

District "I" March Newsletter

March 2025 Newsletter

HAPPY ST. PATRICK'S DAY!



District Governor Chuck Robinson
Newsletter Editor: PDG Shelley Costello



Hello, fellow Lions,

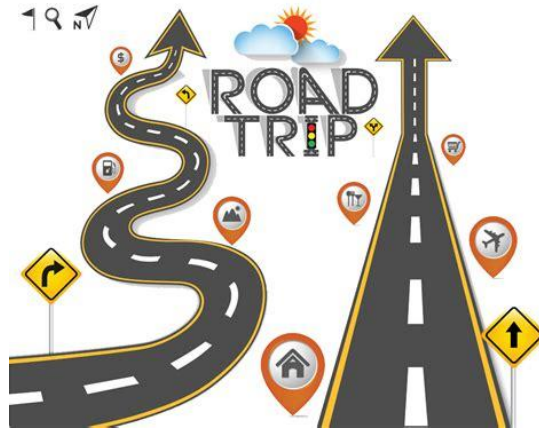
Daylight savings has started, and we feel ready to start all the great activities that Lions do.

Spring is upon us, outdoor projects are being planned and implemented. I love this time of year, after winter the sun will be out, and warmer days are ahead. I feel energized.

Club visits will ramp up this month. We are all getting ready to make our mark. A heartfelt thank you to all the Lions that stepped up in leadership roles. We need zone chairs for Lions year 25-26, it's a very fun and rewarding experience. You will gain a lot of new friends.

District Governor Chuck

Travel Schedule DG Chuck Robinson



March 15th
March 20th
March 26th

**Wenatchee Central 95th Celebration
Lake Country Windfield 6:30pm
Tonasket, Okanogan Valley**

April 3rd
April 16th
April 17th
April 29th

N Pend Orielle Valley Lions
Barrier Lions
Sorrento Lions
Creston BC & Kootenay Lake BC

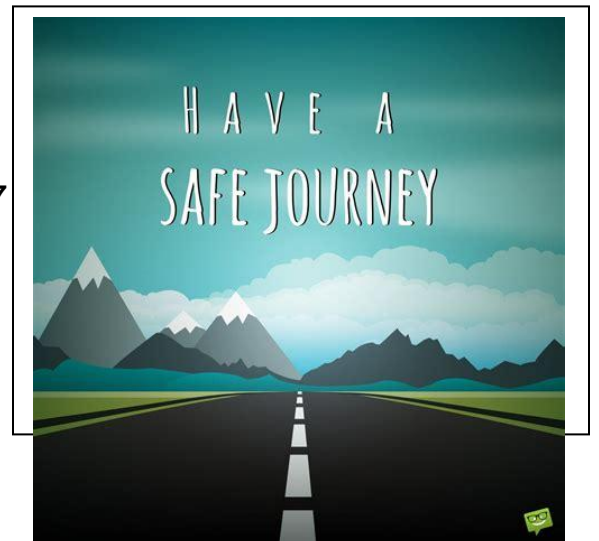
May 16th & 17th
June 4th
June 5th

MD19 Convention Chilliwack BC
Beaver Valley Lions
Northport Lions

First Vice District Governor, **Steve Sweeney**

The Schedule for these meetings is as follows:

- Armstong: March 12th
- Enderby: March 13th
- Kettle River (Rock Creek): March 27



Very Important Contact Information for you

District Governor	Chuck Robinson	Chuckr49@nwi.net	509-679-4550
1 st Vice Dist Governor	Steve Sweeney	stevesweeney@shaw.ca	250-767-0082
Immediate Past Dist Gov	Mike Livingstone	lionmichaellivingstone@gmail.com	250-809-6027
Cabinet Secretary	PDG Joyce Stevens	jstevens98826@gmail.com	509-670-7527
Bulletin Editor	PDG Shelley Costello	Shelan1437@aol.com	509-881-5103

District I website https://www.e-district.org/sites/district_19-i/index.php
 District I Facebook <https://www.facebook.com/groups/5745189942250564>
 Lions International <http://www.lionsclubs.org> 630-571-5466
 MD19 Lions Foundation www.lionsleadershipfoundation.org
 Multiple District 19 Office 4141 Bennett Drive, Bellingham, WA 98226
md19lions@lionsmd19.org <http://www.lionsmd19.com>

Canadian clubs mailing anything to MD19 office, please use the following mailing address:

Multiple District 19, Lions International, P O Box 16201
 Aldergrove, BC V4W 2V1

Zone Chairs MD19 – “I”

19 I – 1 ZC Lynda Devenish	lyndadevenish21@gmail.com
19 I – 2 ZC Ted Tull	tedtull23@gmail.com
19 I – 3 ZC Larry Finley	lfinley66@hotmail.com
19 I – 7 ZC Craig Boothe	craigb47@hotmail.com
19 I – 8 Bob Elliott	wrjell99@telus.net
19 I – 9 Shelley Sweeney	shelleysweeney@shaw.com
19 I – 10 Sharon Cain	sharoseh43@gmail.com
19 I – 11 Dawn Brush	ballnut66@gmail.com
19 I – 12 Kim Jensen	kim.jensen@live.com
19 I – 13 Pat Churcher HELPING	patcinbc@hotmail.com

Canadian Clubs - Please mail cheques for LCI Invoice payments to:
 International Association of Lions Clubs
 PO. Box 2425, Station "A"
 Toronto, Ontario M5W 2K6

Canadian Clubs – Please mail cheques for LCIF Donations to:
 Lions of Canada Fund for LCIF
 C/O Peter Oswald
 22 Dundana Avenue
 Dundas, ON L9H 4E6
 Canada



NORTHWEST LIONS FOUNDATION
Website: <https://northwestlionsfoundation.org>

WE ARE NOW OFFERING HEARING AIDS IN CANADA.

I am looking for a Canadian person, very interested in this, to be my NLF Co-Member in Canada. My position is a voted in position, as yours would be also. I am currently the traveling Trustee, but you would be part of everything along the way on zoom. Please contact Shelley Costello if interested: shelan143@msn.com



Copycat McDonald's Shamrock Shake

INGREDIENTS

- **Vanilla Ice Cream:** I recommend going for a [high-quality pint](#) for the best flavor, but use your favorite brand.
- **Whole Milk:** I prefer whole milk for a richer, thicker texture, but can use any kind of milk you have on hand. You can even use an equal amount of cream for a richer shake if you like.
- **Peppermint Extract:** This is what adds that signature minty flavor. I recommend not adding more than the recommended amount though—you don't want this veering into toothpaste territory.
- **Food Coloring:** Both gel and liquid food coloring will work just fine, and feel free to adjust to reach your desired hue of Irish green.


STEP-BY-STEP INSTRUCTIONS

This shake couldn't be easier to create. Simply toss all of your ingredients in a blender, and blend until smooth and combined. Take a look and give it a taste once smooth, and add more food coloring or extract as needed.

Once you've blitzed your shake to the perfect creamy and pourable texture, pour it into a chilled glass and top with a blast of whipped cream (bonus points if you make that from scratch too!) and a maraschino cherry.

MD19 Lions Convention Tickets | Chilliwack Dogwood Monarch Lions Club

simpletix.com/e/md19-lions-convention-tickets-207716



MD19 Lions Convention

May 16 - 17, 2025

Coast Hotel Chilliwack by APA
45920 First Avenue
Chilliwack, British Columbia V2P 4R3

Ticket Price (CAD) **\$0.00-\$225.00**

REGISTER NOW

Type here to search

AAPL -5.22%

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MD19 Spring Convention Information

This year's spring convention is in Chilliwack, BC hosted by the Chilliwack Dogwood Monarch Lions

May 16 and 17. Coast Hotel Chilliwack: MD19 Lions Club International - 2025 Conference Online booking link:

<http://coa.st/MD19LionsInternational2025Conference>

Full Convention Package \$225.00 CAD (less \$25.00 first 100 registered in March - use discount code EARLYBIRD25). \$225 Canadian = \$156 USA

Link for different options:

<https://www.simpletix.com/e/md19lions-convention-tickets-207716>



From Growth to Impact Hitting the Mark

Hello fellow Lions,

Register by midnight March 7th (right now is even better) and as a thank you, early registrants will be called up first at every meal!!!

<https://www.simplerix.com/e/md19-lions-convention-2025-tickets-207716>

EARLYBIRD25 \$25 off the first hundred people to sign up.

LEO40 \$40 off for any Leo's going it will also apply the earlybird25 discount for the other tickets at the same time.

A logo featuring a gray target with three rings that darken as they move inward. A yellow bullseye is at the center with the words 'Service Fun' inside, representing Lions Club members and their commitment to service and enjoyment. Eight icons representing Lions' global causes are scattered throughout the rings. A black arrow points to the bullseye, symbolizing focus and achievement. Below the logo, the tagline reads 'From Growth to Impact' and 'Hitting the Mark,' reflecting Lions' dedication to making a meaningful difference.

The MD19 Convention registration is here!!! Please join us on May 16th and 17th in beautiful Chilliwack, BC at the Coast Hotel. If you planning on attending, please register today!

Hosted by the Dogwood Monarch Lions Club.

Join Lions from across Multiple District 19 for a weekend of learning, service, fellowship, and fun! This year's convention is designed to expand the ultimate participant access, improving engagement and accessibility like never before.

T-coil hearing loops,
Live captioning
Large print, braille, and digital
Just to mention a few

We have before and after events, fieldtrips, and new, never seen before sessions:

Bingo Pizza party - over \$40,000 in prizes on Thursday evening
Walking mural tour, Downtown Chilliwack
Friday Kick-off lunch: Chilli and Potatoe bar
First Nation Drummers and land acknowledgement
Opening Session
Environmental Fieldtrip
Fun night with Fajita and Dim Sum bar
MD19's Got Talent Show - MC September Stokes
Live Band - Chilliwack Award Winning: 'The Lounge Hounds'
Saturday Breakfast & PDG Breakfast - Continental breakfast
Memorial Service
2nd General Session
Bookstore window display tour - highlighting all the great things that Lions do!
Breakout Rooms
Saturday Lunch - Brew House (BBQ chicken & pulled pork)
Middle School Jazz Band Provides background ambience
Lions Wooden Toy Workshop Tour
Multiple Breakout Sessions
Dinner Banquet with Highschool Drumline march
Dinner - Chicken Marsala
Keynote Speaker, and Recognitions
DJ Music into the night
Lions Sponsored Nature Field Trip on Sunday morning
2nd Mural Tour

Too many things to list!

Can't make it in person? Virtual attendance is now an option. You can be part of the convention experience, with access to MD19's Got Talent Show, Memorial, and Breakout Session: 'Adding Accessibilities to Meetings and Events' all streamed live on YouTube.

We've planned a range of activities before and after the event, along with hands-on experiences and new ways to connect.

MD19 Convention Information site (still under work), check back regularly for updates.

<https://dogwoodlions.com/md19convention/>

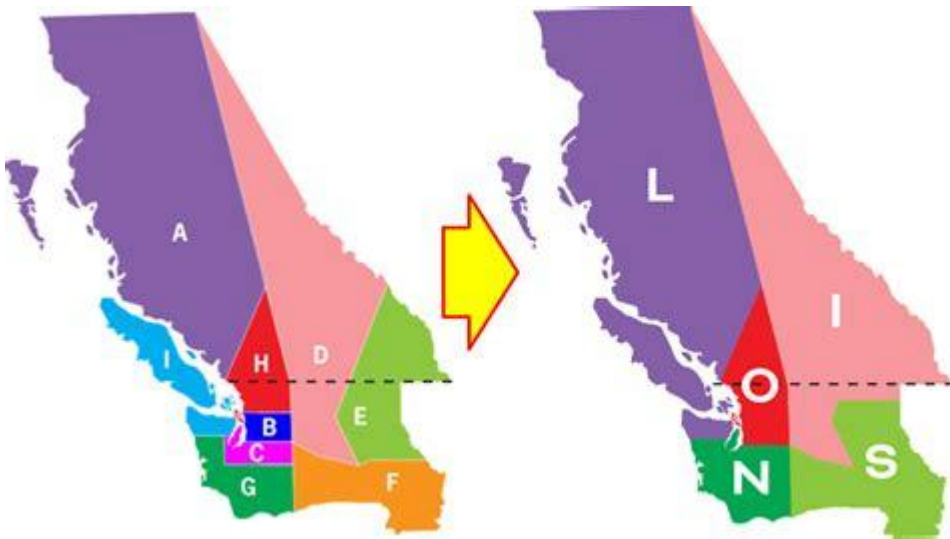
Registration Info:

We are doing our registration on SimpleTix this year. Amounts are in \$CAD.

Here are the promo codes to enter at the top of the 1st page of the bottom check-out.

EARLYBIRD25 \$25 off the first hundred people to sign up.

LEO40 \$40 off for any Leo's going it will also apply the earlybird25 discount for the other tickets at the same time.



Question for each of you,.....

Are you aware that we changed from 9 Districts to 5?

District D is now District "I"

Much larger and including clubs to the East of us, which is new.

MD19 Website is a great place to go to learn many things about us.

<http://www.lionsmd19.com>

Spring Conventions....Are you attending?

District 19-O Spring Convention will be held at the Swinomish Casino & Lodge in Anacortes, Washington U.S.A. on March 21 to 22, 2025.

District 19-L 2025 Spring Convention — The District 19-L 2025 Spring Convention will be held on Vancouver Island, in Sidney, British Columbia, Canada, on March 28 to 30, 2025.

Register Now!

District 19-N 2025 Spring Convention — The District 19-N 2025 Spring Convention will be held at the Heathman Lodge in Vancouver, Washington U.S.A. on April 18 to 19, 2025. Make plans to attend.

District 19-S 2025 Spring Convention — The District 19-S 2025 Spring Convention, "Dare To Be Different", will be held at the [Selah Civic Center](#), 216 S. 1st Street, Selah, Washington U.S.A. on April 25 to 27, 2025.

District 19-I 2025 Fall Convention – October 3-5 Penticton BC (Info coming soon)

You can download each of the registrations form on www.lionsmd19.com

2024/2025 MD19 Annual Convention — The MD19 Annual Convention will be held in Chilliwack, B.C. May 16 and 17, 2025. There will be new training for Zone Chairs, Vice District Governors and District Governors as well as members of the GAT immediately proceeding the Convention. The theme for our Convention, Even With a Moving Target Lions Hit their Mark (Creating a Culture of Growth).



CARE Multiple District 19 Lions PROJECT UPDATE

Country: Honduras

HoHai Project Location: Northern Honduras

Project Name: Support Families with Production of Natural Fuel for Cooking

By Michelle Nunn,

President and CEO of CARE

I am just back from a trip to visit our CARE Honduras team, who continue to do amazing work in the face of 60% poverty rates. The challenges are particularly severe among women – they are less able than men to engage in paid work, less likely to have a bank account or own a home, and face one of the world's highest rates of femicide. In some communities, migration has seemed like the only viable path to opportunity.

But the main takeaways of my trip were not the challenges, but the resilience and ingenuity of the micro-entrepreneurs and smallholder farmers I met.

I sometimes worry that in bearing witness to suffering we can spread more despair than hope – so, in that spirit, here is one example of ingenuity:

Sometimes simple innovations can be revolutionary. An afternoon with María Barahona, Nelo Porras, and their daughters Alexa and Nohelia was a compelling window into what a biodigester can do to change the quality of life of a family and community. María and Nelo showed us the miraculous changes this simple technology has brought to their life – they combined their pig manure and water into the biodigester and then demonstrated how it produced gallons of rich fertilizer that is nourishing their garden, providing gas for household cooking, reducing dangerous smoke inhalation for the family, and saving María 8 HOURS of daily collection of firewood.

The biodigester is estimated to last 20-plus years and pays back its value within the first year. And on top of all that, each installed biodigester sequesters more than 10,000 tons of methane a year, can fuel cooking and power lights for more than eight hours, and completely eliminates the odor of the pigs! The CARE Honduras team is looking to partner this powerful solution to thousands more farmers in Honduras and, with a little bit of philanthropic seed capital, families can afford to purchase the technology directly. As María and Nelo told us, the biodigester provided many gifts, one of them was the ability to dream about how much more they could accomplish for their family and community.

COPIED FROM The MD19 Bulletin Feb. issue.

Kim Davis, Care Chairperson District I



2025 Northwest Lions Leadership Institute (NWLLI)
Ross Point Conference Center
Post Falls, Idaho
May 1-4, 2025

- Ross Point Camp is located on the Spokane River and features a natural setting with many activities to enjoy after classes.
- Housing is located right on the campus.
- All meals are provided and the food is fantastic!
- Leadership skills, team building and brainstorming are featured, benefitting Lions and Business leaders.
- Cost is \$350 USD, but a \$200 scholarship is available through the MD 19 Lions Foundation to all qualified Lions
- North Idaho is a vacation destination and features many attractions and fabulous Restaurants. Staff and students will have an evening off to explore, enjoy the local night life.
- Application for the NWLLI and the scholarship can be found by typing NWLLI into your search engine. **DEADLINE TO REGISTER IS APRIL 1, 2025!**



Diabetes Across the Borders



As we come into the month of March, Districts and clubs within our Multiple District are preparing for their upcoming conventions. Hopefully your District Diabetes chair will have a table set up with information for you and your club to glean toward Diabetes and what programs are available within Lions International to help support those programs. Here are what I found.

- * **Strides for Diabetes:-** Strides events involve fun physical activity to help promote diabetes awareness and management.
- * **Type 2 Diabetes Screening:-** Type 2 diabetes screening events are an important way to help your community understand their diabetes risk and take steps toward prevention.
- * **Diabetes Peer Support Groups:-** Diabetes peer support groups encourage the exchange of support of all types among community members living with diabetes.
- * **Diabetes Camps:-** Diabetes camps are designed to help enhance the quality of life for young people living with diabetes by providing diabetes management skills.

Those of us with diabetes will always be watching for changes that will help us have better self care. Those without but know someone who has diabetes will benefit from the knowledge.

Diabetes is a global epidemic. An estimated 537 million adults across the world are living with diabetes, and its prevalence is increasing rapidly. 1 in 2 cases of diabetes are undiagnosed approximately affecting 240 million.

1.2 million of youths are diagnosed with type 1 diabetes half of these children are under age 15.

6.7 million deaths are attributed to diabetes. By 2045, the number is expected to reach 783 million.

Diabetes is a global epidemic that touches every corner of the globe.

Lions Clubs International and LCIF are dedicated to empowering Lions and Leos around the world to fight diabetes by

INSIDE THIS ISSUE:

Diabetes 101	2
Did you know?	2
Myths about Diabetes	2
Exercise	3
Health Tip	3
Healthy Eating	4
From the desk of...	4
A thought to ponder	4



MD19 Step Challenge

The Multiple District Step Challenge is quickly coming to an end. The week of April 28—May 4th is your last week to step up.

Report to me no later than Friday May 9th all steps so that I can tally all totals and come to the MD convention on May 15-16 with

totals and the winning trophy for the District with the most steps tallied! I can tell you as of today I have a grand total between all Districts of **154,720,434** !! Way to go steppers! I'll bet those that are walking are feeling better for participating. Thank you all! And it's not too late for those of you who started but have for some reason stopped sending me your steps. Let's catch up!

Diabetes 101



**“...high blood glucose
and high blood pressure
can damage ...”**

Diabetes and your Kidneys

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.

Did you know?

The LCIF Diabetes Grant Program can help develop community environments that inspire and support healthy lifestyles and provide education about diabetes and prediabetes. LCIF Diabetes grants can increase access to diabetes care and enhance existing diabetes centers to provide greater service to the community.

Diabetes Grants support diabetes youth camps and retreats, diabetes screening activities with comprehensive follow-up care plans, infrastructure and equipment acquisition for existing diabetes care facilities and training of professionals and community diabetes educators.

Lions districts are eligible for grants up to \$150,000 US; Lions multiple districts are eligible for grants up to \$250,000 US.

By working together, we can make an impact on the diabetes epidemic. Help reduce the prevalence of diabetes and improve the quality of life for those diagnosed.

Myths About Diabetes

Myth:

I can skip a meal to manage my blood sugar.

Fact:

False: If your levels are already high, skipping a meal can do more damage than good. At the end of the day, what matters most is your overall calorie intake. Simply skipping out on carbs on a whim isn't going to cut it!



Exercise

Physical Activity

If you're living with diabetes—especially type 2 diabetes—regular physical activity is one of the most important things you can do to lower your blood sugar. Increased physical activity can work just as effectively as some medications, with fewer side effects. If you're at risk of developing type 2 diabetes, regular exercise can help delay or even prevent diabetes from developing. Strive to complete at least **150 minutes of moderate-to vigorous-intensity aerobic exercise each week** (e.g. 30 minutes, five days a week) and **resistance exercises** (like lifting weights) **two to three times a week**.

Physical activity is any form of movement that causes your body to burn calories. This can be walking, gardening, cleaning and many other activities you already do. Daily physical activity is important. Low physical fitness is as strong a risk factor for dying as smoking is.

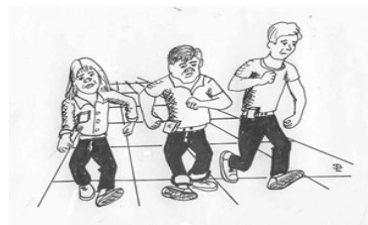
Avoid long periods of sitting by getting up every 20-30 minutes to stand or move around. Adding more physical activity to your day is one of the most important things you can do to help manage your diabetes and improve your health.

Convert your activities to steps! Here are conversions for you to dwell on, especially if you are in the step challenge!

Skiing (light to moderate) = 109 steps per minute

Cross Country Skiing = 232 steps per minute

Snow Shoveling = 174 steps per minute



I received the following missive with respect to the recipe that had been in the February newsletter and thought all would appreciate it! Thank You Lion Carol Martin of the Ladysmith Lions in District L

"Combine gelatine and water in a small dish", I muttered the recipe aloud for healthy eating. Fit for diabetics, it promised a chocolate mousse dessert. "Fill phyllo cups or meringues and serve", I harrumphed, "I'll serve them in shot glasses."

Rummaging in the pantry no can of skim evaporated milk could I find. Sugar substitute? Light frozen whipped topping with a shaving of chocolate. Didn't have that either of those.

I had the usual full fat, high sugar ingredients however, thus and whatever, decided to go for it. There I uncovered the candied violets for a pretty effect. Yes, sirree bob, this was going to be a hit.

My right ear ached. I was home on leave recuperating from a work-related incident, and wasn't about to go out shopping where curious salesclerks, neighbours or friends would most definitely want an explanation. I was banging around in my wee cottage for something to distract me, and the ache. It had been a week already. I was feeling a little wingy if you know what I mean. Lightheaded. Not myself, the whole thing was embarrassing. Really it was.

Because you won't tell, I'll relate that peculiar day.

I'm a caretaker at an animal research unit annexed by the university whose name to fame is relating animal behaviour to human behaviour. It's a new study with an unending supply so I'm told, of funding. All I do is go from enclosure to enclosure and check on the whereabouts of our troupe I call them. They are well cared for, loved and seems they cope within their confines. We have several larger enclosures for larger animals which are part of a study. The wild animals who have come to us due to circumstances; and those who were raised here. Yes, they are unique in characteristics, behaviours, eating habits, intelligence. I find it fascinating.

On the day of that particular day, I was having a chat with Freddy, a free-range monkey (that means grew up in the wild). Easy to please, we enjoyed tricks and stories and even some singing, which is hilarious I must say. We've found that we both have humour.

Part of my training was learning to use stun-pistols always at my side snapped into place on my belt. I turned around and wham(!) a searing pain ripped through my right ear; I was on the ground. I jerked up automatically to find Fred holding my gun and looking like he was as surprised as me. His face contorted seeing blood now running down my neck, and started to screech, making jagged motions side to side, alarmed. Darn, he'd stolen my gun, and I was down and out on the ground.

And, that is how I ending up digging through Georgia's recipes.

**2024-2025
District Diabetes Chairs**

District L

PDG Georgia Medwedrich
gdalmaine@gmail.com

District I

Dr Lee MacKay
lmackeh@hotmail.com

District O

PZC Mark DeRoche
scoutermarkdgt@hotmail.com

District N

Contact PDG Georgia
gdalmaine@gmail.com

District S

PDG Laura Wintersteen-Arleth
lionlaurawintersteen@gmail.com

Healthy Eating

taken from Diabetes Ireland website

Green Chicken Salad

This is a slightly unusual salad as it doesn't have any lettuce. For this reason it is usually more filling than the lettuce based kind. This salad is high in fibre full of crunch and very refreshing.

Serves 1 Adult :)

1 breast of chicken, grilled and sliced or use any leftover chicken.

1 head of broccoli

2 sticks of celery

2 green onions

1 green apple

1 tsp mixed fresh type and rosemary, well chopped

1 "desert spoon" of low-fat French dressing

Method:

Get a large salad bowl and add the chopped chicken

Break the broccoli into bite size florets and add to the bowl with the sliced celery, chopped apple and finely sliced green onions

Sprinkle over the fresh herbs and pour over with the French salad dressing

Remember serving suggestions are a source of carbohydrate and will affect your blood glucose levels.

279 Cals per serving; 3.9 g low fat per serving; 1g low sat fat per serving; 14.1g low sugar per serving and .7g salt per serving



A Thought To Ponder



From the desk of the Diabetes Chair

Kissing the Blarney Stone:



As the BC Liaison for Diabetes Canada and Lions International, as well as the Multiple District Diabetes Chair, I hope to bring awareness and education to all Lions. This newsletter is a way of bringing different articles of information to you to keep better in-

formed 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 gdalmaine@gmail.com

PDG Georgia Medwedrich

"Stepping up to the plate" to Make your Mark"