three years of CELEBRATION of our Centennial. It's time to research, design, and carry out a signature Legacy Centennial Service Project in your community to share our message of service to all with need. If your club has begun or completed the Club Excellence Process, you may already know of a specific need within your community. If your club hasn't participated in CEP, the materials are available on the LCI website – particularly the **community survey**, a wonderful tool to help your club assess needs within the community. Information about the Legacy Centennial Service Project is found at [www.lions100.org](http://www.lions100.org).

When a service project is completed within this final year of Centennial Celebration, be certain that your club secretary posts the project on the Activities report page of the club account within MyLCI. Lions International counts every minute and every Lion involved in each service project! The data collected from our reports will be added to the information from each club in the organization as we strive to reach our goal of 1 Million hours of service to our communities.

Don't wait any longer to find your Centennial Celebration community project, and then share it with our MD in the Oregon Lion and with LCI. WHERE THERE IS A NEED, THERE IS A LION!

*Submitted by Sharon Rollins, MD36 Centennial Celebration Chair*

Printing this form is a requirement for maintaining periodical mailing privileges by the US Postal Service to mail *The Oregon Lion* magazine

1. Publication Title <b>The Oregon Lion Magazine</b>		2. Publication Number 1 1 9 - 6 3 0		3. Filing Date September 2016	
4. Issue Frequency July/Aug. - Sept. & Nov. - Feb. & April-June		5. Number of Issues Published Annually 9		6. Annual Subscription Price \$1.50 - \$7.00	
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®) 1075 Washington Street, Suite 212, Eugene, OR 97401				Contact Person Leah C. Hawes Telephone (include area code) 541-484-0452	
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer) 1075 Washington Street, Suite 212, Eugene, OR 97401					
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank) Publisher (Name and complete mailing address) Lions Clubs of Oregon, 1075 Washington Street, Suite 212, Eugene, OR 97401 Editor (Name and complete mailing address) Leah C. Hawes, 1075 Washington Street, Suite 212, Eugene, OR 97401 Managing Editor (Name and complete mailing address) Leah C. Hawes, 1075 Washington Street, Suite 212, Eugene, OR 97401					
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.) Full Name Lions Clubs of Oregon MD36 Under the direction of the Council of Governors Complete Mailing Address 1075 Washington Street, Suite 212 Eugene, OR 97401					
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None Full Name N/A Complete Mailing Address N/A					
12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one) The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: <input checked="" type="checkbox"/> Has Not Changed During Preceding 12 Months <input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)					

PS Form 3526, July 2014 (Page 1 of 4) (see instructions page 4) PSN: 7530-01-000-9931 PRIVACY NOTICE: See our privacy policy on www.usps.com

13. Publication Title <b>The Oregon Lion</b>		14. Issue Date for Circulation Data Below September 2016	
15. Extent and Nature of Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		3861	3808
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	3502	3460
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	356	348
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	N/A	N/A
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	N/A	N/A
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		3858	3808
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	N/A	N/A
	(2) Free or Nominal Rate In-County Copies Included on PS Form 3541	N/A	N/A
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	N/A	N/A
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	N/A	N/A
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		N/A	N/A
f. Total Distribution (Sum of 15c and 15e)		3858	3808
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		3	0
h. Total (Sum of 15f and g)		3861	3808
i. Percent Paid (15c divided by 15f times 100)		100%	100%
* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.			
16. Electronic Copy Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies		N/A	N/A
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)		3858	3808
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)		3858	3808
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)		100%	100%
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17. Publication of Statement of Ownership <input checked="" type="checkbox"/> If the publication is a general publication, publication of this statement is required. Will be printed in the <u>September 2016</u> issue of this publication. <input type="checkbox"/> Publication not required.			
18. Signature and Title of Editor, Publisher, Business Manager, or Owner Leah C. Hawes		Date 08/30/2016	
I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).			

## Baker City Lions Elect Chris Knoll as President for 2nd Term

The Baker City Lions tapped into a former president to guide the Club through the 2016-17 year. Lion Chris Knoll will serve again with goals of continuing to build the group and “grow the number of Lions by retaining members”. President Knoll said, “We really need to reach out to those not involved and get them into our great projects.”

Lion Chris lived most of his life in Clarkston, Washington, where he graduated high school and went on to Walla Walla College. Chris then received an offer at the management level for Albertsons, and moved to Baker in 2000. He joined the Baker City Lions in 2006, enjoying teamwork with others on project and making a difference to the residents. He also enjoys the Lions Pancake Breakfast and worked to turn around a steak breakfast, causing a financial loss to the Club. Lion Chris said he is proud of all Lion projects such as the National Night Out, shelters, benches for the river walk and playground equipment for the park.

Chris and his wife Lisa have one daughter, Ashley, who will start college in the fall. “She will do very well,” he related proudly. “I love this close-knit community. The folks here are very generous and supportive of projects that we have. I love the fishing, hunting and camping that we have close to Baker City. I like anything to do with the outdoors.” Chris added, “We are very blessed to live here.”

Retiring President Mark Bogart praised the work of Chris and his fellow Lions. “The diversity of the backgrounds in our Club allows us to do so much for the community. Chris will do a great job as President.”



Lion Chris Knoll,  
President

Submitted by PDG Gerald Hopkins





**(l-r) PDG Gerald Hopkins receives the Silver Centennial Lion pin from Elgin Lions Club President Bob Thomas as part of the Centennial Membership Awards program**



**Mary Payne of Columbia Gorge Lions Club receives a Silver Centennial pin for member recruitment demonstrating how any member can bring in new Lions**



**Columbia Gorge President, Jessica Bennett (l) is installed by District Governor Judith Poage**