



from D G Harry's pen

As we start the month of February, with five months remaining in the second half of our Centennial year, may we be thankful for the opportunities we have to serve others, and mind-full of our importance in so many lives. Also, as we continue through the second half of this Lionistic year, let's all focus on membership (recruitment and retention) and service.

The opportunity that the Lions have for someone to be charitable is amazing. There really is something for everyone. Whether it is raising money for vision or cancer, doing a project to help someone in need, or just plain donating time or money, the Lions can accommodate anyone who wants to give a helping hand. It all starts with the local clubs doing things to help improve the District, then the Districts improve the Multiple District, then the Multiple District improves Lions Clubs International and then Lions Club International improves the World, We as LIONS can make a difference.

All our Clubs are involved with service; please report your service activities monthly to help ensure that future resources will be available that we may accomplish our goals both locally and globally. Together we can bring to fruition, "The Power of WE."

We are in the midst of planning a great conference you won't want to miss. Please look for the information inside this newsletter and get registered. We have open positions for Zone Chairpersons and 2nd Vice District Governor. These positions are elected during our conference. Are you ready to step into one of these leadership roles? In order for our district to continue the momentum, we need every Lion ready, willing, and doing their part to strengthen their club and/or to be a part of the district team.

As we enter February the remainder of the year should be a busy one with increasing new members, retaining and renewing former members, and chartering a NEW Club.

PDG Ronnie Martin from LCI will be visiting our District February 25 to March 2, 2018. More information will be sent out noting the workshop location and meeting time. Main goal is to push for new members, and a new club in Cheney, WA in order for District 19E to have a plus of members in many years. I am encouraging Club Presidents and Club Membership Directors to attend the workshop. Let this year, be a year of renewed Fellowships with Service.

District 19E Spring Conference Official Call Pursuant to Article VI, Section 4 of the Constitution and By-Laws of District 19E, Multiple District 19 and Lions Clubs International. I hereby issue the OFFICIAL CALL for the District 19E Spring Conference to be held at the Coeur d'Alene Resort Hotel in Worley, ID, April 21-22, 2018 /s/ Harry Lippincott, District Governor 19E.

Spring Conference Registration Form on last page.



Lyndon Harriman

1st VDG

Lions “The Greatest Service Organization in the World”

Anyone can engage in community service, but Lions do so much more. Our service builds stronger communities. Let us always seek out fresh new ideas to move us beyond our current way of thinking and doing things. These new ideas are like fresh winds that will propel us forward beyond our current horizons. Let us continue to chart our course.

Wow! What has your club done this year? This quarter? This month? What new idea have you tried? What tried and true fund raiser was again been successful? Who did you help in your community? HOW?

These and many other questions continue to prey on the minds of the leaders in Lions. The International wonders, MD 19 wonders, and I wonder. You see we all know you have been doing tremendous deeds, succeeding with fabulous projects, and smashing goals on fundraising. Your new and fresh ideas need to be shared with your Lion compatriots. We know you have been doing tremendous things, but have no proof, no documentation.

Therefore, we urge, cajole and beg you all to inquire if your club has submitted your activities in a timely fashion. We need your data to shout to the world with documentation that we are the greatest service organization in the world.



February 2018

District 19E February Newsletter Submitted by Frank Bega 2nd Vice District Governor

We are fortunate to be accepted as Lions, but as Lions we also have a responsibility to make our presence felt throughout all of the communities in our District. The following is a brief summary of what is expected of us as Lions.

Lions Club International By-Laws, Article 8, Section 3 REDISTRICTING

Redistricting proposals shall be considered by the International Board of Directors provided that each proposed sub-district shall contain at least thirty-five (35) Lions Clubs with a total membership of no less than one thousand two hundred fifty (1,250) members in good standing...

In the event the International Board of Directors approves such a redistricting proposal, it shall become effective at the close of the annual International Convention which next follows the date of such Board approval.

1. REDISTRICTING OF DISTRICTS: Districts (single, sub- or multiple districts) seeking to redistrict must submit the following:

a. A list of clubs that would comprise each proposed sub-district containing each club's total membership. Each proposed sub-district must have the minimum of 35 clubs with 1250 members in good standing 60 days prior to the board meeting for which it is considered and sustain membership strength through the time that the redistricting takes place.

b. A Map clearly defining the proposed boundary lines or changes in boundary lines for each district. The proposed districts should be established in a way that allows for efficient district management and minimal travel and administrative costs.

c. Payment of US\$500 as a redistricting fee for each new district, sub-district, or multiple district proposal.

As District E, we owe it to ourselves and our communities to ensure that we maintain our membership levels above 1250, and our chartered clubs above 35. Therefore, Retention, Bringing New Members, and expanding our club numbers are critical to the vitality of our District. **Let's get busy fellow Lions; Let's keep District 19E EXCELLENT.**



February 2018

CARE

CARE has developed a program framework for Girls with Opportunities initiative, which intends to reach 100,000 girls nationwide over a 10-year period. The proposed project is part of a broader program framework, and achievement targets have been established to contribute to this broader goal. As part of this broader initiative, CARE seeks funding for the two-year Girls with Opportunities pilot project, which will target 4,569 girls at 19 schools in the departments of Huancavelica and Ica in southern Peru. The focus of this project is to empower adolescent girls from rural and marginalized urban areas with better quality education and opportunities to learn important social skills.

As District Governor Harry visits clubs he is asking for members to make individual donations to CARE. Please help insure that all members know this and come prepared to help support CARE.

Through the end of December our district has donations of \$1745.00 from only 9 clubs. I encourage all clubs to donate to CARE as this is a MD19 program we should all support.

Mail Checks to:

MD 19 Lions
4141 West Maplewood Ave
Bellingham WA 98226

19E Care Chairperson
Lion Barbara Yeoman

CONTEST & AWARDS

Club Scrapbook

There are two categories for the Club Scrapbook. Traditional and Non-Traditional
Please read the rules in the roster book.

Scrapbook should be of current year's activities, not a history book.

Judging will be based on: Max 20 possible points

The Club Name

The District and Zone of the Club

The fiscal year

The name of person who completed the book (on inside of the front cover)

100 Maximum points

30 General appearance, 5 service activities, 5 social activities, 5 club pr, 20 cover requirements, 5 index , 15 vital Lionism , 15 increasing Lion's goodwill and strength

19E C & A Chair
Lion Elaine Cook



Spokane Shadle North Lions Club lost a truly valued club member on January 2nd. Lion Ardel (Del) Olson had a heart attack and passed away at the age of 72. Del was a terrific member of the club for 43 years. If he was in town you knew that Del would be available to help on any and all projects or fundraisers for the club. Lion Ardel's wife, Joan and sons Loren and Erick are also members of the Shadle North Lions Club. The family has requested that donations in his name be sent to Lions Clubs International Foundation. .

Checks should be sent to:

LCIF
PO Box 4547
Carol Stream, IL. 60122-4547 USA

Lions Club International Foundation

Last fall Lions Club International Foundation received 4-star rating for demonstrating strong financial health and commitment to accountability and transparency. The 4 star rating is the highest rating achievable and this would be our 6th consecutive award. Please keep this in mind when making donations from your club or personally. This is possible only through financial health and commitment to accountability & transparency. Please read the letter I have included. Donations can be sent to the following address.

LCIF
Dept. 4547
Carol Stream, IL. 60122-4547 USA



139 Harristown Rd • Glen Rock, NJ 07452
phone (201) 818-1288 • fax (201) 818-4694
www.charitynavigator.org

October 1, 2017

Rebecca Teel Daou
Lions Clubs International Foundation
300 West 22nd Street
Oak Brook, IL 60523

Dear Rebecca Teel Daou:

On behalf of Charity Navigator, I wish to congratulate Lions Clubs International Foundation on attaining the coveted 4-star rating for demonstrating strong financial health and commitment to accountability and transparency.

The nonprofit sector is advancing and expanding. As our organizations evolve, so do the desires and interests of our supporters. Astute donors are yearning for greater accountability, transparency, and for concrete results from us. With more than 1.5 million American charities, Charity Navigator aims to accentuate the work of efficient and transparent organizations. The intent of our work is to provide donors with essential information to give them greater confidence in both the charitable decisions that they make and the nonprofit sector.

Based on the most recent information available, we have issued a new rating for your organization. We are proud to announce Lions Clubs International Foundation has earned our sixth consecutive 4-star rating. This is our highest possible rating and indicates that your organization adheres to sector best practices and executes its mission in a financially efficient way. Attaining a 4-star rating verifies that Lions Clubs International Foundation exceeds industry standards and outperforms most charities in your area of work. Only 5% of the charities we evaluate have received at least 6 consecutive 4-star evaluations, indicating that Lions Clubs International Foundation outperforms most other charities in America. This exceptional designation from Charity Navigator sets Lions Clubs International Foundation apart from its peers and demonstrates to the public its trustworthiness.

Forbes, *Business Week*, and *Kiplinger's Financial Magazine*, among others, have profiled and celebrated our unique method of applying data-driven analysis to the charitable sector. We evaluate ten times more charities than our nearest competitor and currently attract more visitors to our website than all other charity rating groups combined, thus making us the leading charity evaluator in America. Our data shows that users of our site donated more than they planned to before viewing our findings, and in fact, it is estimated that last year Charity Navigator influenced approximately \$10 billion in charitable gifts.

Your achievement and the 4-star rating will enhance your organization's fundraising and public relations efforts. Our favorable review of Lions Clubs International Foundation's financial health and commitment to accountability & transparency is now visible on our website.

We wish you continued success in your charitable endeavors.

Sincerely,

Michael Thatcher
President and CEO



IMPROVING RETENTION

19E Retention Chairperson
Lion Marge Bega

There is no question that retention is a serious problem. The membership charts clearly show the drops exceeding the adds each year in the USA and Canada. Does everyone know the No. 1 reason we have drops? It amazes me that we still have Lions starting from scratch to determine this—as if they can't believe the information that LCI has put out. I still see new retention chairs trying to get information from dropped members in their districts and multiples to try to find the reasons people left the club.

We know the No. 1 reason: it is ineffective club meetings! And LCI has already developed materials addressing each one of these issues. We need interesting and productive meetings. We need meetings to be worthwhile. We need to plan and run effective meetings. Officers need to focus on meetings. We need to avoid cliques and politics. We need to keep members involved.

So what is something we can do to focus on having better meetings? What tool can we do to turn things around? How many clubs elect a new president for the year and that new president doesn't have any idea what to do to get his/her club clicking on all cylinders? Here is an answer: it is called the Lions Club Retention Index or LCRI.

A Administration & Communication
N Networking & Socialization
S Service
W Work & Personnel Development
E Entertainment & Education
R Retention & Membership

Clubs that focus on the activities will be effective. Effective clubs will keep members active and involved. Active and involved members usually stay members. The result: drops reduced, membership increased.



NEW & TRANSFERRED MEMBERS – January 2018
Congratulation to the new members and sponsors, reinstated and transfer.

Club	Member	Sponsor
Chewelah Valley	Suzie Gonzales	Helga Atwood
Cranbrook	Carl W. Casey	reinstated
	Clint C. Cooner	reinstated
Creston	Corene M. Collins	Terry McNeil
	Gregory Collins	Micheal McNeil
Elkford	Jennifer Tucker	Debby Tomich
Golden & District	Peter Shula	Orlando Pecora
Medical Lake	George Ramsey	Jerry Flood
Norhport	Darelynn Burnette	Don Baribault, Jr
Priest River	Raymond M. Arriaga	Betty Simkins
Rockford	Dennis P. Reiersen	Marie-Louise Benson
Salmo	Shannon Dawn de Montreuil	Diana Lockwood
Sandpoint	Jo Ellen Baker	Jona Bacon
	Betty Gail Johnson	Nancy Lewis
Spokane Central	Sher Childs	Steve Ball
	Kathleen M. Merritt	Cheryl Roberts
	Edward E. Stinson, Jr	Leander Teichmer
Trail	George Stuckert	transferred

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 January. Keep up this great work.



No Love for Diabetes

In observation Valentine's Day the focus of this month's Diabetes Awareness newsbit focuses on what those that have loved ones with diabetes or prediabetes can do to make their lives just a bit better and easier.

Lend a pocket – Small acts of kindness count Consider carrying those emergency snacks or insulin in your pocket so that the diabetic doesn't have to lug them with them. People with diabetes are constantly lugging around supplies and provisions – helping them carry the physical load goes a long way in aiding with the emotional one.

Go back to biology class –Make a point to educate yourself about diabetes. You don't have to be an expert, but knowing enough to know what it means to have a high or low blood sugar is important. Many people with diabetes will explain the biology of their condition to people close to them. They are the expert in talking about their own diabetes, and questions show them that the askers care

Ask the right questions – If someone hits a BG high or low, don't ask: 'What did you do?' or 'What did you eat?' When things are calm, do ask: 'What does it feel like to have a high (or low) blood sugar?' Do not ask if someone's blood sugar is high every time you think they're acting grumpy. If their mood is due to an off-target blood sugar reading, chances are pointing that out will only serve to make them even grumpier. Asking a person with diabetes about their blood sugar level is tricky territory, and should be done with sensitivity and caution. Every person with diabetes is different, so there is no one right way to handle it. In general, they want your support, but don't to be told what to do.

Step into their shoes – There are some very specific ways to exercise empathy towards those with diabetes. You may never know what it's like to experience a low blood sugar, but here is an example: think about how you'd feel if you skipped breakfast then ran a half marathon. You'd probably be seriously irritable until you got some calories in you, too. You may also try checking your blood sugar with a finger prick or inserting a Continuous Glucose Monitoring sensor into your belly.

Don't knee-jerk react –It's vital to recognize why someone is acting a certain way because they feel ill, and emotionally feel like they've lost control. Chances are their unpleasantness is a result of extreme frustration – with themselves, and with their disease that they cannot always control – but it isn't directed at you. Let the highs and lows pass with patience.

Above all, I'd like to offer up a big Thank You to all of the partners of people with diabetes. Your patience, caring, and selflessness does not go unnoticed.

Happy Valentine's Day!

Lion Doug Callahan, DBA
District 19E Diabetes Awareness Chair



CRESTON BC LIONS CLUB EVENTS

Our **Creston Lions** will be popping corn at the next three (3) home games (2nd/ 7th and 17th February) and donations from these games will go to Lexi Czar to assist with her treatment of Lyme disease.



White Cane Week - Hot Dog Sale

Saturday 3rd February 2018

10:00 am - 2:00 pm

Creston Save on Foods

By Donation



Canadian Council of the Blind and VIBE Blind Golf Chapter

Proceeds to benefit blind golf endeavors in 2018. Creston's Darren

Douma will be competing at the 2018 World Championships in Rome, Italy



LIONS DISTRICT 19E NEWSLETTER

February 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 (registration received) Phone

Address City St/Prov Postal Code

Club Dist Zone Current Office or Position

Diabetic/special diet? Check box & explain _____

NO MEALS SOLD AFTER 4/18/18

DATE	FUNCTION	COST 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

Make checks payable to: 19-E Spring Conference

TOTAL _____

Mail registration to: Lonnie Morse, POB 1407, Rathdrum, ID 83858

Conference Chair - PZC Cheryl Ekler (208) 443-7039 meatcutter.88@gmail.com

Conference Co-Chair - PZC Pat Nilson (208) 443-2352 panilson@aol.com

Registration Chair - PZC Lonnie Morse, (208) 777-5157 lionlonnie@gmail.com