



ZONE O6



Concrete, Sedro-Woolley, Burlington, Mount Vernon, Stanwood, Arlington, Lake Stevens & Skagit Valley Leo

INTERNATIONAL PRESIDENT IP FABRICIO OLIVEIRA

Make Your Mark – Give back to the community through service that leaves a mark.

DISTRICT GOVERNOR DG BETH JAMES

Give 'Em Something to Talk About – Build teams to share, serve, and inspire growth.

ZONE CHAIR ZC ROSEMARY WALKUP

*Friendship
Zone Project -
Lions Trek 2024-2025*



DIABETES AWARENESS MONTH

Post your Lions Trek trail and join us in diabetes prevention. An article on [Lions Trek](#) was reported in the [Skagit Valley Herald](#) and is drawing attention. The Skagit County Public Health Chronic Disease Prevention Coordinator has reached out to us offering support for Lions Trek. Keep on Trekking & reporting.

I am excited to see how our clubs encourage community participation & draw in members. Remember, one mile equals 2,000 steps. Steps can be in any form (yoga, gardening, etc.). Report steps to the MD19 Diabetes Chair gdamaine@gmail.com. Donating \$5 per participant to help send a child with diabetes to Camp. Let's step up to the challenge!

Anacortes has joined our Lions Trek website to advertise a [Diabetes Support Group at Skagit Valley Hospital](#). This group is nurse led and open to both Type 1 and Type 2 Diabetes. Meetings are 7-8 PM on the 4th Tuesday of each month in the Shuksan Room. Check it out!

Your Club, Your Way

Arlington Lions claims to fame are their legendary hamburgers and exemplary teamwork. You will see Arlington Lions serving up burgers at their annual BBQ and the Youth Exchange Camp each spring. As big supporters of the MD19 Youth Exchange Program (YEP), they have developed an essay contest with their district Youth Exchange Foundation and supported a local Leo to travel with YEP to Australia last summer. They held an Aqua Sox fundraiser for the Sight and Hearing Foundation of Snohomish County and continue to offer vision screening at veteran stand downs, public & private schools.

Last month was their first annual Cider Fest where community members participated in pressing fresh apple cider by the jug. Distributing books through the Lions Giving Library, Arlington Lions promote childhood literacy and language development. Contact this club for books to distribute at your community events. They are gearing up this holiday season to feed the community. These Lions offer Thanksgiving and Christmas meals with 10-15 complete turkey dinners and adopt two families to shower with gifts at Christmas each year.



O6 ZONE MEETING #2

Date: Tuesday January 7th, 2025

Time: 6-8 PM

Location: [Lake Stevens Ebenezer Lutheran Church](#),
[2111 117th Ave. NE, Lake Stevens, WA 98258](#)

IN THE ZONE

- Concrete - Turkey Dinner (RSVP) & Christmas tree sales
- Mount Vernon - Christmas tree sales
- Skagit Valley Leo Club - Food Drive

FRIENDS ARE WONDERFUL –

Friendship takes time to develop, but it seems effortless. The easiest way to spend time with each other is through visitations. Have you seen each other at recent events – the Sedro-Woolley Corn Feed, Lake Stevens 75th Anniversary Fiesta, or at a leadership training? These fun fellowship occasions give us shared experiences and opportunities to learn about our clubs. Encourage your members to join you in fellowship with other clubs. Visitations create fun memory-making outings. Clubs reporting 20 or more visitations for the year are awarded a banner patch. Remember to report your visitations to MD19 before the end of each month to be eligible for the “Just Two a Month” award at the Md19 Convention.



DISTRICT O YOUTH EXCHANGE FOUNDATION –

You can Change the World - Support our LCI Global Cause of Youth by promoting Lions Youth Exchange Programs (YEP).

- Travel: Europe, Australia or Japan
- Be hosted by local families
- Essay Contest to help with travel costs!
- 1st Place: \$1500 toward your travel
- 2nd Place \$1250
- 3rd Place \$1000

Deadline to receive entries is December 31, 2024.
 500 – 750 words – Double spaced
 2 Theme subjects: “How I expect to grow as an individual as a result of my exchange” and, “How I will be a good ambassador representing my country.”



All applicants must be sponsored by a local Lions club, be in good health, financially able to provide round-trip transportation costs, complete an application and be willing to report on their trip to their sponsoring Lions Club upon their return.

In addition to the 1st, 2nd & 3rd place winners, there are stipends in the amount of \$600 available to an additional five travelers.

More details visit:
md19lionsyouthexchange.org
 Submit entries to: MD19 Office, 4141 Bennett Drive, Bellingham, WA USA 98226-9112

Talk To
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MD19 Trainings Online 7 PM
RSVP LionAl@Hedstrom.ws
 10/01-Rebuild / Reactivate Clubs
 10/02-Presidents & Secretaries
 10/07-Lion Portal-Club Members
 10/08-Club Board of Directors
 10/21-New Member Orientation (offered 3rd Monday / month)
 10/29-Care & Feeding of New Lion

District Cabinet Meeting #2
 Date: November 2nd
 Time: 10 am (lunch by donation)
 Location: Whatcom Educational Credit Union, 5659 Barrett Rd, Ferndale, WA 98248

LCI Lions Portal Webinar Series
6 -7 AM
11/4 Managing Club Members
11/11 Manage Club Branches & Members
11/18 Manage Club Officers
11/25 Leo Club Management

MD19 Environment Committee 1st
Tues/month Noon-1 PM
 zoom link
<https://uso2web.zoom.us/j/83307285506>

2025 MD19 Convention
“Lions, A Culture of Growth - Hitting the Mark”
8 Global Causes for Service Fun!
 May 15 -17, 2025
Coast Hotel, Chilliwack, B.C.
 Save the Date!

District 19-O Convention
“Give ‘Em Something to Talk About”
 Date: March 21-23, 2025
 Location: Swinomish Casino, 12885 Casino Drive, Anacortes, WA 98221 Cost \$ TBD