

Kindness, a Key to Service

Our Message from DG Joe

DG Visitation Schedule:

- ~Not sure
- ~ Don't Know
- ~Anyone's Guess
- ~ Waiting to Hear
- ~ Best Guess Wins
- ~ Pray for Soon.

As we are getting ready to start the third month of this Lion's year, I expect you have been waiting to hear of my plans. With the COVID virus still placing restrictions on our meetings, the I don't

know plan is all I have at this time. On Saturday the 29th we held our first cabinet meeting, by Zoom. Almost all the cabinet attended, and I feel it was a productive meeting. As will all new ways

of having meetings, there are things to learn, but we will make it work. My 2nd cabinet meeting has been rescheduled to November 14th, and will be by Zoom again.

Websites:



Websites:

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

. Another of my goals for the year was to increase club involvement in the environment. This is one thing we can work on with little expenditure of funds.

Today all we hear about is plastics and nondegradable products getting into our water systems. Down here in the states, with parks and other attractions open for use, more people are visiting but not picking up behind themselves. On our walks or excursions, we can carry a bag and pick some litter. If we did this every time we went somewhere, it would make a big difference. Perhaps we could plant some trees.

As Angus will suggest, perhaps something we think of as trash or throw away, could be repurposed into something new. There are many ways working for the betterment of our environment, we just need to think outside of the box.

Bulletin Editor *Shelley Costello* shelan1437@aol.com

Please send articles by the 1st of each month for the current month's edition.

2020–2021 District Governor Joe

The MD 19 annual convention has been canceled this year as an in person event, but in keeping in with the new way of doing things, it is going virtual. The virtual convention will be held on November 7th. There will be classes and a lot of the other things we normally do, online. As I get more hard data on this, I will keep everyone informed.

Remember, Kindness is so important to all we meet and deal with in today's difficult times. Let us also be kind to ourselves.

Feeling a bit down just now? They say that misery loves company and according to lots of data out there, you are not alone. But to put a spin on that; you are not alone in your passion to serve either. If we Lions keep our mission in mind, remaining grateful for everyone and everything that makes our organization strong, we will benefit personally. Let's list what individually we can do to stay positive and healthy:

- Get a good night's sleep; counting blessings is better than a sleeping pill!
- Rise each morning, ready to face challenges, even if with a Lion's roar before coffee.
- Allow time to meditate alone; sometimes the club and family "pride" can be annoying.
- Reach out to family, members, and friends that you may have neglected pre-pandemic.
- Start a new hobby, or complete something that's been on hold. So satisfying!

These are just a few ideas and some of you Lions may be able to add to this list. So, Lion friends, stay healthy, stay positive, and keep on serving! DG Joe.

Environment....Angus Benedict

Hello fellow Lions, our summer has definitely been different this year. Our activities have been curtailed a whole lot. Maybe now would be a good time to investigate our communities and create a list of things we could do when times are better. Put a plan together now so we can be better prepared when we are not so restricted. There are probably some things that we can do that only require one or maybe two members. Maybe a senior or disabled person needs a yard clean up or take away recycled items. This would also qualify as a service project.

My feature this month is again using old lamp shades with a 6 inch plastic pipe and a base made from left over concrete poured into a lid from a fruit tray to give it a design. The birds love it!



PDG Patti Sparks sent me what she does by recycling bits of wool and crocheting bookworms. She has made 500 "Bookworms" and when the schools open back up these bookmarks will be given to the school librarians for prizes or incentives for the young readers.



Send me your creations at environmentangus@gmail.com

District Goals for the 2020–2021 Lions Year MD19 – District D

We will continue to work for LCIF and campaign 100 and continue to encourage clubs to support their efforts.

We will work on this project when the DG, 1st VDG, and 2nd VDG visit each club. We will explain what the foundation does, talk of what the Increase in funding will help us do, and encourage continued support. It is Hoped this contact will increase donations by \$1000 over last year, which is \$24,479.72 at this time.

SERVICE GOALS:

Have 50% of the clubs do some type of Diabetes activity.

Have 50% of the clubs do some new type of environmental project and

Make communities aware of the need to support these activities.

Thru our visits to clubs and working with the ZCs try to get 90% of the clubs reporting their service activities on MYLION.

Goals are so important to have, especially now. Think of a way to be active in our communities.

DISTRICT GOVERNOR	Joe Nilles	509-669-6766	lionjoed2@gmail.com
1 ST VICE DISTRICT GOVERNOR	Joyce Stevens	509-670-7527	jstevens87826@gmail.com
2 nd VICE DISTRICT GOVERNOR	Debbie Allan	250-554-1498	dandballan@tellus.net
CABINET SECRETARY	Jeannette Britton	509-548-1947	jhbritton@earthlink.net
PAST DISTRICT GOVERNOR	Debbie Bostock	250-573-7520	debbie.bostock@gmail.com

NLF – NORTHWEST LIONS FOUNDATION: NORTHWEST LIONS SIGHT AND HEARING

The Lions Health Screening Unit (LHSU) is now being stored in Wenatchee, WA, with our driver also being local, Skip Haney. As soon as we are able to have regular meetings, Skip will become a new member of Wenatchee Central Lions Club. Local businessman, Mike Walker has graciously allowed us to park, free of charge, in the secured Malaga storage area.

This 62-foot long, medically-equipped screening unit travels through Washington and Northern Idaho to give free health screening at schools, fairs, and other public events. Checking for glaucoma, diabetes, high blood pressure and sight and hearing loss is the key to interventions in potentially life-threatening health problems.

Currently, all scheduled summer appointments for the screening unit, have been cancelled. September schedule is looking to have a few site visits at this time.

Please see NLFoundation.org for a schedule of when the LHSU will be in your area, or to request a visit from the LHSU.



In Memory of 9/11/11

KINDNESS MATTERS SERVICE AWARD

Hello District D Lions Clubs,

Did you know that you can apply for the **Kindness Matters Service Award**? Your clubs will be doing some amazing service projects this Lion's year. Why not let the rest of our world know about it?

I encourage all clubs to consider nominating their club for an outstanding service project. Information can be found on the Lions Clubs International website. Just google "kindness matters service award" and...bingo....you'll find out what you need to know, plus the nomination form.

It's too late this year for clubs to fill out nominations, but at the completion of this year, nominations are open from July 1st-August 15th. By August 15th, nominations from club service chair persons and Leo presidents must be electronically sent to the District Global Service Team Coordinator.....that's me! Then I send them on to the MD19 GST and then it's on to Lions Clubs International.

I leave you to it!

Dist. GST Lion Dorothy Nilles

Contact Dorothy: skihilldln@gmail.com

Autumn Pear Salad

Balsamic Vinaigrette

1/3 cup Extra virgin olive oil

2 1/2 Tbsp balsamic vinegar

1 Tbsp honey 1 tsp dijon mustard

1-1/2 Tbsp finely diced onion

1/4 tsp each Salt and pepper

Salad

1/2 cup chopped walnuts

1 Tbsp salted butter

1 Tbsp packed light-brown sugar

7 oz Salad/Spinach blend

2 oz parmesan cheese, shaved

2 Pears, sliced thin (Bartlett or Anjou are great)

1/3 cup dried cranberries

- In blender add olive oil, balsamic vinegar, honey, mustard, onion, salt & pepper. Mix well (approx. 25 seconds) Store in refrigerator in an air tight container until ready to use.

- In a pan melt butter with the brown sugar (medium heat). Once mixture has melted add walnuts - stirring constantly until caramelized (approx. 2 min.) Transfer to a plate in a single layer to cool.

- Layer greens and pears in a bowl and toss with the dressing, then top with parmesan, cranberries and walnuts.

(alternately layer salad ingredients the drizzle with dressing)

Note: put the dressing on just before serving or the lettuce may wilt.

Thank you Oliver Lions for this recipe

September 25 – September 27, 2020

YOU CAN EXPERIENCE THE FORUM THIS YEAR IN A NEW WAY! JOIN US FOR THE USA/CANADA LIONS VIRTUAL LEADERSHIP EXPERIENCE. CLICK ON THE BUTTON TO REGISTER.



YOU CAN EXPERIENCE THE FORUM THIS YEAR IN A NEW WAY! JOIN US FOR THE USA/CANADA LIONS VIRTUAL LEADERSHIP EXPERIENCE.

COMPLETE EVENT REGISTRATION FEE **\$20.00**
3 DAYS – 2 HOUR SESSIONS

LEARN MORE – REGISTER NOW!

[HTTPS://MEMBERS.LIONSFORUM.ORG/EVENT-3925061](https://members.lionsforum.org/event-3925061)