



**District 19H – 6th Cabinet Meeting
Minutes
DISTRICT GOVERNOR Ken Ball
Virtual Meeting
March 12, 2022**

Call to Order: ---DG 19H Ken Ball

Invocation: --- ZC Galen Laird, H-1

Words of Welcome: DG Ken Ball

Attendance:

The following Cabinet Members were in attendance: DG Ken Ball, 1st VDG Steven Wong, 2nd VDG Joel Haggen, ZC Galen Laird, ZC Carol Torset, ZC Tom Latter, ZC Gary Kingston, ZC Shannon Rasmussen, ZC Bruce Bennewith, ZC Carolyn O'Dell, PID Don Shove, PDG Patty Allen-White, PDG Orson Christensen, PZC Larry Koberstein, PZC Barry Shiles, PZC Lynda Davidson, PZC Bob O'Dell, PZC Rosemary Small, PZC Toby Hiller, PZC Rock White, PZC Jack Peebles, PZC Sandy Ball, PZC Jones Atterberry, Michele Barrie, Gloria Hardan, Vicki Haggen, Don Webster, Robin Woolmer, and PZC Katy Carter

Motion to Approve Cabinet Meeting Minutes as E-mailed to 19-H Cabinet

#3 October 23, 2021,

#4 Close Out Lytton Grant November 23, 2021,

#5 Close Out H-1 Grant January 13, 2022

Motion: ZC Galen Laird 2nd: Michele Barrie CARRIED

OLD BUSINESS:

Approve Crests for the Jackets of DG, 1st and 2nd VDG, seven Zone Chairpersons & Cabinet Secretary, \$21.95 plus shipping and handling and name badges for 1st and 2nd VDG, and CS, \$11.95 +shipping & handling for the 2022-2023 Lions year paid from escrow account (3 min)

Motion: ZC Galen Laird 2nd: ZC Tom Latter CARRIED

Redistricting Update – PDG Patty Allen-White

Redistricting Progress Report

LION LEADERS, PUT THIS DATE ON YOUR CALENDAR! JUNE 4th

WHY? Because the vote by the clubs of Multiple District 19 to approve the redistricting of Multiple District 19 is coming – **JUNE 4, 2022**

It will be a new adventure for some of us! We will vote at a special virtual convention using a process called “**Election Buddy.**”

Get Ready so Your Voice is Heard! To vote, your club must have done the following:

1. Pay its Multiple District 19 and Lions Clubs International dues
2. Select voting delegates
3. Make sure your delegates register for the special convention (Information coming)

BUT FIRST! WHY ARE WE REDISTRICTING? That **IS** a good question!

The world of Lions continually evolves. We have changed many times over the years as Lionism grew. Brief History:

- District 19 was born in 1922 as a single district made up of British Columbia, Canada, and the states of Washington and Oregon
- Oregon became a separate district three years later, North Idaho was added in 1936, and Alaska was added in 1943, but left in 1949 to join with Northwest Territories.
- The Multiple District formed in 1947-48 with five districts A through E. In 1950-51 Districts D and E split to form D, E, and F.
- District C reorganized into C and G in 1963-64.
- District A divided into A and H in 1966-67. In 1970-71, Districts 19-A and H reorganized creating District I. We have been nine districts ever since.

Now, **CHANGE IS AGAIN NEEDED**. This time because we are faced with the challenges of a shrinking membership and districts that do not have the required 1250 members. Districts need to be large enough to have a healthy pool of good leaders, meaningful annual district conventions and adequate financial and creative resources to support the development of the clubs within them. We need to regroup and combine our resources.

These past five years we have been losing an average of 400 members per year. Last year, during the height of the Covid pandemic, MD19 lost more than 800 members. In the past 25 years we have lost 20,000 Lions and there has been no reorganization done to adjust for the loss. It is time for us to realign our regional structure to help our Lions Clubs grow and become healthy so we can continue to help those who need it in our local communities.

This effort to redistrict has not been a rush decision. A great deal of thought has gone into it. In accordance with the plan set out by Lions Clubs International (LCI), redistricting requires about three years. This is a timeline that our Multiple District has been following and is on track to complete. At the direction of the Council of Governors, the Strategic Planning Committee began the process early in 2020 and now the timeline for the redistricting plan requires the approval by the Multiple District 19 clubs in June 2022 followed by the approval of the International Board of Directors in October 2022. Following the approval of the redistricting plan, the wrap up and completion tasks will take place during the remainder of the Lions Year 2022-23 with full implementation in July 2023.

In the redistricting plan, District H will merge in its entirety with all of District 19-B to the south of us - Stanwood down through the metropolitan Seattle area. We will become District 19-O with about 1957 members, 74 clubs and 13 zones.

HOW WILL THIS IMPACT THE LIONS, THEIR CLUBS, AND THEIR DISTRICT?

There is no financial cost to individual Lions Clubs and their members. Redistricting will not immediately change any zone boundaries; current clubs will stay in the same zones they are in now. Once redistricting has been completed and the districts have assumed new letters or

numbers, the zone numbers within the districts may change. **Costs that will impact the district** will include new banners for the zones and the District Governor as well as the expenses of travel and meetings. District will also need to examine their constitutions and by-laws to make any needed revisions and to consolidate district funds.

HOW 19-O DISTRICT GOVERNOR WILL MANAGE WITH 74 CLUBS

Redistricting creates larger districts. The new district leaders will be reconsidering the entire current travel paradigm. While District Governors traditionally visit every club in their districts each year, this is not an LCI requirement; the mandate is to contact the clubs in his or her district every year. Districts are trying new ways of making the “Official Visits” such as dividing their districts into thirds and sharing the official visits with the two Vice District Governors. Each District Officer visits an equal share and rotates through the clubs. It has been working well with the current District 19-D. Zoom has already become an integral part of meeting schedules during the Covid challenge; the District Governor may consider using Zoom Meetings for official visits with clubs who are located a great distance away or officially meet with several clubs at a Zone Meeting.

HOW DISTRICTS ARE COORDINATING TO MAKE THIS ALL HAPPEN

Each District Governor has appointed a Redistricting Merger Committee that meets with their counterparts to merge the elections or appointments of district officers and address issues such as finance, constitution and by-laws, foundation representation and other important merger topics impacting the new district.

March through May 2022, the redistricting plan will be presented at spring conventions. A nonbinding advisory vote may be taken by the attendees during the district convention.

WHAT IS COMING NEXT?

See attached Redistricting Flow Chart at the end of this report.

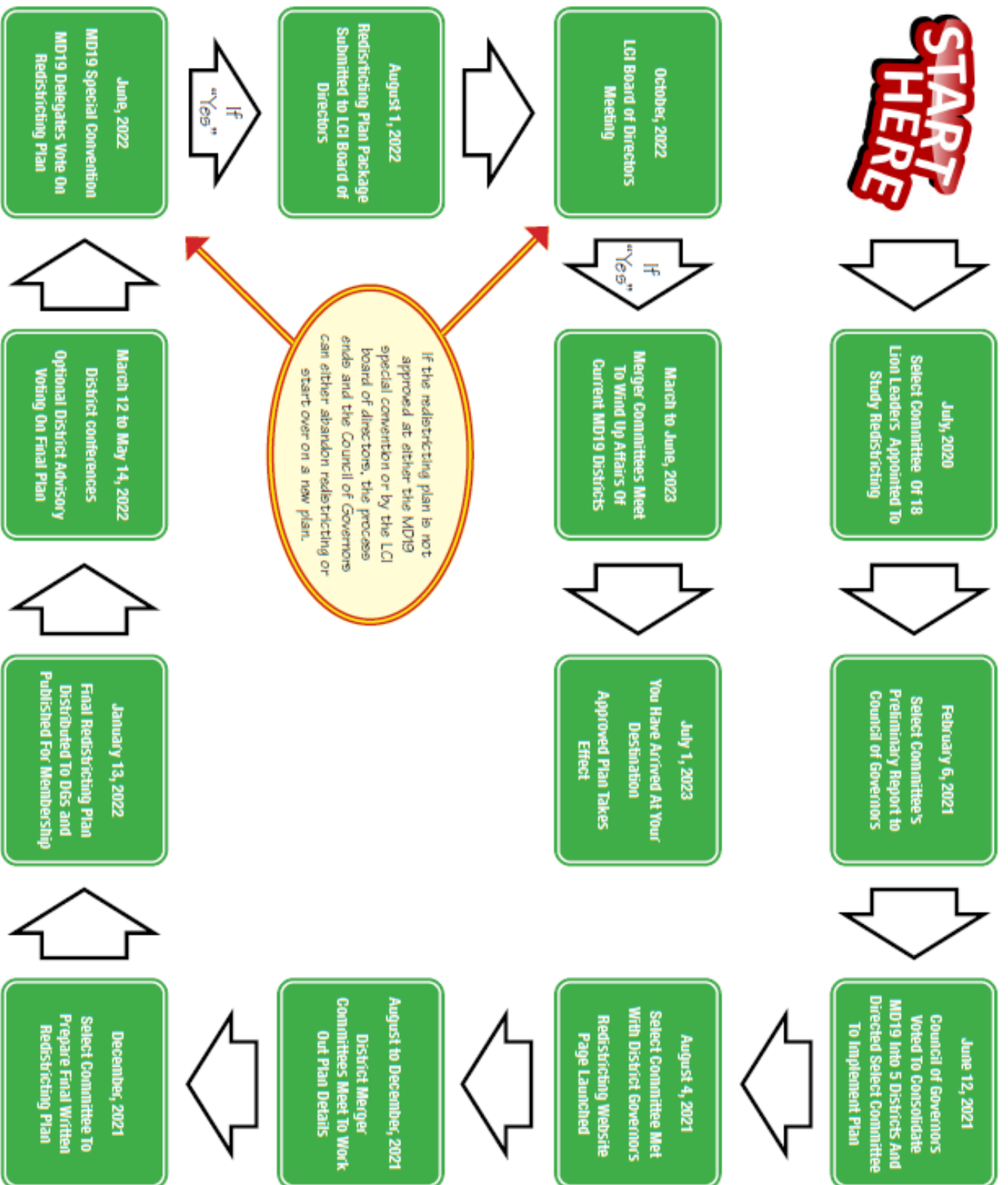
The MD19 Council of Governors voted at their February 19th Meeting to call a Special Convention on June 4th spoken of earlier in this report. The sole purpose of this convention is for the voting delegates of MD19 Lions Clubs to cast their vote on the Redistricting Plan. More information is coming regarding the special convention and the use of Election Buddy. Be watching for it. Share this information with your club and delegates.

Usually voting matters would be held at the MD19 Fall Convention, but due to the required time constraints for this proposal, the approved plan will need to be submitted to Lions Clubs International 60 days before their meeting in October 2022. I encourage you to bring this information before your club members for understanding and consideration.

More information is found on the MD19 website

<https://lionsmd19.org/downloads/redistricting-spc-members.pdf>

MD19 Redistricting Flow Chart



Zone Chairpersons: One Very Proud Moment from This Year

H-1 – ZC Galen Laird was moved by the compassion of Lions and the willingness to give money and service after the flood in November 15. He noted this may be a highlight of his life not just the year.

H-2 -ZC Carol Torset reported she is very proud of two new Melvin Jones Fellowships in the Zone. She also mentioned the Bags 4 Benches program that earned six benches. Membership has increased by seven members in this small Zone.

H-3-ZC Tom Latter mentioned that half his clubs have increased membership. The best experience for him this year was hosting the Banner Passing.

H-4- ZC Gary Kingston has been focusing this week on the fact that he was hurt in an accident.

H-5 – ZC Shannon Rasmussen is very proud of the newest club in H5, Coquitlam River Lions Club with 30 strong members.

H-6- ZC Bruce Bennewith is very enthusiastic about going from lockdown to normal because the new normal is better than the old normal. There is more sensitivity to mental health issues and more use of technology.

H-7 – ZC Carolyn O’Dell basically summarized the report that is published in the consent agenda report.

Cabinet Chairperson Reports Given Orally

LCIF – PID Don Shove

We are in a time when our personal as well as club donations to our Lions Foundation are very critical.

We have been granted three grants and have used two for a total of \$20,000 and as we make our donations clubs that have \$5,000 in the bank can apply for a grant of \$1500 to apply to club goals Like Leos, Youth, sight, hearing etc.

Working on being a model club is a good goal, not only is the club supporting LCIF but they are getting so much more back. Worldwide we help for example Afghanistan, Ukraine and many other areas of need.

We have done well in 19H and we still have clubs that can stand up and we can be the MD 19 example of how we make our foundation better and how we benefit from the foundation.

BC Lions Society for Children with Disabilities – Lion Robin Woolmer

BC Lions Society is a not-for-profit organization that is dedicated to enriching the lives of children with disabilities. The organization raises funds to provide specialized services for children in BC and Yukon, such as camps, accommodations for families, transportation and grants.

Three camps will open this year in Okanagan, Squamish and Vancouver Island.

Easter Seals House that BC Lions Society raises funds for has a separate report on this agenda.

Lion Robin mentioned the June car show that he thinks is the most fun when raising money.

NEW BUSINESS:

Introductions of District and Multiple District Candidates

2nd Vice District Governor Jack Peebles – IPDG Orson Christensen

1st Vice District Governor Joel Haggen – ZC Galen Laird

District Governor Steven Wong – PZC Barry Shiles

MD19 VCC Steve Noble – PDG Patty Allen-White

MD19 Council Chair Lyndon Harriman – VCC Lyndon Harriman introduced himself.

Bellingham Central Lions Club 100-year Anniversary – PDG Patty Allen-White

The celebration on October 20, 2022 will be at the Bellingham Golf and Country Club. The \$75 ticket includes wine with dinner. Brian Sheehan, Lions International President will be present. Lions can register to reserve tickets on the Bellingham-Central Lions website by clicking on the 100-Year Logo at bellinghamcentrallions.org.

History of White Cane Days – PZC Rock White and PDG Patty Allen-White

Why White Cane Days Used to Support

The Lions Sight Conservation Foundation of Washington & North Idaho

The idea to get MD19 Lions as a group involved in a Sight Conservation Program was brought to MD19 Lions leaders by PDG Jack Radford from Tieton, Washington in 1965. As a Ham Radio Operator, he had gotten involved with other ham radio enthusiasts in a growing eye donor program.

Sight Conservation, taking care of the precious gift of sight had become an integral part of the Lions organization ever since the famous speech delivered by Helen Keller in 1925 at the Lions International Convention in Cedar Point, Ohio:

“Will you not help me hasten the day when there shall be no preventable blindness; no little deaf, blind child untaught; no blind man or woman unaided? I appeal to you Lions, you who have your sight, your hearing, you who are strong and brave and kind. Will you not constitute yourselves Knights of the Blind in this crusade against darkness?”

In the beginning, Lion Jack’s goal was simply to unify the MD19 Lions to help people who were blind and sight impaired. He opened the door and the Lions walked through. In May 1968, the Lions Sight Conservation Foundation was approved by the MD19 Council of Governors. That July the Foundation applied to Lions Clubs International (LCI) and received their approval for the Foundation to use the Lions Logo and name. At this time the Foundation considered an area-wide White Cane Days to provide the necessary funds to support the Foundation. It would be held April 4-5, 1969. All Lions Clubs would be encouraged to participate and information regarding this fund-raiser would come from the foundation.

That same year, the Sight Conservation Foundation approved establishing an eye bank at the University of Washington hospital and a Piano Tuning School in Vancouver, WA. The eye bank would be called the Lions Eye Bank. These two entities would be supported by White Cane Days.

The report to the MD19 Lions Council of Governors reflects that this first White Cane Days effort was a tremendous success! “The Governors of both Washington and Idaho proclaimed April 4 & 5 as White Cane Days, as well as the mayors of many cities. The publicity incidental to White Cane Days was more than expected. Television stations, numerous radio stations, and dozens of newspapers poured forth on the subject at the suggestion of hundreds of Lions members.” The Lions felt that the unity of purpose created among the Lions Clubs was the best outcome of this effort.

The exact reasons why that first group of Trustees selected April and then moved the dates to May to hold White Cane Days will probably never be known. Our Founding Fathers are no longer with us to answer this question and the minutes of the Foundation and Council of Governors do not reveal the answer. However, in the decade of the 60’s when the idea of having a special White Cane Safety Day in October had just become a reality, the Lions may not have even been fully aware of this particular event. Planning and holding events in the fall has always presented a challenge. So many Lions clubs go dark during the summer months, so it takes a while for them to get up and running in September and October. Holding the White Cane Days in the spring gave this brand-new fund-raiser a much better chance of being a success. The leaders had the entire Lions year to promote and plan for this event.

The Lions of MD19 chose an iconic symbol, the White Cane that had been in use by blind and sight impaired people since the early 1900’s in Europe, to represent their fund-raising efforts. That White Cane symbol tells the public that the Lions are in the business of all things dealing with sight by helping to conserve sight, restore sight and assist those organizations that work with people who are sight impaired and blind to lead more independent lives.

Today Lions Clubs are greatly encouraged to be creative and conduct fund-raising events of a variety of types for the Lions Foundation rather than just handing out White Canes on the street corner while collecting donations. That fund-raising exercise has proven to not be as popular as it once was for both those who are sighted and those who are sight impaired. No matter how the Lions Clubs in MD19 earn the money donated to the Lions Foundation, the good that the Foundation does with this money to improve the lives of those living with the challenges posed by sight and hearing impairments is priceless.

MD19 Lions Knights of the Blind (KOTB) – Lions Andy Arvidson, Chair and Colette Arvidson, Secretary (both are also members of Anacortes Lions Club).

Lion Colette presented on behalf of KOTB, since Andy was still hospitalized, recuperating from knee replacement. The MD19 Lions Knights of the Blind Committee was recognized and endorsed by the MD19 Council of Governors in October 2020. Earlier this year the committee decided to clarify their vision: “Continuing Helen Keller’s Challenge – Empowering Blind Abilities through Access, Inclusiveness and Technology.” Much of this is being done by outreach through District Conferences, Zone, and Club meetings. We need to ensure that all our members have access whether it is describing the words and details in a PowerPoint instead of assuming everyone can read them, or knowing that the Lions Magazine is and has been available in audio format by Lions reading and recording these for the last 20 years. We encourage inclusiveness by sharing information on common courtesies like paying attention to people who are blind as you would any other individual, instead of averting your attention to make you more

comfortable. Also, saying your name when you enter the room, just as many of us have learned to do at ZOOM meetings, so people know who is talking. Being aware of and implementing Technology that allows clubs to accept online payments for dues and make membership documents accessible so a Lion who is blind can be responsible for themselves. Other Technology not only makes smart phones, computer screens, and movies accessible, but the many free apps, including Be My Eyes that connects people who are blind or have low vision with a global community of volunteers and company representatives who are ready to lend their eyesight for everyday tasks. Of all people, we Lions, Knights of the Blind should be aware of what we can do to Empower and acknowledge Blind Abilities. For more information including an informative video or KOTB Jeopardy or a presentation from a committee member, contact Chair, Andy Arvidson at arvidsonandy@gmail.com, (425) 218-0190.

Easter Seals House – Lisa Best and Shannon Bernays

Easter Seals House provided respite stay services during the pandemic. They will operate the three overnight camps this year. They have started registration for camp and have seen a good response. They have partnered with other organizations and have developed a garden.

Ending on a Note of Celebration: Other cabinet members provided brief verbal reports:

Lions Camp Horizon: Lion Don Webster reported there will be five sessions and 225 campers this summer. They have a new full-time director. They have made improvements in refrigeration and the dining hall. See report in Consent Agenda.

Glasses Recycling – PZC Barry Shiles has been supporting sending used glasses to Calgary. Forty percent of what is shipped to Calgary is from British Columbia. Calgary ships five million pairs of glasses to places that need them and they need funding.

Consent Agenda Reports – Cabinet Chairpersons

H-1 – ZC Galen Laird

1. The six clubs in H1 all are experiencing the same struggles. One big one is the lack of willingness to attend in-person meetings. Everson is in-person only meetings, Lynden, Bellingham Central, Bellingham Fairhaven, Bellingham Harborview have been hybrid and Ferndale is by zoom only.
2. H1 membership at the last report indicates 230 Lions up by nine the second half of the year.
3. H1 experienced a natural disaster on November 15 with historic floods devastating the cities of Nooksack, Sumas and Everson. All 6 H1 clubs rallied to provide aid to the citizens in need. More than 81 Lions volunteered in one way or another and many Lions continue to do so twice weekly. A one-day event was “All Lions Day” at Whatcom Strong supplying manpower at the resource center and delivering beds and furniture. This one-day event more than 30 Lions worked for an estimated 110 Lion volunteer hours.
4. Flood Relief Funds. H1 applied and received an emergency relief grant from LCIF of \$10,000 and disbursed the funds within the 30 day-requirement outlined by LCIF. H1 received a second grant from Whatcom Resilience of \$26,554.61 that was designated for emergency kitchen and household appliances for flood damaged homes without ways of preparing meals. These funds were disbursed within the 60 days required by the grant. \$35,000 was raised and donated by Bellingham Central, \$10,000 donated by

Everson and another \$28,000 by other Lions and friends from the community for a total of \$109,554.61. A total of all funds disbursed to date is over \$79,554.00.

5. 2022 Zone Project is to once again build a zone parade float that represents H1 and Lions International. The design is Mardi Gras theme and construction to start the second week of March. We plan on attending six city parades.

H-2 -ZC Carol Torset

When we started in July, I had two goals for our Zone. The first was to save 2000 pounds of plastic from our landfills and the second was to increase membership by eight in our Zone. I wanted to get Lions more visible in our communities and challenge the status quo regarding the Zone meetings and the Zone reports.

All of our clubs remain in good standing and they are meeting in- person. We have volunteered a total of 3902 hours and served 93,816 people since July 1st. We've added seven new Lions and two new Melvin Jones Fellows – Lion Barb Hawkings and PZC Lion Sharron Sherfick.

We have completed all three Zone meetings on Service Projects, Membership and Leadership. Each one included a speaker and open discussion. The first, on Service Activities included a presentation on Bags 4 Benches from Lions Renee Deierling and Mike Edwards from Snohomish Lions Club, Zone B-1. At our second meeting the Membership Chair persons from each club attended along with 2nd Vice District Governor and Global Membership Chair Lion Joel Hagen from Bellingham Fairhaven Lions Club, Zone H-1. For our third meeting on Leadership, Past Council Chair and Northwest Lions Leadership Institute faculty member Lion Al Hedstrom, from Silverdale Sunrise Lions Club, Zone C-4 spoke on challenging the status quo, accepting change and leading clubs to be successful in the future. I revised the Club reports to include information not provided on other end-of-month reports simplifying it for the Secretaries or Presidents.

We have completed our Zone project of Bags 4 Benches. We partnered with Fred Meyer Store in Burlington and at the end of the project Lion Ed Bechtel and I presented the Director, Bill Pelan with a Lions Appreciation Plaque for helping us recycle more than 3000 pounds of plastic to NexTrex. We also partnered with other businesses and members of our community to donate plastic and provided them with Certificates of Appreciation. The Burlington Lions won the wager of being the first club to donate 500 pounds and will receive a donation from the other clubs for their bench plaque with a visit from the other clubs with cookies. The businesses and our citizens really got involved and loved this project. They were saddened to see it come to an end.

The Boys and Girls Club of Sedro-Woolley was chosen the lucky recipient of a grant for student leadership from the MD-19 Lions Foundation and District Governor, Ken Ball presented it to them last week.

I plan to meet with Global Leadership Chair, PZC Lion Bob O'Dell, in the near future to help me plan the club officer training for our zone. This has been a wonderful year for our Zone.

H-3-ZC Tom Latter

I have now visited all Clubs in my zone, it was great to see Lions once again, listening to concerns and what could be planning for the future of their service. Recently in the span of a month, my

zone brought in 14 new members, the Fort Langley Lions inducted 10 new members, Aldergrove with two and Pitt Meadows adding two more next week. I have expressed to the clubs in my zone to order their New Member Kits now as this seems to be a popular item. Remember, we can always order more items both serious and fun to add to the New Member Kits.

We are active. We have had our third Zone meeting and a lot of ideas and concerns came to the table. I am actively seeking remedies to the concerns, most of the concern is finding younger interests to join Lions.

A potential Zone project has come to light. We have been asked to assist in a catering service for the Grand Fondo cycling event held June 04. It will be a six-hour adventure, serving up to 1600 clients.

In speaking with Clubs, especially those who have sponsored Leo Clubs, we were looking for ideas for a Club that not only embraces the transformation beyond Leos, but also involves one of our causes. The cause that seems to work the best is Environment. Hence through social media, Lions media and other paths, I am hoping to start a new Club namely, **Pacific Spirit Environmental Lions Club**. We also have a possibility of a branch club namely **Pacific North Environmental Branch Lions**. At least one of these could possibly be formed on or around World Environmental Day, on June 05.

The focus of these Clubs of course would be Humanitarian, Horticulture, Remediation, Trees and Trash. A little broader program than just tidying up roadsides.

My belief is as individuals we are strong, as a group we are stronger.

Looking forward as to how our District Governor is planning on visiting the Canadian Clubs in this zone. More on this as I will contact DG Ken shortly.

The bigger picture shows that public relations and the attention it gets seems to be one of the answers to building repertoire in the communities that we serve. Some ideas will take a little longer for fruition. I like to think of it as Signs and Silliness. Both gather attention and hopefully show that there is a fun element in Lionism.

I find it too astonishing to see how some of my Clubs find it so difficult to send in a report. It is really easy to point and click. More effort can be had here.

Club donations to humanitarian aid have happened as well as my club in Aldergrove giving money to the BC Lions Hearing Conservation Society to supply hearing aids to someone in need. We have now done this on two occasions.

Three clubs have begun to have in person meetings, where there were virtual meetings only, Pitt Meadows, Abbotsford and Aldergrove. Fort Langley, Langley and Maple Ridge are currently having in person meetings.

Fort Langley has given a cheque to Canuck Place Hospice; Maple Ridge has given monies to the flood relief in Abbotsford and area farmland.

So, hoping to find more ideas and make Lionism a staple in everyday life. We can get it done.

Where there is a need, there is a Lion.

H-4- ZC Gary Kingston was not able to provide a report due to being injured in a ski accident.

H-5 – ZC Shannon Rasmussen

This Lions year has been filled with many things within the zone! Some virtual and some face to face. Clubs are pivoting quickly with the Public Health Changes and are truly showing what Lions are made of.

Our Lion Year started with the first ever Pancake Breakfast hosted by Port Coquitlam Lions, then onto the Lytton Fires, clubs jumped to action to host fundraisers, deliver goods and participate in sorting of the items collected.

I was very proud to see how many Lions have supported each other's projects and fundraisers, from Food Bank Drives, Meat Draws, Cook Outs and Burger & Beer nights.

As things started to shut down again in the late fall, North Surrey had already planned their Burger and Beer night supporting Tiny Bundles Food Bank (a food bank for babies and toddlers) and as luck would have it, the weekend was open for business!!! A success with a 50/50 raffle, door prizes and auction items. It was a pleasure to see other members from clubs within the zone support their efforts.

Surrey Central has chartered a Branch club with 12 members, and I was very pleased to be invited to participate in the Induction Ceremony on 10 new Lions with more coming in.

New Westminster Lions is currently planning their 75th Charter Anniversary this coming June in Queens Park in New Westminster on June 12. They continue to be a huge supporter of CLERC and collecting a substantial number of glasses for donation.

Port Coquitlam is continuing to do their Meat Draws at the Arms Pub on Saturdays and Sundays. While Sunday was shut down for a short time, they are back up and running.

Barnet Lions is holding regular Food Bank Drives in front of the local grocery stores, and I've been pleased to be invited to attend.

Guildford Lions had a very successful donation to Surrey Urban Mission toward the holidays and looks forward to meeting face to face.

It has been my great pleasure to work with several Lions over the last month to assist in the Charter of the newest club in the zone, application is underway! It is with great joy I formally get to announce the newest club in H5, Coquitlam River Lions Club with 29 strong members whom you will be seeing great things from in the very near future.

H-6- ZC Bruce Bennewith

The clubs in zone H-6 are generally resuming normal duties, with two of the eight still lagging behind in their progress. Since the last report, many hundreds of man-hours have been worked on both service and fundraising activities.

Almost \$200,000 has been donated to various local charities in the last few months, with about one half of that raised by Dogwood Monarch Lions' online bingo alone. In addition, at least \$30,000 was donated by our clubs to flood relief in Nov/Dec. This month, the last \$51,000 raised for Lytton fire relief and entrusted to the Mt Cheam Lions Charitable Society was turned over to their fire department.

Service projects have been a little more restricted due to the inability to host group events, but both flood victims and healthcare workers were treated to free breakfasts recently. Members continue to serve in things like medical equipment loan programs and the collecting of used eyeglasses, to the benefit of all ages both locally and abroad. At Christmas, the delivery of hampers, hand-made toys, and stuffies made a lot of people happy.

Personally, I hosted my second Advisory Committee meeting Feb 13th. Covid restrictions forced the postponement of many club visits.... since the lifting of restrictions, I've visited three clubs in person and a fourth online. The DG club visits in my zone have been transformed into a zone visit and will be rescheduled as one large social gathering, probably outdoors in the better weather.

In Nov/Dec a lot of my time was spent on overseeing and coordinating flood relief, primarily in the Chilliwack area. More recently time has been spent correcting an issue with one of my clubs' dues and the retraining of two clubs, enabling them to submit their first monthly service reports in over two years.

H-7- ZC Carolyn O'Dell

Despite having a difficult personal year with the loss of several of my family members, I am most proud to have served my year with some very compassionate Lions within our own Lions family.

There are several proud Lion moments in which I wish to recognize and share with you all today. The Orcas Island Lions Club was instrumental in assisting the local pharmacy in administering over 1,100 vaccinations to residents on the Island to help safe guard their community.

The Anacortes, Oak Harbor and Arlington Lions Club members came together to help screen over 1,200 students in four days' time that included four different Anacortes grade schools and one La Conner grade school for sight and hearing screenings.

Several Coupeville Lions Club members saw a need outside of their own community and came together to clean up the roads leading to and from beautiful Deception Pass State Park.

The tremendous collaboration of all Lions Clubs in H-7 exemplifies the meaning of "Where There is a Need There Is a Lion. "

Alert North – PZC Larry Koberstein

With all that has happened – wildfires, floods, weather – it's nice to see we're on the mend. The roads are being rebuilt, the Coquihalla, Number 1 freeway and the Fraser Canyon. These are the main highways for transporting goods.

- 1) Lytton – has not started to rebuild yet, weather and money being the main factors.
- 2) Flooding has done a lot of damage in the Fraser Valley. Farms, commercial properties and homes have been hit hard. Some farms have lost everything.
- 3) Highways are once again moving; some are still being rebuilt.

CLERC – PZC Paul Hand

19H is doing well with the eyeglass program. Over 200 boxes of either eyeglasses or lens have been shipped back to Calgary since the last Cabinet Meeting. If clubs are looking for things to do while we wait for the government to give the ok for clubs to start Pancake Breakfasts and Hot Dog Sales as fundraisers, why not start collecting glasses. It is easy to do. Just have a member or a group of members place boxes in optician offices, group homes, schools, or pharmacies. Collect the glasses and pack them in strong cardboard boxes. Clerc accepts any kind, including broken ones or sunglasses. Do not take boxes to the shippers. Just let me know when you have them ready for shipment and I will arrange for them to be picked up and sent to Calgary. Please do not include the cases as they cannot be used.

Diabetes – Mark DeRoche

Hello everyone, hope you are all doing well. It's been a slow year with not many events happening with COVID still with us. Hope we can all get back to in-person meetings.

Diabetes is a growing problem with approximately 463 million adults living with Diabetes. One in two are undiagnosed.

In life we consume food to live and feed our body with fuel. Some consume too much compared to how much energy they burn off and others may have inherited Diabetes from their family medical history. If we try to keep our carbohydrates and calories low by consuming better quality foods or by exercising to use up those extras, we can maintain our weight and blood sugar values. If we have a medical reason for having Diabetes, we need to work with our doctors to keep it under control.

Type 1 Diabetes is insulin dependent - having low insulin production that requires injection of insulin.

Type 2 Diabetes is non-Insulin dependent that is an Ineffective use of insulin - largely due to being overweight or an inactive lifestyle.

A low active Diabetic according to US and Canadian web pages should try to get 50-70 grams of carbs at a minimum and work with your meters to go up or down with your carbs from there to balance out your blood sugars.

A more active Diabetic according to US and Canadian web pages should try to get 130-140 grams of carbs and work with your meters to go up or down with your carbs from there to balance out your blood sugars.

When counting carbohydrates (carbs) look up the total Carbs and Fiber then minus the fiber from the total carbs and this will give you the correct carbs for that item. Sugars and starches will raise your blood sugar and fiber will not raise your carbs (according to Diabetes sites).

We are asked to measure our blood sugars before and two hours after our meals.

Canada

4.0-7.0 before meals

5.0-10.0 after meals

US

90-125 mg/dc before meals

180 mg/dc after meals

Lions and the National Eye Institute indicate as a Diabetic we should get our eyes checked every six months with a dilated eye exam to keep a check on eye health. Lions are also working with WHO to expand education and prevention.

Lions started supporting Diabetes July 4/2017 at the Centennial Convention in Chicago.

You can help Support Diabetes by donating to LCIF. You can go to lionsclub.org for service and program planning ideas. LCIF also has grants for diabetes awareness, prevention, and Leo service grants. Diabetes camps are designed to help enhance life for young people providing management skills.

Check out:

Diabetes Canada web page: diabetes.org

7day Healthy Meal Plan

Mayo Clinic web page: mayoclinic.org
diabetes.org

For your good (HDL) and bad (LDL) fats, as well as menu ideas, remember to always have protein in your meals. I have seen some sites recommending a Mediterranean diet to be a good choice.

Diabetic or pre-diabetic you should start moving more like walking your neighborhood or local school/ park track, riding a bike, swimming, using the stairs instead of the elevator, etc. It's a good idea to go for that walk after dinner.

Lions of BC Hearing Conservation Society - PCC Surinder Gahir

Not too much has changed since the last report; some of our board members are under the weather and getting better.

The work still goes on collecting used hearing aids for our recycling program. The hearing aids which are five years or newer can be reprogrammed and used. These are sent to Island Deaf & Hard of Hearing Centre in Victoria for testing and use on the Island.

There is still a lot of demand for new hearing aids from clients who are not able to afford them. We rely on donations from Lions Clubs to provide hearing aids.

Our AGM is in May; I will be able to give a complete report after that on the numbers of new hearing aids supplied to our clients and how many used hearing aids collected for recycling. Lions of BC Hearing Conservation Society have a great awards program for deserving Lions; the Meade Sutherland Fellowship Award for \$500 and the Society Fellowship Award for \$50. Lions clubs can order these for deserving Lions.

My friends we remain deeply grateful for all your help and donations. For more information, please contact me at governor.gahir@gmail.com or Bob Jones at lions.bc.hearing@gmail.com

Lions Camp Horizon – Don Webster

District 19H's Lions Camp Horizon is ramping up to our 2022 camping season which may well reach near pre-pandemic activity levels. We are taking camper registrations for five sessions, each with a maximum capacity of 45 campers. The final numbers and operating restrictions depend on the evolution of COVID before the start of camp operations.

In addition to activities related to camp season preparations, there are a number of other exciting things going on at our Camp.

- We have hired Tana Reneau as our new F/T year-round Camp Director. A F/T Camp Director is an important strategic and operational change for us. Visit our website www.lionscamphorizon.org for Tana's bio.
- Our Dining Hall kitchen refrigeration project is well underway. Necessitated by the structural failure of our walk-in cooler. The old walk-in cooler and freezer have been removed and that area is being prepped for three new two-door reach-in refrigerators as well as one additional two-door reach-in freezer.
- We have been successful in another AmeriCorps NCCC application. This year we were awarded a Team for the entire 12-week spring AmeriCorps rotation which will start in early April and run until late June. We may share this Team with Zone H1 so as to undertake some ongoing Whatcom County Flood Disaster recovery work. With the lifting of COVID restrictions, we plan on organizing one-two social and/or work party events at Camp to facilitate Club Members to meet and thank these amazing young adult volunteers. We anticipate they will also be available to attend some local Club meetings
- We are finalizing discussions with the Kiwanis for them to operate their Camp Casey (normally operated at Fort Casey on Whidbey Island) for a one-week session at Lions Camp Horizon this summer. It would be a one-week rental with Camp Casey supplying all of their own staff. Camp Casey is a camp for disabled children. There may be potential for a longer-term relationship here.

LEO Clubs – District “H” – PZC Barry Shiles

This year has been difficult and challenging for all Leo Advisors and Leo Clubs. No in-person face-to-face meetings since return to school in January has now changed to where there are face-to-face meetings among students but Leo Advisors are not permitted to attend. Keeping track of the changes that seem to change every week, mean the hope for a return to normal Leo meetings will test our patience. Leo Clubs are soldering along in spite of the difficulties presented.

This coming year will demonstrate that there are some things that can be done and should be done, a comprehensive attack on training of Leos and Leo leaders, education of Leos is important and we will take this on. The Lions Leo Advisors should get together and offer start-to-finish training for Leos up to and including a Leo District in “H”.

Something that has been missing is a clear path for Leos after they graduate high School. More training demonstrating how Leos can continue Service after they graduate high school. There are many ways to continue service, join a Lions club, form a branch club within the Lions club you join, form your own Lions Club. Lions Leo Advisors need to reach out to Leos that have graduated in the last five years or so and offer the opportunity to form or join a Lions club of their peers. The continuation of Lions International is critical to bringing in new young members.

Website and Facebook Page – PZC Sandy Ball

We've had a relatively busy year in 2021, despite or in spite of COVID. During the past year we started a brand-new Facebook page for the district and we've had some traction on it!

Remember to post your fundraisers and any special events you want to share with the other FABULOUS Lions of our District!

We've had a rather slow showing from the Clubs in the District, for our Web page, however; but those who have contributed, have done so regularly. Hats off to:

New Westminster

Lynden

Sedro-Woolley

ZC Newsletters have been consistently received from **H1 & H2**.

This is YOUR opportunity to help recruit your replacement, by letting future ZC's see how much FUN you have in your role!

Leader Dogs – PZC Toby Hiller

My report this month will be short and simple. Two questions.

- 1) Someone approaches you and says: "I know a blind person and I understand Lions can help me!" Could you answer their inquiry?
- 2) Is the web link leaderdog.org on you web site?

Global Leadership Team – PZC Bob O'Dell, GLTC

During this Spring Convention, there will be two panels presented, one of which was a special request from District Governor Ken Ball, for succession planning in regards to leadership roles. With discussion of Multiple District 19 redistricting, and the proposed merger of 19H and 19B into 19O, it is important to look at how we arrived at this point. The rotation of Lions in Leadership positions at the club level will yield stronger clubs, and grow new leaders to step into Zone Chairpersons and District Cabinet positions. We are also blessed to have the MD19 GLT, PDG Sharon Sikes be the lead presenter, with a rising Lions Star, Coupeville's Past President Brian Pulk serving as a co-presenter.

The second panel is "Finding the Perfect Line of Communication," presented by GLT PZC Robert O'Dell. The presentation presents a fun way to learn the four different personality types, that show how we act and communicate. Knowing and understanding this about yourself, and others in your Lion Family will help enhance communication, grow strong bonds, creating Lions teams that will excel to serve our communities. After the Spring Convention, the presentations will be posted for all to see and use into the future.

With the Spring Convention upon us, clubs are getting ready for their elections for new officers for 2022-2023. We hope this is the year we are able to fully open up, and to help with that, it is essential to provide the incoming new officers with training to prepare themselves for the upcoming years' challenges. We are in the initial planning stages, and will be forthcoming with our plan for the coming year. There will be a multitude of opportunities to attain the training, from within 19H, with a flare to include and remind us we are an International District, with different questions from the American and Canadian treasurers as an example. If that training's timing is not right, or you want a different view, MD19 will also have Virtual Training at three different dates; those will be forthcoming soon.

I hope we have a lot of Lions from our District attending the Northwest Lions Leadership Institute on May 5 – 8, 2022 at Harrison Hot Springs. Registration closed on February 1st, 2022. I have reached out to the NWLLI to see if they have any openings closing, and will pass on that information as available.

I'd like to thank all those that completed the Guiding Lions Training last year, because one of our attendees, PZC Barry Shiles has an opportunity to serve a New Lions Club. Thanks to the leadership of our District, we have a large pool of Guiding Lions to help as the need arises. But those Lions that are certified, lose their certification December 2023. In the upcoming year, we need to plan for another class for new Certified Guiding Lions in the coming year, so we'll have ample Lions to serve new Lions Clubs, or clubs in need of help.

Global Membership Team – 2nd VDG Joel Haggen, GMTC

District membership as of February 28, 2022

Membership stands at 1,353 with a net gain of 10 members

I have been attending the sessions on Global Membership Approach along with PZC Jack Peebles and VDG Steven Wong to discuss plans for Building a Team, Building a Vision, Build a plan and Building Success.

I have attended several zone meetings and club meetings and encouraged retention as well as membership growth and have been encouraging clubs to try a Lion's open house. That was how I was introduced to the Lions many years ago. Seven new members were brought in that night. Most became long serving members. LCI has a guide available on the website.

Global Service Team– PZC Jack Peebles, GSTC

Global Service Team (GST) Goals Report

1. The Multiple District 19 (MD-19) Global Action Team (GAT) Consist of Global Leadership Team (GLT) Leader; Global Membership Team (GMT) Leader; and Global Service Team (GST) Leader. Also, each MD-19 Districts A Thru I Consist of GLT, GMT, and GST Team Leader. As Well as each individual Club has a Position for Global Acton Team (GAT) for GLT, GMT, and GST Team Leaders.
2. 19 H GST Leader works directly with MD-19 GAT, and MD-19 GST, 19 H District Governor, 19 H 1st VDG and 19 H 2nd VDG, and all the Clubs to Build a Team, Build a Vision, Build a Plan, to be Successful.
3. All GST Leaders from Multiple District Levels to Club Level are the Team that Keeps Service thriving in all areas and at all levels.
4. Reporting to Lions Club International (LCI) each Lions Club Activities using MyLion is essential to show all Lion Club International (LCI) Members Volunteer hours to the Rest of the World, and for LCI to complete world missions.
5. Many Goals will apply. And with the help of all District Levels, (the 19 H DG, 19 H 1st VDG and 19 H 2nd VDG, and with the 19 H Cabinet having the awareness of GST Roles, and understand of SWOT Analysis -- MD-19 H will be Successful -- Lets Build the Team, Lets

Build the Vision, Lets Build the Plan, so 19 H and all Multiple Districts becomes Successful.

District 19 H GMA Champion Supports the District Governor's Ken Ball's wish. The 19 H District Governor wants to help all of you to know how important you are not just as members of a Lions Club that does service for the community here and far, but as a person and a member of a wonderful family of friends who care about each other.

Global Membership Approach (GMA) – PZC Jack Peebles
Global Membership Approach (GMA) Champion Report

1. LCI/MD-19/ District 19 H Global Membership Approach (GMA) Formerly Known as North America Membership Initiative (NAMI). The Name has changed because the Lions Club International (LCI) Project went Global vs North America.
2. The LCI Goals (with the support of the 19 H District Governor, 1st VDG, 2nd VDG, GMA Champion, and the District H Cabinet) is to complete SWOT Analysis Reports, Complete GMA Training, and Build a Team, Build a Vision, Build a Plan, to Build Success to Maintain our Current Lions, to Increase Membership, and to Form New Clubs.
3. What is a SWOT Analysis? SWOT is our District Strengths, Weaknesses, Opportunities, and Threats. See Attachment GMA SWOT Information Sheet.
4. GMA Training needs to reach down to our Clubs level in an understanding format coming from our 19 H District Governor's Team and Cabinet.

(Note from Area Leader Lion Polly Voon) GMA Training is a component of the 2021-2022 FVDG/DGE Training Program. Thank you to those who attended the GMA Training #3 on Build A Plan on Wednesday, January 19th, 2022. Information on the Action Plan, Template, and sample action plans for your reference. Feedback suggests that this is helpful as you apply the training within your districts.

SAVE THE DATE! The fourth session on the GMA process, **Build Success**, is scheduled for **Wednesday, April 6th, 2022**, from **7:00pm-8:00pm**. The purpose of this session is to define how your teams will monitor and communicate progress and track results of all your hard work. I shall send you an email with the link to the virtual meeting on Zoom a few days before the meeting. Through the GMA process, your district will be able to conduct a strategic analysis of the needs of our district, set realistic membership targets and build a plan to ensure a successful year ahead. Your District GMA goals and action plans will be submitted through the LCI district goals submission platform once available.

Area Leader Polly Voon encourages District 19 H to extend the invitation to other Lions leaders in your District and Multiple District Teams whom you feel will benefit as you work with them in your preparations in assuming the leadership of your respective District. Please email their names and email addresses to polly_voon@telus.net and she will add them to the attendee list.

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Global Membership Approach

What are our district's Strengths, Weaknesses, Opportunities and Threats?

Strengths and Weaknesses

Strengths and weaknesses are internal—what we have control over and can change. For example:

- Leaders in our district know how / do not know how to start new clubs
- It's not difficult / it's difficult to fill our leadership positions each year
- Our clubs do / do not make a special effort to make new members feel welcome
- Our clubs use / do not use social media well

Opportunities and Threats

Opportunities and threats are external—what's happening in the larger community that impacts our clubs. For example:

- Businesses are starting up or closing
- There are demographic shifts, like people retiring earlier or young families moving in
- Other humanitarian organizations can be gaining visibility or fading
- People can be growing more or less connected to their communities

Often, external factors that appear to be threats can be converted into opportunities. For example, other humanitarian organizations can become valuable partners in service. Bring your SWOT thoughts to our meeting. Together we'll discuss where we are and decide how far we can go!

Lions Clubs International
300 W. 22nd Street
Oak Brook, IL 60523-8842 USA
www.lionsclubs.org
Phone: (630) 468-6890 11/2020 EN

District Administrator, Public Relations – PZC Rosemary Small

At this time, I have nothing to report.

International Participation – Lion Gloria Hardan

Hello out there where ever you are.

If you cannot attend the live meetings, please keep the “Zoom” and “Go-To” meetings active and try to participate in them.

Please share any ideas your club is doing to raise funds. It is always good to hear of ways to do that. It might be something another club has not thought of. Hopefully we will be meeting in person very soon. I do miss seeing everyone.

I hope all of the clubs will raise some funds for our MD19 CARE project. It is a very worthwhile one.

LCIF has given a lot of money back to MD19 H so it is always good to send them something which can go to a Fellowship for someone in your club or community. You can build up to the \$1000.00 or send \$1000.00. It does not need to be all at once.

If you ever have any questions e mail me (hardanmd19@aol.com) and if I don't know the answer I will find out.

Have fun everyone and stay safe.

Environment – PZC Jones Atterberry

With a glad heart I report that our District 19H is on the mend.

2021, 2022 brought forest fires, communities completely burnt out, displaced homeowners, floods, overflowing rivers, major highways shut down, people homeless, roadways sliding into rivers and yet our communities remain strong. Part of this strength is our Lions families.

19H Lions stepped forward in a big way calling on our International Foundation to help fund relief. Not every Lion reaches out. Those that did took this duty to community with service to heart.

Environmental events are so much more than we realize. These major events cause extreme damage to our environment. Were these environmental events man made? I don't know. Is there a way for communities to elevate firestorms and floods over landfills, garbage, and food wastes? Yes, is the answer. Science has many answers. It is up to us to seek educational opportunities; put forth more than our effort; and bring entire communities into the decisions on environmental issues and opportunities.

Huge victories took place this year. Some small, some large. All important.

19H-2 Zone Chair Carol Torset brought forth a zone project where TREX is supplying a bench from donated plastic bags and wrapping equipment. Whidbey Island Deception Pass beach cleanup is ongoing year after year. We all know more highway cleanup is needed. Our highways are a disgrace. Whatcom County Lions worked tirelessly helping Sumas & Deming in their flooded communities. More is needed. British Columbia Lions brought food, water, and clothes to their communities. These projects will not end today. Ongoing commitment will be needed. I know that our Lions in 19H will be there as they have for 100 years.

District Environmental Chairs meet on Zoom the first Tuesday of each month brainstorming and educating each other on current events. Several ideas have surfaced. Those items are more personal or community ideas. Recycling, community gardens, tree planting, backyard composting, gardens for children, orchards in parks, gardens in schools. It goes on and on with quality ideas. Each idea helps our environment. Most help eliminate waste sent to our landfills. This March 16th you may join a zoom presentation named Environmental Evening Talk. 6:30 to 8 pm. <https://us02web.zoom.us/j/87275883761> .

I encourage each Club President, Secretary, Environmental Chair to send me their ideas and accomplishments.

Northwest Lions Foundation – PZC Rock White, Trustee District “H”

- I. Attached please find the latest NLF 's District H “Monthly Update” & “The Lions Program Update” which are provided by Northwest Lions Foundation (NLF), Lions Program Coordinator Marsha Rastatter. The reports are available to the District H Presidents & Secretaries through NLF Trustee, Rock White. These reports show information about utilization of the Lions Health Screening Unit, NLF Hearing Program, Patient Care Grants, & White Cane Days dollars collected from individual Lions Clubs. These monthly reports are available to all District H Lions Clubs and may be obtained by simply asking.

- II. NLF District H Trustee, Rock White is most willing to make club visitations and Club Presentations regarding NLF activities, information forms/resource materials, etc. upon request now that the Covid 19 restrictions are starting to relax, allowing more “in person” gatherings. Contact Lion Rock at (360) 770-9096 or rockwhite@hotmail.com.

Information available includes:

1. Patient Care Grants
 2. Project Support Grants
 - a.) Did you know the NLF Board recently created a “Special Projects” category to allow NLF funding to provide \$5000 of needed financial assistance to the Flood Relief efforts for the Sumas/Everson area? In addition, a number of NLF Trustees donated personal funds to the Flood Relief effort.
 3. NLF President, Lion Bill Lundin has created power point loops/presentation materials allowing for a variety of audio-visual presentations about the ongoing works of the NLF and SightLife. These presentations are great and give our clubs an opportunity to see first hand how SightLife and NLF work together to accomplish our sight and hearing goals. The presentation materials highlight how Lions get involved in the various regions throughout the world.
 4. Occasionally, Lions ask questions about the NLF “Endowment Fund.” For the most part those questions are referred to PDG Lynn Vaughn who sits on that Endowment Board.
 5. As your NLF Trustee, I address the NLF Lions Health Screening Unit and the new small health screening trailers available throughout District H.
- III. NLF Trustee, Rock and PDG Patty Allen-White have presented a “History of White Cane Days” on several occasions and will present this information again at the upcoming March 12, 2022 District H Spring Conference.
- IV. The next NLF Board of Trustees meeting will take place on Saturday, March 19, 2022 at The Double Tree Suites, Tukwila, WA. The NLF Board Meetings occur between 9:00 AM-12:00 Noon. Individual Lions and clubs are encouraged to give me any items you desire to have presented to the NLF Board of Trustees.

2022 Lions Health Screening Unit Schedule

March 15 & 16 – Morton

March 24 – Coupeville

April 7 – Orcas Island-**CANCELLED**

May 19 – Mattawa Desert Aire

May 28 – Kendrick

July 4 – University/ Ballard

July 8 & 9 – Kent

August 2 – North Whidbey

August 5, 6 & 7 - University/Ballard

September 9– Waterville

September 27 – Edmonds

September 30 – Moses Lake

October 1 – Moses Lake

October 5 – Lopez Island

October 11 – Winlock
October 12 & 13 – Ephrata
October 18, 19, 20, 21 – Lake Chelan

Lions Program Update

Hearing Program:

Received Apps: 6

Completed Patients: 3

Number of outgoing aids: 6

Patient Care Grants:

Incoming Apps: – 0

Clubs: N/A

Completed Apps: - 0

Clubs: N/A

Lions Health Screening Unit:

Public/Adults

#Tested - 0

Sight –

Hearing –

Glaucoma –

Diabetes –

Blood Pressure –

School/Children

#Tested – 0

Sight –

Hearing –

Board Meeting:

March 19, 9:30-11:30. DoubleTree Hotel, Tukwila

District H Monthly Update

Hearing Aids Bank:

New Apps- 1

Clubs : Burlington

Completed- 2

Clubs: Coupeville, Burlington

Aids Shipped - 4

Patient Care:

New Apps- 0

Clubs: N/A

Closed- 0

Clubs: N/A

Meeting adjourned at 10:20 am

Cabinet Secretary - PZC Katy Carter