

Kindness, a Key to Service

Our Message from DG Joe

DG Visitation Schedule:

~11/18 Mansfield
~ Don't Know
~ Anyone's Guess
~ Waiting to Hear
~ Best Guess Wins
~ Pray for Soon.

Websites:



Websites:

- MD19 lionsmd19.org/index.php
- District D e-district.org/sites/19d
- LCI lionsclubs.org
- NLF nlfoundation.org

We're starting the 5th month of our Lions year and we continue having meetings by different methods; let's keep giving each other those "virtual" hugs and handshakes. I hope everyone of

us is offering Kindness to all our members and those we serve. In these challenging times, we must continue to reach out to our Lions family and those in the community

who need our support system.

Our district governor team have started making some visitations but some clubs are either not meeting yet or are fearful of

having others join them. We're willing to talk to your clubs thru Zoom or other types of programs; please let our team know. We are here to help you thru these times.

November is International Diabetes month and the 14th is National Diabetes Day. This is a particularly good time to spread the message in your community about what Lions do to combat this disease. We all personally know individuals who are living with diabetes. Let's reach out in our communities and see what we can do to help. I know we all have had funding problems, but providing information to the public will cost us little, but may save a life by getting people to have a health checkup.

2020–2021 District Governor Joe

Now I am going to mention something that will scare some people...Membership. Nine years ago, when I was District Governor the first time, we had 64 Lions clubs and 5 Lioness clubs. We now have 45 Lions clubs and 4 Lioness clubs, with all Lioness clubs ceasing June 30th of next year.

Congratulations to the Moses Lake and Kelowna Lioness, who will become Lions! We can't continue the service we provide to our communities if this loss of members continues.

I attended an online meeting on Saturday, Halloween, and it was pointed out that the last time the US and Canada had a positive growth year was 1984. PZC Mike Livingstone is my NAMI, North American Membership Initiative champion and his goal is to help clubs grow. Please take heed of what he has to offer. To be a viable district, our membership needs to be over 1200 and we are now just about an even 1100.

I know from personal experience that it is hard to get new members when we can't meet or do projects in our communities, but we still need to spread the word, and ask others to join us.

Thank you to each and everyone for all you do in following our motto: WE SERVE.
DG Joe

The **Quincy Valley Lions** were unable to have their harvest maze this year, due to covid.

However, they still had their u-pick pumpkin patch. Opening every Wednesday and Week-end in October, they made over \$4,000.00. The Mansfield Lions, represented by Adam Foged and another member came to get pumpkins for the Mansfield Elementary School children. They have been bringing the students by bus for the last several years, but this year just brought bins to deliver the pumpkins to the students. To lend a hand to Mansfield, the Quincy Valley Lions donated \$1,000.00 towards helping the Mansfield community deal with the wildfires in their area.



The Service Journey

Learn, Discover, Act, Celebrate

I recently completed the Global Action Team (GAT) Road Show, consisting of four Zoom meetings, covering membership, service, and leadership. I **learned** by attending the sessions, I **discovered** new ways to serve, I **acted** in sharing these experiences, and I'm happy I did.....let's **celebrate**! These key words can be used by all of us in our service journey.

Here are some ideas put out there by International Director Allan Hunt,

- ❖ Post virtual meetings for your club.
- ❖ Take this time of uncertainty to find causes that resonate in your community and reach out to partner with other community organizations.
- ❖ Find and concentrate on at risk community members, like those who live alone.
- ❖ Find a source and donate unused masks...you can even make your own!*
- ❖ Share positive ideas and ways to serve, using a social media platform.
- ❖ Host online exercise programs &/or healthy recipes.
- ❖ Tutor or hold a virtual story hour, reading 1-3 children's books during an hour. **
- ❖ Post positive notes on your windows &/or door, on colored paper, with the Lions emblem.
- ❖ Share virtual games, i.e. bingo, Trivial Pursuit ***

Personal Notes:

*Our school asked for mask makers and some of our club members did that!

**I read stories to a granddaughter, via an app called Marco Polo...check it out!

***My daughter and I played Trivial Pursuit last weekend and it was so much fun. We used Zoom!

One final note and then I'll shut up! A couple of clubs service projects caught my eye and you may want to try them. The Kamloops Paddlewheelers purchased & distributed 6 tablets to 6 assisted living facilities for residents to stay in touch with families during this isolation. A great pandemic project😊. Also, the Camas, WA Lions Club repurposed grain bags from breweries and turned them into grocery bags. That expanded into using animal feed bags... what a great environmental project!

WE SERVE

Dorothy Nilles

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NLF – NORTHWEST LIONS FOUNDATION: NORTHWEST LIONS SIGHT AND HEARING

THANK YOU TO EVERYONE WHO HAS SENT IN YOUR DONATION TO WHITE CANES. FOR THOSE WHO HAVE NOT SENT IN YET FOR 2020, PLEASE DO SO THIS MONTH (NOVEMBER), TO GET CREDIT IN THIS YEAR. BE SURE TO PUT "WHITE CANE DAYS" IN THE COMMENT LINE, WHEN SENDING IN YOUR DONATION TO NWL FOUNDATION. OR ATTACH THE FORM THAT IS FOUND ONLINE.

CHECK OUT OUR WEBSITE: [HTTPS://NLFFOUNDATION.ORG/ABOUT/MISSION](https://nlfoundation.org/about/mission)

THE NORTHWEST LIONS FOUNDATION IS TRYING TO IDENTIFY INNOVATIVE WAYS TO PROVIDE OUR IMPORTANT

ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

- 1** How old are you?
Less than 40 years (0 points)
40–49 years (1 point)
50–59 years (2 points)
60 years or older (3 points)
- 2** Are you a man or a woman?
Man (1 point) Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- 6** Are you physically active?
Yes (0 points) No (1 point)
- 7** What is your weight status?
(see chart at right)

Write your score in the box.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org or call 1-800-DIABETES (1-800-342-2383)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

World War 1 ended on the 11th month on the 11th day on the 11th hour.

We wear a poppy to honor veterans during the lead-up to Remembrance day. The Remembrance period runs from the last Friday in October until the 11th of November.

The poppy should be worn on the left side over the heart, it is a sacred symbol of Remembrance and should not be affixed with any pin that obstructs the poppy. The red represents the blood of those who gave their lives and the black represents the mourning of those who didn't have their loved ones return home.

It is the tradition to remove the poppy at the conclusion of the ceremony and place the poppy at the cenotaph or on a wreath as a sign of respect.



Here we are in the fall season, leaves to rake, the garden to clean up, compost heaps to deal with, lawn furniture to store! All good fall activities.

Now we have time to think about our wildlife - birds, for example. Think how we can help them survive the coming winter.

My feature this month is a bird feeder, easy to make using a 2 litre soft drink bottle and an ice cream pail lid. I used an eye bolt in the screw cap, 3 screw nails to hold the lid in place and I used my solder gun to put holes for the seed to escape. It works well and costs less than \$20.. for the eye bolt & screws.

Do not forget to send me your creations at environmentangus@gmail.com



November 7 - MD19 Convention (virtual)

November 11 - Remembrance Day (Canada)

November 11 - Veterans Day (USA)

November 14 - Lions Cabinet - (via Zoom)

November 14 - World Diabetes Day

November 26 - Thanksgiving (USA)



ZONE MEETINGS: Please let us know when these will be happening.

A lot of the clubs activities and services have not been able to occur - but clubs are still keeping in contact and doing what they can. Please share successful gatherings so others might try them.

"You cannot control everything that happens to you; you can only control the way you respond to what happens. In your response is your power."

QUESTION.....What piece of advise would you give to a brand new club?

From Facebook, asked by Sunayna Mahtani, Lions Global Action Team:

1. Have patience and go easy. Get to know the members. Enjoy the company. Build projects with the team.
2. It is all about teamwork. Everyone needs to put in their efforts. Its all about working together for the great cause.
3. Teamwork, just ask. Stay open minded and think outside of the box. Our communities and the people in them are continually changing. Reach out and continue to ask people what they see are the needs of their community
4. Don't over think everything. Do a service project quickly and plan your first fundraiser within the first 3 months
5. Have fun and do what works for your club
6. Share your excitement
7. Tell all your friends and neighbors about your club and invite them to a meeting
8. Be visible in your community, volunteer for projects at schools, adopt a section of street or highway to clean, have presence on main street, sponsor a street or park bench, little league team, etc
9. Set your goals for your club, be sure to elect your president, secretary and treasurer to keep the function of your club in order. Follow the guidelines of the LCIF. Ask questions of your guiding lions for help
10. The basic foundation in any club is the members. They should all be service oriented and committed. The club should identify projects and activities which interests the members. Appreciate the members at every step of
11. Everyone is a volunteer. They vote with their feet. They need to hear from good speakers. They need to have good need to be taught community involvement.
12. Be creative rather than to follow older clubs of what they do to serve
13. Proper Training
14. Make it fun. Voluntary service should be a pleasure not a burden
15. Do not feel alone in your challenges...There are thousands of Lions clubs who wish you well and are willing to assist when needed
16. Stay positive and remember WE SERVE
17. You can do it!
18. Let members enjoy fellowship during service. And ask for their ideas to serve the needy. Involve them
19. Find a service project all can be part of
20. In Scouts, we say that a troop is a "Gang with a purpose" I think that goes for a lions club as well. Members must enjoy fellowship with one another at meetings, outings, and especially in service projects. Get all members involved in more of your service projects. Everyone needs to feel that they are contributing. Encourage all members to wear Lions clothing to meetings and in service. Train all members about the organization. Make sure your officers are trained how to do their jobs. Get the officers involved the club level, and zone & district.
21. Be loyal to your commitment. Serve less fortunate with SMILE
22. Have them involved in the Service or programs. Delegate powers and responsibilities to all members and make them accountable. An attempt may be a failure but there should never be failure of attempts.



DIABETES CANADA

Did you know:

422 + people have diabetes.

COVID 19

Kidney disease is common in people with diabetes

You can still work if you have diabetes

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November 2020

ISSUE 9

Diabetes - Are You Aware?

Lions Fight Diabetes

We're helping educate the world on the need for diabetes research, programs and initiatives. Our goal is to reduce these statistics in the coming years through service, investment, and kindness.

422 million+ people are living with diabetes

5 million deaths each year are a result of Diabetes

8th leading cause of death in the world

1 in 3 low income regions say they have the technology to diagnose and manage diabetes

Lions from around the world fight for better diabetes relief. We run initiatives and programs to improve the lives of those living with diabetes and helping others from developing type two diabetes.

Hopefully your club has organized an awareness event in your community this month in support of World Diabetes Day on November 14th.

Send me pictures for next months newsletter showing / telling what you did!



Some information taken from the LCI website.

ABOUT DIABETES

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

People living with diabetes, especially those with poor glycemic control have an increased risk for some infections. Coronavirus (COVID-19) results in a respiratory infection that causes patients to develop mild to severe symptoms including a cough, fever, and difficulty breathing. Symptoms may take up to 14 days to appear after exposure to COVID-19. 234K diagnosed with Covid 19 in Canada since Dec 2019.

Excerpt from Diabetes Canada Website

Did You Know?

The kidneys are two bean-shaped organs located just below the ribs, near the back. They filter the blood, removing waste through the urine. The kidneys also regulate the amount of fluid and salts in the body and are important in controlling blood pressure. Kidney disease, known as nephropathy, is a serious complication associated with long-term diabetes. Over the years, high blood glucose (sugar) levels and high blood pressure can damage tiny blood vessels in the kidneys and prevent them from functioning properly or even cause them to fail completely. Diseases of the kidney are common in people with diabetes.

The best way to prevent or delay kidney damage is to:

- Keep your blood glucose (sugar) at target
- Keep your blood pressure at target
- Don't smoke
- Take your medications as prescribed
- Have your blood cholesterol checked annually and keep it at target
- Follow a healthy meal plan
- Enjoy regular physical activity

Most people don't experience any symptoms in the early stages of kidney disease, so it is important to be screened regularly to detect kidney problems as early as possible. Good diabetes management and regular screening can prevent or delay the loss of kidney function.



From the desk of the editor



As the BC Liaison for Diabetes Canada and Lions International, as well as District I's Diabetes Chair I hope to bring awareness and education to the Lions of BC. This newsletter is a way of bringing different articles of information to you to keep better informed regarding our fight to end Diabetes. Thanks for reading, if you have any input or comments regarding the newsletter please direct them to me at georgia.medwedrich@telus.net

PDG Georgia Medwedrich

District I Diabetes Chair

National Liaison Committee BC Rep

MYTH 8: PEOPLE WITH DIABETES CAN'T DO MANY JOBS

FACT:

Having diabetes won't stop you from **having a job** and with the improvements that have been made in treatment of diabetes, the number of jobs that people with diabetes are ineligible for is now very small. The armed forces is one profession which may prevent people with diabetes from entering specific roles, such as front line service, but many other positions will be accessible. It's worth noting that people with diabetes that cannot work, for individual sight or mobility reasons, may be entitled to specific **benefits**.



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"Everyone knows food is bad for you,
but I don't know what else to eat!"



PRESS RELEASE

For Immediate Release to all
Lions publications in MD19 and District Governors

Knights Of The Blind Committee Endorsed by MD19 Lions Council of Governors

On October 18, 2020, the Lions Multiple District 19 Council of Governors voted to accept the Lions Knights Of The Blind as an official committee of MD19. The council, made up of District Governors from Washington, British Columbia and northern Idaho districts agreed that a committee devoted to Lions working with and for the blind made sense to help meet Helen Keller's challenge to Lions to be the knights of the blind.

The Knights committee currently has 16 members and are from the 3 regions. PDG Art Ruben said the idea of a Lions committee devoted to the blind and visually impaired came to him recently when he was reminded that Lions in MD19 do a good job to improve and preserve vision, but they come up short helping and working with those who had lost their sight. (Sometimes Lions just don't know how to find the blind, often due to confidentiality and privacy laws.) He wondered how clubs could do more to involve the blind and partially sighted and increase blind members in Lions. "We are the knights of the blind," he said. He knew of few clubs that were involved in projects for the blind like his Everett Central club that has held over 75 salmon fishing derbies for the blind. Over the years he has sponsored seven members who are blind including the current and immediate past president.

Art contacted Council Chair Al Hedstrom about developing a Knights Of The Blind Committee. Al loved the idea and told him to come back with a mission statement, goals and committee members. Art worked with Colette Arvidson of the Anacortes Lions Club and the Washington Council

of the Blind Families Committee. They formulated the mission statement, goals and found Lions and other people to be on the committee. All but three were blind or visually impaired. Three committee members were non-Lions and have agreed to apply for membership. The "Blind" committee has met twice virtually and agreed to the mission statement and goals that were presented at the Council. The committee currently meets on the first Tuesday of each month virtually. They plan on forming committees to meet the goals and selecting officers.

Below is the mission statement and goals of the Knights Of The Blind Committee of MD19.

Our mission statement:

To accept and act upon the Helen Keller challenge made to Lions to become the "Knights Of The Blind," which includes the improvement of the quality of life for people who are blind and visually impaired.

Our Goals:

1. To actively interact with blind and visually impaired individuals in our local communities and listen to their needs.
2. To partner with organizations of and for the blind and visually impaired.
3. To increase membership and support blind and visually impaired in Lions.
4. To assist where possible to obtain tools, devices, information and services to improve access for the blind and visually impaired.
5. To educate and raise awareness of blindness and visual impairment in our local communities.

The committee will reach out to all MD19 clubs to find members who are blind or visually impaired and sighted Lions who are interested in their mission. Among the ideas the committee is to publish a list of events or projects for the blind that clubs are involved with. One of the main objectives of the committee is to encourage all clubs to not only sponsor events with and for the blind but to involve the blind in existing programs and projects and to work with blind organizations on their programs.

For more information about the MD19 Knights Of The Blind Committee e-mail colette.arvidson@gmail.com or call (360) 391-5880.