



# District 19E Newsletter



District 19E  
2020 – 2021 Cabinet

## District Governor's Message

### District Governor

**Peggy Harriman**

208 755 6137

Pah4610@gmail.com

### 1<sup>st</sup> Vice District Governor

Vacant

### 2<sup>nd</sup> Vice District Governor

Vacant

### Cabinet Secretary

**Marita Norton**

H--509 445 2640

C--509 671 0531

speedshopper@potc.net

### Cabinet Treasurer

**Bob Apple**

H--509 487 4107

cometapple@msn.com

### Immediate Past DG

**Frank Bega**

208 620 8763

frankbega@frontier.com

### Zone Chairs:

Zone E-1

**Lee Teichmer**

509 844 4770

lteichmer@gmail.com

Zone E-2

**PDG Bob Yeoman**

H-- 509 994 8419

C-- 509 994 8419

bbyeoman@msn.com

Zone E-3

**Mary Hassler**

H--208 687 4407

kd7bgh@gmail.com

Zone E-4

Vacant

Zone E-5

**PDG John Bowles**

H-- 250 354 3447

C-- 250 354 3447

jack@thebowles.ca

Zone E-6

**PDG Glen Barry**

C--403 563 4077

glenbarry@yahoo.ca

Zone E-8

**Paul Bogaard**

C--250 505 4463

bogee@shaw.ca

Zone E-9

**PZC Tom Walters**

H--509 935 6483

C-- 509 742 0507

tomargie7@gmail.com

Zone E-10

Vacant

Zone E-11

**PDG Jim Moffitt**

H--208443 6080

pintraderjim@aol.com



### CANADA'S CENTENNIAL CELEBRATION

Did you know that this year marks the 100 celebration of Lions Clubs in Canada? First came the chartering of the "Border Cities Lions Club" in 1920.

The club eventually became known as the "Windsor Lions Club" in Ontario. The event brought us to the point where we became known as "Lions Clubs International" and it remains so today throughout the world.

You, our friends and neighbors to the north, have made significant contributions to Lionism including our International Motto "WE SERVE" which was submitted to Lions Clubs International by a Lion in Fonthill, Ontario in 1954. Countless untold deeds of Service over the years have finally resulted in your reaching the 100th Anniversary of Canadian Lionism.

You have provided service and funds to communities far and wide throughout our world, and you have given us great leaders over the past 100 years from the most recent International Vice President Patti Hill and International Director Allan Hunt to Past International Presidents Judge Brian Stevenson, Tris Coffin, Walter C. Fisher, Harry Newman, and Past International Directors Garnet E. Davis, Leonard Griffen, Tom Gordon, Terry Graham, Kenneth G. Green, to Bill W. Webber, Art Woods, Roderick Wright, J. Carl Young and many others. You should be so proud.

As you plant 100,000 trees throughout Canada to mark this milestone in history, you will be leaving an indelible imprint on your environment. You are the greatest thing that has happened to your communities. You have fed the hungry, clothed the naked, given vision to the visually impaired, educated your youth, provided health care, built ramps for the handicapped, and much more. You have filled a void in your communities.

We, as individuals, won't be around for the next 100-year celebration, but I'm guessing it will be just as great or greater, and won't be dealing with any kind of largescale disaster. (fingers crossed) However, going forward, one thing that won't change is the great work that you have done and will continue to do to meet the needs of your communities near and far. Faces and things may not look the same, but "We Serve" will continue to be the motto of this great organization appropriately named, "Lions Clubs International."



*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

**District Governor’s Visitation Schedule**

Due to the pandemic, the District Governor's schedule remains very fluid. Obviously, visits to clubs north of the border are contingent on authorities opening up the border. Thank you for your continued support and understanding. As always, I will do my best to keep everyone involved informed.

<b>NOVEMBER</b>		
<b>2nd</b>	Monday	Coeur d'Alene
<b>3rd</b>	<b>CANCELED</b>	Beaver Valley, Rossland Golden, Trail
<b>5th</b>	<b>CANCELED</b>	North Pend Oreille Valley
<b>7th</b>	<b>CANCELED</b>	Rosalia
<b>7th</b>	Saturday	MD19 Virtual Convention
<b>9th</b>	Monday	Rathdrum
<b>11th</b>	Wednesday	Wilbur
<b>14th</b>	Saturday	2nd Cabinet Meeting
<b>17th</b>	Tuesday	Almira
<b>23rd</b>	Monday	Castlegar-Selkirk 50th Charter Anniversary
<b>DECEMBER</b>		
<b>1st</b>	Tuesday	Hauser
<b>5th</b>	Saturday	Rosalia

**PUTTING POLITICS AND RELIGION ASIDE**

Better Late Than Never

*District Governor Peggy Harriman*

This has been one of the most contentious years I have ever seen in my lifetime. Part of it has been due to different political views and the other is due to mandates or lack thereof regarding masks. Let’s face it, we are all passionate about our beliefs in life, that’s what makes us all unique. However, there is one thing that we have in common and that is passion for serving our communities. “Our clubs are places where individuals join together to give their valuable time and effort to improving their communities, and the world.”<sup>1</sup>

Therefore, I want to remind everyone that we need to set-aside our political and religious views and focus on the business of serving our communities during Lion meetings. Remember, “The purposes of this district shall be: (f) To provide a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.”<sup>2</sup> Let’s not alienate members from being Lions by discussing politics and religion, a subject that is very personal.

[www.lionsclubs.org/en/discover-our-clubs/mission-and-history/cdn2.webdamdb.com/md\\_IxHDW9kGmKa0.jpg.pdf](http://www.lionsclubs.org/en/discover-our-clubs/mission-and-history/cdn2.webdamdb.com/md_IxHDW9kGmKa0.jpg.pdf)

**District 19E Clubs**

- Zone E-1:  
Airway Heights  
Cheney  
Centennial  
Medical Lake  
Rosalia  
Spokane Central  
Spokane Shadle North
- Zone E-2:  
Almira  
Davenport  
Grand Coulee Dam  
Reardan  
Wilbur
- Zone E-3:  
Coeur d’Alene  
Hauser  
Osburn  
Pinehurst Kingston  
Post Falls  
Rathdrum  
Smelterville
- Zone E-4:  
Cranbrook  
Creston  
Kootenay Lake  
Mark Creek
- Zone E-5:  
Beaver Valley  
Northport  
Rossland-Golden City  
Trail
- Zone E-6:  
Elkford  
Fernie  
Sand Creek  
Sparwood
- Zone E-8:  
Castlegar-Selkirk  
Kootenay Slocan  
Nelson  
North Pend Oreille Valley  
Salmo
- Zone E-9:  
Chewelah Valley  
Liberty Lake  
Rockford  
Spokane Valley
- Zone E-10:  
Fairmont & District  
Golden & District  
Lake Windermere  
Wasa
- Zone E-11:  
Priest River  
Priest Lake Kaniksu  
Sandpoint

Please submit all District Newsletter articles to: [d19e.dg.newsletter@gmail.com](mailto:d19e.dg.newsletter@gmail.com)  
Pictures need to be in jpeg format and text needs to be in either .docx or .rtf format. Deadline for submission is the 25<sup>th</sup> of the month. Please send corrections or additional information to the above email address

**2020-2021 DISTRICT GOALS**  
**District Governor Peggy Harriman**

As district governor, it is required that I develop district goals and steps to achieve the goals. As such, I want to let you know what the goals are for 2020-21, in the hopes that you will help me achieve them. Let's face it, I am just one person of many.

- 1) I believe that all members should be aware of the district goals in order for them to be achieved. I believe we are a team and that you are the most integral part of that team.
- 2) Clubs to increase their membership. Our numbers are dwindling in District 19 E, making our voices at the multiple and international level muffled. Therefore, I am asking each club to increase their membership by at least one (1) person while retaining the members already in existence by the end of the year. That means if a club loses a member for some reason, they would need to invite two (2) new members. Think about it, if each club increased by one member each year, we would increase membership each year by 46 members a year. What an accomplishment.
- 3) District 19 E needs to have a succession of leadership by February 2021 in order that we have a district governor in place by July 2021. There isn't anyone that will take my place at the end of my term as district governor on June 30, 2021. This is unacceptable. Every organization must have a succession of leadership at all levels of an organization this large.
- 4) I would love to see every club be able to award a Melvin Jones fellowship to a well-deserved member of the club or of the community. It's important to recognize all of the great Lions and those who have supported Lions.
- 5) I also encourage donations to Guide Dogs in Canada or Leader Dogs in the United States. Just think of those who have benefited already with a dog that has been trained due to your donations.
- 6) Encourage club secretaries to report the number of members every month prior to the last day of the month.
- 7) As always, report your service projects, hours, number served, and number of participants in the MyLion App.
- 8) Finally, I would hope that you would continue your support of our MD's Care project. For the next 2 years, the Care project will focus on helping the Haitians provide aide in establishing learning centers in 20 rural communities for girls 10 to 18 years of age who have missed out on basic education.

### **Take the time to learn and grow as Lions**

We are at that point where we can start doing our service activities from a different perspective. The same applies to our club meetings, zone meetings, and even our District Conference. We can accomplish almost anything we want to accomplish via the Zoom Meetings, the Go-To Meetings, and several other website presentations.

Our District Conference this next weekend (November 7<sup>th</sup>), will be a Zoom Meeting, but the various seminars will be available to watch for up to 30 days after the conference. Please take the time to either register and attend the live meeting session or at least take the time to view as many of the sessions as you can within the 30 days. *Take the time to learn and grow as Lions.*

***Frank Bega, IPDG***

District 19E

### ***Global Leadership Team (GLT)***

The **L** in GLT stands for Leadership: specifically Leadership Training. Our district cannot survive without our club members taking the time to serve as leaders in their clubs, and then moving on up the leadership ladder.

Our District Governor has no one filling in as First Vice-district Governor or even Second Vice-district Governor. She currently has no leadership support from either of those positions. Our district is in a very precarious position with no apparent leaders to continue serving our district.

Please, if you feel the urge to step up to Zone Chair or District Governor, please reach out to me and let's get you going on the ladder to success. To be sure there are positions you must have held prior to becoming either a Zone Chair or a District Governor. In an effort to help you decide, I recommend that you seek more information by visiting the MD-19 website and start looking for different classes on the Lions Learning Center.

Once again, if you feel you want to proceed, but need some guidance or help, I am here to serve you. I can be reached by email [frankbega@frontier.com](mailto:frankbega@frontier.com), or (208) 659-1446.

***IPDG Frank Bega***

District 19E

Global Leadership Training Coordinator (GLT)

### **Northwest Lions Foundation**

Just want to remind all the clubs in the District that we have a mini-van, and we need to put it to work. Schools are trying to start up, the kids still need their sight and hearing checked. We just need to go and inquire if we can help.

We didn't have our White Cane Days but we can come up with ways to make up the money we would have collected. The foundation can't give out any grants or aid if they don't have any. The Foundation gets its funds from clubs, so let's try to help. Remember, they were \$20,000 short last year before COVID-19 so we have some work to do. Remember WE SERVE

***PDG Ken Cook***

District E Trustee

*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

### **ADDING MEMBERS FROM AN UNEXPECTED SOURCE**

As the holidays rapidly approach, clubs throughout the district are beginning the selection process to adopt families. Every club uses different criteria and looks at different dynamics within the families to finalize their selections. Then every club decides exactly what help, support and beneficial items to present to that family. Some clubs adopt the same family for Thanksgiving and Christmas, and some clubs select different families. In addition, some clubs follow their chosen families for the remainder of the year. This process and this time of year is an exciting time for clubs as well as the selected families.

As the year begins the process of drawing to an end, clubs often overlook the opportunity to add members. Many activities can be used to attempt to increase members, including placing an ad in the paper citing your focus and meeting place and times, hosting an open house, asking your co-workers, neighbors and family members to join. This is a great time as new members do not have to pay the \$35 new member installation fee as it has been waived through the end of December 2020.

If we combine these two seemingly diverse facts, hopefully we realize we have overlooked a pool of potential candidates to join our clubs. Our adoptive families could become a fountain of labor and ideas for our clubs into the future. After all they don't have to pay the new member fee, and they only need to pay their dues for half a year, approximately \$30. What if members of these adoptive families were offered membership in our club? Sure, they may be financially strapped right now, but in the future things can and will turn around for them. What if the club offered to pay their dues for the remainder of the year, as an added bonus for their holiday gifts? This could swell our membership at a very small cost with huge benefits. Please consider it!

***PDG Lyndon Harriman***  
Extension Chair

### **The Jim Wilson Memorial Award**

The Jim Wilson Memorial is very proud to present a special award today to a lion that is always willing to pitch in and help with lions projects or events, help solve any problems, has a welcoming attitude, is dedicated and reliable.

This lion has been an active member for 20 years, has served as club president, Zone Chair, been co-chair for MD 19's spring conference, has organized the lions Health Fair, has helped organize an annual golf tournament, and has been the reservation chairmen for her clubs largest fundraising event at Priest Lake. Her faithful leadership over the past 20 years has helped the club thrive and to achieve its goal of helping those in our community and around the world.

We congratulate **Cheryl Ekler** of the Kaniksu Lions Club, as this year's ***Jim Wilson Memorial Award*** recipient!



L-R: Mike White, Cheryl Ekler,  
Wayne Leavitt - Kaniksu Club President

*"UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY"*

## Northwest Lions Leadership Institute

Have you been thinking about leadership in your club, job, or volunteer groups? Would you like to prepare to become a stronger leader? As Lions, we have a great opportunity to attend Northwest Lions Leadership Institute. This Leadership training course is designed to help improve leaders' abilities to prepare for new challenges, opportunities, and responsibilities. Through role playing, self-assessment and other leadership training scenarios, you will explore leadership roles as a strategist, manager, communicator, mentor, and team member. You will learn how to develop your unique leadership style for maximum impact. This is a reasonably priced learning course, with a special fee waiver available. I know many clubs also helps a member to attend. Please consider and plan on attending. **If you do not want to travel in 2021, in 2023, the NWLLI will be held right in Post Falls at Ross Point Conference Center.**

[www.nwlli.org](http://www.nwlli.org) [Website for all information and registration forms.](#)

Memorial Hall at Harrison Hot Springs  
British Columbia. Canada  
Harrison Beach Hotel  
160 Esplanade Ave  
Harrison Hot Springs, BC  
VOM 1K0

**Dates:** June 3-5, 2021

**Registration closes:** April 1, 2021

Institute Dates:

- June 3, 2021 starting at 1:00 PM
- June 4 All Day
- June 5 ending at 8:00 PM

The cost for the Institute is \$350, which covers:

- 3 nights double occupancy lodging at the Harrison Beach Hotel (single occupancy available on a limited basis for an additional charge.)
- Dinner on June 3, Lunch on June 4 and Lunch and Dinner on June 5, coffee breaks and snacks
- All training materials
- Hotel parking for 3 days
- *All breakfasts and Friday dinner are on your own*

Applicants from Clubs in MD19 can apply for a special fee waiver, which can reduce the cost of the Institute by \$200.

**PDG Laura Wintersteen-Arleth**  
Assistant Superintendent

## SPRING CONFERENCE

Well, we didn't get to have a Conference last year so let's make this year's Spring Conference twice as much fun and exciting. This year is going to be held at the Red Lion in Post Falls on April 30, May 1 & 2, 2021.

We want to make it something to remember, so mark your calendars. More details will be coming as we get closer.

**PDG Ken Cook**  
Conference Chair



*"UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY"*

### **Camp STIX Diabetes Programs**

It seems strange to be thinking about Camp STIX, our diabetes camps during November when the snow is falling outside, but the camp staff thinks about camp year round and continually are making plans. This last year, was difficult for the campers and staff due to Covid. Camp STIX, Camp TWIGS and Adventure Camps were all cancelled for protection of our campers and staff. Instead of an in person camp, we held "Virtual Camps" with boxes of activities, back packs, theme days, a T-Shirt and mementos were given out or mailed to every camper registered. Then on each day of camp, staff would be on Zoom with the campers doing lots of "camp activities", singing, arts/crafts, education. We wanted to make sure the campers were connected to camp and staff. It was so much fun handing out backpacks to those who could pick them up in Spokane. We were there with our masks on, Camp T-shirts on, waving pom poms and making lots of noise to welcome the campers as they or parents drove by to get their goodies. So thankful for the staff who went out of their way to make it special in this time of turmoil. I have been in conversations with the camp staff and just received the following message which shows how the support from the Lions is vital and appreciated. Please consider putting Camp STIX diabetes programs in your budget for this year.

From Malicious, Camp Director: Thanks for reaching out to us. The Lions Clubs are always so generous towards Camp STIX. We are in the process of working on our budgets for next year and are certainly weighing our options should camp not be able to be held in person.

As of right now, all three of our camps are moving forward with in-person planning. With our virtual versions this year, a large expense for us was the cost of shipping supplies and shipping itself. To be honest, it's not likely that we will engage in the same sort of virtual experience next year if we are not allowed to hold in-person camp, but each of us are working on contingency plans. I know everyone's preference is for at least some sort of in-person gathering, even if it cannot be a weeklong overnight camp. Regardless, we would likely have to incur expense for extra sanitation practices including cleaning supplies, face masks among additional PPE, and protective barriers.

***PDG Laura Wintersteen-Arleth***  
Camp STIX Liaison



### **RETENTION** ***Marge Bega, Chair***



If you want to make your community a better place, ***DON'T QUIT***.

You have so much to offer to your community and to the youth of your community to make it a better place. By being a Lion you have the opportunity to help those with Diabetes, Childhood Cancer, those that have Hearing problems and those that need help with Sight. You have the opportunity to help our Environment. Maybe you have a family member or a friend that are not aware of what the Lions do. Bring them in and let them know how much they can do for their community.

*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

### **PEACE POSTER CONTEST**

Dear Presidents/Secretaries,

My name is Margie Walters and I am the District 19-E Peace Poster Chairperson. This is a follow up letter to see if any clubs are sponsoring the Peace Poster contest. I know many of your clubs have not sponsored the Peace Poster contest for youth ages 11,12, or 13, but I am encouraging you to promote this contest. If your club has participated before, I hope you continue this worthwhile project. It is a great opportunity to encourage young people to express their visions of peace. It is also a positive public relations activity for your clubs. Last year, five clubs participated. The 2020-2021 peace poster theme is **“Peace Through Service”**.

Although many students were remote learning in September, I was thinking that students would be able to work on their Peace Posters at home. The teachers would need to decide if they would be able to assist them do this. I do know that teachers are in contact with their students and could present them with this opportunity. I hope you have contacted the schools already. Home School students are also eligible, so if the school districts have Parent Partnership programs you can contact them also.

You will need to distribute the kits as soon as possible if you have not done so already. I have extended the deadline for posters to be turned in to your club by November 10 so that the winning poster can be mailed to me by November 20. Please let me know if your club is sponsoring the Peace Poster contest. Contest rules are attached to this letter. For more information or if you have any questions you may email me at [tomargie7@gmail.com](mailto:tomargie7@gmail.com).

Sincerely,

**Margie Walters**

District 19E Peace Poster Chair

### **PEACE POSTER RULES**

Only a Lions club can sponsor the contest in a local school(s) or organized, sponsored youth group(s), such as YMCA programs, Boys & Girls Clubs, Scouts, etc. A Lioness club can sponsor the contest through its sponsoring Lions club.

- Contest is open to students who will be 11, 12 or 13 years of age on November 15.
- The contest theme changes annually and can be found in the contest kit.
- Artwork must be no smaller than 13 inches by 20 inches (33 centimeters by 50 centimeters) and no larger than 20 inches by 24 inches (50 centimeters by 60 centimeters). Do not mat or frame artwork.
- Only one entry per student, and each entry must be the work of only one student.
- All artwork must be the student’s original creation. Duplications are not accepted.
- All media are accepted. Note: Chalk, charcoal and pastel entries should be sealed with a fixative spray to prevent smearing. Do not laminate entries.
- Three-dimensional entries will not be accepted. Nothing may be glued, stapled or attached to the artwork in any way.
- The use of lettering or numbering on the front of the poster, in any language, is not allowed. All artist signatures or initials should be written on the back of the poster.
- Artwork should be done on a flexible material, so it can be rolled for shipping in a mailing tube. Do not fold poster.
- Participants accept all responsibility for late, lost, misdirected or illegible entries. Entries sent with insufficient postage will be disqualified. Lions Clubs International is not responsible for entries damaged, destroyed or lost during the judging process.
- In consideration of the opportunity to enter the Peace Poster Contest, participants agree to allow Lions Clubs International to use their names and photographs for promotional and publicity purposes. In addition, the international grand prize winner, two family members (one being a parent or legal guardian) and the sponsoring club president or a club member (as designated by club president) are required to attend an award ceremony.



*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

## **MD19 ANNUAL CONVENTION**

# **Multiple District Nineteen Lions Clubs International**



4141 West Maplewood Avenue, Bellingham, Washington U.S.A. 98226 • 360-733-4911 • [www.lionsmd19.org](http://www.lionsmd19.org)

10/27/2020

*Re: Musings to be shared*

Dear Lions:

Don't forget Saturday November 7<sup>th</sup> starting at 9am is our 99<sup>th</sup> Annual & also the first ever Online Annual Convention! MD19Convo2020 where we're doing the same things we've always done, but now we're doing them just a little differently. The Convo will be held via Zoom; and for those of you who have registered, watch for the invite on November 5<sup>th</sup> that will invite you to "click here" and take you to the sign in center. This invite will be sent from [MD19Convo2020@hubb.me](mailto:MD19Convo2020@hubb.me)

You can now register via Eventbrite when you follow the link at our website [www.lionsmd19.org](http://www.lionsmd19.org). Sessions of special interest include:

- "Self Defense from the Dark Side" taught by a 5<sup>th</sup> degree black belt in the traditional Korean Martial Art of Soo Bahk Do. Andy has been legally blind for over 35 years; his wife, Colette is also an instructor.
- The memorial service, led by Galen Laird and the Lynden Lions Club (19-H)
- Doing Lions Service in Australia
- Bags to Benches: working with the Trex company to recycle plastic bags and possibly earn a bench for the community.
- Laughing Matters – it's the same necessity as food.
- And our Rap Sessions for Club Officers: President; Secretary; Treasurer and membership Chairperson.

On November 5<sup>th</sup> you will receive an email from [md19convo2020@hubb.me](mailto:md19convo2020@hubb.me) with an access code and an invite link to the Saturday convo. Click on that link and set up your user profile. You will have full access to over 50 sessions/seminars/socials for 30 days.

Please join me, and many other Lions this *November 7<sup>th</sup>* as we do things that we've always done, but just a little differently.

Sincerely,

A handwritten signature in black ink that reads "Peter Anderson".

Peter Anderson, Executive Director  
Multiple District 19  
Lions Clubs International  
360.733.4911 (work) 360.450.8272 (cell)

*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

**November 7, 2020 MD19 Convo Schedule**

<b>Start Time</b>	<b>End Time</b>	<b>Session Title</b>	<b>Speaker Name</b>
9:00 AM	10:00 AM	Opening Session Keynote	J. D. Nellor
10:00 AM	10:45 AM	Club President Meet-up	Hal Palmer Barak Gale Bob Johnson
10:00 AM	10:45 AM	World Is On Fire: How Lions Can Make a Difference.	Dr. Nancy Messmer
10:00 AM	10:45 AM	The AFB Helen Keller Archive at the American Printing House	Micheal Hudson Ken Ball
10:00 AM	10:45 AM	Internet Safety	Sandy Ball
10:00 AM	10:45 AM	Bridging the Gap Between Leos and Lions	Ojas Chitnis
11:00 AM	11:15 AM	Intermission One	J. D. Nellor
11:15 AM	12:00 PM	Zone Chair Meet-up	Crystal Walk
11:15 AM	12:00 PM	Plusoptix Vision Screening	Debbie Mansell Lee Stark
11:15 AM	12:00 PM	LEO Meet-up	Lyndon Harriman
11:15 AM	12:00 PM	Laughing Matters or The Pun Also Rises...	Ojas Chitnis
11:15 AM	12:00 PM	Greencapes	Donna Oiland
11:15 AM	12:00 PM	Greencapes	Rhonda Bakusko
12:15 PM	1:45 PM	General Session	J. D. Nellor
1:45 PM	2:30 PM	Club Secretary Meet-up	Melissa Smith
1:45 PM	2:30 PM	Club Membership Chair Meet-up	Michele Barrie Stephanie O'Dell
1:45 PM	2:30 PM	Self Defense from the Dark Side	Andy Arvidson
1:45 PM	2:30 PM	The ABC's of Public Speaking	Colette Arvidson
1:45 PM	2:30 PM	Leader Dog	Lyndon Harriman
2:45 PM	3:00 PM	Intermission Two	Debbie Mansell
3:00 PM	3:45 PM	Club Treasurer Meet-up	Al Hedstrom
3:00 PM	3:45 PM	The Gift of Becoming: Fulfilling 9 Basic Needs for Enhanced Living	J. D. Nellor Stephen Staudinger
3:00 PM	3:45 PM	NW Lions Foundation	Dick Cathell
3:00 PM	3:45 PM	GAT Roundtable	Bill Lundin
3:00 PM	3:45 PM	BC Lions Society	Wanda Eddy
3:00 PM	3:45 PM	BC Lions Society	Shannon Bernays
4:00 PM	5:30 PM	Closing Session	Al Hedstrom J. D. Nellor

**On-Demand Sessions**

Bags to Benches - Kim DiRienz

Blind Sided -

C.A.R.E - Dana Tseng

Change – PID Stephen Glass

Doing Lions Service in Australia – 2<sup>nd</sup> VDG Debbie Mansell

From 100 to 1000 in 2.4 seconds – PDG Sharon Sikes & PID Anne Smarsh GAT PID Jerome Thompson

Jump on the Bandwagon - Jerdil Castillo

L.C.I.F. PDG Mark Mansell, PDG Cec Specht, PDG Bob Yeoman

MD19 Lions Foundation PCC John Kirry

MD19 Memorial Service

Microsoft Excel: Tools and Tips CC Al Hedstrom

N.A.M.I. North American Membership Initiative MD-19 NAMI Champion Mark Mansell NW Lions Leadership Institute PDG

Jan Weatherly

Old pin, New pin, My pin, Your pin PID Don Shove & IPDG Stephen Staudinger

Pacific Foundation for Blind Children - JaReda Webb

The Legacy You Will Leave – PDG Donna Oiland

The Lions Journey Mentoring Program - PCC John Kirry

The Three Minute Video - PCC John Kirry

Using Leftover Fabric Pieces for A New Project – PZC Michele Barrie

What the Heck is Lions Quest? - Joanne McQuiggan Executive Director

Who Hid My Club? ID Mark Lyon

Youth and what tomorrow brings Dr. Patti Hill 3rd VP

## CHILDHOOD CANCER



### Signs of Childhood Cancer

- C**ontinued, unexplained weight loss
- H**eadaches, often with early morning vomiting
- I**ncreased swelling or persistent pain in bones, joints, back or legs
- L**ump or mass, especially in the abdomen, armpits, pelvis, chest or neck
- D**evelopment of excessive bruising, bleeding or rash
  
- C**onstant infections
- A** whitish color behind the pupil
- N**ausea which persists or vomiting without nausea
- C**onstant tiredness or noticeable paleness
- E**ye or vision changes which occur suddenly and persist
- R**ecurrent or persistent fevers of unknown origin

It is important to be aware of the symptoms of childhood cancer. Observe children for any sudden, persistent changes in health or behavior as listed to the left. Doctors, parents and others who work closely with children must trust their instincts and work together to protect children's health.



Lion Connie Hill-Bunch, Chair  
[chillbunch@comcast.net](mailto:chillbunch@comcast.net)  
(509) 939-0725

*...because kids can't fight cancer alone!®*



***Please join me in welcoming the following new Lions to District 19E:***

**CLUB**

Creston  
Fairmont  
Nelson  
  
Rosalia

**NEW MEMBER**

Nadine R. Campsall  
Linda J. Isberg  
Lana Watson  
Pennie Brown  
Mary A. Widman  
Louise A. Mead

**SPONSOR**

Ingrad Voigt  
Lee Klus  
Jesse McLaren  
Bill Brown  
William Widman  
Linda Pritchett



*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

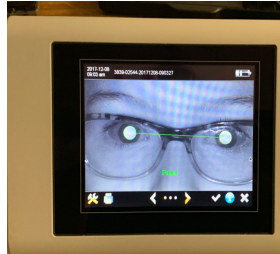
## Out and About in the District

### **NPOV Lions**

NPOV Lions went to school....Selkirk Elementary and Middle/High School....to help school nurse Misty Reed with annual vision and hearing screening. 198 Selkirk students were tested with great help from Nancy Kiss and Misty Reed.



D19E Vision/Hearing equipment



Plus Optix Vision Scanner



L-R: Nancy Kiss RN, Misty Reed RN, PZC Gayle Pollock

Did you know District 19E has a mobile unit for vision and hearing available to all District clubs? The unit is equipped with 2 vision scanners, 4 hearing tests equipment, tables, chairs, pop-up tent ... all ready to use. A nice option if the Lions Health Screening Unit isn't available. This is the second time NPOV Lions has utilized the Districts equipment that is stored in Chewelah. Contact PDG Brian Ross, PDG Ken Cook or Lion Becky Washington (Chewelah LC) for more information and to reserve the equipment.

### **Nelson Lions**

Nelson Daily

Sunday, October 18, 2020

#### ***Team of the Week***

The Nelson Lions Club, social distancing of course, made a lot of homes a little warmer thanks to the club's annual Firewood Sale held earlier this month.

The Lions Club sold out of wood in less than two hours as locals flocked to the Granite Road site with trucks, trailers and cars ready for filling.

The Firewood Sale fundraiser allows the Lions Club of Nelson to offer community grants to local organizations in the Heritage City.

Lions Club gives back all monies raised from fundraising activities or donates, as well as, funds generated from our investment with the Osprey Foundation which allows the club to increase its fund base and give even more to other groups, organizations and activities that benefit the community.



L-R: Penny Brown, Arnold Erikson, Paul Bogaard, Travis Nakken, Elaine Perepolkin

Mallard's Source for sports would like to salute the Lions Club as Team of the Week.

*“UNLEASH YOUR PASSION FOR LIONISM WITH KINDNESS,  
WHILE EMBRACING DIVERSITY”*

## Out and About in the District

### **Armstrong Lions**

Dear Friends and Lions,

I have entered a contest to help Lions Club International identify ways to show people what the Lions of the world are doing!!!

I have submitted a photo of myself holding an Award that was presented to me in 1993.

I was asked how I was affected by this presentation and how I presented my reactions to this Award.

Votes are needed to win and I am asking for your help, for this you receive my gratitude and I receive notoriety with Lions Club International!!!

My photo can be found at <https://gleam.io/g/WrR9g/135ml5>,  
click on the heart at the bottom of the photo and that will count as 1 vote!!!

Thanks for your consideration

John MacPherson / Lion

Armstrong Lions Club

PDG 19-E - 1991/92



*“When we plant trees, we plant the seeds of peace and seeds of hope.”*

*Helen Keller*