



Serving members of MD36 Oregon and Northern CA

September, 2018 Volume 2/18-19

## World Diabetes Day, November 14, 2018

### District G Cabinet Meeting Opens with Enthusiasm



Cabinet members pose with sailor hats and pins given by District Governor Phyllis Carlin

**See Story page 12**

### Myrtle Point Leos "They Serve"

(l-r) Myrtle Point Leo Club members Sydney Sefers and Kayla Simons. Trudy Sefers, the Leo Advisor, presents Debbie Martin who runs the FIRST reading program at Myrtle Creek School with \$300.



**See Story page 13**

## ANNIVERSARIES

September 2018 marks the anniversary of another year in Lionism. It's great to be a part of a network of Lions who are recognized as the greatest service organization worldwide! Indeed, your club continues in the excellent tradition of service and pride under the banner of Lionism.

### 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
Keizer	September 15, 1950
Bandon	September 15, 1951
Albany East	September 27, 1951
Rockaway	September 12, 1955
Jefferson	September 28, 2009
Portland Legacy	September 25, 2014
Redmond Sunshine	September 24, 2016

### October

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

## MONTHLY CALENDARS

### MEETINGS

#### September

- 12 OLSHF Patient Care Committee mtg.
- 19 OLSHF Program Services Committee mtg.
- 24 SOLSHC Board mtg. @ 5:30pm

#### October

- 10 OLSHF Patient Care Committee mtg.
- 29 SOLSHC Board mtg. @ 5:30pm

#### November

- 3 Dist O Cab mtg., Mt. Hood, details TBD @10am  
Dist R Cab mtg. Viking Sal Senior Center, Junction City, OR @ 9am  
Dist E Cab mtg. Medford - SOLSHF @ 10am  
Dist G Cab mtg. Madras, Erickson's Aircraft Collection Museum @ 10am
- 7 OLSHF Exec. Comm mtg @ OLSHF office
- 14 OLSHF Patient Care Committee mtg.  
OLSHF Program Services Committee mtg.
- 15 OLSHF Finance & Audit Comm mtg
- 26 SOLSHC Board mtg. @ 5:30pm

### EVENTS

#### September

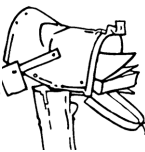
- 10 The *Oregon Lion* deadline (for October online issue)
- 20 Dogs for Better Lives Grand Opening, 10175 Wheeler Rd., Central Point Noon-2pm

#### October

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

### Are You Moving? Have You Moved?

MD-36 will need a few days to change your address. Please provide your former address as well as your new address preferably by attaching a label from a recent issue of The Oregon Lion Magazine in the space outlined below.



#### ATTACH YOUR ADDRESS LABEL HERE

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

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

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

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

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



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

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## Council Chair News



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### SOARING BEYOND THE HORIZON AS "WE SERVE"

Our first Council of Governors meeting for the 2018-19 year is over and much was accomplished. With the retirement of Don Adams as our Pin Trader over the past many, many years, we had to set up a whole new procedure regarding the State pins. Harlan Geigle and Garry Charbonneau are going to share that obligation.

For those of you at MD36 Convention in Eugene, you witnessed Garry Charbonneau getting his curly locks cut off for the sum of \$1,000+ to go to LCI for Diabetes. At the COG meeting Garry was presented with a Melvin Jones Fellowship for his willingness to do this- note to all, he was okay with the hair going, but the mustache had to stay.

The Monthly Membership Progress Report from LCI was a call to arms for all of us. Our numbers are down and we need to take action to increase and maintain our membership. With projects that appeal to all and that will help our communities, we can bring more into our Lions folds, and the Global Action Team (GAT) is hard at work for MD36 to accomplish this. PCC Rod as Global Service Team Chair has proposed several projects that he is following up on with the DGs; Global Leadership Team Chair Joyce Anderson and Global Membership Team Chair Judith Poage have training lined up for the Vice District Governors and the dates for the GAT meetings with all of the GAT team members have been set, with the first one being on Sept 29 at Bandon in the "Barn" Community Center at 10 a.m.

The Policy manual is being worked on and MD36 Policy Chair Jim Stagl would welcome any input you may have regarding changes needed to the manual. Several Lions have spoken about items that need to be changed, so this is your chance. Contact Jim and let him know what you think.

Other Committee chairs reported on happenings of their committees and I am sure the District Governors will get all new information to the clubs in their districts, i.e. quest program grants, as well as LCIF grants that are available and just need to be applied for.

Guiding Lamp award was originally a story board set up by the 2014 DGs as a friendly competition between the districts. Somehow since then it has lost its meaning, and it has been another story board. So this year the DGs have determined what the Guiding Lamp project will be and they will be following up in each district to insure that it is being done. The PIDs, along with the visiting ID,

will be the judges as to the Multiple District winner of this prestigious award.

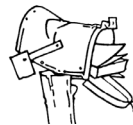
What a great adventure is this Council Chair position. It is truly a personal learning experience, and the opportunity to gain a fountain of knowledge about all the clubs in MD36. I have only been in office for a short time now, but WOW- what I have found out so far is mind boggling. I am thrilled to be in this position and be able to hear and see all the wonderful service that we as Lions perform throughout, not only our state, but also for LCI. Keep it up MD36- we are truly going beyond the horizon.

## Directory Corrections

- p. 31     Wilsonville meeting at 5:30pm, 1 Thurs., Eye-to-Eye Clinic, 8269 Wilsonville Rd., Unit G
- p. 33     Region 3, Zone 1 Chair: Linda Stent
- p. 43     Gold Beach Lions Clubs mtgs start at 6pm
- p. 68     Mohawk Valley Leos has 2 new Leo advisors:  
Main advisor: Tami Bonney C) 541.915.1746  
~iseizetheday2@yahoo.com  
Co-advisor: Bob Leeper R) 541.515.6907  
~rmleeper@hotmail.com
- p. 76     April NWLLI, dates should be April 26-28, 2019
- p. 82     Abbott, Art, add R) 503.354.0325 C) 503.936.0540
- p. 83     Bachman, Dale, DG not 1st VDG
- p. 100     Nemec, Cynthia new email Lion.Cindy.Nemec@gmail.com
- p. 103     Price, Keith, 1543 SW Walters Loop, Gresham, OR 97080
- p. 106     Smith, Richard, PCC email should be ras39smith@gmail.com
- p. 107     Starns, Al, PCC (Connie), new address is **301 SE 136 Ave., Rm., 231., Vancouver, WA 97684**  
Also add C) 360.607.6720
- p. 109     Tichenor, Dennis, PID address should be **15023 SE Elkhorn Rd., Happy Valley, OR 97015**  
and delete residence number

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

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

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

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

Club \_\_\_\_\_



## District O - Northwest - North Coast



**District O Governor Column**  
Dan Wolf

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Spouse: Nancy Wolf

### "Be Prepared for Leadership, Membership and Service"

This is my theme for the year, to get prepared to make new leaders in your clubs, invite more members to join your clubs, and participate in new and old service projects.

One of my goals for this year is to sign more women into our Lions clubs. Last year PDG Bert Diamond set a goal to have 35% women as Lions in District O, we passed that goal and ended up with just over 40%. So GMT Lulu Bowman and I have set 42% as our goal for this Lion's Year. We are already at 40.25% this year, so we are heading in the right direction.

Our new Lions Clubs International President, Yngvadottir's Theme is "We Serve – Look beyond The Horizon. In her words, "TO REACH BEYOND OUR LIMITS, WE MUST REACH WITHIN OUR CLUBS, COMMUNITIES AND SELVES."

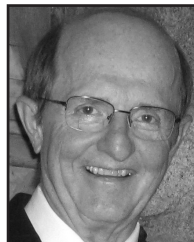
Why do we seem to always be pushing for new membership? Because as we lose members who pass away, move away or no longer wish to serve, we must replace them with new members, so that we can continue to accomplish our mission to serve our communities. Remember every new Lion brings the capacity on average to affect 70 people with their service. When you start adding all of your club's members into that formula, you will be helping many people in need of our services.

We have some great service projects that clubs do in District O, let's keep doing them, but be prepared to try some new service projects as they come along. GST Fae Lloyd has been working with Rod Bach on a great Diabetes Awareness Screening Project so that will be coming out soon. "WE SERVE"

Lions have always helped make new leaders, often people, who don't see themselves as leaders, but end up making wonderful leaders. So be looking deeper into your membership and you will find potential leaders for our organization. GLT Sharon Rollins just had District Secretary Lion Carrie Bartley send out a list of training opportunities, so be looking at these, and maybe have your clubs send some Lions to participate in some training. Be sure to go to LCI's Web site and look for online training courses for all leadership positions.

In keeping with PDG Bert Diamond's theme of Lions having fun, I have found a new game to bring to your clubs, when I come to visit. Standby for Fun!

## District R - Willamette Valley - Central Coast



**District R Governor Column**  
Dale Bachman

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Spouse: Judy Bachman

Fellow Lions,

Last year my wife, Judy, and I attended the 100<sup>th</sup> International Convention in Chicago, close to the site of the 1917 Convention, where Helen Keller challenged Lions to be "Knights of the Blind." We certainly enjoyed that experience, so were looking forward to this year's 101<sup>st</sup> Convention in Las Vegas, which began with four days of district governor training, led by our own PID Sunny Pulley. Conveniently, the Oregon delegation was housed in the same hotel as the convention: the MGM Grand, and it truly was "Grand," as were the keynote speakers. Nadia Comaneci spoke on preparation, training, focus and goals – all things that helped her accomplish her goals as an Olympic gymnast. We also heard Dr. Sanjay Gupta, chief medical correspondent for CNN and winner of several Emmy awards. Our final speaker was former U.S. President George W. Bush. All speakers were positive and delivered meaningful messages.

A focus of the 2018 Convention was "The Power of We," the theme for outgoing President, Dr. Naresh Aggarwal. My three fellow Oregon Governors (Dan Wolf – O; Brian Longland – E, and Phyllis Carlin – G) and I accept that challenge to do more to increase the "we" as in "We Serve."

All incoming district governors (representing over 200 countries) were inducted at the convention by our International President, Gudrun Yngvadottir, from Iceland, who is the first ever female International President. It was a pleasure to meet her husband, Jon, and her. Gudrun's motto for her year as President is "Beyond the Horizon." She is challenging all of us to reach beyond our normal comfort zone to reach out and touch others in our communities with our service.

Now that we are home, it is time to focus on our Lion Year. I encourage your input and feedback. Feel free to call, text, or e-mail me at any time (my contact information is listed below). I will do my very best to respond in a timely fashion. One of my first tasks will be to assure that training opportunities are set up for new and existing zone chairs, region chairs and club officers. I would like to work with club officers to determine how best to serve our members. I also want to continue projects already established, such as school vision screenings, help for the homeless, food banks and other community-oriented service programs. We must never lose sight of our own motto: We Serve!

New member orientations for each of the zones is another one of my goals. Of course, for that to happen, we need some new members! I am asking each of you to do what you can to bring in a new member. Remember a few years ago, when many of us were given pins stating, "Ask One"? That is a great way to start. I'm sure each of us can think of at least one person to ask! Do you have some ideas about how we can bring in more new members? Please share those with your club officers and with me. Can we increase the number of women members, and just as importantly, get more women involved in District 36R leadership? Check out the lionsclub.org/NewVoices on the LCI website. Let me know if you have ideas of how Oregon Lions can get "New Voices."

If you have additional ideas for this fiscal year, please let me know. I am available by phone or text (541-953-0990), e-mail (bachmandale1@gmail.com) and by regular mail (P.O. Box 625, Springfield 97477). I look forward to working with you this year.



## District E - Southern - South Coast



**District E Governor Column**  
Bryan Longland

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Spouse: Patti Longland

Vegas was great! 20,000 Lions from over 200 Countries with 743 incoming district governors.

Our new International President Gudrun Yngvadottir from Iceland has hit the ground running with several messages for Lions: Membership, Membership Retention, Leadership and Service to Our Communities. Gudrun asks that we reassess our service projects, explore new projects and get our new members involved.

As summer turns to fall, it's a great time for visiting clubs in Southern Oregon and Northern California. I have visited 9 clubs so far. Many towns I have never been to before. It's so exciting to meet new Lions and hear about their community needs and the service and fundraising projects to meet those needs.

September brings school screenings for most of us. This is one of my most rewarding service projects of the year. OLSHF sends a Lion to train and assist clubs doing screenings with multiple Spot cameras. We screened 182,000 children in 617 schools last year in Oregon and in Dorris and Crescent City, California, and we still have more communities to reach out to and screen.

Most clubs will be doing their signature club projects and getting Lions in the public eye. It's a good time to ask a prospective new member to help and see firsthand the joy of doing public service the Lions way.

Oregon and Northern California have had an early and devastating fire season. Many communities need help and that's where the Lions step up. Ask local motels if they can donate soap, shampoo, towels or blankets and pillows and take items to your local shelters. Ask local grocery stores for water, food items or anything they can donate to help families and firefighters at this time of need. Locally, the City of Bandon recalls the fire that started east of town and moved westward to the beach 82 years ago, totally destroying the community. Recovery took a long time.

A service project challenge by PCC Lion Rod Bach is a simple and good way to use those eyeglass covers we all have in abundance: make first aid kits. Ask local pharmacies to donate first aid supplies and at a meeting without a program, put the kits together and drop them by shelters in your area.

Upcoming dates:

November 3: Cabinet Meeting, Medford Lions  
Sight and Hearing Center, 10am.

## District G - Central - Eastern Oregon



**District G Governor Column**  
Phyllis Carlin

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Spouse: Ted Carlin

Gudrun Yngvadottir took the reins of the world's largest service organization at the Lions International Convention in Las Vegas, becoming the first female president in the 101 year history of the organization. She is also our first president from Iceland. Gudrun became a Lion in 1992 and has held many offices and received many awards, including the Ambassador of Goodwill, the highest honor Lions Clubs International bestows on a member. She is a wife, a mother, a grandmother, a biomedical research scientist, a university administrator and to top it all off, a Lion.

I ran into her in the restroom at the end of a very long day, the day before she was to be installed as our 101<sup>st</sup> president. I said to her, "You are going to do such a fantastic job." She hugged me and thanked me, treating me like I was an acquaintance, not one of the 700 plus, nameless district governors assembled at the convention for training. Herein lies her charm; her ability to make people feel special, her ability to encourage and her ability to motivate.

Gudrun's nautical theme, "Beyond the Horizon" encourages us to discover a new level of service. If every club added one new service project, as she has requested, 47,000 new horizons would be discovered and eleven million more people would be served.

The four elements of her theme are: **Moving membership forward.** "Inviting new members and keeping current members involved." **Increasing leadership development.** "Every Lion is a leader and we need to increase leadership opportunities." **Promoting the fellowship of Lions.** "Friendship is a key component of Lions. The relationships we develop are lifelong and create ties that make our service strong." And **Sharing our stories.** "Storytelling is powerful. When we share our life-changing service stories, our communities will understand who we are and what we do."

I was thrilled when she chose to emphasize storytelling. I have long believed that telling our own personal story can be a major recruiting tool. I always say that there was the day when we joined an organization and then there was the day when we became a Lion. This is the day when we first understand the concept of Lionism. It is our Lions "aha" moment. The moment when we first believe that through this vehicle (Lions) we can make a difference in our communities and effect positive change. I became a member of an organization in March of 2009 and I became a Lion in December of that same year through my participation in a holiday visitation project for seniors living alone and in isolation at Crooked River Ranch. And since that day, I have never faltered in my belief that through Lions we can make a difference.

Did you have your own "aha" moment? I dare say most of you did. Let's remember to use our own personal service story, sharing the impact Lions has on our communities, as a recruiting tool.

And speaking of service, are you aware of the five service focus areas for Lions as we head into our second century of service? They are vision, hunger, environment, childhood cancer and diabetes.

MD Global Service Team Coordinator Rod Bach has announced the statewide Global Service Projects for 2018-19. Two are coming up quickly:

October – Vision Awareness Month Distribute reading glasses to homeless shelters and food banks and Collect used glasses for recycling and deliver to OLSHF.

November – Diabetes Awareness Month Have guest speakers discuss diabetes at club meetings and Plan a District Strides Walk.

Our District G year of service got off to a great start as we donned our sailor hats for the first Cabinet Meeting and chartered our course to go "Beyond the Horizon". Thanks to the twenty-four Lions who gave up a beautiful Saturday, many traveling long distances, to attend.

## Women's Symposium Helps Women

The Third Annual Women's Symposium "Opportunities for a Better Life: Issues and Solutions For A Healthier You" was held on Saturday April 28. The daylong event was sponsored by Lions Clubs International, Lions District 36-R, and the Oregon Lions Sight and Hearing Foundation. The idea



Lion Karen Norton welcomes everyone and introduces the Keynote Speaker Bev Smith

for the event came from Lion District Governor Judy Kaufman and her committee of Lions Patty Harrison, Cecilia Urbani and Carol Casciato. Local coordinators were Lions Mary Fechtel and Karen Norton from the Eugene Downtown Lions Club. The basic premise was to present speakers to help women better understand what they need to do to stay healthy and happy. Throughout the day references were made showing how women are a big part of the Lions experience and how becoming a Lion would benefit the women themselves and the people Lions serve.

The event was held in the Wheeler Pavilion at the Lane Events Center in Eugene. Lion Karen Norton, Symposium Chairperson, welcomed everyone and explained what the Women's Symposium was about.

She then introduced the keynote speaker for the event Executive Director of Kids Sports Bev Smith whose topic was 'Being All You Can Be.' She is well known for her previous job as coach for the UO women's basketball team for eight years. Smith had many inspirational things to say. She started off with "Happiness and health and not goals, but rather are a journey. It's a pursuit to get better each day." Smith told a story about being on the National Olympic Basketball Team and that they were sure they could win; however, they were soundly defeated. She said that, instead of letting the loss weigh heavily on them, they decided to learn lessons from it and work harder to be better. Those lessons paid off the next time and they were successful. According to Bev "The difference between a goal vs a great shooter is 10,000 shots. It's an old saw, but practice (and a lot of it) does eventually make perfect."



Eugene Downtown Lions display table



Jenny Johnson, Heartfelt Guest House at Peacehealth Riverbend



Lion Dr. Craig Ford's Audiology Professionals



## To Thrive In Today's World

The next speaker was Lindy Smith (No relation to Bev) whose topic was "The Power of Movement." Instead of giving a speech about movement, Lindy started off right away getting the audience to stand up and participate in some simple stretching exercises that can be performed anytime and just about anywhere. She said, "Movement is empowering." Smith explained her story of having a mass detected in her brain through an MRI. The mass caused paralysis in her left arm and leg. Her hand actually curled up and was unable to be used. Later, a second MRI showed no change and there wasn't much hope that she would regain their use. She started serious exercise in an attempt to attain movement. Repetition followed by repetition of the exercises finally paid off and she regained the use of her limbs. That's why Smith says, "Movement matters" and in her particular case it produced incredible results.

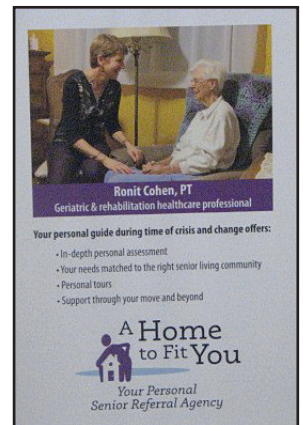


Lindy Smith gets everyone to stretch

The Event Planning Committee would like to thank all of those who participated and especially all of the vendors including those who provided many of the prizes. The list includes Audiology Professionals - Dr. Craig Ford, Cecilia DeSantis Urbani - Xyngular, nutrition and weight loss systems, Eugene Downtown Lions Club ( providing free coffee), Oregon Lions Sight & Hearing Foundation, The West Salem Lions Club, Rachel Laura - Young Living Essential Oils, Cody Freakin - Signature Services, Janet Hollander - Moving Toward Health, Lada Korol, Tranont Health, Ronit Cohen, A Home to Fit You, Boomer and Senior News, and Kathleen Gage - Power up for Profits.



Lada Korol, Tranont Health



A Home to Fit You

After the lunch, provided by Oakway Catering, Jenny Johnson, Program Director of Development at PeaceHealth Riverbend discussed the Lions involvement in the new Heartfelt Guest House at Riverbend.

The next speaker was Sloan Cameron, Martial Arts Expert, whose topic was "The Mission of a Female Power Breaker." Ending the day was motivational speaker Robert Killen, Story Advocate, who spoke of "Finding Joy."

Throughout the day raffle drawings were held for various prizes that were donated for the symposium.



Kathleen Gage, Power Up for Profits

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



# LIONS VISION GIFT

## Anna & Abby: A Love Drenched Life

We hear time and again the catharsis that donation often provides families in their time of grief. Whether it's the only decision they got to make in some course of events where they lost someone, or because of the 'legacy' of their loved one living on, families do report a sense of solace from the donation experience. It got us thinking more and more of the many forms in which we celebrate legacies. Whether we draw strength from a simple memorial we interact with each day, or are inspired to start foundations or education campaigns in our loved one's honor, these legacies do so much more than simply honor a life lost – they bring purpose and meaning to those who remain. In that vein, we'd like to share with you a very special foundation, started by a very special family, to honor two very special little sisters, Anna and Abby.

Anna and Abby weren't sisters by blood, but the way they loved – and annoyed – each other made that detail irrelevant. Abby was as proud and protective of her little sister in the way that only older siblings know, and Anna – in true younger sibling fashion – had mastered the art of annoying older siblings with their love and desire to be near... all the time. This technicality only warrants mentioning because of the unique, and heart-warming manner, by which Anna and Abigail supported the creation of their blended family. Abby and Anna's families first created Love Rocks for their parent's wedding in June of 2011.

The whole family spent weeks cutting out fabric hearts and affixing them to river rocks which were given to all the guests at the wedding, and others were marked by guests for the new family.



This is a story of legacy; and so it was that on October 20th, 2013, in the most tragic of events, Abby and Anna were hit by a car while playing in front of their house, they did not survive the accident. Circumstances allowed for Abby's legacy to begin that day with the donation of several life-saving organs and tissues as well as her corneas – a gift of life that will impact the legacies of those recipients of those around them. Fortunately, in the wake of the tragedy their family has found a way to link their legacies together forever, through the establishment of the Love Rocks Community and [Love-Rocks.Org](http://Love-Rocks.Org).

What started as a way for friends and family to honor these special girls has grown into an international movement calling on people to share love, live in the moment, and be grateful for the love that you have in your life. The website provides information on how to create your own love rocks, some ideas of what to do with them (including leaving them in public to be found by others), and stories from many people who have gained some degree of solace from the memorial. Love Rocks have since been photographed at the Eiffel Tower, The Great Wall of China, and hundreds of more private memorial spaces across the nation and around the world.

*This story was originally written by Rod Carew for the LVG Newsletter, 2/2016*

# You, Me and the D!

Hello Everyone,

Welcome to my world! Won't you come on in?

Our Lions year starts on July 1. It usually starts out slow and gains momentum as the year progresses. Car shows, barbeques, and many other club and community activities are ahead. BUT in the midst of all this busy-ness, don't forget to exercise especially if you are pre-diabetic or diabetic and the golden rules that follow will be of extreme help to you in that endeavor.

## Golden Rules

**Exercise is an excellent tool for managing diabetes. But can you work out smarter?  
Try these tips to maximize results.**

By: Kara Mayer Robinson

Getting off the couch and into the gym is a smart move when you have diabetes. Diabetes puts you at a higher risk of cardiovascular disease, but being active cuts the risk. Monet S. Bland, MS, a clinical exercise physiologist at Joslin Diabetes Center in Boston, Massachusetts, shares her top tips for exercising with diabetes.

### Log your glucose

"Always check your blood glucose before and after exercise," says Bland. "We generally recommend blood glucose over 100 mg/dL before exercise and under 250 mg/dL after."

Check with your doctor to be sure. She may adjust her recommendations based on complications like hypertension, peripheral vascular disease, advanced retinopathy, and peripheral neuropathy.

Don't just check your levels ~ jot them down, along with which type of exercise you're doing. You'll notice patterns that help you understand how exercise affects your body.

### Exercise for dessert

The best time to work out might be after you eat. "It can have a profound effect on blood glucose and counteract the effect of your meal," says Bland.

Instead of curling up on the couch after dinner, top off your meal by lacing up your shoes. Walk your dog or simply walk in place while watching TV.

### Beat the clock

Short on time? Break up your routine. "If you have 15 minutes in the morning and 15 minutes at night, that works," says Bland. If you're really squeezed for time, try chunks of 10 minutes.

Or try interval training or circuit training. Interval training alternates between short bursts of intense exercise and short periods of rest. With circuit training, you move quickly through eight to 10 exercises that alternate muscle groups. Both have powerful health benefits and can be done quickly.

### Carry a snack

Exercise can put you at risk of hypoglycemia, so always carry a snack if you have type 2 diabetes and use insulin or a medication in the sulfonylureas drug class.

If your blood glucose is less than 100 mg/dL before you work out, have a snack. If not, you can probably have one midway through or post-exercise.

"We generally recommend 15 grams of carbohydrates for every 30 minutes of exercise," says Bland. But ask your doctor which target levels are best for you.

### Strive for a healthy mix

To maximize the benefits of exercise, do a mix of cardio and strength training. Aim for 30 minutes most days of the week.

Try to do five days of cardio. Doing what you love, like walking, dancing, or swimming, helps you stick with it over time.

Add strength training at least twice a week. "Strength training helps you build muscle, which increases your metabolism," says Bland. A faster metabolism helps you burn more calories all day long. You'll be less likely to gain weight and keep insulin resistance at bay.

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

*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*

Failure is success if you learn from it - anonymous

## Keno Lions Club Celebrates Its 40<sup>th</sup> Year

The Keno Lions Club recently celebrated the 40th Anniversary of its Charter.

On June 12, 1978, 34 community-minded men signed on as the first members of the local chapter of Lions under the blessing of The International Association of Lions Clubs (now known as Lions Clubs International).

Two local businessmen, Bob Ellis and Bob Neet, spearheaded the club's formation under the sponsorship of the Dorris Lions Club.

Many memorable moments mark the path of the Keno Lions' first 40 years. Current membership chair John Kite, who has been with the Keno Lions from nearly the beginning, remembers the early comradery between the Keno and Dorris clubs.

A wager (the details of which are now beyond recall), resulted in members of the Keno club walking to Dorris while pushing a club member in a wheelbarrow.

Another notable milestone was being the second Lions Club in the state of Oregon to admit women members. In 1986, the Keno Lions inducted two women, Ruth Spiller and Jo Ellis, in the midst of a controversy: the Llyod Lions Club of Portland was suing the International Association of Lions Clubs for revoking their charter in response to the inclusion of women in their group.



Admiring a "thank you" gift is past president of the Keno Lions Club, Joe Foran, left, who was presented with it by the current president Carl Morrow.

Today, Keno Lions are proudly serving our community under the four pillars of service set out by Lions Clubs International (LCI): saving sight, supporting youth, providing disaster relief, and meeting humanitarian needs.

It currently has 28 members, and fundraising efforts throughout the year include concession sales at the Klamath County Fairgrounds during gun shows and the rock and gem show, Keno Easter Egg Hunt raffles, and the Annual Steak and Rocky Mountain Oyster Dinner which will be held this coming Friday, July 27<sup>th</sup> at 6 pm at the Keno Fire Hall.

Cost for the dinner is \$15, which includes grilled New York steak, fried Rocky Mt. Oysters, baked potato, salad, baked beans, dessert, lemonade, iced tea, and water. For tickets call 541-891-0785. There will also be a 50/50 raffle and prize raffle.

Proceeds from fundraisers and donations support Thanksgiving and Christmas food baskets for local families in need, high school scholarships, sight and hearing assistance for local individuals, Oregon Lions Sight and Hearing Foundation, Keno Elementary School projects, Dogs for Better Lives (service dogs), as well as national and international aid.

In addition, Keno Lions volunteer to serve with C.A.S.T. (Catch A Special Thrill) fishing charity for children with developmental disabilities, Keno Food Bank, highway road cleanup, and vision screening in the city and county schools.

Meetings of the Keno Lions are held at 6:30 p.m. on the second and fourth Thursday of each month in the Keno Fire Hall. Dessert is served the first meeting of the month, with a potluck held on the second meeting.

*This article was written for the Herald and News by Keno Lion Adrienne Morrow*

*Photo also by Keno Lion Adrienne Morrow*

*For more information, please visit [kenolionsclub.org](http://kenolionsclub.org) or the Keno Lions Club Facebook page*



## The Dalles Lions—We Serve!!

A few weeks ago a “call” came in from our Facebook page asking for help. The person was asked to send us an email listing what might be needed and this is what we received:

**“As I explained, my daughter had been ill with a very rare type of cancer for a long time, passing away this past Mother’s Day. She left behind my 9-year-old grandson, who now has only me. Due to the cancer, we found ourselves in financial straits. Prior to her passing, we wound up staying at the home of a dear friend who gave us a place to be until I was in a position to rent our own home. We just moved in, however, it used up every bit of my resources and then some.”**

She needed household furnishings, basically everything to set up a household, they were sleeping on air mattresses that they had to refill with air, numerous times per night.

An email was sent out to The Dalles Lions Club members, along with the local St. Vincent de Paul Society Board and I am happy to say that by next week, the mission will be accomplished! The Dalles Lions and the local St. Vincent de Paul Board furnished her home and have purchased a computer so that she can home school her grandson.

*submitted by Mike Kilkenny, The Dalles Lions*

## Scouts Thank Elgin Lions

A raft trip from the headwaters of Boise to Elgin was a four-day trip for a group of Boy Scout students. Quentin Thomas appeared before the Lions to thank them for shuttling the Scouts to the entry level and then picking them up at the completion of their trip. A total of four Scouts and five adults took the 64-mile “fun trip” along the river.

When the Lions were first approached, the group suggested that the Scouts collect eye glasses as an exchange for shuttling the trip. Quentin presented a box of 200 glasses and a hearing aid stating that he had worked to collect over half of the box.

Describing the trip, Quentin said the guide was dumped at the first protruding rock and Quentin used his skills to pull the guide out of the water.



Quentin with grandfather President Bob Thomas



Photo of Boy Scouts with glasses



Quentin displays collected glasses

Editor’s Note: I have never met Quentin and I’m so proud of him!

*submitted by PDG Gerald Hopkins*

## District G Cabinet Meeting Opens with Enthusiasm

Opening her District G Cabinet meeting, District Governor Phyllis Carlin gave a short background of her experiences. Growing up in Texas, Lion Phyllis said she still has the Texas accent, adding that "You can take the girl out of Texas, but you can't take Texas out of the girl!" The district governor then emphasized the five areas being stressed during her term: diabetes, pediatric care, hunger, vision and environment. She added that leadership development and orientation into the fold of Lions were key components for success. Lion Phyllis added that the storytelling of experiences and promotion of Lions would add to the success of the year.



DG Carlin shows off hat of the Texas Longhorns

District Governor Carlin added to her list the program of Membership Madness, which is a membership growth contest determined by how many members are gained by the club between October 1<sup>st</sup> and March 31<sup>st</sup>. The winner will be determined by members gained, taken as a percentage of the starting membership. A Central Oregon basket including lodging, golf, clothing, stationary, coffee, wine, restaurant cards and more will be given to the winning club.

The group of 25 gave a hearty applause to 1st Vice District Governor Gary Mose, as he opened up his comments by declaring his LaPine Club had added 20 members, making it the third largest club in District G. He challenged others to add membership through a series of activities meaningful to all.

Lions PCC Bev Bridgewater, PCC Steve Oliver and PDG Debi Castor shared a District G strategic work plan for the year, and PDG Castor outlined a developmental plan and monthly service project areas of distributing glasses, diabetes awareness, food drives and cancer awareness month. PCC Bridgewater outlined workshop for "Lions New Century Leadership" with sessions October 6 in La Pine and The Dalles on October 13.

Environmental Chair, Lion Ted Carlin, also introduced a contest to all members to send in photographs emphasizing the beautiful and majestic scenery of Oregon. He also listed various projects which might be done under the heading of environmental projects and encouraged members to send him a story which might be included in the *Oregon Lion*.

News stories were also emphasized by Publicity Chair, PDG Gerald Hopkins. His goal, he stated, is to have every District G club send one story to the *Oregon Lion*. The names of the clubs would be listed.

Under Youth Activities, Hopkins shared a page of possible projects, but asked those attending to come up with other suggestions. One given was a 90 second video description of personal youth activities as a contest for high school students. The group agreed to organize the contest this year. Prizes will be determined.

Announcements included the Crooked River Ranch Lions' Cowboy Chili Cook-off and Western Hootenanny September 2 for a cost of \$20 for the concert and ten tastes of chili. Western Entertainer of the Year, Juni Fisher, will be featured as well as the Opal Springs Boys and Jay Statham and the Tokie Show.

*submitted by PDG Gerald Hopkins*



## Myrtle Point Leos “They Serve”

The Myrtle Point Lions Club is very proud of their Leo Club members under the direction of Trudy Sefers. This past year they were very busy serving the community. The Leos started by donating over \$700 of supplies to the Coos County Animal Shelter and Friends of Coos County Animals. The funds were raised through the club's annual can drive. The Leos also participated twice last year in beach cleanup in Bandon.

To kick off the holiday season, our Leos had a float in the Christmas Lights the Night parade. With the help of the Myrtle Point Lions, the Leos provided Breakfast with Santa and Mrs. Claus. Not only did they serve ham, eggs and pancakes, they also provided various craft making projects. Parents and kids had a really good time.

After helping the Lions Club with stuffing eggs and running the local Easter Egg Hunt, Myrtle Point Leos set up and ran a day camp of activities and crafts for local children. They called the event “Spring into Action”. Then, the Leos headed up a town cleanup on Earth Day. In May Leo members again helped the Lions club in presenting information and flags to our school's first graders.



The Myrtle Point Leos helped with the beach cleanup in Bandon. The Leos are always ready to help, rain or shine, and the sun was definitely not out during the clean up on Saturday.



A couple of special guests, Bunny Mic and Matthew, joined the winners of the Myrtle Point Lions Club Easter egg hunt.

Following is an article that was in our local newspaper. It pretty well sums up our Myrtle Point Leos:

### Leos Donate \$300 to FIRST

On Wednesday, July 18<sup>th</sup>, members of the Myrtle Point Leo Club Sydney Sefers and Kayla Simons, with Trudy Sefers, presented Debbie Martin \$300 to be used towards the F.I.R.S.T. Reading program.

Martin had the following to say about the donation:

We, the citizens of Myrtle Point, are very lucky to have amongst us, an extremely special group of young people who are dedicated to making our community a much better place. Thanks to the

Myrtle Point Leos, many other organizations have benefited from their hard work and generosity.

Under the leadership of Trudy Sefers, they have put in many days and hours helping others. The Leos receive no pay for their service. They deserve some recognition and our thanks for being such an out-standing group of young people.

So, here's to you all – Caden Ashley, Rosa Jimenez, Jocelynne Tams, Evan Melton, Sydney Sefers, Jacob Dunn, Nikki Leep, Hailey Waterman, Emily Wright, Kayla Simons, and Mik Alker. You all are greatly appreciated!!

Debbie Martin  
Friends Inspiring Reading Success Together  
Great jobs, Leos!!!!

*submitted by Kathy Howard, Myrtle Point Lions Secretary*



## Multiple Thanks to Lions

The Elgin Lions heard three testimonies of appreciation from recipients of service. The first comment was from Lions Bill and Carol Hall. Bill had won first and sixth place on the Duck Derby during Riverfest. The couple decided to donate the funds back to the club in honor of Carol's



mother, who happened to be blind. Carol noted that the Lions had come to their home when she was ten years old, and donated food to the family. After asking her mother why they did it, the mother replied, "That's what Lions do." Carol said she had always remembered and wanted the refund to be tagged for vision and hearing.

The club also received the following thank you notes:

*Dear Elgin Lions Club,  
Thank you so much for volunteering your time to the Walk-a-thon. The kids were*

**Lions Bill and Carol Hall present check to Treasurer Lezlie Reid**

*able to raise nearly \$1500 towards school projects, which wouldn't have been possible without your help and words of encouragement. Tom Sorensen*

*Dear Lions,*

*We would like the Elgin Lions Club to take the money that we got on the three awards we won at the Car Show and donate it to the club. We had a great time at the show and it would have been better if the weather was better. Maybe next year. Thanks again, Keith and Janet Jenson*

*submitted by PDG Gerald Hopkins*

## Central Oregon Lions Recognize the Work of Dr. Todd Landsberg

"I am amazed your club did this for me, it is very special and a first for me" said a smiling Dr. Todd Landsberg.

On August 3, 2018, the Bend/Sunrise Lions Club presented a Helen Keller Benefactor award to Dr. Todd Landsberg during his latest visit to Central Oregon for another highly successful ROAR Mobile program. Dr. Landsberg has been doing the ROAR program for several years, but only started it in Central Oregon about 1 year ago. For those who are not aware of this program, Dr. Landsberg drives to Bend from his office in Coos Bay.

The clients he sees in Bend (from all the surrounding clubs (Crooked River Ranch, Prineville, LaPine, Three Sisters, Madras, as well as Bend) are very grateful to the doctor as well as the Lions from District G. The Lions from our district are really happy to assist the doctor and see the joy the clients show when they are able to hear or hear better than they have for many years.



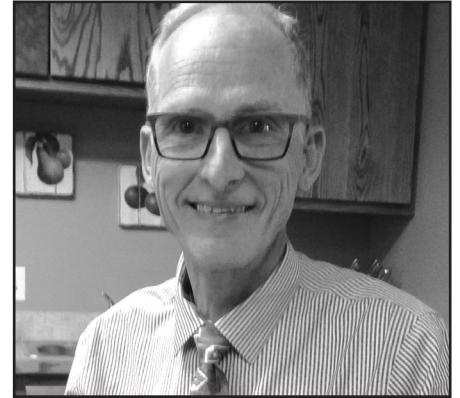
**(l-r) Lion Russ Chase, Sight and Hearing Chair; Lion Dr. Todd Landsberg; and Lion John Pasma, Secretary Bend/Sunrise Lions Club.**

*submitted by Russell Chase*

## Dr. Daniel Beckner, Partner in Optometric Care

Dr. Daniel Beckner, with Apple Eyecare, is the third Lion partner working with the Blue Mountain Community Eye Clinic located at the Center for Human Development. The clinic has been recognized through the International Lions Association as one of the outstanding Centennial projects supported by the Lions International Foundation. Beckner, a member of the La Grande Lions Club, estimates that approximately 20% of the adults in Union County live near federal poverty level and the clinic was established as a model to service those individuals. "It's fun to meet the new patients," Beckner stated, "and most wouldn't get an eye examination any other way." Beckner has a strong interest in macular degeneration, stating it is the leading cause of blindness for those 55 years and older.

Beckner was born in Ft. Benning, Florida, but attended school in Lookout Mountain, Georgia. Attending a parochial high school, Dan found that it was not an accredited school, and earned his high school diploma through the GED program. He graduated from Walla Walla College with a degree in industrial arts education, but decided to attend Pacific University where he earned a doctorate in Optometry. He stated that he had to go back to school for science classes since education and optometry had two different fields of science.



Dr. Daniel Beckner

Moving to Union County, Dan and his family settled into HUD housing in Elgin. Eventually, he borrowed \$6,000 from his father-in-law to move into a single wide 10' x 50' travel trailer, which was built the same year Beckner was born.

Dan and his wife, Barbara, "started the eye care practice cold, I couldn't have done it without her. She was so good." After six months, another employee was hired in the facility. In 2001, the facility expanded with three new examination rooms. In 2010, the industrious physician built a new office area with six examination rooms. Beckner was at the forefront of research when he noticed that patients taking the natural substance of lutein often improved in vision. "I recall in 1997 that a lady came in with 20/50 vision and macular degeneration and after recommending lutein, she came back in three months with 20/30 vision. In 2013, the medical association recommended lutein to help patients with visual problems.

Beckner had moved to La Grande to be closer to the family. But the area has suited his hobbies which include berry farming (blackberries, raspberries, blueberries), canoeing, camping and traveling with his ATV. He also enjoys time with his two sons, Roger and Bradley, and his grandchildren.

*submitted by PDG Gerald Hopkins*

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## Lions Help with Watering



Daniel Bolen, Future Farmers of America Advisor, and Ashley Gentry, District Secretary for Tri-counties, appealed to the Elgin Lions for help in watering plants along Elgin's main street. Several Lions signed up to help with the summer project.

*submitted by PDG Gerald Hopkins*

# Paying Tribute to a Lifetime of Service



**Left to Right: Brookings Harbor Lion Joe Donahue, OLSHF's Timothy Young, Liam Christensen, and Patricia Walker**

In our recently released 2017-18 Annual Report we announced the milestone of screening one million Oregonians for health issues since OLSHF began screening in 1994. We celebrated the achievement with our “cover story” of hitting the milestone at Kalmiopsis Elementary School in Brookings last fall. As excited as we were to share the milestone with our supporters, we were equally saddened by the news of the passing of Brookings Harbor Lion Joe Donahue (pictured, left) who played a significant role in the school vision screening at Kalmiopsis in October.

In fact, Lion Joe has played a significant role with the Brookings Harbor Lions over the course of the past 30 years. *“Lion Joe was our Sight Chair and was very involved with the program and worked closely with the school nurse for follow-up with children who needed further care”* said Brookings Harbor Lion Wes King. *“One outstanding Lion”.*

Sadly, we lose too many outstanding Lions like Joe each year and in turn we lose their contributions to Lions Service in MD-36. To pay tribute to those that we will not see and interact with again, many MD-36 Lions choose to honor the departed with Memorial gifts to the Foundation.

OLSHF Past Chair Sharon Rollins tells us *“Dale and I feel that a meaningful way to honor the memory of a loved one, or the service of a fellow Lion, is by making a contribution in his or her name to OLSHF. Our contribution is increased in amount by the wise investment of funds and will make a difference in the life of a community member in need of vision or hearing assistance.”*

Making a Memorial gift to honor Ray Andrieu in 2017 *“was our way of honoring Ray and trying to keep the spirit of Ray’s Service alive”* Said Central Lion Rod Bach. *“Debbie and I feel very strongly that a Memorial gift to the Foundation is the best way we know to honor a Lion for their years of Service and helping others.”*

Helping others is the trademark of Lions like Joe Donahue and thousands of others like him here in Oregon and northern California. We are grateful to all of our donors that pay tribute to these great Lions and encourage you to consider also making a Memorial gift to honor those that are no longer with us.



**Red Rowley**  
Board Chair



**Doug Thompson**  
Executive Director

**Please see page 19 for  
Lion Dr. Gerald Hopkins’ thoughts  
on making gifts to the  
Foundation - Thank you Gerald!!**



# GIFTS & MEMORIALS

**Contributions list includes gifts received July 1, 2018 to Aug 15, 2018. Thank you to each and every donor!**  
**If you have questions about donating, our programs, or how you can volunteer, please contact us at [Info@OLSHF.org](mailto:Info@OLSHF.org).**

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### **Anniversary of Lee &**

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### **In Honor of Dist. R Cabinet**

### **Members**

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### **In Honor of Letty Hill**

Merrill Lions Club

### **In Honor of Keith & Ann**

### **Warren**

Dr. Gerald & Mary Martha  
 Hopkins

## **MEMORIALS**

### **In Memory of Sandra Ashcraft**

St. Helens Lions Club

### **In Memory of Joe Donahue**

Brookings Harbor Lions Club  
 John & Areta Schock

### **In Memory of Pam Jordon**

St. Helens Lions Club

### **In Memory of Freda Koch**

Robert Koch

### **In Memory of Bill Neuner**

Pat Neuner

### **In Memory of LM Reese**

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# LERC Partnership Benefits People of Ecuador

Because of the work of Lions, we collected over 200,000 eyeglasses this last year and distributed over 47,000 pair of used eyeglasses to help people in developing countries.

## A letter from Carol Mayer at Global Health Outreach, one of our LERC partners:

*"Thank you so much for your partnership in the GHO trip to Riobamba Ecuador this past June.*

*Your team's support made such a difference for so many people that came to the clinic. Due to your support, the quality of life was improved for the men, women and children of those villages.*

*The sunglasses were so needed. With the altitude so high in the Andes and the sun so strong, the majority of the population had pterygium. Although the sunglasses are not a cure, they help slow down this disease and can help prevent it in those who so far do not have it.*

*Thank you again for all your help and support. I'm including a few pictures of the team and the clinic. I so appreciate the work of the Lion's club and continue to talk to friends and neighbors about the importance of donating their old glasses to your organization."* - Carol Mayer



## ROARmobile Event

**Roseburg - July 20, 2018**  
5 People were helped, 9 hearing aids were fit.

1. **Golda Mellor, Myrtle Point Lions Club.**  
Before the client was fit with aids: "Nobody comes to see me anymore because I can't hear them."  
After being fit with aids: "Now I can go play Bingo!"
2. **Anna Marie Smith, Sutherlin Lions Club.**  
Before the client was fit with aids: "It's awful when you have to pretend to hear people."
3. **Diane Manking, Myrtle Creek Lions Club**  
After the client was fit with aids: "WOW! I am going to cause trouble now!"
4. The prestigious "Helen Keller" Award was awarded to **Dr. Todd Landsberg** in recognition of his outstanding service and tireless efforts to help people in need in central Oregon.



# Important Upcoming Events

**Liberty Mutual Invitational - September 24th, 2018**  
**Gala - November 10th, 2018**




Thank you to the following Lions Clubs for sponsoring a hole at our upcoming Liberty Mutual Invitational Golf Event:

- Bend-Sunrise Lions Club
- Central Lions Club
- The Dalles Lions Club
- Eugene Downtown Lions Club
- Grants Pass Lions Club
- Hood River Lions Club
- King City Lions Club
- Madras Lions Club
- Oregon City Lions Club
- Tualatin Lions Club

*There's still time to sponsor! Sponsorships are available for as little as \$100. Contact [nick@olshf.org](mailto:nick@olshf.org) for more info.*

Presented by:  

Oregon Lions  
Sight & Hearing Foundation

Save the date

2018 *Gala*  
dinner & auction

Nov. 10th, 2018  
 The Elysian Ballroom | 918 Sw Yamhill St.  
 For more information, please contact  
[Gala@OLSHF.org](mailto:Gala@OLSHF.org)



Keith Price, Denise Lukens, and Melinda having a great time at last year's at Gala!

## PRIDE News



Some of our **PRIDE** members are OLSHF staff!  
 Staff member Kaitlin Anderson shared "I became a member of the PRIDE to help support my fellow community members. I've always wanted to help those that are less fortunate, and now I can help twice-fold!"

**So what are you waiting for?**  
 We invite you to join us - and to join Kaitlin - as one of our members of PRIDE

## "Why Make Gifts to the Foundation"

A child without vision  
 A child who needs the care,  
 The Foundation is there to offer help  
 How exciting a chance to share!

A patient needing surgery;  
 A patient who looks to hope,  
 The Foundation is there to offer help:  
 How exciting to help them cope.

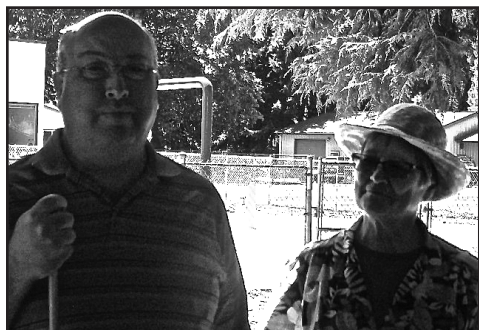
Roar! Hearing assistance for care  
 To those needing a helping hand,  
 The Foundation might be that hope  
 Reaching across this beautiful land.

Community health events galore  
 Vision services from fields to shore,  
 Through the Lions Hearing Foundation  
 How exciting to contribute more!

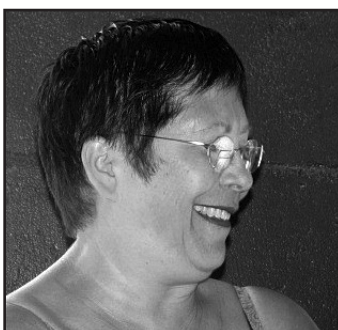
- Dr. Gerald Hopkins  
 Elgin Lions Club

## A Perfect Day to Start a New Picnic

The Eugene Downtown Lions Club in conjunction with the Oregon Commission for the Blind sponsored their annual picnic for visually impaired members of the community at Emerald Park in Eugene on Saturday July 21<sup>st</sup>. There was a significant difference this time because the picnic is now called "The Pat and Annie Picnic for the Visually Impaired." The name honors two Eugene Downtown Lions. Pat Richardson can be described as a very dedicated and active Lion whose blindness never interfered with her participation in Lions activities. She also was very active in the blind community and the Oregon Commission for the Blind. Pat's daughter, Kat Chin, attended the picnic to honor her mother and reminisce about our good times with her mother. Pat would be continuing those activities if it weren't for having to deal with the ravages of Alzheimer's Disease. Annie Harris was legally blind and her vision continued to deteriorate as the years went by. She was a dedicated Lion who also never let her impaired vision nor her short stature deter her from her activities as a Lion. She and Pat were buddies who, over the years, also paired up to sell tickets for our annual raffle. We lost Lion Annie this year to cancer.



(l-r) Mike Thomas and Robin Illers from the Commission for the Blind introduce themselves as they thank everyone for attending



Lion Pat Richardson's daughter Kat Chin thanked everyone for attending the picnic.



Great food and great company

The Lions provided rides for any of the guests who needed transportation to and from the park. The weather was perfect, sunny and warm with a nice breezy. About 50 people attended the picnic including the visually impaired guests and their friends or family, members of the Eugene Downtown Lions Club and representatives of the Oregon Commission for the blind. Robin Illers, Rehabilitation Instructor, from the Oregon Commission for the Blind brought a table full of informative pamphlets and other items. After 34 years with the Commission for the Blind she is retiring.

The food, consisting of fried chicken, potato salad, macaroni salad, coleslaw, rolls, watermelon, and refreshments, tasted great out in the open air of the park. The attendees lined up and filled their plates with the delicious food. The time was well spent meeting and getting to know the guests and Lions. The group varied from those with some visual impairment to those who are totally blind. Some had their guide dogs with them. This is the third year of the picnic after a hiatus of several years and we look forward to getting together again next summer.



A guide dog rests while waiting to go back to work



Robin Illers from the Oregon Commission for the Blind chats with others at her information table



(l-r) Lions Diane Landon and Teri Yerton help serve the food.

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



## Is Your Lions Club Green?

Road clean-ups, recycling cans and bottles, cleaning off and painting over graffiti, maintaining a park, pruning, cutting limbs and falling trees, checking smoke alarms, home safety inspections for seniors, maintaining your Lions clubhouse and property and even taking up the battle against straws and plastic bags.. These plus many, many more are environmental projects that MD36 Lions Clubs do on a yearly basis.



Somehow I have been classified as the Environmental Chairperson for MD36 for 2018-19 and, because of this, I would like to identify all the environmental projects that are going on with Lions Clubs. As you know the environment is an area of emphasis for Lions Club International, and I am sure we do more than our part here in Oregon.

Please send me a list of any projects you do that relates to the environment (email at the bottom of this article) and also any photos of your club at work on an environmental project. I would like to publicize these photos and activities in future *Oregon Lion* magazines so that we can share ideas and maybe encourage other Lions clubs to try new projects.

In addition, since inside of MD36 and Oregon the environmental scenery is so beautiful and majestic, I would like to hold an Outdoor Scenery Photo contest, with the top five pictures being shown at the MD36 Convention where they will be judged for the most beautiful scenery photo by a MD36 Lion.

Stay tuned for more on the environment in future editions of the *Oregon Lion*. This would be longer, but it is time to go to Lions road cleanup here at Crooked River Ranch.

*submitted by Ted Carlin, MD36 Environmental Committee Chair  
Vptcarlin@yahoo.com, 541-604-4054*



**Crooked River Ranch Lions Ben Johnson and Bob Bengtson find many treasures along with trash during one of their numerous road cleanups throughout the year.**

## District G Workshop Focuses on New Century Leadership

The Lions of 36G will hold a workshop for Lions officers and members called "LIONS NEW CENTURY LEADERSHIP". GLT Bev Bridgewater states, "We are a 100-year old organization that needs to perform all aspects of club membership in a way that moves Lions forward. We have young business leaders working side by side with the newly retired, all mixed with our Lions core. This is a challenge that we, as leaders, must undertake to keep our clubs thriving in this complex society."

Joining her in presentations will be DG Phyllis Carlin, PCC Richard Smith, PDG Vicki Smith, PCC Steve Oliver, – wait, erase those titles. It's Phyllis, Richard, Vicki, Steve, Debi, Gary, Sue, Trudy, Kristen, Tim, Gerald, and likely others.

Clubs should plan now to send 3 - 4 members to this workshop to get the best effect. There will be breakouts, so you won't be able to attend all the sessions. Club officers will have 90 minutes to specifically focus on their own office. Lions should bring electronic devices as there will be several sessions that use online activities.

The workshop will be held in two locations – October 6 in La Pine and October 13 in The Dalles. Each workshop will start at 9 am and end at 4 pm. Lunch, beverages and snacks will be provided. There is no cost for this workshop.

Information and the agenda will be sent to the clubs and officers in District G as soon as finalized. For now, mark the dates on your calendars and start planning to attend this exciting workshop.

*submitted by PCC Bev Bridgewater*

## LCIF Responds with Changes to the Lions Quest Program

Two major changes are taking place with the Lions Quest program. If you are not familiar with Lions Quest, it is a program run by Lions Clubs International Foundation (LCIF) and is designed to create positive youth development across all grade levels, K-12. Its purpose is to help meet the needs of youth at all grade levels. Skills for Growing is designed for Grades K-8. The high school component is called Service Learning and is community service oriented which should sound familiar to any Lion.

Skills for Growing will be out in a newly revised edition this fall. It aligns more closely with the K-8 school curriculum and offers more flexibility for a variety of classrooms. The Lions Quest Grant program has been updated to make it easier for clubs or districts to use.

Lions Quest is printed in 36 languages and used in 85 countries around the world. In MD36, Lions have received 4 grants the last two years for training and the purchase of materials for schools. Lions Quest teaches students how to make responsible decisions, set goals, be accountable for their actions, resist peer pressure and engage in community service.

LCIF provides grants for training individuals using Lions Quest. These grants can also provide students with materials for about 3 years as well. LCIF has responded to needs of Lions and made several changes in funding the grants:

1. Funding has been raised on all grants to allow Lions to support higher quality programs and implement those programs;
2. Community Partnership Grant amounts are now \$15,000. Districts 36-0, 36-R and 36-E have made use of this grant. The new \$15,000 is still available for District 36-E; and
3. The Core 4 Lions Quest grant is now independent. The new "Lions Quest Grant" has additional funding for local Lions clubs or districts. Districts can now apply for a \$50,000 grant and Multiple District \$150,000. The local match of 25% is still required.

Oregon MD36 has sources of local matching money through the commitment of two endowments who support youth programs across the state. In addition, ballot measure #108, passed two years ago, has funds not only for programs such as Lions Quest, but also for schools to add physical facilities.

*submitted by MD36 Lions Quest Chair, PDG Jim Jagers*

### Elgin President Bob Thomas recognizes his board with gag gifts



(l-r) Bob Thomas, Lezlie Reid, John Braughton, Kathy Oliver, Everett Grandeen, PCC Steve Oliver (kneeling Jared Rogers)

### Lions Helping Lions

Lions Linda and Jim Johnston had to make a quick move from their house. Calling on the Elgin Lions for trailers and assistance, some Lions came to the rescue. The Johnstons wanted to share their appreciation by holding a barbecue and their cake expressed their feelings.



*Both articles submitted by PDG Gerald Hopkins*



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Leah C. Hawes  
Date  
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# Membership Focus: Students & Leo Lions

## Brookings-Harbor Lions Club Legacy Project Attractions

In the beginning of 2017, our club started the first of our Legacy Projects by adopting and maintaining Oasis Park on the main street in the heart of downtown Brookings. As part of reviving the park and adding new planting, our club installed an LCI emblem etched into a redwood plank and a popular pop-up free library. Our enticing new feature is a “Take One, Leave One” community art exchange in the painted rock garden area. Members of Brookings Oregon Painted Rock group create seasonal images on rocks for people to take home and inspire them to return with a colorful new creation of their own.

This spring, through our on-going Kans 4 Kids recycling fundraiser, we were able to complete a second Legacy Project. The club installed a fiberglass Lion drinking fountain at KidTown in the local Azalea Park. The fun Lion was an instant hit with the kids.



Oasis Park: Community Painted Rock Garden  
(photo by Brookings Painted Rock group)

Photo to Right  
KidTown: Lion Fountain  
with Lion Jenna Willis  
(photo by Lion Joan Willis)



Oasis Park: Pop-Up Library  
(photo by Lion Jenna Willis)

*submitted by Joan & Jenna Willis*