

# LIONS OF OREGON

Serving members of MD36 Oregon and Northern CA

September, 2017 Volume 2/17-18



Finished bridge at Camp Meadowood Springs  
in Weston

*Story page 6*



Co-Chair Eric Pinkston weighs a catfish

*Story page 7*



Some of the Oregon Lions marching in the Parade of Nations  
down State Street in Chicago at Lions International Convention

*Story pages 12-13*

## ANNIVERSARIES

September 2017 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 9, 1929
Stayton	September 1, 1938
Central	September 2, 1938
Ashland	September 13, 1938
Silverton	September 27, 1938
Prineville	September 20, 1938
Troutdale	September 8, 1948
Keizer	September 15, 1950
Bandon	September 15, 1951
Albany East	September 27, 1951
Rockaway	September 12, 1955
Jefferson	September 28, 2009
Redmond Sunshine	September 24, 2016



The Oregon Lion Website:

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, PO Box 51345, Eugene, OR 97405.

Phone: 541.484.0452

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

Postmaster: Send address changes to:  
The Oregon Lion, PO Box 51345,  
Eugene, OR 97405

Magazine Staff:

Leah Hawes, Exec. Secretary

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

## MONTHLY CALENDARS

### MEETINGS

#### September

- 13 OLSHF Patient Care Comm. Mtg. Portland
- 18 OLSHF Board of Trustees Mtg. Portland
- 25 SOLSHC Board meeting @ 6pm

#### October

- TBD OLSHF Exec. Comm. Mtg. Portland
- 11 OLSHF Patient Care Comm. Mtg. Portland
- 28 Dist R Cabinet Mtg. Location TBD 9am-1pm
- 30 SOLSHC Board Mtg. @6pm

### EVENTS

#### September

- 4 Labor Day observed - HQ office closed
- 11 *The Oregon Lion* article deadline (for October online issue)
- 13 So. OR Veteran's Stand Down - VA Dom, White City, OR 10-2pm
- 20 Rosh Hashanah begins
- 21-23 USA/Canada Forum, Oregon Convention Center, Portland

#### October

- 2 Eyeglass Sorting Party - Keizer Lions Halls, 4100 Cherry Ave., NE @ 6pm
- 8 Roaring '20s Gala - OLSHF Event, Portland
- 9 Columbus Day observed - HQ office closed
- 10 *The Oregon Lion* article deadline (for November issue)

### MD and District Websites

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

**MD36:** [md36lionsclubs.org](http://md36lionsclubs.org)

**District O:** [www.lionsoforegon.net](http://www.lionsoforegon.net)

**District R:** [www.lionsclubs36r.org](http://www.lionsclubs36r.org)

**District E:** [www.districtelions.org](http://www.districtelions.org)

**District G:** [www.oregonlions36g.org](http://www.oregonlions36g.org)

## Council Chair News



### Brad King

B) 503.413.7399  
R) 503.692.4752  
C) 503.984.8090

king.brad90@yahoo.com

Spouse: Laura

First, Chicago! Inspiring, Educational, Entertaining and Spectacular Team Building! We had a great time together and in OUR City. We learned a lot and we see changes coming through your Lions Clubs International. You should all be very proud of your District Governors! They worked very hard and ... more important ... they worked together! Governors Bert, Tom, Bob and Debi are an outstanding team working hard for you, your clubs and your communities. I'm such a lucky Lion to get to hang around with them!

Speaking of big Lions gatherings and ... in case you've been living in a cave for the past several years ... the 41<sup>st</sup> Annual USA/Canada Lions Leadership Forum will take place at the Oregon Convention Center Sept. 21 – 23! If you're not signed up, it's not too late! Go to <https://lionsforum.org> and <http://2017pdxforum.wixsite.com> for the most up-to-date information! We still need volunteers! If you'd like to volunteer, go to the Host Committee website, (2017pdxforum.wixsite.com). Hope to see you there!

In my travels around MD36 with your Oregon Lions Sight & Hearing Foundation, I get to meet and work with happy Lions doing great service in their communities. That service is heart-felt and **MAKES A DIFFERENCE!**

I am not allowed to mention names or places ... so, several weeks ago I was doing community screening with some hard-working and happy Lions and we met a young mother. When her vision was tested we thought we'd made a mistake, but when the auto-refractor objectively demonstrated we hadn't, we determined this young mom wasn't just legally, but functionally blind! This mom was fast tracked to a local optometrist and when she received her glasses, she wept tears of joy at seeing her children clearly for the first time. Needless to say, hers were not the only tears shed.

Yup, this is why we do what we do! Let's continue to move MD36 FORWARD! Through SERVICE, LEADERSHIP, COMMUNICATION, and FELLOWSHIP, we'll grow and culture MD36 and move forward. Through our SERVICE, we impact our communities. Through our LEADERSHIP opportunities, we improve that service and spread our influence in a positive way. As we improve our COMMUNICATION, more community members will see and become aware of our work and want to join us. Through our FELLOWSHIP, we'll enjoy our service, our fellow Lions and our families even more! Because we all know ... the happiest Lions are those who serve together!

Before I forget, school will be starting about the time you read this. With school starting, so starts school vision screening! Great news about this ... Senate Bill 187 recently passed! Unanimous votes in all committees and in both houses! Governor Kate Brown signed the bill into law on August 2<sup>nd</sup> and now there's a stash of \$1 million in public funds to help continue this program all over MD36. Be prepared to volunteer at a school screening! It's a ton of Lion FUN!

Keep LCI's 5 areas of specific Lion's service in mind, Vision, Hunger, the Environment, Diabetes and Pediatric Cancer! Let's be creative; let's work together; let's communicate and have fun finding new ways to address these issues and make the impact like a Lion ... with a ROAR!

As always, I'm honored to serve you, so proud of your confidence in me and humbled to be counted among you great Lions of MD36!

## Directory Corrections

- 8 Remove Carol Casciato at bottom of page
- 31 Amity Lions Club now only meet on the 4th Mon. at 7pm @ the Amity Firehouse, 700 S. Trade St
- 31 Univ. of Ptd. Branch Club Secretary is Ellessa Henion (406) 261.2229; henion18@up.edu
- 46 Illinois Valley has new President, Marty Haynie, 316 Hanby Lane, Cave Junction, OR 97523  
C) 541.538.8298 email is hayniem@cavenet.com
- 52 Crooked River Ranch new Secretary is Denise Swenson, (503) 439-6710, denni0625@aol.com, 14204 SW Peninsula Dr., Terrebonne, OR 97760
- 86 Belmont, Robert, PDG, delete all phone numbers and insert B) 541.726.2406 R) 541.357.2861
- 91 Elder, Sharon, PDG R) should be C) for her number
- 102 Moser, Steve, new email is mosermob08@gmail.com
- 112 Tinsley, Joyce, add R) 541.726.9029 delete B/F #'s

### 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**  
PO Box 51345  
Eugene, OR 97405

Attach Your Address Label Here

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

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

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

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

Club \_\_\_\_\_

## District O - Northwest - North Coast



**District O Governor Column**  
Bert Diamond

C) 503.730.7119  
• bertdiamond@gmail.com  
Spouse: Nancy Versteegen

### *"Let's Have Fun Doing Service."*

That's my theme for this Lion year. I'm bringing some fun and service along on each of my club visits including supplies so everyone at the meetings can make a first aid kit for the needy. We'll make 1,000 kits over the whole Lion year. I'll also take photos at my club visits so check out the articles called, THE WONDERFUL SERVICE OF DISTRICT "O" LIONS.

Here's some of the service activities that I heard about during my club visits.

- **Beaverton Lions Club** held a Theater/Dinner fundraiser to help the Beaverton Civic Theater.
- **Portland Bentham Club** donated to maintain and help stock the fishing pond at the Oral Hull Camp.
- **Portland Downtown** made 40 crates for the homeless of blankets, clothing, and first aid items.
- **Gresham Breakfast Club** collected over 5,000 used eyeglasses last year and helped over 140 clients with free eyeglasses and hearing aids.
- **Mt. Hood Club** worked with other local groups to feed over 300 people on Thanksgiving.

Service was emphasized at the 100th International Convention in Chicago in July. A full day of community service projects was available. Also, I had the opportunity to learn about service projects from all over the world including the many projects in India to help the poor, the blind, and street vendors. At the DGE training before the Convention, I learned about the new LCI Forward program and the new International President's theme of "The Power of WE."

BIG THANKS to Dan Wolf (1<sup>st</sup> VDG), Terry Bowman (2<sup>nd</sup> VDG), Sharon Rollins (GLT), and Garry Charbonneau (GMT) for their leadership.

### **Coming up very soon!**

☆ USA/Canada Forum, Sept. 21-23 at the Oregon Convention Center, Portland. You can still register. It'll have great leadership classes and fantastic keynote speakers.

### **Save the Date!**

☆ 2<sup>nd</sup> Cabinet Meeting, Sat., Nov 4, Mt. Hood  
☆ District 36-O Convention, Feb. 24, 2018, PCC Rock Creek Campus.

## District R - Willamette Valley - Central Coast



**District R Governor Column**  
Tom Hilgers

R) 503.581.0648  
C) 503.884.9854  
• thilgers@comcast.net  
Spouse: Paula Hilgers

Back on June 21, DGE's received an e-mail from incoming International President Naresh Aggarwal urging his Lions leaders to be prepared for the challenges of our second one-hundred years of Lionism. One paragraph in particular from that message caught my eye. Dr. Aggarwal stated, "Lionism is in a state of rapid transition. We are launching a new mobile app, digital platform, new service framework, new awards and funding systems, new unified global brand, etc. etc. However, these are just pieces of paper. The real power is in service, which is rendered by our members."

People join Lions clubs for any of a number of reasons. Some join because a friend or acquaintance invited them. Others join for the fellowship and sense of belonging that comes with membership in an organization. Some even come to Lions with their own agenda, in hopes that they can convince Lions to take up the cause that concerns them. Still others join because their local Lions club performs community service and offers financial support for causes in which they are particularly interested. In the final analysis, it is the last one - the passion for service - that will produce a dedicated member, ready and willing to take on the challenges that his or her club faces over time, through all the changes, in good times and in bad.

There is no doubt that service is going to figure prominently in everything you see and hear from Lions Clubs International and your Multiple District and District leaders this year and in the years ahead. Regardless of your reason for joining the Lions, service was and is the goal of Melvin Jones' creation. As we begin our second century of service, LCI is asking that we focus our efforts in five main areas: vision, hunger, diabetes, the environment, and pediatric cancer.

To this end, MD36 Global Service Team Coordinator Rod Bach, PCC, has put together six "statewide", coordinated service activities for this Lions year. Each of the activities addresses needs in one of the five main areas of focus and, although there is a proposed time line for the activities, it is very flexible. The projects adopted by your club need not be large and demanding. Rather, the size and nature of the project your club chooses to participate in is entirely up to your members. The important thing is to begin making inroads in the five critical areas of need.

Please watch for more information on this coordinated effort and plan to take part in your community. Be imaginative in your plan, but be responsive to the needs of your members at the same time. Most of all, have fun and take pride in what you are doing. I'm betting others in your community will see this and be willing to step up and help.

## District E - Southern - South Coast



### District E Governor Column

Bob Chaney  
C) 541.817.2018

• dcmal@dcmal.info  
Spouse: Karrie

We're on our way to Restoring the Roar! As the first two months of this fiscal year end I will have visited over one-third of the clubs within District E. I must say that I am thoroughly impressed with what these clubs are doing in their communities.

I have been collecting agendas from these clubs and listening to committee and project reports and it is incredible the involvement of the Lions in their cities and towns. They are ingrained in each community's structure of service and respected throughout. Now we just have to ROAR loudly to let the rest of the District, Multiple District and LCI know how much is being done by Lions. I would love to list out all of these projects, fundraisers and events but it would take pages upon pages to do so and that is not the purpose of this report.

As for the numbers, they are not really what I would like to see, but on a positive note, we have not lost any more clubs in July and we had 11 new members. However, the number of members dropped was 24 thus giving us a net growth of -13 or a 1.75 percent. Our total member count for the District is 814.

Service, of course, is one of the areas in which these clubs excel, but not the only area. For the most part, they all have membership plans in place for recruitment and retention and I even had the pleasure of inducting a new member into the Sutherlin Club during my visit.

So far the clubs are embracing the new areas of focus that LCI has outlined under the global framework; hunger, environment, vision, children's cancers and diabetes.

As I make my official visits to the clubs I do so with almost a back seat approach. Let me explain. I believe that the clubs and their business at hand are the most important things and my visit is secondary to what they are accomplishing within their communities. Therefore, I like to have them conduct all of their business first before I speak. After all it's what they are doing at a grassroots level that makes or breaks the viability of a club within their area. I am merely a conduit to give them some possible tools that help them to focus their efforts, to provide easier ways for them to weave what they are doing into the framework of LCI's new emphasis areas and to show or guide them to making a large ROAR out of what they are doing.

It is through projects like this that "Together We'll Restore the Roar". There is a lot more that can be said about District E but we don't have the space to allow for me to rave on about this experience. I just want to say that when I agreed to do this job I knew it would be a job and consume a lot of time and effort, but now as I am immersed in the reality of such I must say it has been much more. It has thus far been an exhilarating experience that I would not trade for anything. I truly believe that it can only get better the more involved we become. Before we know it, the year will be over and we will be left with a multitude of memories that will last a lifetime.

Until next month, Yours in Lionism

## District G - Central - Eastern Oregon



### District G Governor Column

Debi Castor  
C) 541.429.0348

• castor3324@gmail.com  
Spouse: Tony

Greetings Fellow Lions,

Our International Convention was great. The training sessions were very helpful for all incoming DG's. We should all be strong leaders. The Parade was remarkable and the entertainment was fabulous. LCI has videos of everything, so check them out. All the wonderful Lions from over 210 countries were outstanding. We all made so many new friends and learned so much from their experiences in Lionism. It was definitely a memory for a lifetime.

I am starting my year off rather slowly, as I have been busy helping my Club build another bridge at Camp Meadowood Springs and when it's finished it will be time to prepare for the USA/Canada Forum in Portland. If you are not registered, please consider doing so now. It will be an amazing experience if you are a first timer or a repeat attendee. The Forum committee has gone out of its way to make this year one of the best ever.

I look forward to starting my visitations in early October, so be prepared. Remember, I will be bringing a boot for each club to decorate and bring to Convention, March 2-3, 2018 at Wildhorse in Pendleton. We already have 3 great prizes for the winners.

## Weston-McEwen Lions Build Camp Bridge

Almost halfway between Pendleton and Milton-Freewater on state Hwy 11 is the town of Athena, Oregon, with a population of about 1,100 people. Settlers of Scottish descent during the 1880s brought their customs and music to this town. You can see this with the Caldonian Days and the high school sports mascot of the Tigerscotts.

Being a smaller community doesn't mean that people here cannot do big things. Athena's Weston-McEwen Lions Club thinks big with its service projects.

Members of this Lions Club built two large wooden bridges for Camp Meadowood Springs in Weston. Kids with speech and hearing issues can attend this summer Camp and get wonderful outdoor experiences within a safe and respectful setting. Weston-McEwen Lions heard that the Camp's bridges were over 40 years old, so they made plans to replace them.

Current DG Debi Castor designed the bridges and her husband Tony



Lions Tony and DG Debi Castor working on the bridge

along with Lion Bruce Bugbee, Club President, cut the lumber at their homes. Lion Cliff Storey helped dismantle the old bridges and Lions Debi, Tony and Bruce assembled the new bridges. Also helping were Lion Cheri Jackson, Club Treasurer, and Lion Tim Johnson, Club member.

The two bridges lead to the Camp's lake. Around the lake is a path and the Weston-McEwen Lions also cleared the path for walking and 4-wheel vehicles.

Another bridge is in the works and this will be a Wedding Bridge with white lighting.

submitted by DG Debi Castor, 36-G and DG Bert Diamond, 36-O



Lions Cheri Jackson, Bruce Bugbee and Cliff Storey working on the bridge

## Brookings-Harbor Lions Club celebrates 100 Years of LCI Service and won the "Community Service Award" in the 78th Azalea Festival Parade (May 27, 2017)



Displaying the club banner: l-r) Lions Pat Piper, Dwayne Olson, Pam and Steve Deraita, Tm Young, Barbara Nufer, Wes King, Joan Willis, PDG John Schock, Brian Wagers and Joe Donahue.



The Downtown Brookings Harbor Parade

photos submitted by Joan and Jenna Willis  
<http://lionsdesignsteam.webs.com>

## Elgin Lions Distribute Flags to First Graders

The Elgin Lions handed out flags to first graders at the Elgin and Imbler School Districts. Along with the flags, students received a brochure describing the history of the nation's flag as well. Questions posed by the Lion members revealed that the young boys and girls had a good understanding of the symbolism of our country's flag.

*submitted by PDG Gerald Hopkins*



above) Dick Barnes talks to Kelsey Hays of Imbler. Council Chair Steve Oliver, who presented much of the information to the students, is seen in the background

l) Lion Steve Craig presenting a flag to Karlee Patterson of Imbler

## Burns Fisherman Hauls in Largest 'Cat'

Almost perfect weather conditions were seen for the 32nd Annual Huntington Lions Club Catfish Tournament held over the Memorial Day Weekend. Activities included a Steak and Barbecue Feed, Flea Market, BINGO, Duck Derby, Street Dance and the famous Huntington Fishing Tournament.

Over 225 registered fishermen attempted to top the largest "cat" caught in in 1990, which weighed in at 37.20 pounds. Although a new record was not set, Tony Hauth of Burns, Oregon, captured the trophy catfish weighing in at 34.76 pounds. He also walked away with an additional \$500 for the three-day event. Kenzley Vickers hauled in the winning 17.12 pound fish to win the junior division



Kenzley Vickers shows off the winning catfish for the junior division



Co-chair Eric Pinkston carries a 32 pound "cat" to weigh in on the third day of the event



right: (l-r) Tony Hauth accepts the winning trophy from Michael Rainey co-chair of the Catfish Derby

*submitted by PDG Gerald Hopkins*

**Lingering in Happiness by Mary Oliver**

*After rain, after many days without rain,  
it stays cool, private and cleansed, under the trees,  
and the dampness there, married now to gravity,  
falls branch to branch, leaf to leaf, down to the ground*

*where it will disappear—but not, of course, vanish  
except to our eyes. The roots of the oaks will have their share,  
and the white threads of the grasses, and the cushion of moss;  
a few drops, round as pearls, will enter the mole's tunnel;*

*and soon so many small stones, buried for a thousand years,  
will feel themselves being touched.*

Personal stories matter. Like the rain in Mary Oliver's poem making its way down to the stones, stories touch us and resonate in ways we cannot always see, but do deeply feel. At **Lions VisionGift**, these stories help to tell others about our important work, our wonderful staff, the amazing families whose loved one left a selfless legacy, and the people whose lives are changed by the gift of sight. These stories are important as they help us to find common connections to one another and in turn help us to better educate others about the importance of organ, eye and tissue donation.

Imagine you are a member of a jury and you are hearing testimonials from both expert witnesses and eye-witnesses to help you come to a decision. The expert helps us to understand the complexity of a situation, but the eye-witness helps bring the situation to us, allows us to feel it, paints a picture and draws us in. **The expert makes us think while the eyewitness makes us care.** Credibility for a cause, such as organ, eye and tissue donation, comes from both, but by telling your story - you make it live for your audience. It's only when something emotionally resonates that people are motivated to act.

That is why starting this fall, **Lions VisionGift** will be hosting an 8-week creative writing workshop with Write Around Portland (WRAP), a local nonprofit. **Lions VisionGift** staff, donor families, and cornea recipients are all invited to participate. The workshop will be an opportunity for those involved with cornea transplant and donation to come together and write about that common experience, first with each other, and then with the broader community. We'll look forward to sharing these testimonials as we move forward. Do you have a corneal transplant story? **If so, please reach out to Matt Webber at [matt@visiongift.org](mailto:matt@visiongift.org).**



## You, Me and the D!

By the time you receive this issue of the *Oregon Lion*, autumn should be fully ablaze with all its brilliant colors and great weather for long walks (most of the time anyway). My favorite time of the year! Typically after the start of the New Year and the potentially heavy food and drink months of November and December, I offer up suggestions for a healthy diet. But this year, I decided to start before the holidays thus ending up fit and ready to take on the world at the start of the New Year. So goes. Good luck with focusing on the following facts excerpted from an article entitled *Fit and Well* by Kyle Davey, Head Trainer at the Courthouse on South River Road in Salem OR.

### Behind Every Good Diet Vegan, paleo, low-carb: As much as they disagree on how to lose weight.. they all have a few things in common By: Kyle Davey

According to the National Institute of Diabetes and Digestive and Kidney Diseases, almost 70 percent of our country is overweight or obese. Not surprisingly, dieting is in. Roughly 225 million overweight and obese people in our beloved country are aggressively marketed to by a multibillion-dollar weight loss industry that ultimately wants their money and probably couldn't care less about their health or fitness.

Capitalism at its finest. That or my own pessimism. Either way, these marketers all say different things such as.....\*Fat clogs your arteries and makes you fat! Go on the low-fat diet.....\*Carbohydrates are the devil! Low or no carb is the way to go! Because insulin! Eat like a caveman! It's the natural way.....\*The newest slew of propaganda is coconut oil being unhealthy. After decades of being considered a health food and analysis showing great benefits of coconut oil, apparently, now it's unhealthy.

Although there are several different nutrition sects who are very passionate about their nutrition pedagogy, the truth is most of them have far more in common than they do in differences. Here are the key points.

#### **Protein is vitally important.**

Where you get protein from is a source of contention, but nobody disagrees or discredits the tremendous value that protein brings to our bodies.

In a 2012 study, three groups of people ate the same amount of calories but different amounts of protein. One group had 5 percent of their calories from protein, while the other two had 15 and 25 percent of their total daily calories from protein. The researchers nicknamed the groups low, normal and high protein. The low protein group actually lost a little bit of lean body mass, meaning muscle mass, while the normal and high-protein groups gained muscle. The coolest part is that the participants in this study did not exercise. They gained muscle without exercising, just by eating a little extra protein in place of something else. And I'm not talking about a little baby bit of muscle. The high protein group gained, on average, 7 pounds of muscle, while the normal protein group gained 6.3 pounds over eight weeks. That's critical because muscle drives metabolism. Lucky for us, the researchers also measured metabolism. And guess what: the normal and high-protein groups increased their metabolisms, on average, by 488 calories per day. Meanwhile, the low protein group saw an increase of only 42 calories per day.

A renowned protein researcher recently wrote a review and suggested that to maximize the benefits of protein, one should eat about 1.3 grams of protein per pound of body weight. Fight about what foods you get it from if you want, but get your protein in.

#### **Focus on fruits and on vegetables**

- \* Vegan? Vegetarian? Perfect, fruits and veggies it is.
- \* Paleo? Mediterranean? Gluten-free? No problem, fruits and veggies.
- \* Ketogenic? Maybe less fruit, but lots and lots of veggies.

Fruits and vegetables are not only a great source of carbohydrates but, more importantly, they are excellent sources of vitamins, minerals and important phytonutrients, which support overall health. You tell me which is healthier: ice cream or a fruit bowl? They both may contain the same amount of carbohydrates and fat, and have the same amount of calories, but which is healthier? We intuitively know the fruits and veggies are healthier, and the reason they are is because they contain essential nutrients that ice cream doesn't. Eat your greens, reds and yellows. A colorful plate is a healthy plate.

#### **In order to lose weight, you must consume fewer calories than you expend**

In other words, burn more calories than you eat, and you'll lose weight. This point actually is contended by some, and most of the time, it's the low-card-ketogenic group who demonize carbohydrates as fat mongers. But it's flat out not true. Many studies have looked into this concept, and while in theory it could make sense based on the action of insulin, it doesn't appear to actually pan out that way in real-life human bodies.

Now that doesn't mean these diets don't cause weight loss – for many people they most certainly do. But the reason isn't because they're normalizing insulin profiles. It's because they're eating fewer calories than they're burning. That is why any diet "works." If it does, it is only because you have eaten less calories than you've burnt. That's it. Don't fall for the next marketing scheme that tells you otherwise.

#### **Exercise**

OK, this isn't dietary advice, but as long as we're talking about creating a healthy human body, we can't not mention exercise. Move your body. Move it a lot and in different ways. Move it against weight sometimes. It's good for you.

#### **Feel good about what you're doing**

The human mind is an incredible thing. If you're happy and confident in what you're doing, it's going to work better for you. There are psychological, physiological and neurological reasons for this. That's why many programs sell themselves as the only way (that, and they want you to buy it). If you believe in what you're doing, you're more likely to be successful.

I hope this column has given you the freedom to know you can be successful on any nutrition program, not just one or the other. Pick one that suits you best, that includes healthy foods you enjoy, one that doesn't drain your energy or spirit. Not only are you more likely to actually stick with it, but you'll be a happier person along the way.\*

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

**"Friends are like elevator buttons. They can take you up or down." Author unknown.**

## The Wonderful Service in District O

On my journey around District O, I have witnessed and heard of great community service by our Lions. In each Lion magazine issue this year, check out their spectacular service.



**Club President Cory Price leads a Gresham Breakfast Lion Club meeting**

Also helping with sight and hearing is the Portland Bentham Lions Club, which raised money with their annual Christmas tree recycling to help needy people and also restock the fishpond at the Oral Hull Camp for the Blind and Low Vision. In July, this Club hosted the OLSHF Mobile Screening Unit at the Japanese Summer Festival and helped local residents get health screenings.

The Gresham Breakfast Lions have a Club activity almost every month. Some of their projects include the PSU Football game fundraiser, the Civil War dinner night, eyeglass collection, charity golf events, and Christmas present wrapping for the poor. At their Club meetings, each member needs to greet the other members or they pay a fine. That makes for good friendships.

If you want a very good lunch along with fun camaraderie, visit a meeting of the Portland Downtown Lions Club. They meet at the Multnomah Athletic Club. This is the oldest Lions Club in Oregon chartered in 1921. They once had 160 club members. They recently filled and gave 40 large bins to the homeless with blankets, clothing and personal hygiene products. These Lions also help a lot with the Taft House, a local senior living facility for the poor and disabled.

The Mt. Hood Lions Club has its own clubhouse and almost 70 members. Their big annual project is a partnership with other local agencies to feed over 300 mostly needy people a dinner on Thanksgiving Day. These Lions are also big on reading to the local elementary school students. And, they collect over 1,000 used eyeglasses and hearing aids each year.

Check next month for other club's projects.

The Beaverton Lions Club held a dramatic partnership fundraiser with the Beaverton Civic Theatre. It was an evening of dinner and a play. They also helped about 40 needy people with free eyeglasses and hearing aids. A strong and active Club, Beaverton Lions have been extremely involved with the upcoming USA/ Canada Forum to be held in Portland.



**Officer induction at a Portland Bentham Lions Club meeting**



**Members of the Beaverton Lions Club**



**Lunch and a meeting at the Portland Downtown Lions Club**

*submitted by DG Bert Diamond*

## Mayor Designates Lions Club Week in Myrtle Creek

The City of Myrtle Creek has proclaimed the week of July 24 through July 31 as Lions Club Week in Myrtle Creek. The proclamation was made by Mayor Ken Brouillard, with the support of the City Council, at the City Council meeting on Tuesday evening, July 18. Following the reading of the proclamation, Brouillard presented Myrtle Creek Lions Club President Sean Negherbon and Lions Club International District 36-E District Governor Bob Chaney, Sr., with copies of the proclamation for their records.

The proclamation reads as follows:

### ***Proclamation Lions Club Week***

“To designate the week of July 24-31 as Myrtle Creek Lions Club Week.

“Whereas The Myrtle Creek Lions Club is a member of Lions Club International, the world’s largest service club organization with 1.6 million members in 46,000 clubs in more than 210 countries and geographical areas, and

“Whereas, Lions Clubs International was founded in 1917 and is celebrating 100 years of humanitarian service, and

“Whereas, The Myrtle Creek Lions Club is comprised of volunteers who dedicate their time to the betterment of the community and aiding those in need, and

“Now, therefore, The Myrtle Creek City Council does hereby proclaim the week of July 24-31 as Myrtle Creek Lions Club Week.

“Given under my hand and the Seal of the City of Myrtle Creek this 18<sup>th</sup> day of July, 2017, A.D.

“Honorable Mayor Ken Brouillard.”

This is the second proclamation of this nature in Douglas County. In late June the Douglas County Commissioners declared the month of July Lions Clubs Month within the county.

*submitted by Bob Chaney, DG-E*



Myrtle Creek Mayor Ken Brouillard (center), Tuesday evening, July 18, proclaimed the week of July 24 through July 31 as Lions Club Week in Myrtle Creek. He is seen here presenting Myrtle Creek Lions Club President Sean Negherbon (left) and Lions Club International District 36-E District Governor Bob Chaney, Sr. with copies of the proclamation.

## Chicago – What a Great

From June 29-July 4, in the city of the birthplace of Lionism the 100<sup>th</sup> Lions International Convention was held. Lions Clubs International went all out to make this one of the best Conventions ever. Over 30,000 Lions, Lionesses, Leos, and family members from across the globe enjoyed an array of speakers, entertainment, and a chance to network. Some of the speakers included past Vice



The four current District Governors leading most of the Oregon Lions in the Parade of Nations: (l-r) Debi Castor, Bob Chaney, Tom Hilgers and Bert Diamond

President Al Gore, singer Patty Labelle, Past International President Bob Corlew and new International President Naresh Arggarwal. The headliner bands were The Beach Boys, Chicago and the Charlie Daniels Band.



Past International President Chancellor Bob Corlew sings onstage with Beach Boys band member Mike Love!

What did you like at the Convention? Here's what our four District Governors appreciated about the event:

**Bert Diamond, DG, District O:** "What a fantastic ten days in Chicago for the DGE leadership training and for the International Convention. The best part was meeting other Lions from around the world, trading pins with them, and learning some of their customs, service projects and special travel spots to see. When you have such a strong common bond with Lionism, you can quickly become friends even if you live 6,000 miles apart. I am very grateful to LCI for planning a dynamic convention and paying for my expenses to go there. The Parade of Nations for a mile down State Street in downtown Chicago showed off each state's and country's colors, attire and flags. What a great experience to march with 30,000 other Lions."

**Tom Hilgers, DG, District R:** "This was my first LCI convention, and it was an amazing experience. Meeting so many Lions from all over the world who have one thing in common – LIONS – was incredible. It was also an excellent learning experience. Although Lions clubs are different all over the world, we still face the same challenge; to enhance the Lions experience in order to better serve our communities."

Some Oregon Lions socializing one evening in Chicago



## Lions International Convention!

**Bob Chaney, DG, District E:** “Chicago, it’s my kind of town. I learned a lot and experienced a lot with my first-ever International Convention and I have to say it was an exhilarating experience. The message of **LCI Forward** is LCI’s focus for the new century and it contains five main areas: Vision, Environment, Pediatric Cancer, Hunger and Diabetes. Lions clubs have for a long time had Diabetes as a focus area with Dimes for Diabetes, but now this disease has become such a problem throughout the world that LCI has decided to increase its emphasis and try to find a cure for this affliction. In addition, as we move LCI Forward, International President Dr. Naresh Aggarwal’s message is that The Power of We coupled with the Power of Action equals The Power of Service.”



**New International President Dr. Naresh Aggarwal and his wife Navita. Dr. Aggarwal gave inspirational speeches about his theme; The Power of We**



**Current District Governors and spouse/companions dressed up for a DGE evening event. (l-r) Paula Hilgers, DG Tom Hilgers, DG Bert Diamond, DG Debi Castor, Lion Cheri Jackson and DG Bob Chaney**

**Debi Castor, DG, District G:** “I really enjoyed the Convention. I learned a lot. The main thing is being able to network with people from other countries to incorporate some of the things that they do into our own communities. The training that we got was valuable and we also can get more from LCI’s online resources that we learned about. The Parade of Nations was very exciting.”

*submitted by DG Bert Diamond, 36-O*

## **We're the Lions of Oregon and Northern California AND WE SERVE!**

This year the Lions of MD36 are joining forces with Lions Clubs International service projects to provide help to those in need in our communities. There are 6 statewide club projects scheduled. The goal is to have as many MD36 clubs participate in as many projects as possible. The projects are planned to give clubs and individual Lions the opportunities to serve along with other MD36 Lion clubs.

The service projects are planned to: 1) give service opportunities to clubs and Lions in MD36; 2) be from 1-5 hours in length; 3) make a significant positive change; and 4) encourage participation and comradery among clubs and Lions.

The 6 statewide service projects are:

- Oct 10-16 Collect used eyeglasses  
(Service in Sight Week)
- Nov 13-19 Hold a strides activity, A walk, run, bicycle or any physical activity  
(Service to Halt Diabetes)
- Jan 8-14 Organize a food drive for your local food bank/pantry  
(Service to Fight Hunger)
- Mar 11-17 Distribute reading glasses to the homeless shelters  
(Helping the Homeless)
- Apr 21-23 Hold community improvement project, clean up, tree planting, other  
(Protect our Planet)
- Jun 3-9 Hold returnable can drive and donate monies to LCIF for research  
(Pediatric Cancer Donations)

The first statewide project for MD36 clubs is to collect eyeglasses for OLSHF. The Oregon Lions Sight and Hearing Foundation is one of 18 Lions Eyeglass Recycling Centers in the world. Collected glasses are shared throughout America and around the world.

### **PROJECT ONE – Collecting Used Eyeglasses**

Step 1 day 1 – Find a location such as a local store and hold signs that state Lions will be collecting used eyeglasses the next day.

Step 2 day 2 – Have members holding eyeglass collection boxes ready to collect the glasses.

Step 3 – Forward the collected eyeglasses to the Oregon Lions Sight and Hearing Foundation.

For more information contact your District Governor or Lion Rod Bach at [rodbach@gmail.com](mailto:rodbach@gmail.com)

*submitted by PCC Rod Bach*

## Recognizing Our 90+ Year Old Members!

The West Linn Riverview Lions Club recognized four members during the Club's new officer installation dinner in June. With a combined total of 123 years of service to the Club, first as charter members of the Lioness Club and then as charter members of the WL Riverview Club are Marge Logsdon (age 92), Doris Daiker (age 93), and Lucille Grunst (age 96). They each have 34 years of service. Ruth Brynelson (age 93) is a relative newcomer with 21 years as a Riverview Lion. As past officers these four rarely miss a meeting and have continued to chair committees and help with many service projects. These Lion ladies have been recipients of numerous special accolades including the Melvin Jones, Helen Keller, and Norman Ross awards, as well as many Club awards. These 4 ladies exemplify what Lionism is all about as they continue to inspire the other West Linn Riverview members.

*submitted by Sue Thalman*



**Lion Marge Logsdon**



**(l-r) Lions Ruth Brynelson, Lucille Grunst and Doris Daiker**

## Stampede Queen Candidate Guest at Elgin Lions Club Meeting



Megan Peppers, the local Stampede Queen candidate, was a guest at the Elgin Lions Club meeting. She discussed the new improvements at the Elgin Fairground, stating that a new roof and upgraded rooms would be constructed at Chute 9. There will also be a permanent rodeo office in the same area. Megan said that new this year will be a free family night where kids have a chance to work with the stock. Plans continue to develop for a new Stampede Hall. The Rodeo Association will also be reaching out to the veterans for free tickets to the rodeo this year. Megan also sold tickets to interested Lions.

*submitted by PDG Gerald Hopkins*

Stampede Queen candidate Megan Peppers



Keith Price  
Board Chair



Doug Thompson  
Executive Director

## It's September - MHSP Goes Back To School!

With days getting shorter, leaves beginning to turn color, it can only mean one thing: The Lions of Oregon and the Foundation's Mobile Health Screening Program is gearing up to begin another year of screening Oregon school children for vision health needs.

For the first time, many schools will be able to utilize the new Vision Health Fund to be able to afford the actual cost of OLSHF providing these screenings. The Foundation has spent operating reserves the past few years to be able to keep up with the demand of school requests for vision screenings. Without the passage of SB 187, OLSHF would have significantly decreased the number of school events that we provide because the \$100 event fee that schools and some Lions Clubs pay provides only about 15% of our actual cost. We are thrilled that the new state funding should enable the Foundation to still screen in the neighborhood of 175,000 students this year.

We'll be screening kids like Quinn, an incoming 1st Grader at Hazel Dale Elementary in Aloha. Our screening of Quinn last fall indicated that Quinn's left eye was almost legally blind and her right eye had issues too.

"Never in a million years did we think something like this could happen" Misty told us. Now through patching the affected eye and through physical therapy, Quinn's vision is recovering and soon will be normal and healthy.

But there are thousands of other children just like Quinn out there and, together, Lions and the Foundation will identify them this school year. We invite you and your Lions Club to contact the Foundation to volunteer at a MHSP school screening event near you this school year.

### Vision Screenings Make a Huge Difference: Meet Quinn



Quinn smiles, loving her new eye patch and being a "pirate" for a while!

When she learned that her daughter had amblyopia, commonly referred to as "lazy eye", the reaction of Quinn's mom Misty was the reaction that most parents would have: She was shocked. "There is no family history of vision issues, Quinn received regular medical checkups" and Misty nor her husband wear eyeglasses. "I thought the screening had to be wrong," said Misty.

Further, Quinn never exhibited any struggles with her vision, no headaches, no signs of a lazy eye or behavioral issues. In fact, Quinn read at grade level and enjoyed school tremendously. "We had no idea that her vision wasn't normal."

Quinn's condition, amblyopia, affects approximately 4% of all children in the U.S. - that's about 16,000 children in grades K through 8 in Oregon. Utilizing the Welch Allyn SPOT vision photo screener, the foundation can detect multiple vision health issues in children like Quinn, and refers about 10% of the children that we screen for full eye exams. "The doctor told me that if this issue had not been identified before the 4th or 5th grade, the damage would have been permanent to her vision."





# Gifts & Memorials

Contributions list includes gifts received 7/16/2017 through 8/15/2017 only. Every effort is made to ensure accuracy and we appreciate you bringing any issues to our attention by emailing [Info@OLSHF.org](mailto:Info@OLSHF.org).

**Lion Champion**  
**\$10,000 and above**

The Oregon Community Foundation

**Lion Heart**  
**\$5,000 - \$9,999**

Juan Young Trust  
KEX Kids Fund

**Lion Pride**  
**\$2,500-\$4,999**

Ferguson Wellman Capital Management

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

Art & Diana Carroll  
Bud & Brenda Wilkinson

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

Salem Leadership Foundation

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

Janel Billets  
Burns Lions Club  
Goodies Cell Phone Shop  
Peggy Hausmann  
Jefferson Lions Club  
Paul Zastrow

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

Rod & Debbie Bach  
Garry Charbonneau  
Kroger  
Jelisa Nieves  
John Taylor  
The Benevity Community Impact Fund  
Dennis & Judi Tichenor

**Keep the Promise**  
**Vine & Dine Event**

Garry Charbonneau  
John & Nancy Ferraris  
Marc Fovinci  
Alejandro & Valerie Heredia  
Doug & Hope Loose  
Esther Miller  
Sylvia Reuland  
Sharon & Dale Rollins

**Keep the Promise**  
**Vine & Dine Event cont.**

Danelle Romain  
Erin Rowley  
Red & Karla Rowley  
Douglas Thompson  
Christopher Thurley  
Dennis & Judi Tichenor  
Ian Wolfe  
Paul Zastrow

**LMI Golf Sponsors**

Abby's Legendary Pizza Foundation  
Bliss Sequoia  
Garry Charbonneau  
Just Right Awards  
Kern & Thompson LLC.  
The Romain Group  
Windedahl, Rangitsch,  
Groeneveld & Norton

**PRIDE**

**Recurring Donors**

Brenda & Nathan Anderson  
John Anderson  
Kaitlin Anderson  
Wally & Joyce Anderson  
Kelly & Andrew Asbra  
Rod & Debbie Bach  
Carrie & David Bartley  
Charles Blanchard  
Marilou & Terry Bowman  
Carol & Doug Brink  
Gerald Caldwell  
Hank Calhoun  
Kent Calvin  
Ted & Phyllis Carlin  
Debi Castor  
Garry Charbonneau  
Russ Chase  
Bert Diamond & Nancy Verstegen  
Michael Durrow  
Karina Felix  
Jo Hallam  
Julie Harper  
Lisa Heydemann  
Thomas & Paula Hilgers  
Jim & Sue Jagggers  
Brad & Laura King  
Steve Olson

**PRIDE**

**Recurring Donors cont.**

Katie O'Neill  
David Ott  
Keith & Denise Price  
Brian Rangitsch  
David & Penny Rich  
Sharon & Dale Rollins  
Red & Karla Rowley  
Al & Becky Scott  
Dixie Sexton  
Sherril & Irv Smith  
Doug Thompson  
Dennis & Judi Tichenor  
Dr. Steve Tronnes  
Mary Lee Turner  
Kerith Vance  
Paul Zastrow

**Lions Eyeglass Assistance**

**Program Supporters**

Bend Sunrise Lions Club  
Donald Campbell  
Care Oregon  
Florence Siuslaw Lions Club  
Madras Lions Club  
Mt. Hood Eye Care  
Oregon City Lions Club  
Portland Lloyd Lions Club  
Prineville Lions Club  
Lewis & Adele Sutton  
The Wallace Medical Concern

**MHSP Sponsors**

Asian Health & Service Center  
Cascade Health  
Compassion Connect  
Dallas Lions Club  
Keizer Lions Club  
King City Lions Club  
Klamath Falls Lions Club  
Living Hope City Church  
McMinnville Lions Club  
MODA Health  
Judith Poage  
Portland Bentham Lions Club  
Rose City Vision Care  
Salem Northeast Lions Club  
Zion Lutheran School

**ROAR! Hearing**  
**Program Supporters**

Eugene Bethel Lions Club  
La Pine Lions Club  
Portland Downtown Lions Club  
Sutherlin Lions Club

**Memorials**

**In Memory of June Bluemmel**  
Patricia Bugas  
Curtis MacDonald

**In Memory of Paul Good**  
Mark Good

**In Memory of Tim Kyle**  
Portland Hollywood Lions Club

**In Memory of Jean Laviolette**  
Rockaway Lions Club

**In Memory of Dr. Ray Lockhart**  
Teddy June Smith

**In Memory of Ed Nordstrom**  
Portland Hollywood Lions Club

**In Memory of Bill Spencer**  
Lake Oswego Lions Club

**In Memory of Walt Trandum**  
Lions Past District Governors Association  
Fred & Helen McNaughton  
Richard Solomon



Support your foundation in honor and memory of those who have served!

## Thank You From Romania!

Due to the dedication and hard work of the Lions of MD-36, our Lions Eyeglass Recycling Center (LERC) was able to send donated used eyeglasses to Romania recently.

Excerpts from a Romanian Optometrist: "I wanted to report on the medical mission trip to Sibiu, Romania. We saw...1300 patients and dispensed about 1,450 pairs of glasses...Many people also had eye diseases and we were able to help them with donated eye drops as well. Thanks so much for the donated glasses which were a tremendous help again this year!" Valentin Ardeleanu, O.D.



Proud to provide exams and eyeglasses to 1,300 people!



A recipient is thrilled to be able to read again!

## OLSHF Hall of Fame at MD-36 in Eugene on May 18, 2018

**Purpose:** To honor and memorialize outstanding leadership and service on behalf of the Oregon Lions Sight & Hearing Foundation mission.

The Foundation will induct honorees into the **OLSHF Hall of Fame at the MD-36 Convention in Eugene on May 18th**. The Hall of Fame inducts one posthumous and two living honorees into the Hall of Fame each year.

**Criteria for Nomination:** Individual Lions with a minimum 10 years of service to the Foundation in a leadership or volunteer service role may be nominated to the Hall of Fame. The Hall of Fame award will be limited to one person per year in the posthumous category and two per year (plus ties) in the living category to keep it a very special honor.

**Nominations:** Lions in MD-36 are eligible to make nominations from now through March 1st, 2018. **Nominations should be emailed to Doug Thompson at [doug@olshf.org](mailto:doug@olshf.org) or mailed to the Foundation offices.** In addition to listing the nominee's name, etc. all nominations must describe why the nominee deserves to be inducted into Hall of Fame in 250 words or less.



OLSHF Hall of Fame members in attendance at the MD-36 State Convention. Your foundation honored the newest inductees during the convention. Each year, we ask you to nominate someone who has made a significant contribution to the long term success of OLSHF and its programs.

Join us this coming May 18 after the District Banquets to see who among your fellow Lions will be honored!

**THE OREGON LIONS SIGHT & HEARING FOUNDATION**  
 PRESENTS  
**THE ROARING 20'S GALA**

**SAVE THE DATE**

**THE TIFFANY CENTER**  
 SUNDAY, OCTOBER 8TH

1410 SW MORRISON ST. PORTLAND, OR 97205

**Enjoy award winning food, silent auction items, the "Hall of Hooch", and so much more!**

**Tickets are \$65 per person or Host a Table of 10 for \$600**

**100% of all proceeds supports program services!**

**Call OLSHF at 800-635-4667 or buy online at <http://www.OLSHF.org/gala/>**

## Vision Service Plan Certificates for Exams and Eyeglasses Distributed Throughout MD-36 - Testimonials



Mike loves his new glasses!

The optician was very helpful and thorough, taking plenty of time with me, and received my glasses in less than ten days. I have temped at the Oregon Commission for the Blind for over two years now, I struggle to afford new glasses when mine were fifteen years old and vastly out of date prescription-wise, and a Lion referred me. —Amber

I called Lions Club to get assistance to get eye glasses that I need it. Their response was great and quick. They sent me to see a doctor and after that exam, I had the opportunity to choose my glasses and now I have them. I can read, see where I'm going, etc. It impacted and improve my life. Thank you! —Jolee

Now a supervisor and life is looking up! Thanks to the Lions. —Kyle

I have seen an eye doctor more the two weeks ago, and I received my glasses about a week later. I was given the best of care, and I was helped making the choice of bifocals and frames. The staff were caring, helpful, thorough and professional. I have had to come to terms with becoming middle aged, and as I have suffered eye trauma in the past. The ability to share the gift given me by the

Lions is the least I can do, so to answer a few questions is time well spent. I have been given the ability not to squint while reading small print, not to stumble while reading out loud to have more confidence in public. The confidence is great for my self-esteem. —Kenneth

Everything went very smoothly once it finally got started. I can see now - It just changes everything in my life. I just thank the Lions for all you do. You are so wonderful. —Cindy

Very happy because I received reading glasses! I was unable to read for 6 months. Process was fine. Very grateful for the help so I can now see! —Julian

The lady at the Lions was so nice to talk to, and she took care of me very well. My headaches have stopped now that I have the correct glasses! —Cherrol

I can read now, so great! Not many other places help people get glasses like the Lions! —Melva

The doctor was just wonderful and everyone took care of me very well. —Cheryl

## The Lions Flags for First Graders Program In Action

I have been privileged to participate in the Flags for First Graders program for over 15 years representing the Eugene Downtown Lions Club. It is heartwarming having contact with first graders who are excited to learn more about the origin of "Old Glory" and to discuss the words in the Pledge of Allegiance. It is great to see their faces light up when they realize that they will be taking home their own American Flag, wooden block stand, and the booklet discussing the history of the flag.

This year I visited three schools. I always start off by introducing myself and explaining, in simple terms, what our Lions Club does. Then I explain the origin of our flag and tell them about the part Betsy Ross played in the history of our flag. The one fact that seems to surprise them the most is that originally a stripe was added for each state that joined the Union. When they got to 15 states they realized the flag would become too cumbersome with that many stripes, so they decided to add only stars when a new state was admitted into the union.

I explain the meaning of the words of the Pledge of Allegiance referring back to my childhood and what we thought some of the words meant. Passing out the flags is a real thrill when you see their eyes light up as they say a polite "Thank You" and take their flag set back to their desks. It is a positive experience to instill some pride for our country and the flag that represents it into the upcoming generation that will eventually be the leaders of this great nation.

For the last ten years I have participated in the annual patriotic celebration at O'Hara Catholic School in addition to providing the flags. They have the Scouts perform the flag ceremony "Presenting the Colors" and then I give a short version of the presentation I give to the first graders in front of the whole student body. I look forward to next year when I will meet the new group of eager first graders at these schools and possibly even add more schools.



Handing out flags at Awbrey Park Elementary School

*submitted by Tim Chuey, Publicity Chairman*



More than 500 students gathered for the celebration



My participation in the Patriotic Celebration at O'Hara Catholic School



First Graders at Howard Elementary School proudly display the flags on their desks

## **“Start Making A Reader Today” (SMART)**

“Start Making A Reader Today” (SMART) is a program unique to Oregon that has been in existence for nearly 30 years. Lions helped get the program started and many individual Lions and local Lions Clubs have been active in the program through the years. “Reading is a vital foundation for educational and life success, and it must start early,” according to the SMART program.

Getting involved in the SMART program is a great way for a club to add a youth program in celebration of Lions 100<sup>th</sup> Anniversary. It takes only a few volunteers to spend time reading with younger students, usually once per week.

According to SMART, each addition to a home library helps children get ahead in school. SMART students choose two books per month to take home and keep, helping them build their personal libraries and become lifelong readers. SMART tells us that “children with access to 25 books at home, on average, complete two more years of school than children from homes without any books.”

Since its beginning in 1992, SMART has served almost 200,000 students. Nearly 130,000 volunteers have helped with the program around the state. Over 2.5 million books have been given away.

How can your club become involved? Call the SMART office that serves your area to identify a local school. If there is no program in your area, simply contact your local SMART office to see about starting one. SMART is supported by a number of corporations around the state.

SMART has a number of offices around the state:

Central Oregon --- 541-797-7726

Douglas County--- 541-672-6477

Clackamas, Multnomah, Washington ---971-634-1616

North Coast --- 971-634-1614

Northeast Oregon --- 971-634-1614

Northwest Oregon --- 503-391-8423

Rogue Valley --- 541-734-5628

South Central Oregon --- 541-273-2424

South Coast --- 541-266-7476

Lane County --- 541-726-3302

Linn, Benton Counties --- 541-753-0822

*submitted by PDG Jim Jagers, MD36 Opportunities for Youth, SMART Chair*

## PDG Sharon Rollins Endorsed for Council Chair Elect

The Lake Oswego Lions Club is happy to announce the endorsement of PDG Sharon Rollins as a candidate for Council Chair of MD 36 for the year 2019-2020. Lion Sharon and her husband Dale joined the new Tigard 2000 Lions Club as Charter members. She has been involved in Lions leadership positions at various levels including at the local level in the Tigard 2000 club as Secretary and President; at the District 36-O level as Zone Chair, Region Chair, District Governor in 2013-2014, and now as LCIF Chair and GLT Chair. Sharon and Dale are currently active members of the Lake Oswego Lions Club, where she serves as LCIF Chair. She is currently in her third year



PDG Sharon Rollins busy at the Capitol

as Centennial Celebration Chair for MD 36 and has greatly enjoyed the service activities and celebrations of our 100th anniversary.

PDG Sharon has received honors for service at the Oregon Lions Sight and Hearing Foundation where she served as Secretary, Vice Chair and Chair. She has received honors for service in District 36-O, MD 36, and Lions Clubs International and was awarded the International President's Award. She is a Progressive Melvin Jones Fellow with LCIF.

Lion Sharon is looking forward to years of service with her fellow Lions and our communities as we move Lions Forward into our second century of working with and for those in need – We Serve with the Power of We!

*submitted by Bonnie Roeder, Lake Oswego Lions Club*

---

## CENTENNIAL CELEBRATION CONTINUES!

Our year of activity celebrating the 100<sup>th</sup> Anniversary of our Lions organization was filled with service activities that made a large difference in our communities throughout the MD. Parades, car shows, races and crab feeds were held; bridges and clinics were built, parks refurbished and huge numbers of recyclables were collected. And, MD 36 Lions held a fantastic convention in Pendleton, complete with a parade, service project and birthday party. Well done, MD 36 Lions!

The completion report for the Centennial Grant was submitted just in time to meet the July 31 deadline. I so appreciated the help of Nicole Mandarano at OLSHF - without her expertise, the correct language and arrangement of the report would not have been possible. I firmly believe that every cent of the grant and the matching funds were put to the best use possible in order to put our Lions organization out into our communities.

The Centennial Celebration is not completed, however! To meet the needs of our ever-changing world, the Global Service Framework has been expanded to include Diabetes and Pediatric Cancer as service challenges. Centennial Service Challenge activities are now encouraged in the following humanitarian areas:

Vision, hunger, the environment, diabetes and pediatric cancer. The MyLCI reporting site has been updated to allow posting of service activities in these areas, and clubs will be eligible for the Centennial Challenge service awards in all five challenge areas.

Keep up the marvelous work, MD 36 Lions! Lions are moving ahead, using the Power of We as WE SERVE!

*submitted by PDG Sharon Rollins, Centennial Celebration Coordinator*



**Statement of Ownership, Management, and Circulation**  
**(All Periodicals Publications Except Requester Publications)**

1. Publication Title <b>The Oregon Lion Magazine</b>	2. Publication Number 1 1 9 - 6 3 0	3. Filing Date <b>September, 2017</b>
4. Issue Frequency <b>July/Aug. Sept. &amp; Nov. - Feb. &amp; Apr. - June</b>	5. Number of Issues Published Annually <b>9</b>	6. Annual Subscription Price <b>\$1.50-\$7.00</b>
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®) <b>PO Box 51345, Eugene, OR 97405</b>		Contact Person <b>Leah Hawes</b> Telephone (include area code) <b>541-484-0452</b>

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)  
**PO Box 51345, Eugene, OR 97405**

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)  
Publisher (Name and complete mailing address)  
**MD36 Lions Headquarter's Office, PO Box 51345, Eugene, OR 97405**

Editor (Name and complete mailing address)  
**Leah Hawes, PO Box 51345, Eugene, OR 97405**

Managing Editor (Name and complete mailing address)  
**Leah Hawes, PO Box 51345, Eugene, OR 97405**

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	Complete Mailing Address
<b>MD36 Lions Headquarter's Office</b>	<b>PO Box 51345</b>
<b>Under the direction of the</b>	<b>Eugene, OR 97405</b>
<b>Council of Governors</b>	

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  None

Full Name	Complete Mailing Address
<b>N/A</b>	<b>N/A</b>

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:  
 Has Not Changed During Preceding 12 Months

13. Publication Title <b>The Oregon Lion</b>	14. Issue Date for Circulation Data Below <b>September 2017</b>	
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)	3693	3638
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)	3306	3153
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	344	346
(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))	3650	3499
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)	3650	3499
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))	43	139
h. Total (Sum of 15f and g)	3693	3638
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)	3650	3499
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)	3650	3499
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)	100%	100%

I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price

17. Publication of Statement of Ownership  
 If the publication is a general publication, publication of this statement is required. Will be printed in the **September, 2017** issue of this publication.  Publication not required

18. Signature and Title of Editor, Publisher, Business Manager, or Owner  
**Leah C. Hawes** Date **8/30/2017**

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).

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

## Melvin Jones Fellowship Awarded

Lion Jan Engler was presented with the Melvin Jones Fellowship Award at the West Linn installation banquet on June 15. She has been an active West Linn Lion since joining in 2011. She has been club secretary for the past 4 years and has cochaired the Shoes and Socks for Kids program for the last 3 years. She epitomizes what Melvin Jones envisioned for all Lions club members. The West Linn Lions are proud to award her this honor.



(l-r) Past President Mark Parrish, Jan Engler and Tom Loun

## Elgin Lions Handle The Curtains

Ready to open the curtains at the Opera House are Elgin Lions.



(l-r) Dick Barnes, Mary Hopkins and Scott Ludwig. The Elgin Lions have been ushering for the production of Seven Brides and Seven Brothers.

## New Members of the King City Lions who were Installed on August 1st



(l-r) Rick Castle, Tina VanPhung, Barbara Lee, Fae Lloyd, Nancy Hayes, Jaimie Fender and Maiya Martin Burbank