



March 2018

from DG Harry's pen

Greetings Lions! I can hear you roar! Your District Governor's Team is here to help your club roar even louder. Membership, Leadership and Service Team leaders are waiting by their phones for your club's call. Use them, that's what they are there for. Lions clubs International is revamping their message. Much information can be found atMYLCI.com. All you need is your member number to get started. Ask your secretary. Let your secretary know of any service hours you may have provided to someone this month. Think outside the box. It could be helping at your church or school. Bring your children or grandchildren along Introduce them to Lionism. Plant a seed. It might surprise you what happens.

Lions around the world took the centennial service challenge to serve 100 million people and today we have doubled that goal by serving 200 million people. The Power of "WE" and the commitment to serve are the essential ingredients for this success.

It is apparent that the reasons folks join LIONS are as varied as the individuals who are LIONS. The important consistent factors with each member are that LIONS make an impact through their projects and services in a community and that an individual was asked to join. So, to get new members a couple things need to happen. Your club needs to make sure the community knows how the LIONS serve, how they impact the community and then your club needs to ask community members to be participants in service.





District "E" Spring Conference

Note: Attendees are required to complete a Registration Form (enclosed) for each individual and send to Registrar PZC Lonnie Morse by deadline.

Our District "E" Spring Conference will be held April 20th – 22nd, 2018 and will be held at the Beautiful Coeur D'Alene Casino Resort Hotel in Worley, ID.

We are planning a great Spring Conference for **our DG Harry Lippincott** and you.

You can start making your room reservations NOW! Just call 1-800-523-2464 and use booking ID 2143. Rooms are \$89.00, \$93.00 and \$119.00.

Friday morning will be "Leadership Development (formerly 101) Class", hosted by Lion Patty Allen and PDG Brian Ross. Be sure and let **2nd VDG Frank Bega** know if you are interested in attending. (208) 659-1446 or email frankbega@frontier.com

We are offering a **Great BBQ Friday Evening**, around 4:00 p.m.

A **Slot Tournament** at 5:30 p.m. (don't forget you must have a rewards card before you can play).

Contest & Awards with some of them being judged Friday at 7:00 p.m. Musical Performance, Musical Comedy, Humorous Story, 5-min Achievement Speech and Uniform Parade. Saturday, judging for Club Brochure, Club Bulletin, Club Business Card, Scrapbook and Club Website will take place. Be sure and let **Lion Elaine Cook** know if you or your club would like to participate in Contest & Awards. (208) 765-2538 or email kcook12@roadrunner.com

The Rockford Lions Club, will host Fun Night at 8:00 p.m., Dress for the "Future", there will be Games and a Costume Contest and prizes.

Saturday after General Session the **"Celebration of Life"** will take place and hosted by the **North Pend Oreille Valley Lions Club.**

After Lunch there will be a Seminar on **"LCI Forward"**, hosted by 1st VDG from District G, Lion Mark Mansell & ID Lion Thomas Gordon.

- LCI Forward is LCI's plan to triple our impact by serving 200 million people annually by 2021.
- There are four visions to being the global leader in community and humanitarian service



Enhance Service Impact & Focus: The number of people in need served by a Lions Club - visually impaired, people with disabilities, people needing urgent assistance and often life-changing medical assistance.

Reshape Public Opinion & Improve Visibility: The need for voluntary humanitarian service is higher than ever as a result, and we need to remind society of our impact, and what communities could be like with a Lions Club.

Pursue Club, District & Organizational Excellence: We are today the largest voluntary service organization in the world. Continuing to innovate in services to Lions clubs and district, including further harnessing technology advances, will be essential to our second century of success and expanding our humanitarian service.

Improve Membership Value & Reach New Markets: People have more choices today to serve and give back to their community/people in need. We need to continue promoting new ways for caring people to be involved in our service and provide options for service engagement, which are flexible and mesh with today's busy lifestyles.

“DARE TO DREAM”

Please let PZC Lonnie Morse know if you would like to be one of our **Coffee Sponsors**. For \$25.00 dollars your Clubs name will be posted next to the Coffee Station and mention in the Conference Program. Please send check to PZC Lonnie Morse, at P.O. Box 1407, Rathdrum, ID. 83858.

Raffle: Coeur d'Alene Lions Club is in charge of our Spring Conference Raffle. Be sure and let PDG Lion Ken Cook know you are donating a raffle item or sending a monetary amount in so they can buy a raffle item by calling him at (208) 765-2538 or email him at kcook12@roadrunner.com.

If you were interested in Golfing , Golf would be available at the Circling Raven Golf Club (depending on weather conditions). Ranked among golf Magazine's prestigious "Top 100 Courses You Can Play". Circling Raven Golf Club offers an enthralling 18 holes to conquer. This beautiful 7,189-yard course meanders through the rolling hills of Northern Idaho, as it's nestled among 620 acres of wetland, woodland and Palouse grasses. Circling Raven Golf Club@circling-raven additional contact info www.cdacasino.com/golf or call 1 (800) 523-2464.

Check out the Display Tables, Pin Traders and stop by and have a Diabetic Finger-Stick, to see what your blood sugars are.

Liberty Lake Lions will be filling our **Goodie Bags** and **Spokane Shadle North Lions Club** will be our host for the **Hospitality Room**.



LIONS DISTRICT 19E NEWSLETTER

March 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



District 19-E Spring Conference 2018 Contest and Awards sign-up sheet

It's time to get excited about this year's Contest and Awards at our Spring Conference! Get your club involved by signing up for one or more events, to be held during this years conference **April 20/21 2018** at the Cd' A Casino Worley Id

Only those who have signed up in advance will be judged

You can email or mail this form completed by **April 13, 2018** to :

Lion Elaine Cook 507 W Mill ave Coeur d' Alene Id 83814 or Kcook12@roadrunner.com

Club Name _____

Mark with an X

Club Brochure

Club Bulletin

Club Business Cards

Club Scrapbook * Please bring to conference and drop off at Registration desk by
5 pm on Friday April 20,2018

Club Website- **Website address** _____

Achievement (5-minute Speaking contest)

Participants Name _____

Musical Comedy

Musical Performance – Participant Name _____

Humorous Story Telling - Participant Name _____

Uniform Delegation

Please note the following

Brochures, Bulletins, Business Cards and Websites will be judged in advance , please mail (snail mail) your copies with this form to Lion Elaine at address above by deadline.

If more than one participant per club for Achievement, Humorous Story and Musical Performance please attach Sheet for each.

Musical Comedy , Musical Performance and Humorous Story will be held Friday before Fun nite

Note, Business Cards and Club Brochure, winners must have changed at least 25% of contents from last year. If you won last year please send that entry along with current entry.

Achievement Speaking Contest TBA



March 2018



MULTIPLE DISTRICT 19 LOGO

Lyndon Harriman 1st VDG E-3: Fellow Lions of MD 19, recognize this logo? This is the unofficial/official logo of our multiple district. Notice that it doesn't have an International Lions official/unofficial logo as any part of it. (Lion)



Nor does it include our motto: **WE SERVE.**

At the recent Council of Governors meeting in Yakima, during the last weekend in February, it was decided that the multiple district logo needed to be updated or altered or thrown out and be replaced with a totally new one.

Towards this end a contest has been created to submit a new, or updated logo for our multiple district. This contest is open to all members and non-members as well. The contest will run through the end of May and the winner will receive a prize of \$100. If you are interested submit your offering to the multiple district:

MD19Admin md19admin@lionsmd19.com

Peter Anderson md19lions@lionsmd19.com



March 2018

MEMBERSHIP MOMENT

I have stated before MD19 is again stressing the Spring Forward Program for growth. The program is for three months February, March and April. 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. Do not be afraid to try the open house way of extension it just takes a little planning then watch your club grow.

The end of February we had a workshop in Cheney, WA. We invited PDG Ronnie Martin, from Texas, to help in the construction of a new club. With the efforts of all that helped with the city of Cheney we almost have a new club. We are just a few members shy of forming this club so if you know someone in that area please let DG Harry, PDG Ken Cook or myself know. This will not be your grandfather's lions club. It has many younger individuals. Men and women that were quite interesting to converse with and wanting to help their community. We will be back canvassing for those few we need this coming week. Be prepared to welcome an enthusiastic new club into our District in the next couple months.

Yours in Lions,

PDG Brian Ross GMT 19E

Newsletter Information Sheet

2nd VDG Frank Bega

Acting District Global Leadership Team Coordinator

The following Leader and Officer Training opportunities will be available at the District 19E Spring Conference to be held at the Coeur d' Alene Casino in Worley, Idaho:

Leader Development (formerly Leadership 101) will be presented on Friday, April 20th, starting at 8:30 am and running until 3:30 pm. The Facilitators will be 2nd VDG Patty Allen of District 19H and Past District Governor Brian Ross from our very own District.

Officer Training will be presented for Presidents, Secretary's, Treasurers, and Membership Directors. Training times to be determined along with locations. When you register for the Conference, that information should be available.

I am also attaching a Leader Development Registration Form to provide easy access to register for the Leader Development Presentation.



MD-19 LIONS LEADER DEVELOPMENT COURSE

Friday, April 20th, 2018, 8:30 A.M.

Coeur d'Alene Casino, Worley, Idaho 83876

REGISTRATION FORM

NAME: _____

Address: _____

(Street or PO Box) (City) (State or Province) (Zip or Postal Code)

E-mail Address _____

Club: _____ Position: _____

Month/Year joined _____

Offices held at Zone or District Level (if any) _____

If Non-Lion, list your Occupation and experience _____

Please mail this completed form along with Check or Money Order in US Funds for the amount

Of **\$35.00** for Lions Members or \$50.00 for Non-Lions payable to

“District 19E Lions” to:

GLT Frank Bega

P.O. Box 1223

Rathdrum, Idaho 83858

To reserve your seat, get your registration form in **prior to Monday April 16th, 2018**. If you have any questions about the Leader Development Course or registration, please contact GLT Frank Bega at (208) 659-1446 or frankbega@frontier.com. Lunch will be included with registration.



SPRING INTO DIABETES AWARENESS

As we spring our clocks forward this month, this is also a great time to spring into a new awareness of diabetes! Colorful fruits and crisp veggies—spring brings the welcome return of a bounty of seasonal foods that you've probably been missing. Now is the time to seek out diabetes-friendly recipes and enjoy the great tastes of springtime! Tasty treats from www.diabeticconnect.com like are a great way to welcome the freshness that is available with spring.

- [Chicken Salad Lettuce Wraps](#)
- [Chicken with Garden Salsa](#)
- [Deviled Eggs](#)

Spring is also a time to break that cabin fever and get out and exercise! Exercise for those with diabetes or prediabetes requires planning and precautions similar to those that are taken without diabetes or prediabetes. Of course, before beginning any exercise regimen all people should consult with their physician to ensure that the exercise plan will not be detrimental to their health.

Working out can help increase insulin action and keep blood sugars in check which is always good in the fight against type 2 Diabetes. Exercise also helps people lose weight and improve their balance, which is important because many people with type 2 diabetes are at an increased risk for obesity and for falls. Here are some great exercise ideas:

- Walking – one of the most prescribed activities for people with type 2 diabetes
- Tai Chi – an excellent choice of exercise for type 2 diabetes
- Weight Training – builds muscle mass, important for those with type 2 diabetes
- Yoga – a great diabetic stress reducer
- Swimming – ideal because it doesn't put pressure on joints
- Stationary Bicycling – improves blood flow to your legs
-

Spring is coming fellow Lions!

Lion Doug Callahan, DBA
District 19E Diabetes Awareness Chair



SPRING CONFERENCE RAFFLE

We need raffle prizes, we have only four items so far. This is how we help pay for the cost of the conference, so let's get your items sent in or let the raffle chair know what your club is bringing for the raffle.

If your club is sending money please send it in time to go and purchase items.

IN NEED OF RAFFLE PRIZES ~ RAFFLE PRIZES ~ RAFFLE PRIZES

PDG Ken Cook
507 W Mill Ave.
Coeur d' Alene ID 83814
kcook12@roadrunner.com
208-964-0181

NEW & REINSTATED MEMBERS - February 2018

Congratulations to all & welcome to Lions

Club	Member	Sponsor
Couer d Alene	Gary Kozanecki	Connie Branstrom
Hauser	Andrea S Knorpp	Shervanick, Vickie
Green Bluff	Jim Dietz	Becky Penman
Priest Lake Kaniksu	Ardith D Ahlefeld	Reinstated
Sandpoint	Regina F. Hammack	Jeff Stater
Spokane Central	Jessica Ekstrom	Cliff Miller
Spokane Shadle North	Dustie Hope	Deborah Wolfer
Trail	Eleanor Nichols	Elaine Cooke
	Raymond Nichols	Elaine Cooke

Monthly MEMBERSHIP REPORTS: Congratulation again to Club Secretaries.

Thank you very much for maintaining 100% reporting for the Month of February. You attention to timely filing of these reports is greatly appreciated.

Club Secretary's: Congratulations on your Service Activity Reporting. Only 1 club out of 49 clubs did not report a service activity during February. Thank you.



RETENTION ~ Lion Marge Bega

I'M A NEW MEMBER

I see you at the meetings, but you never say "hello"
You are a busy all the time there, with everyone you know,
I sit down with the members, but I'm lonesome by and by,
The new Lions are as strange as I, yet you old ones pass us by
But darn it, you Lions asked us in and you talked of fellowship.
You could have stepped across the room, but you never made the trip.
Why can't you nod and say "hello" or stop and shake my hand
Then go and sit among your friends - now that I'd understand
I'll be at your next meeting, a pleasant hour to spend.

Why don't you introduce yourself? I want to be a friend.

Bits & Bytes: Technology Tips by Lion Tammy

Internet Safety



Remember to log out of apps and websites when you are done using them, especially banking and social networking sites. Leaving them open on your computer screen could make you vulnerable to security and privacy risks. Closing the browser or application without logging out can also expose you to security and privacy risks as just closing the application does not mean the session was closed.



Surprise!!

LERC is getting ready to sort and ship the remaining inventory at its Spokane Valley location. If you have any glasses to get to us, please do so by 3/16/2018.

If you drop glasses off to the Spokane Central Lions office, label them so we know what club they came from. LERC is all about statistics so we track from what club donated and how many glasses are in the boxes. The preferred method of delivery is already sorted. (PLEASE) If you need information on how to sort let me know.

We receive calls inquiring about the location of our drop boxes. Please send me an email with the name of your club and a listing of where your drop boxes are located. This would be very helpful to our mission. (joy@frpfinancial.com)

Lion Joy Otis ~ District 19E Sight Chairperson

LERC Key Statistics

	1 MONTHS	THIS YEAR	TOTALS	
Volunteer Hours	688	3,836	76,826	
RAW GLASSES INFORMATION				
Raw Glasses Received	14,663	105,499	2,311,288	
Raw Glasses Recycled	00	22,974	1,576,398	
MISSION INFORMATION				
Eye Glasses to Missions	2,161	5,639	242,153	
Missions Supported	3	21	292	
Mission Ready Inventory	12,300	As of 1/31/18		

Northwest Lions Eyeglass Recycling Center "2009 Recycler of the Year" Honored by the Washington State Recyclers Association in recognition of its practice of putting back to productive use or recycling all materials received for its eyeglass program



Spokane Central Lions Club Announces Receipt of Grant

Spokane Central Lions Club is pleased to announce that the club has received a grant from the Northwest Lions Foundation for Sight and Hearing in the amount of \$9,000. This grant is going to be used to support the clubs sight and hearing program. The program includes hearing and vision screen for preschool children and to provide eyeglasses and hearing aids to those in the community who otherwise could not afford them.

HAPPENINGS AROUND THE DISTRICT



Pictures from Coeur d' Alene Lions Club Spaghetti Feed on February 17, 2018



On Saturday February 24, 2018 Air Cadets from around the Kootenays competed in the annual Effective Speaking competition. The eight competing Air Cadets were from Castlegar, Nelson, **Creston** and Cranbrook. The competition was hosted by the Castlegar Air Cadets sponsor group.

The winner of the competition was Sergeant Seth Whitehead from Castlegar. Second place went to Corporal Kai Thomson from Nelson and **third place** went to **Corporal Andreas Kamp** from **Creston**. A LEO Club Member.



Young guest enjoying the Cranbrook Lions Club recent Variety Show



Seniors enjoying the Cranbrook Lions Club Christmas Light Up Tour and Tea