

The River

December 2024

Newsletter Editor: September Stokes



Christmas Cheer
New Member Orientation
Mark your calendar



Feature: Humanitarian



Coquitlam River Lions Club Monthly Newsletter
Coquitlam, British Columbia, Canada
District /Zone O-3, Multiple District 19

Club President: Rosalie Kunic

Zone Chair: Gerry Becker

Home Club: Coquitlam River Lions

District Governor: Beth James

Home Club: Renton Lions





Vulnerable Populations Challenged

Though many are spared challenges of living life limited by disease; disability; or vulnerability due to age, gender, or economic or familial status, many in Canada are not and often require humanitarian services.



\$16.8B
rise in Canadian GDP
with investment in workplace
accessibility for .55M with
disabilities²



**Low social
connection**
is worse for health
than smoking, high
blood pressure,
obesity³



73%
of children with
disabilities never take
part in community
groups/activities⁴

THAT'S HERE. GLOBALLY, THE PICTURE LOOKS LIKE THIS:



15%
of the world's population
experience disability
prevalence higher for developing
countries⁵



High social
connectedness = **50%**
increased chance of
longevity⁶



~20M
people need hospice
care annually
~3M receive it⁷

LCIF AND LIONS

Funding Service, Delivering Solutions

Since 1968, LCIF has funded Lions service around the world. We continue our support, helping Lions deepen their commitment to their communities.

MATCHING GRANTS
fund construction and
equipment costs
**US\$10,000 -
US\$100,000**

**DISTRICT AND CLUB
COMMUNITY IMPACT
GRANTS**
apply to district and
club projects

**GRANT AMOUNT
VARIES**

**LEO
SERVICE GRANTS**
fund Leo-led projects
**US\$1,500 -
US\$5,000**

lcif.org/humanitarian

SOURCES/NOTE: ^{1,3,6}Stanford Medicine; ²The Conference Board of Canada; ⁴Standing Senate Committee on Human Rights; ⁵The World Bank Group; ⁷Worldwide Hospice Palliative Care Alliance and World Health Organization; grant limits subject to change

Hunger, Diabetes, and Childhood Cancer grants are also available.



Lions Clubs International
FOUNDATION

LCIF is the grant-making body empowering Lions to create greater impact in their communities and around the world. The vast majority of funding LCIF receives is from Lions; one hundred percent of every donation supports Lions service through LCIF grants and programs.

Humanitarian efforts is just one cause area supported by LCIF and *Campaign 100: LCIF Empowering Service*. With financial support from Lions and clubs worldwide, Campaign 100 is empowering Lions to increase service impact in vision, youth, disaster relief, and humanitarian efforts; fight the global epidemic of diabetes; and make important progress in expanded cause areas of childhood cancer, hunger, and the environment.

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**SUPPORT YOUR SERVICE
BY SUPPORTING YOUR
FOUNDATION**

lionsclubs.org/donate

Club Visits and Events in December



**Back row: Gerry, Dianne, Ryan, Patti, Nicole, Andreas, Dave, Richard and Mel
Front row: Gerry, Rosalie, Rosemary, Jim, Irene, September, Kim and Dawn**

It's December, so the theme for our club this month was most definitely Christmas. Members and guests enjoyed a delicious **Holiday Pot Luck Dinner** at our meeting on December 18th. There were lots of awesome raffle prizes, a fun retelling of a Letter to Santa, and plenty of festive cheer.

On December 21st, we helped out at two events. Four members helped out the Surrey Central Lions Club at their **Christmas Gift Wrap** project at Surrey Central Mall, and seven members worked as "elves" at the **SHARE Holiday Toy Shop**. Each elf was assigned a parent, and assisted them in picking out gifts for their kids. It was also wonderful to have help from our new friend Andreas, who was also at our Potluck. Happy Holidays!



Patti at the Surrey Central Gift Wrap



Dawn at the Surrey Central Gift Wrap



Andreas came out to help with the SHARE Holiday Toy Shop, along with club members Sarah and Nicole. The woman in the green shirt is Celia, another volunteer at the event.



January 2025

Tue Wed Thu Fri Sat

			1 	2	3	4
5	6	7	8 Club Meeting 7:00pm	9	10	11
12	13	14	15 Board Meeting 7:00pm @ Library	16	17	18
19	20	21	22 Club Meeting 7:00pm	23	24	25 New Member Orientation!
26	27	28	29	30	31	

Time to learn about Lions!

It's **exciting** to be a Lion, especially when you've just joined. There's so much to learn; we are the world's largest service organization with 1.4 million Lions around the world in 49,000 clubs in 200 countries. Since 1917, the Lions have served those less fortunate by thinking "local in focus, international in scope."

Learn more about the history of Lions, some of the milestones we've achieved, and where we're going in the future. Plan to attend our in-person **New Member Orientation**. Everyone is welcome, even if you've been a Lion for some time.

Date: **Saturday, January 25th**

Time: **9:00am-11:00am**

Where: **Valley Driving School classroom**
104-1680 Broadway Street, Port Coquitlam, BC

Presenter: **1st Vice District Governor September Stokes**

Coffee and light refreshments provided



RIP Lion Jimmy Carter
Oct 1, 1924 - Dec 29, 2024
100 years old



Lions Multiple District 19 Training and Information Schedule January & February 2025



New Member Orientation third Monday of every month	
MS Excel: A Basic Introduction	3 Jan
Duties and Responsibilities of the Club LCIF Chair *	6 Jan
How to Lead a SWOT Analysis	14 Jan
Duties and Responsibilities of the Club Board of Directors (in Chinese) *	15 Jan
董事會的職責和責任(中文講述)	一月十五日
New Member Orientation	20 Jan
Reviewing the Grandpa's White Cane Project *	21 Jan
PR in Action *	23 Jan
Ethics in Lionism	3 Feb
Your Club, Your Way	4 Feb
Starting a New Club: The Role of a Guiding Lion	6 Feb
NW Lions Leadership Institute	13 Feb
New Member Orientation	17 Feb
Public Speaking Strategies with Presentation Software *	19 Feb
Brief Software Intro: MS PowerPoint	20 Feb
Duties & Responsibilities of the Club President	21 Feb
Duties & Responsibilities of the Club Secretary	25 Feb

* Denotes special expert guest instructor, see page 2.

RSVP for all training to Al Hedstrom at LionAl@Hedstrom.ws. Each session is free, starts at **7 PM Pacific time** and most are about one hour in length.

This schedule is always posted at the MD-19 web site, LionsMD19.org

Permanent Training Link: [Click here](#)

The online Zoom connection requires the following on your computer, tablet or smart phone: A web browser (such as Edge, Firefox, Chrome, Safari, etc.) to download and install the Zoom application, a microphone and speakers or headset. While a camera is optional, we would like to see your smiling face.

Selected training sessions are recorded. To view, search YouTube for Al Hedstrom.

Other Training Opportunities

Free online training available at the Lions Learning Center (in the Lion Portal on the Lions International web page) and more at LionsUniversity.org.

MD-19 Convention: 16 & 17 May in Chilliwack, BC.

District Conventions every spring include seminars. Check your district's web page.

Lions Certified Instructor Program: 28 Feb – 3 Mar 2025, Toronto, ON, Canada

NW Lions Leadership Institute: 1 - 4 May 2025, Post Falls, ID



Membership Roster 2024-25

Board of Directors:

Rosalie Kunic	rosaliekunic@shaw.ca	(President)
Sarah Swanson	ssarahcs@telus.net	(Vice Pres)
Patti Byth	pattibyth@gmail.com	(Secretary)
Ryan Stokes	ryansstokes@gmail.com	(Treasurer)
September Stokes	lionseptember92@gmail.com	(Director)
Richard Simonson	lionrichards@shaw.ca	(Director)
David Macey	davids.macey@gmail.com	(Director)
Rosemary Small	rosemary.small24@aol.com	(Director)
Gerry Becker	gbecker@telus.net	(Past Pres)

Members:

Dawn Becker	dawn.becker@iwafibp.ca
Nicole Byth	nicoleebyth@gmail.com
Sharon Hughes	moodydomesticgoddess@shaw.ca
Terry Hughes	askterryhughes@gmail.com
Yvonne Langevin	talking2yvonne@gmail.com
Kim Macey	kimmacey8@gmail.com
Lynne McInally	lm6463@outlook.com
Kim Schoffer	lionkimschoffer@gmail.com
Jim Small	jsmall1943@aol.com
Courtney Stokes	courtneystokes506@yahoo.ca



Bring your change to our club meetings for our new:

Let's Make A Deal 50/50 draw.

Each meeting, purchase your draw tickets, 1 for \$2.00 or 3 for \$5.00. If your ticket is drawn you can keep the cash prize, OR.....you can trade it for what's in the surprise package? You never know, it could be something fabulously unique and interesting, could be a TUG (totally useless gift) in the spirit of Let's Make a Deal. It's fun, entertaining, and the money raised goes to help our club.



Coquitlam River Lions Club

Chartered March 2022

Meets 1st and 3rd Wednesdays, 7:00pm
 River Springs Recreation Centre
 1950 Lodge Drive, Coquitlam, BC
www.coquitlamriverlions.club
 Email: coquitlamriverlions@gmail.com



Environment Corner

THE BEST TIME TO PLANT
 A TREE WAS TWENTY
 YEARS AGO.
 THE SECOND BEST TIME
 IS NOW.

CHINESE PROVERB

