

January 2018



From DG Harry's pen

So, with this time of the year coming round again, it is time to make some resolutions.

What are yours going to be? One of mine is to complete tasks that I dislike sooner rather than later. Someone once told me to time the tasks I dislike and then try to justify why I keep putting that task off. For example-it only takes approximately five minutes to send a short reply to an email. I have been known to put it off for eight or more hours.

Another resolution that I would like each of you to make is to invite one person a week to join your Lions Club. If we all do this, we could increase our numbers and our services. We think about "doing" it, but if we each just "do" it on a conscious level, we could make a difference. That person we ask does not necessarily have to be someone we know well, but it could be a person we come in contact with, for example, the teller at the bank, the dentist or doctor, the teacher or coach, the neighbor's relative.

We do not know who will make a good Lion, but everyone deserves the chance to become one and the only way that can happen is--they need to be asked. So commit with me to make a resolution to ask another person weekly to become a Lion.

HAPPY NEW YEAR, everyone, I hope you had a wonderful holiday and that you are looking forward to great 2018 full of fun projects and opportunities. I know that many of you spent a portion of the holidays serving your communities is various ways with special Christmas parties for our seniors, food and toy drives for the less fortunate, and generally making things brighter and better for your communities. Thank you for your service and all that you do.

The next six months are going to be very busy months with district conferences and club officer elections. I encourage you to help your new officers as they are elected. I also ask you to encourage the officers for the next year whether they are first time officers or repeat officers to attend officer training presented by the district. There are many update & changes that makes a difference in the way we report club activities and membership.

Reminder to join in the Worldwide Week to Fight Hunger

Nearly 800 million people go to bed hungry every night. This January, join Lions around the world for a special Worldwide Week of Service dedicated to eliminating hunger in your community. This international event is a great opportunity to support our new global service framework, and our goal of serving 200 million people per year by 2021, by relieving hunger in your community.

Host a project to fight hunger in your community during January 8-14. Help stock a local food pantry, bag school lunches or distribute food to those who need it most. No matter how you choose to serve, be sure to join us for this Centennial service event!

Join Lions for the Worldwide Week of Service to Fight Hunger.







1st VDG Lyndon Harriman

Looking Back and Looking Ahead

While basking in the glow of the recently passed holiday season, it is a great time to reflect on our successes and opportunities to further improve ourselves and our clubs. Almost every Lions club celebrates the holidays with a Christmas dinner, an opportunity to enjoy one another's company and companionship. This fete' allows each club to review its goals and laud its accomplishments.

The start of the New Year is the perfect time for clubs and individual members to make resolutions for improvement in 2018. Every member should resolve to invite at least one new person each month to a meeting to expose them to what Lionism is all about. Our individual goals should include the successful induction of at least one new member during the remainder of our fiscal year, which ends June 30, 2018. Further we should all resolve to step up our involvement in our clubs by volunteering to help at work parties, chair a committee, or run for higher office. Lions Clubs have a huge impact on the local communities. Let's see this impact grow through our increased involvement and commitment to our organization. Here's to a successful 2018!



January 2018



MEMBERSHIP NOTES

Now, starting the 2018 year, we are putting the 2017 year behind us as part of our past. We now continue to move our lion's efforts toward the future. Many hearts and individual's futures we touched with our giving of ourselves and the humanitarian aid in 2017.

December was a busy month for giving, sharing, reaching out to your community and gifting to those less fortunate. Looking to the future of our organization be on the lookout for those that you have seen that enjoy helping others and have the same heart as big as yours. These are the types of people, humanitarians that will lift our Lions communities and move us forward.

We are very proud of the efforts of our District. Ours membership has shown the fewest drops in many years and appears to be moving toward growing. Though sad to say we have many clubs under the charter number of 25. We hope with some effort we may be able to create a spark that will ignite in our District E membership and increase our gain.

Keep up the boundless efforts and keep "Asking".

As I have stated before MD19 is again stressing the Spring Forward Program for growth. This year our clubs are doing a great job of bringing in new members. Keep looking for new ways to keep everyone involved and visible in your communities.

In February we will be having a workshop in Cheney, WA. We have invited PDG Ronnie Martin, from Texas, to help in the construction of a new club. We invite all interested lions to come to this workshop not only to help with our efforts but to learn the process and extend our humanitarian efforts. We are looking at February 25. We know it is a busy weekend for some but great learning experience for our lions.

On another note Membership chairs please take a few minutes to view this web page. http://123md19.org/ A video for your club can be put together with a USA or Canadian version.

Have a promising New Year,

PDG Brian Ross GMT 19E





SAVE THE DATE

District "E" Spring Conference April 20th -22nd, 2018 will be held at the beautiful Coeur D'Alene Casino Resort Hotel. Get your Registration form in NOW. We have a lot planned; just take a look at some of the events we have lined up for you.

LEADERSHIP 101

Are you interested in attending the District Leadership 101 Class on Friday morning, April 20th, 2018? We still have spots available if you are interested. Do you want to be one of your club officers or be a Zone Chairperson or maybe a District Governor?

For information and registration form please contact District GLT/PZC Lion Ed Brandstoettner at brandsen@comcast.com or 509-467-0360 (H)/ 509-850-1126 (cell).

CLUB OFFICER TRAINING

Club Officer Training Classes will be held on Saturday, April 21st.

- 11:00 -11:45 a.m.
 - Club President & Membership Director
- 2:00-3:45 p.m.
 - Club Secretary & Club Treasurer

CONTEST & AWARDS

Lion Elaine Cook is your Contest & Awards Chairperson and she is looking for some very talented Lions to participate in the Contest & Awards program, but you have to sign up and let Lion Elaine know that your club or club members are interested in this event. Contest & Awards will start Friday Night before Fun Night. Please let Lion Elaine know if you or your club is interested in participating by calling her at (509) 765-2538 or e-mail her at kcook12@roadrunner.com Get your registration form mailed in to PZC Lion Lonnie so you or your club can participate in Contest & Awards.

FRIDAY FUN NIGHT

Now it is Party Time!! Think future, space ships, etc. Get ready to have fun with Games, Costume Contest and much more. So get your conference registration mailed into PZC Lion Lonnie Morse as soon as possible.



January 2018



FRIDAY NIGHT BBQ

We will be offering a BBQ Dinner out in the Courtyard on Friday April 20th, 2018. Just to make your mouth water here is some of the items that will be at the BBQ Buffet; Grilled Burgers, Smoke Sausages, salad, cornbread, beans and chips. Yummy!

SLOT TOURNAMENT

After the fantastic BBQ there will be a Slot Tournament, so be sure and get your rewards card after you pick up your registration packet. This is a MUST for you to participate in the slot tournament.

So get your registration in to PZC Lion Lonnie Morse, you don't want to miss this conference.

RAFFLE

The Coeur d'Alene Lions Club is in charge of our Spring Conference Raffle. Be sure and let PDG Lion Ken Cook know by calling him at (208) 765-2538 or e-mail him at kcook12@roadrunner.com Bring a raffle item or sending money for them to buy a raffle item. Get your registration mailed in today

COFFEE DONATIONS

Please help out by having your club make a coffee donation. We are asking all clubs to make a \$25.00 donation to the Spring Conference. Your club name will be on display by the Coffee Station and will be mentioned in the Conference Program.

Get in touch with PZC Lion Lonnie Morse by calling him at (208) 777-5157 or e-mail him at lionlonnie@gmail.com if you are interested in making a donation.

DIABETIC FINGER STICKS

We will have Nurses at our Diabetes Awareness Display Table, so stop in and find out what your blood sugar count is.

<u>NWLERC – EYEGLASS RECYCLING</u>

Be sure to bring your eyeglasses in for recycling to the District Spring Conference, during the weekend of April 20th – 22nd, 2018. Just think you are helping another person in this world help see again. If you have any questions about Eyeglass Recycling please feel free to get in touch with Lion Joy Otis by calling her at (509) 251-2174 or e-mail to: joy@frpfinancial.com. But you have to fill out and mail your registration in today; don't miss out on this fantastic Spring Conference.







SHADLE NORTH LIONS CLUB



(Left Photo) President Dan Cummens, Treasurer Tammy Callahan, District Governor Harry Lippincott, Zone Chair Roger (Santa) Schramm and Alice Busch from Parks and Recreation. Club raised in excess of \$5100.00 during the paddle raise at our recent Crab Fest. All funds were donated to Powderhounds a program for handicapped individuals put on by the Spokane Parks and Recreation dept.

(Right Photo) District Governor Harry Lippincott inducts 3 new members. Pictured are David Raska-new membr, Bob Yeoman- Sponsor, Doug Burke- Sponsor, Brian Munson -new member, Michael Robinson-new member, Mark Schafer-sponsor



DG Harry presents Lion Kevin Lake with service pin award for 20 years as a Lion DG Harry presents Lion Gary Bumgarner with service pin award for 50 years as a Lion DG Harry speaks to the Spokane Shadle North Lions as wife Janette listens.







WASA LIONS CLUB WINTERFEST









January 2018



Membership Matters-DG Harry

I "borrowed" this from a District 201 (Australia) Lions Newsletter. I think it is appropriate for our District 19E consideration. It was presented by Keith Fagg, the ex mayor of an Australian town and is very thought provoking. The article goes on to say Mr. Fagg is a qualified Department of Justice mediator, runs marathons for fun, and has many business qualifications. He challenged us as to whether we (Lions that is) are "Professionals" or "Amateurs". Keith says "Culture eats strategy for breakfast". Get the culture of the Club right, and suddenly the strategies will work.

Let us look at Professionals versus Amateurs.

Amateur Professional

Knows it all Always learning

Makes excuses Makes a difference

Blames others Personal accountability

Someone else's problem Helps find solutions

Is an individual Is a true team player

Makes emotional decisions

Makes business decisions

Dwells on the past Looks to the future

Keeps their knowledge Teaches others

Everything is acceptable Sets high standards

Energy vampire (Oxygen thief) Always positive

The word Club starts with "C". A club that is professional should be:-

Can-do Canny Cheerful

Collaborative Committed Compassionate

Consistent Contemporary Constructive

Creative Credible

Give it some thought. We would be wise to take heed.



January 2018



DIABETES AND THE NEW YEAR

Each year millions make New Year's resolutions and among those making resolutions are for those with diabetes and prediabetes. This month's article will focus on tips and information that will hopefully help not only those with diabetes and prediabetes, but for those who have friends and family who live with the effects of diabetes and prediabetes. The Joslin Diabetes Center has the following suggestions for annual goals:

- See your doctor 2 to 4 times a year
- Follow your schedule for checking blood glucose levels
- Follow exact instructions for every diabetes medications you take
- Know and keep these numbers in check: A1C, blood pressure and cholesterol
- Get a renal function test and microalbumin test each year
- Get moving. Any form of physical activity is a step in the right direction
- Create a well-balanced meal plan with your diabetes educator
- Have a yearly eye exam
- See your dentist twice a year
- Get a flu shot in the fall
- Always be prepared for a low or high blood glucose reaction know the warning signs Further, the Joslin Center has the following daily goals:
- Check blood glucose X times a day (depending on what your physician suggests)
- Take all diabetes-related medications
- Examine your feet for cuts and sores
- Bathe with mild soap and lukewarm water
- Brush and floss your teeth

Tyler Stevenson of <u>www.diabeteshealth.com</u> has the following suggestions for New Year's resolutions and diabetes:

- Find a new snack that's low in carbohydrates and calories
- Do more cardiovascular exercise
- Make a schedule
- Learn to cook at least one diabetes-friendly meal
- Search out one new tip or fact about diabetes every week
- Keep your A1C between 6% and 8%

Have a Happy and Healthy New Year!

Lion Doug Callahan, DBA District 19E Diabetes Awareness Chair



January 2018



Lions Club International Foundation LCIF

One child loses ability to see every minute, that is half a million children a year that lose their sight. In an effort to prevent this unnecessary suffering LCIF and the World Health Organization (WHO) launched the first ever initiative to combat child hood blindness in 2001.

Since that time 45 needs based pediatric Lions eye care centers in countries around the globe have been established or strengthened. These centers are aimed especially at delivering preventive, therapeutic and rehabilitative eye care services for 140 million children.

LCIF has given SightFirst grants totaling nearly \$7 million, divided among six WHO regions where the eye centers are located. During evaluations each region showed that they were significantly closer to achieving the goal of fighting avoidable childhood blindness. Due to this success, a second phase of the project will provide additional support to 10 of the centers and establish 16 new centers.

It is through you past and continued support of LCIF that Lions can help prevent childhood blindness. Please make a donation to LCIF soon if you have not already done so. If your club has donated to LCIF please consider an additional donation at fiscal year-end if funds are available.

Checks can be mailed to Lions Club International Foundation Department 4547 Carol Stream, II 60122-547, USA

PDG Bob Yeoman Dist. 19 E LCIF Chair

RETENTION

As the New Year begins something that should be done is to ask each club and each member "what does being a Lion do for you ". By being a Lion I can serve the people in my community and around the world when they are in need of help and things seem hopeless. One of the ways this can be done is through bringing it up in The Good of Lionism or during a dinner meeting by have an open discussion

When planning new projects be sure to include the older members with something they can do and the younger members can do the hard work to make your project a success

Marge Bega - Retention Chair



January 2018



PRESS RELEASE

ALMIRA LIONS CLUB RECEIVES INSPIRATIONAL AWARD

Almira-Harry Lippincott, Lions District Governor for 19E, recently presented the Almira Lions Club the "Multiple District 19 Club Inspirational Award". This award is given to the Lions Club that has accomplished the greatest service to its community, state, province or nation.

The club received this award for their project called "Potty in the Park". The Almira Lions Club Memorial Park land was donated to the club by the Carstensen family more than 50 years ago. The park is in constant use for all types of sports activities, family and community gatherings, paper recycling and the community Christmas board. As one can imagine bathrooms were sorely needed. The club's initial plans were to construct a new bathroom facility directly on the park grounds. After the reality of costs and logistics the club redirected its focused on renovating the current public bathrooms located across the street that are attached to the town hall.

To help with the project the club sent out letters for donations and pledges. During the past three years the club raised \$20,000.00. They felt these funds were adequate to complete the project but they wanted the facility to be great. So they applied for a Lincoln County Economic Development Grant, where they asked for and received \$15,000.00 With the funds, there are automatic low water use toilets, automatic sinks, air hand dryers, occupancy sensor lighting, exterior signage, interior and exterior LED lighting. Additionally, the facility will utilize as many low or no VOC materials as possible. The club plans to assist with future maintenance by selling engraved bricks.

The Almira Lions Club, founded in 1952, meets the 1st & 3rd Tuesday of each month at the Almira Community Center, 7:00pm. Please join us. We Serve! L iberty I ntelligence O ur Nation's S afety. (LIONS)









NEW & TRANSFERRED MEMBERS – December 2017

Congratulation to the new members and sponsors!

Club	Zone	Member	Sponsor
Coeur d' Alene	E3	Connie A. Branstrom	Transfer
Fairmont	E10	Gaylene Heidt	Terry Dawes
		Lisa Frank	Norbert Schab
Fernie	E6	Patrick Kremer	Marcell Kremer
		Lori Caravetta	Matthew Caravetta
		Caeli MacPherson	Samantha Young
Spokane Central	E1	Janet M Gillespie	Steve Ball
Spokane Shadle North	E1	Brian J Munson	Doug Burke

Monthly MEMBERSHIP REPORTS: Congratulations to all Club Secretaries. Your attention to filing the Monthly Membership Reports (MMR) has assured the District reached 100% filing for the month of December. Let's continue this great work as it signifies District 19E stands for Excellence.

Contest and Awards Club Brochure

It's now time for your club to start thinking about the Spring Conference and Contest & Awards.

Start getting your Club Brochure ready. Please read the rules there are in the roster book on page 143. It would be nice to have bunch of Brochures so all can see what your club is doing over the year.

They need to be at the Spring Conference on Friday April 20th 2018 so they can be judged.

Judging is based on (Presentation-50 points; Content-50 points).

Any questions call or email me. 208-765-2538 or kcook12@roadrunner.com

C&A Chairperson Elaine Cook



January 2018



Bits & Bytes: Technology Tips by Lion Tammy Avoid Phishing Scams.

Phishing scams are designed to trick you into sharing valuable personal information, such as account numbers, Social Security numbers, birthdates, login IDs, and passwords, with which to steal your identity, money, or both. A phishing scam can be in the form of an email, website, phone call, or text. Oftentimes, cybercriminals will ask you to download and complete something that contains malicious software. Ransomware is a particular nasty form of malicious software, and can lock you out of important files and pictures on your computer that may never be recovered. Phishing scams will often make it seem as if they need additional information, something bad might happen, and/or someone might be mad or get into trouble is the information is not sent. Scammers will lure you into a false sense of security by spoofing familiar logos and websites of trusted, legitimate companies.

What does a phishing email look like?







CRESTON LIONS CLUB EVENT

Creston Lions will be chipping Christmas Trees on the first two (2) Saturdays in January 2018. Please assist with helping us getting the word out and bring your trees down.

CRESTON LIONS CLUB – CHRISTMAS TREE CHIPPING FUND RAISER Saturday 6th and 13th January 2018 10:00 am till 3:00 pm Millennium Park – Parking Lot





Chipping will be done on site with a donation.

Lions Club members will be on site to assist with taking the trees off your vehicle and move them to be chipped.

Money raised will be used to help for projects in our community.







19E DISTRICT GOVERNOR VISITATION SCHEDULE JANUARY 2018 THROUGH APRIL 2018

Jan				
1/15/2018	Monday	Martin Luther King Day		
1/17/2018	Wednesday	Liberty Lake	E-9	12:00
1/17/2018	Wednesday	Chewelah Valley / Colville	E-9	5:30
1/18/2018	Thursday	Green Bluff - Mead,WA	E-1	6:00
1/22/2018	Monday	Rockford	E-9	7:00
1/24/2018	Wednesday	Post Falls	E-3	6:30
1/25/2018	Thursday	Medical Lake	E-1	6:00
Feb				
2/6/2018	Tuesday	Spokane SPD	E-9	5:15
2/14/2018	Wednesday	Valentines Day		
2/17/2018	Saturday	Cabinet Meeting – Nelson, BC @ Savoy Hotel		10:00
2/21/2018	Wednesday	Salmo	E-8	6:30
MARCH		Open Dates		
APRIL				
4/1/2018	Sunday	Easter		
19E	Spring Confer	ence - Worley, Idaho		
4/20/2018	Friday	Conference		
4/21/2018	Saturday	Conference		
4/22/2018	Sunday	Transition Cabinet Mtg		



January 2018



DISTRICT 19E CLUB SUPPORT TEAM

Global Action Team Coordinator (GAT): DG Harry Lippincott, hlippin1@comcast.net

Global Leadership Team (GLT) Coordinator: PZC Ed Brandstoettner, brandsen@comcast.net

Global Membership Team (GMT) Coordinator: PDG Brian Ross, pdgb.ross@gmail.com

Global Service Team (GST) Coordinator: New Position from LCI. Currently Vacant

District Membership Liasion: 1st VDG Lyndon Harriman, lcpdharriman@gmail.com

District Leadership Liasion: 2nd VDG Frank Bega, <u>frankbega@frontier.com</u>

District Extension Coordinator: PDG Ken Cook, <u>kcook12@roadrunner.com</u> District Retention Coordinator: Marge Bega, <u>huddlehous46@frontier.com</u>

District Public Relations: Denise Murray, denisemurray1@msn.com

Cabinet Secretary: PZC John Wilson, lion.jwilson@gmail.com

Cabinet Treasurer: Ron Thurlow, thurlow1@q.com

Zone Chairpersons:

E-1 Roger Schramm, roger.l.schramm@gmail.com

E-2 PZC Rob Loch, robloch@hotmail.com

E-3 Brian "Kiwi" Kirk, brianalankirk@live.com

E-4 Currently Vacant

E-5 Currently Vacant

E-6 Currently Vacant

E-8 Marita Norton, speedshopper@potc.com

E-9 Margie Walters, tomargie@centurytel.net

E-10 PZC Harold Hazelaar, sales@hdrailings.ca

E-11 Currently Vacant

Please submit all DG newsletter articles by 1st of each month to:

District19e.dg.newsletter@gmail.com

Request: pictures in .jpg accompanied by written caption in Word



January 2018





District 19-E 2018 Spring Conference April 20, 21, 22 "Surveying the Future"



Coeur d'Alene Casino Resort Hotel

Worley, Idaho 83876 Lion's Block of Rooms - \$93.00 Reservations: 1-800-523-2464

Early Bird Drawing

Registrations postmarked by 3/20/18 will be in the drawing for registration refund!!

	Name			Lion/ Lioness/Leo/Guest Circle Appropriate
Email (registrati	ion received)			Phone
Linaii (regisuau	ion received)		, ,	Priore
Address		City	St/Prov	Postal Code
	1	11		
Club	Dist	Zone		Current Office or Position
Diabetic/special diet? Check b	oox & explain			

NO MEALS SOLD AFTER 4/18/18

DATE	FUNCTION	U.S.	COST CAN.
	Registration (everyone)	\$15.00	\$19.00
Fri. 4/20 4:00 PM	BBQ grilled burgers, smoke sausages ,salad, cornbread, beans, chips	\$19.00	\$24.00
Fri. 4/20 5:30 PM	Slot Tournament When you check in, get your rewards card from Customer Service you must have it for tournament	\$15.00	\$19.00
Fri. 4/20 8:00 PM	Fun Night dress as your favorite futuristic person (or thing)	\$15.00	\$19.00
Sat. 4/21 12:00 PM	Lunch Buffet Deli Display - potato salad country style, steamed corn on the cob, pulled pork sandwiches, pasta primavera, fruit, cookies, chips	\$23.00	\$29.00
Sat. 4/21 7:00 PM	Banquet Buffet green salad, sea salt roasted baby red potatoes, baked ziti, chicken piccata, beef brisket	\$34.00	\$44.00

Conference Chair - PZC Cheryl Ekler (208) 443-7039 meatcutter.88@qmail.com
Conference Co-Chair - PZC Pat Nilson (208) 443-2352 panilson@aol.com
Registration Chair - PZC Lonnie Morse, (208) 777-5157 lionlonnie@qmail.com



Pre SERVE

January 2018