



District 19C Newsletter (Together We Serve A Greater Need)

TEAMwork – Together Everyone Achieves More

December 2008

District Governor's Remarks:



Welcome and congratulations to our newest Lions club. Mayor Richard Hildreth, a member of the new club, welcomed everyone to Pacific. The White River Valley Lions Club was chartered on November 19 this year in the city of Pacific. The evening was filled with lots of fellowship and congratulations. The

original 27 chartered members were inducted along with three additional new members who joined during the evening. The chartered officers are President Tracey Apata, Secretary/Treasurer Alexis Rosario, Tail Twister JoAnne Barkley and Lion Tamer JoAnne Futch. I was delighted to present the official charter to the White River Valley Lions Club. Sponsoring the new club is the Federal Way Knights Lions Club. The Guiding Lions for the new club are Vice Council Chair Jim McCown and Lion Dave Bryan.

Vice Council Chair Jim McCown was the emcee during the evening. Past District Governor Bill Ellis of the Federal Way Knights Lions Club elaborately inducted the new members. Immediate Past District Governor Barbara Ellis of the Federal Way Knights Lions Club enthusiastically installed the club officers. Multiple District 19 Council Chair Polly Voon's encouraging comments were well received. Polly also presented the club a gavel, a Lions bell and the International spray of flags. The guest speaker for the occasion was Past International Director Roger Richert. PID Roger gave an inspiring and thought provoking speech. His words of encouragement captured the audience's complete attention.

Again, I am proud to welcome these men and women into Lions. The city of Pacific will be proud to have such a fine group serving their community.

Many thanks to the "TEAM" for all the hard work performed since the beginning of this Lions' year. We are moving in the right direction to accomplish our goals, I encourage everyone to keep pressing on until we meet our destination.

DG John



PEACE POSTER CONTEST

AND THE WINNER IS:

Kristell, Pearson, 13

8th Grade, Pioneer Middle School

Lion Mary Green, Poster Chair, C1-Lakewood Knights

2nd Place: Riley Jo Wallace, Tumwater Middle School

Lion Don Peterson, Poster Chair, C2-Tumwater

3rd Place: Serena Ranney, Olympic Middle School

Lion Sheryal Balding, Poster Chair, C2-Shelton

District 19C Participation:

Nearly 600 Students from 14 Clubs!

The District Judging was held November 22, 2008 at Tacoma Community College. Five prominent people from the artistic and professional community acted as judges. Lions observing the judging were DG John Doyle, Tacoma Southeast, Publicity Chair Ed Kane, Lakewood First; and Peace Poster Chair Carolyn Harestad, Federal Way.

PEACE POSTER CHAIRS:

Thank you all for your dedication to this program.

We hope you enjoyed the experience.

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Welcome to the LEMPR&R Corner!

Your Leadership, Extension, Membership, Public Relations and Retention Committee has been working hard over the past month. For example, the Retention Chairperson has conducted numerous Retention briefings at zone meetings and is working with the Zone Chairpersons to complete a survey of club retention issues and successes. The information will help the district focus its efforts effectively in the Retention program development.

The Membership Team sponsored Leadership 101, a course that brought 26 of our district's rising stars together to learn about leadership and how they can help to develop their clubs and themselves. The event was a great hit.

Perhaps one of the most exciting developments was in the area of Public Relations. PR Chairperson Ed Kane has developed a new club briefing package that lays out the how, what, and why of club public relations. This Microsoft PowerPoint presentation package will be a primary focus of our November LEMPR&R meeting. We hope to have it available to the clubs in the very near future. Nice job Ed!

All but one of the Zone Chairpersons attended the most recent LEMPR&R meeting, and did a great job representing their respective clubs' needs. They reported a few clubs that need some assistance and who are struggling to maintain membership, but indicated that the vast majority of our district's clubs are in great shape and doing a fantastic job serving their communities.

The committee spent a lot of time discussing district communications at the last meeting. Communications is one of the most difficult issues to address in any large organization. The committee determined that district information not getting down to the individual Lion.

Suggestions developed by the committee to help with this situation included sending the district bulletin to club newsletter editors to disseminate to club members. Zone Chairpersons were asked to approach club presidents for updated email listings so that the district newsletter can be sent directly to individual Lions. District leaders were asked to carry printed copies of bulletins and project fliers to hand out when visiting clubs. Finally, leaders at all levels were encouraged to step beyond their computers and reach out personally with important information, with a phone call or personal visit to Lions Clubs and their members.

Do you have issues that the LEMPR&R Committee needs to hear about? Approach your Zone Chairperson or any member of the LEMPR&R Team and they will make sure your topic is addressed by the committee.

VDG Dave Pratt

Leadership News

PZC Dan Comsia, Co-Leadership Chair

The deadline for the Northwest Lions Leadership Institute is coming very soon. Registrations need to be in by December 15th. The total cost will be \$290 but half of that can be paid through a scholarship with Northwest Lions Service and Leadership Foundation for MD 19. As I mentioned in the article last month, District 19-C has been the leader in the number of graduates from this institute since its inception in 2005. **The institute dates are February 5-8, 2008 at the Crowne Plaza Hotel in Lake Oswego, Oregon--just south of Portland.** Dan Comsia and Marilynn Danby have applications or you can go online at <http://www.lionsmd19.com/leadershipinstitute/Senior%20%leadership%20institute.htm>. The training that you get in this institute is excellent! You would be paying much more for this quality of training elsewhere. Again, please consider this worthwhile training and apply now.

A special Guiding Lion training was given to White River Valley Lions Club and their guiding Lions on Saturday, November 22. **There will be another Guiding Lions training that will be held on January 24 from 8:30 a.m. to 1 p.m. at the Greater Lakes Mental Health Community Room, 9330 59th Ave. SW in Lakewood 98499-6600.** The Guiding Lion training is for all Lions who would like to know more about our Lions organization but especially for those who would like to be considered by the District Governor for newly organized clubs. Please mark your calendars and plan to attend.

On January 29, a Thursday night, we will be having a Presidents/Secretaries roundtable to talk about the first half of your Lions year--what is going well and what are some of your challenges. Again this will be at Greater Lakes Mental Health Community Room, 9330 59th Ave. SW in Lakewood 98499-6600 from 5:30 p.m. to 8:30 p.m. This will be a great time to share, network and gain new ideas for the second half of your Lion year.

At the Spring Conference, there will be a workshop for this year's club officers and the incoming officers for next year--2009-2010. The focus of the workshop will help the transition of leadership from this year to next year. After the Spring Conference there will be a Past Zone Chair, Zone Chair and Associate Zone Chair round table to transition leadership from this year to next year's zone chairs.

Strong Leaders Build Strong Clubs!



New District Leadership Position: 2nd Vice District Governor (2nd VDG)

There is a new leadership position in the district and any Lion who has served as a zone chairperson and club president can run for it.

After studying the positive results and benefits attained by districts that have a 2nd VDG, the LCI Board of Directors developed formal guidelines and duties for the position of 2nd VDG during 2007-08. Subsequently, delegates at the 2008 Bangkok International Convention approved a by-law amendment officially creating the office of second vice district governor.

The new position is the 2nd Vice District Governor. If someone runs for the position in our district, the 2nd VDG position will be filled. The necessary changes to our district's constitution and by-laws have been submitted to the District Governor for review, to address the 2nd VDG issue and bring our guiding documents into line with LCI's. We are part of LCI, so the decision to implement the 2nd VDG position is not an option.

Many Lions districts worldwide, from MD 13 (Ohio, USA) to MD 111 (Germany), have successfully utilized the position of 2nd VDG to strengthen district operations, to better prepare Lions to serve as district governors, and to create more opportunities for leadership development.

In today's fast changing world, individuals must blend their family demands, work commitments and volunteer work. Because the District Governor's role is a complex and demanding one, he/she will be able to share his/her responsibilities with the first and second vice district governors. This will foster collaboration, provide continuity in district administration and better prepare the first and second vice district governors for the role of governor. Based on the success experienced in districts already utilizing this position, a stronger, more cohesive and efficient district leadership team will emerge.

The District Governor and the 1st and 2nd VDGs are a team working together to provide effective district leadership. This collaborative team approach not only can improve district administration but also helps prepare VDGs to become more confident and effective district governors over a two-year period. As 2nd VDG, Lions are able to learn how the district operates, become more familiar with LCI programs. Then, as 1st VDG, they assume more responsibility for growing clubs and membership, for taking on special assignments, and for representing the district governor at meetings and events as requested. Districts currently utilizing the 2nd VDG have reportedly found that this 'learning by doing' approach has been very valuable to leadership development.

If you or someone you know would like to run for this position this year, applications for membership will be accepted until December 31. A letter indicating your intent to run must be submitted, along with your club and zone's endorsement to the District Governor and Multiple District 19 by December 31, 2008. Candidates will be voted on at the March 2009 District 19C Convention.

Guiding Lion Training

Dan Comsia, Co-Leadership Chair

A Guiding Lion training was held at the Pacific Police Station for those who have been involved in the new White River Valley Lions Club. The training was led by VCC Jim McCown and Co-Leadership Chair PZC Dan Comsia, with Cheryl Comsia adding technical assistance. Three great Lions attended, Tracy Apata, who is the newly installed president of White River Valley Lions Club; Dave Bryan, president of the Federal Way Knights Lions who is sponsoring this new club and is also serving as Guiding Lion; and Patrick Taylor from Auburn Noon Lions. Patrick has just accepted the position of Associate Zone Chair for C-3. The Leadership Committee will have another Guiding Lion Training on January 24, 2009 at Greater Lakes Mental Health Community Room, 8:30 a.m., to 1 p.m. Please see the Leadership article (page 2) for more details.

Where Are Those Missing Puzzle Pieces?

Jan Norman, President Olympia Host Lions Club



One meeting per month Olympia Host focuses on club excellence: community project planning, fundraising and LEMPRR development. Following completion of the Lions International Club Evaluation Tool, members were each given a large puzzle piece and collectively asked to put the puzzle together. When all the pieces found their rightful place there were still 4 missing, making the puzzle incomplete. Where do you think those puzzle pieces are?

The puzzle represented our membership and the 4 missing pieces the new members that need to be found. This simple exercise spurred discussion as to where these new members might be. As the club president, I challenged us to complete this puzzle by the New Year. Club members identified where they thought 3 were and pledged to find all 4 of them by the end of December.

Can you think of a better way to start 2009 than with 4 new members?

Upcoming Annual Contests a PR Opportunity

Ed Kane, Public Relations Chair

The time of year for all good Lions to parade their creative best has arrived. In fact, the deadlines are rapidly approaching for some Lions contests. Most critical is the annual Lions International Photo Contest, with the District 19C deadline for submissions on December 8. Since all submissions must be physical prints, as opposed to digital submissions, that means your deadline is sooner, considering the mailing time. You can also hand deliver your print to PZC Mitzi Ludwig, 8143 Yelm Hwy SE, Olympia.

Remember, public relations under LCI include what I consider internal relations, and internal relations can be addressed through any of a great number of actions. The contests and awards are a great way to gain recognition for your club, possibly all the way to Lions International. Club recognition builds club and individual pride, and pride contributes to club camaraderie and cohesiveness. At the very least it endows you and your club with bragging rights at the next multi-club and zone gatherings.

Last year, after many years of passing on the photo contest for several reasons, I decided to enter. My photo, taken of Panhandle Lake where Camp Leo resides, won first place at the lowest level of the contest, the district level. There it died. As a life-long professional photographer it could have been an embarrassment to be eliminated so early. OK, it *was* an embarrassment! But that only proves the point I am trying to make. Last year, as soon as I sent in my submission I received negative feedback through the world's most efficient communications system, the grapevine. Not fair, the comment claimed. Kane is a professional. What chance do the novices have against a professional? The answer is, plenty. I fully expected to be dropped long before the upper strata. I expect the same result this year, but am entering anyway.

Millions of dollars are doled out around the world every year from thousands of photo contests. By a very large margin, I would estimate, the awards go to amateurs. You need only visit the Puyallup Fair's photo exhibit to find proof of the excellence of the world's novice but very dedicated photographers. As a professional I wouldn't even think about entering (again) and face the humiliation (again) of not even reaching the "not bad" level, which of course leaves only the "why'd he bother" level. I am entering the Lions contest again because nobody else seems to care about this contest. This is remarkable since, in the words of Tom Brokaw of NBC news, we live in "one of the most beautiful areas of the country." You would expect boxes full of photos to pour in to the district level. Not happening!

So Lions, do not hesitate to submit your best effort. Take a chance. Win one for the club, maybe the district, maybe the multiple district. Today MD19, tomorrow the world. While you are at it don't forget the business card, brochure, website and other contests now seeking submissions. Look for me there. I'll be sitting in the "why'd he bother" section!



Memphis Forum 2009

PDG Bill Ellis, USA/Canada Forum
Chairman - bellis622@aol.com

Memphis is for you!

The USA/Canada Leadership Forum will be September 17-19, 2009 - Memphis, TN. Memphis is a good place to hold a Forum. It has the facilities, the rooms, the hospitality and the weather is great in September - warm and dry.

The Forum Mission Statement:

- * To develop leaders
- * Motivate and educate attendees
- * Provide an open exchange of ideas
- * Support programs and goals of Lions

The speakers are outstanding and the forum is run like clockwork. The topics are useful with the participation that you will have. There are many, many sessions to pick from.

Lions of District MD19 had attended many of the forums in the past. They have found it worthwhile for their time and money.

All but two Memphis hotels have fairly easy access to the trolley line, which will deliver attendees straight to the door of the Convention Center. All hotels will have bus pickup at the hotels. Arrangements will be made for trolley passes and for readily available trolley schedules.

Tour possible destinations include Graceland, the Civil Rights Museum, the Zoo, the Ornamental Metal Museum, and a selection of Memphis's best-loved music venues.

District 19A Conference

February 27-28, 2009

Empire Landmark Hotel - Downtown Vancouver

Special Guest: IPIP Mahendra Amarasuriya

Complete Conference Info: www.lions-bc19a.org

LIONS CLUBS INTERNATIONAL FOUNDATION (LCIF)

PDG Bob Wagers, District LCIF Chairman
bwagers@comcast.net, 253-851-5318

Lions Clubs International Foundation (LCIF) is the charitable arm of Lions Clubs International. It meets vital world-wide needs beyond the reasonable capability of local Lions clubs acting alone. It's a public, non-profit, tax-exempt corporation which provides millions of dollars to programs that preserve sight (such as Sight First and Sight First II), combat disability, promote health and serve the youth. LCIF grants also provide both immediate assistance following natural disasters and long-term disaster relief for reconstruction efforts. Through LCIF, Lions ease pain and suffering and bring healing and hope to people worldwide.

It is important to know that every dollar donated to LCIF goes toward a grant. **Not a penny goes to overhead.** Lions support, therefore, is crucial as donations from Lions provide the majority of LCIF's revenue. It receives no club dues. LCIF is truly Lions helping Lions.

Since LCIF began in 1968, it has awarded nearly 8,500 grants totaling \$604 million. Of that amount, \$142,200 has returned to District 19C in the form of Core 4, Emergency and Standard Grants.

So how is District 19C doing at this point in support of this noble cause? **As of October 31, 2008, of the 52 clubs in District 19C, 14 or 27%, have made a donation to the Lions Clubs International Foundation for a total of \$7,219.49.** Not bad, except that District Governor John's goal and our goal is 100%.

Now it is true that we are only five months into the Lion Year which leaves seven months to reach this goal. However, it is also true that we can't afford to procrastinate much longer. The dollars for LCIF must be identified and earmarked soon so that it is available no later than June 30, 2008. In some cases, a club may need to conduct a special fundraiser. This takes time. Also, if you are planning to use your donation to award a Melvin Jones Fellowship, you need to give yourself at least two months before the presentation date. As you are aware, this requires a \$1,000 donation to LCIF which can be spread out over five years with an annual minimum donation of \$100.00. And what better way to recognize your outstanding Lions. And remember to send all your LCIF donations through the Multiple District to ensure proper credit.

If your club is uncertain about donating to LCIF or is experiencing difficulty with the "hardliners" that want to keep the money "in town," give me a call. I would be happy to do a program on why investing in LCIF is a good investment for your Lions club - how an LCIF donation makes it possible for any Lions club to fulfill its "international" responsibility. I can also show where LCIF

dollars have been returned to our district in the form of grant dollars and emergency relief. I can show that investing in LCIF is a "win, win" investment. Please make my day - give me a call.

SIGHT FIRST II

VCC Jim McCown, Dist. Coordinator

Again, thank all of you that contributed to Sight First II and made the campaign a success.

I want to let you know that you still can contribute to this campaign.

- New gifts and/or pledges may be submitted to LCIF for CSFII credit until December 31st, 2008.



- After December 31, 2008, donors may designate their gifts to the Sight First program but not for CSFII or Melvin Jones Fellowship Credit.

Those that have made pledges and commitments please be sure to fulfill them in a timely manner. Again, thank each and every one of you. Little girls as shown will grow up without blindness because of you and other Lions.

Youth Exchange

PZC Bob H. Kelley, Youth Exchange Chair

Thanks to all we had host families for our three visitors from Lima, Peru -- three in British Columbia and three in Washington State.

BUT

I just received a cancellation and I am looking for one host family (South of the Boarder) for the period of January 10 to January 31, 2009. Hosting will be for Daniella Calamo, Female, age 19. We have had excellent success with our visitors from Peru. They do know English as a second language.



Please e-mail
bobleekelley@comcast.net
or call (360-491-7337) if you
have information or
questions.

EXTENSION DISTRICT "C" STYLE

VCC Jim McCown, Extension Chair

The White River Lions club became a reality on November 19 with 30 new members.

Past International Roger Richert was the keynote speaker after being introduced by his wife and PDG Rosemary Richert. IPDG Barbara Ellis installed the officers and PDG Bill Ellis inducted all the new members. Others involved in the celebration of the new club were: VCC Jim McCown as the Emcee, DG John Doyle who presented the charter and also presented special awards and welcomed them to the Lions family. CC Polly Voon traveled down from Vancouver and presented gifts from the Multiple District as well as gave some comments. Guiding Lion and President of the sponsoring club Dave Bryan welcomed the club. The first new Lion that signed up to become a member was the Mayor of Pacific and he spoke to the gathering what this club means to the community.

The officers of the new club as pictured below include: right to left Jay Bennett Vice President, Tracey Apata President, Alexis Rosario Secretary, JoAnne Futch Lion Tamer, Karen Rames Board Member and Shellee Hixon standing in for the Tail Twister JoAnne Barkley. The other officers not present were Nola Wilson Board Member, Jerry Eck and John Calkins Membership Chairs.



This year Mt. Rainier Lions club lost members and were down to 7 members of which only 4 were active. Zone Membership Chairman PDG Tom Lonn, Zone 5 Zone Chairman Ernie Wolf and VCC Jim McCown met with the 4 active Lions and after some agreements from them began working in the community to bring this club back to life. At this writing we have 19 new members and have promises of 5 to 6 more applications. Most of these new members are young

and will put a new face on this club. The first meeting of just these new members is planned for December 3 at their club house to induct them into Lions, elect officers that are needed and provide some orientation. Other areas we will be working on throughout the year will be Tumwater (Noon or AM club), Bainbridge Island and Tacoma North.

Membership

IPDG, Barbara Ellis, Membership Chair

Did you know that each club has a better chance of keeping new Lions and old Lions too, if they are trained, orientated and know something about the Lions' Organization. Even if they leave, they may be a great spokesman for us to other potential Lions. We also have a better chance of retaining them as Lions when they know what Lions is all about. Even if they can't be active for one reason or another, they may want to stay a Lion as an inactive member until they can become active and a viable member of your club. As long as they are willing to pay their dues - do not drop them because they cannot be active. Someday they may be able to be active and possibly one of your leading Lions. Make sure they receive the club's newsletter and the district newsletter. Also, they should know where your Internet site is.

Continue to invite them to events that your club has. They may, on occasion, be able to work on a project or attend a celebration. The reason most members end up on the Member at Large status is because they cannot attend meetings. If, due to work or some other obligation, maybe they wouldn't have to be put on Member at Large. If they participate in other activities, they can be excused from attending meetings and still earn their 100% Awards and be viable Lions.

Before dropping a member for non-payment of dues, make sure they have received a written statement of dues owing, followed up by a phone call. Then, if no response, drop them. Then, send a letter to that Lion telling them they have been dropped and have six months to rejoin without a break in service.

There is no incentive to pay dues, if a club keeps paying them. This is the reason LCI keeps telling us to do our drops in July and January. This is the time for housecleaning. However, if you go ahead and pay dues on a Lion and they choose not to reimburse the club, they should not be dropped until after that dues period is up. I don't think LCI or MD19 gives refunds.

Have you asked someone to your club.....if not, WHY?

CELEBRATION OF NATIONS

Mark your calendars for the District "C" Spring Conference



March 6 and 7, 2009
LaQuinta Hotel

Conference Information and Reservation Forms will be sent to all the clubs by the end of December. If you have any questions, please contact PZC Marilyn Danby, Conference Chair
mdanby@comcast.net
253-208-4556

WANTED: Coffee Sponsors



Conference.

In order to have hot coffee prior to Opening Session, and through the day on Saturday, the Spring Conference Committee is looking for Clubs who are willing to sponsor a Coffee Hour at the Spring

The cost is only \$30 per club and in return your club's name will appear at the Coffee Table on Saturday and also in the Program. This is a great way for clubs to participate and show their support at the District "C" Spring Conference.

Please contact PZC Marilyn Danby, Conference Chair at mdanby@comcast.net if your club is interested.

District 19C Fun Night

Dust Off Those Ethnic Clothes & Join the Parade of Nations

Come to Fun Night, March 6, 2009, dressed in your chosen native attire. You will be announced for the royalty that you are in the parade of nations, woven throughout the Contest and Awards. Start thinking now how you can represent that country from which your ancestors came.

Remember, that could be the United States of America, so coming as you usually dress could be interpreted being an authentic American!

Thanks in advance for joining in the fun!

Jan Norman and Art Weatherly, Fun Night Chairs

District 19C Spring Conference International Dessert Competition

To All 19C Lions Clubs – It's Time To Put On Your Thinking Caps!

On March 7, 2008, we know we have Lions that like to eat, but how many cooks do we have?

We need one member from each club to make an International Dessert.

The entries will be judged before the social for DG John Doyle's guest, PID John F. Pearce, Ph.D. and his wife Ina Mae Pearce. These desserts will be served at the social along with coffee and tea.

So get out your cookbook and apron. Then cook up your best International Dessert. Dessert must be finished when it comes to the room for judging. No preparation in the judging room.

Club Name, Cook's Name & Dessert Name is to be submitted to:

Lion Sheila Pearce
Tacoma Southeast Lions Club
sheilapearce@comcast.net
Home: 253-840-3533 Cell: 253-906-6132
2801 – 20th Street SE, Puyallup, WA 98374
By February 28, 2009 – No Exceptions



Dave Risley, IT Chair
webmaster@md19clions.org

Merry Christmas! If you celebrate a different set of holidays Happy <those> too. As the turkey settles from Thanksgiving I start to think about losing a little weight to get ready for a Christmas binge, then as I sit at my computer I think about losing all of the files I have: my tax returns; the historical minutes of my Lions club meetings; the entire development environment for the Poulso, MD-19C, and Camp LEO websites; and family and vacation pictures spanning years.

As an IT professional I review computer backup logs every day, set up new backups and restore copies of backups frequently. Doing backups is not hard, it just takes a little time and patience. We also tend to use our computers until they die. Without backing up our files we're asking for trouble. Here's a guide to painless backups.

With luck, most of your files are in the "My Documents" folder on your computer and you have a CD or DVD player that will also let you write to the disc. Now all you need is some CDs. I use the ones called CD-RW and I'd bet those would work for you too. You can buy just one and try it out before you pick up a 50 disc economy pack.

There are lots of good and better ways to back up your files, but if you have a small number of files here is one easy way to do it.

1. Put the disk into the drive. The computer will ask you what to do, open a file window.
2. Double click the "My Computer" icon on your desktop to open a second file window.
3. In the "My Computer" window, right click on "My Documents" and select properties. In that box you'll see information about how much space your files are using.
- 4a. If the total is less than 700 GB, close the properties inspector and drag the "My Documents" icon and drop it in the file folder window for the CD Drive.
- 4b. If the total is more than 700 GB you'll need to save your files to more than one disc. The process is the same, you'll just have to go in to your "My Documents" folder and figure out how to split up your files. Then drag files to each disk.
5. The computer will "copy" files. In the CD file window you will see that the files are "Ready to be written to disk". Select "Write these files to disk" and when that

process is done you have a backup. The copy process can be long, the save to disk relatively short.

6. The last thing to do is label the disk. Indicate what's on it and the date of the backup. Store it somewhere where you won't lose it and it won't be damaged by heat.

P.S. You can also copy the files to a thumb drive – it's much faster and they can hold a lot more data. Just label and don't lose the drive.

A Bright Idea . . .

PZC Mitzi Ludwig, 19-C Environment
Chairperson

Let's replace our regular light bulbs with compact fluorescent light bulbs. A compact fluorescent is 75% more energy efficient than a regular bulb. A 60 watt incandescent that you keep on for most of the day might last for about 2 months before it burns out. A 13 watt compact fluorescent will last about 5 years. Thomas Edison would probably be thrilled to know that someone invented a different kind of light bulb that uses less electricity and lasts longer.* Compact fluorescents emit less CO₂ and produce a lot less heat. They are cool to the touch. Regular light bulbs use four times more energy and the wasted energy burns more fossil fuels.



Some compact fluorescents cost more than incandescents but, because they last longer, you save on your electric bill. If every Lion swapped just one compact fluorescent for one regular bulb we could prevent huge amounts of greenhouse gas emissions from being released into our atmosphere, contributing to global warming. So, change a light bulb today. All it takes is one Lion and maybe a ladder.



amounts
from
global

Please read the article called [Saving Energy: Lights Out for Old Bulbs](#) in the November issue of the Lion magazine, pages 12 and 13.

Note: CFL bulbs contain trace amounts of Mercury which makes proper disposal of used bulbs very important. Check local ordinances or go to lightbulbrecycling.com for tips on proper disposal.

* from: Get Down to Earth! What You Can Do to Stop Global Warming

InfantSee Program

C-2 Zone Chair Art Weatherly

What is the best time for a child's first eye exam? Surprisingly it is between six and 12 months. Even though the child is pre-verbal a trained optometrist can screen for a host of vision problems including amblyopia (lazy eye) which affects one in 30 children. Visual development is most dramatic at this age and early detection can prevent and help reduce the threat of serious vision impairment.

Through the InfantSee program of the American Optometric Association, any parent of a child between six and 12 months can obtain a one-time vision assessment of their child from a participating optometrist, regardless of income. During the assessment the child will typically sit on the parent's lap and the optometrist will use lights and other hand-held devices (like puppets) to check that the baby's eyes are working together and there are no significant issues that will interfere with future visual development. Infants generally find the sessions fun.

The optometrist will be looking to see the baby seeing clearly, will look for unequal amounts of nearsightedness, farsightedness, or astigmatism, and will check to see that the eyes are aligned straight and working together. Although serious problems are not common, it is important to identify specific risk factors at this age.

To learn more, or to locate a participating optometrist, call toll-free 888-396-3937, or log onto www.infantsee.org.

Rainier Lions Receive 70 Plus Pins 70th Year of Leader Dogs

Nick & Sugar Murphy, Leader Dog Co-Chairs

This year celebrates the 70th year of Leader Dogs started by three Lions. That is the reason they have the program of 70 Plus.

Your Leader Dog Co-Chairs, Sugar and Nick gave the Rainier Club their 70 Plus Pins. They were the first club in District 19C to fulfill the requirement of donating \$70 more than they did in 2007-2008. Each member received a pin and the club gets a special patch for their banner. **Since then Lacey Sunrise, Shelton Morning Star and Yelm have met this challenge, also.** Thanks to these clubs and any other ones we are not aware of doing this.

It is our wish to have every club in 19C step up and make this \$70 Plus commitment to Leader Dogs. We then will truly be Helen Keller's "Knights of the Blind".

Your Leader Dog Co-Chairs Lions Nick and Sugar Murphy gave a bonus pin to each member of the

Rainier Club. These are 70 Plus Pins from Leader Dogs given at their club meeting November 10.

This program was started this year to Celebrate 70 years of operation of Leader Dogs. Every club who donates \$70 more than last year is awarded a 70 Plus Pin for each member and the club gets a Leader Dog patch for their banner.

Lacey Sunrise has stepped up to the plate as well as the Yelm Lions. Your 19C Leader Dog Co-Chairmen would like to see 100% for the 7 clubs in Zone C 6. Better yet, 100% for 54 clubs in 19C.

If you donate money to Leader Dogs, clubs need to make their check out to Leader Dogs and mail it to Carol Whitman, 1501 Whitman Road, Pullman, WA 99163. If you mail donations to MD 19, they mail them to Carol so this speeds up the processing and there is less handling.

Sugar or Nick can be reached at 360-491-6262 if you have questions or if you know someone in need of a leader dog call the listed number on the Website or our number above.

HAPPENINGS AROUND DIST. 19C

Three Lacey Lions Clubs Distribute Dictionaries – Lacey Lamplighters, Lacey Mid-Day and Lacey Sunrise joined forces to distribute dictionaries to third grade students in the North Thurston School District. They distributed 1056 dictionaries to 3rd grade students at twelve elementary schools.

Students, teachers and administrators expressed their appreciation to Lions for offering this valuable educational tool. Student reaction when informed "this is your dictionary to keep" is greeted with a big smile or "wow, this is mine to keep?"

During our introduction, we tell students we are Lions; we get remarks that lions are big animals with lots of hair and have four legs, how can you be a lion? We then inform these young people that Lions volunteer their time to help in our communities and Lions clubs can be found all over the United States and in foreign countries.

This is a fun project, is your club involved in the Dictionary Project? If you have questions about this program contact me at jimlabelle31@comcast.net or call me at 360-456-5775. Yours in Lionism, Jim LaBelle



Bonney Lake Lions 4 Kids House - Lions 4 Kids House headquartered in Bonney Lake is a children's clothing bank for underserved kids in five local school districts. **We are renovating a former 1200 square foot residence and are in need of assistance to install doors, baseboard and trims the second week of December. In addition, we have been unable to procure any donated vinyl flooring and would appreciate any leads as to where we might be able to obtain this material.**

For more information on our Extreme Makeover: Community Edition project, please visit our website, www.lions4kids.com and click on Extreme Makeover or contact founder and director, Carol Wells-Reed at cwells-reed@hotmail.com.

Citizens of Mineral safer thanks to Lions Club of Mineral - "The Lions Clubs around the world are known for their aid to people who have impaired eyesight. We citizens of Mineral, Washington are indeed fortunate to have the Lions Club we have. These hard working Lions run the "Lions Den" during the summer. The "Lions Den" is a camp ground that residents pay a fee daily or monthly. These funds go to the Lions Club of Mineral and in turn are put back in the community.

Some of the wonderful work the Mineral Lions club has done for the residents of Mineral, Washington is: Assisted financially in the purchase of new Fire Engine in the amount of approximately \$30,000. Earlier this year when the Ambulance was out of commission, once again the Lions Club of Mineral came through financially with about \$11,000 used to purchase Medical Equipment: 2 AEDs (Automated Electrical Defibrulators), a Pulse Oximeter, a Thermometer, 2 GPS units (Ground Positioning System) and a new Jaws of Life unit.

We citizens of Mineral are truly blessed to have such a hard working and benevolent group as Mineral Lions." Bill Evans, Mineral Lake Resort

Rainier Lions Induct 4 New Members - Vice District Governor Dave Pratt conducted the induction ceremony for the four new members of the Rainier Lion's Club. The new club members are: Lion Bob Maddox, sponsored by KL Rod Mitchell, Lion Pastor Douglas Lee sponsored by Lion Linda Lazelle, Lion Beverly Jolley and Lion Larry Warner both sponsored by Becky Waldron.

A large International Lion's logo was used by Vice District Governor Dave Pratt to explain Lionism to the inductees. VDG Pratt asked each of the inductees what area of Lionism interests them the most. Lion Douglas said "sight programs," Lion Bob said "the Dictionary Project for the 3rd Graders," Lion Larry said

"all local community projects," and Lion Beverly said "diabetes and sight programs."

District Governor John Doyle stated that he appreciates what we do. The sponsors need to be involved with the new members by orientating and mentoring them. He gave a District Governor pin to each new member.



New Members - Lions Beverly Jolley, Larry Warner, Pastor Douglas Lee and Bob Maddox.

LIONS VISITATION LOTTO

Contact Visitation Chair PZC Bob Darrigan: C - 253-229-4148; H - 253-874-4282 or email: worldbooks@msn.com or Snail Mail: 104 S. 325th Place, Federal Way, WA 98003.

The MMR and VAD report must be submitted by the 20th of the month if mailed, if online by the last day of the month.



Dates to Remember....

- January 12 - 3rd Dist. Cabinet Meeting
- January 23-24, 2009 - MD19 Winter Council Meeting
- February 5-8, 2009 - NW Lions Leadership Training, Lake Oswego, OR
- March 6 - 4th Dist. Cabinet Meeting
- March 6-8, 2009 - 19C Spring Conference, LaQuinta Inn, Tacoma
- May 14 - 16 - MD19 Convention, Penticton, BC
- September 17-19 - USA/Canada Leadership Forum. Memphis, TN

Immediate Action Required
Lions Health Screening Unit

PZC Mary Jo Cady, NWLFSH, 19C Trustee

All 2009 requests for the Lions Health Screening Unit (LHSU) are due to the Northwest Lions Foundation **immediately**. Visit the Northwest Lions Foundation for Sight and Hearing's website at www.nlffoundation.org/lhsu.cfm to make your request. Questions can be directed to Alex Conn, Lions Program Coordinator, at 206-682-8500 x148 (direct); 1-800-847-5786 (toll free) or alexandrea@nlffoundation.org.

Begun in 1997 by the Northwest Lions Foundation for Sight & Hearing, the LHSU travels throughout Washington and Northern Idaho to provide free health screenings for vision, hearing, glaucoma, diabetes and blood pressure. The specially-equipped unit is staffed by volunteers (usually) and health professionals. The Foundation's goal is to speed early detection of health problems through screening so corrective assessment and intervention steps can be taken immediately.

2007 STATISTICS YOU SHOULD KNOW - The Basics: 163 visits; 3,954 volunteer hours logged; **Number Screened:** 28,981 children screened; 2,683 adults screened. **Health Problems Identified:** 4,212 vision; 2,785 hearing, 161 diabetes; 717 high blood pressure; 157 glaucoma.

All those requesting visits will be notified throughout the months of December and January. **Make your request today!**



"Happy Christmas to all, and to all a good-night."

District Governor's Revised Schedule
December 2008 – March 2009
 (As of November 22, 2008)

December 2008

- December 2 DG Spanapark Early Risers/Official Visit
- December 3 DG Lacey Lamplighters/Official Visit
- December 4 DG Puyallup South/Official Visit
- December 8 DG C3 2nd Zone Advisory Meeting
- December 9 DG Milton-Edgewood/Official Visit
- December 11 DG Lacey Mid Day/Official Visit
- December 16 DG Federal Way Knights/Official Visit
- * December 17 DG Tacoma Narrows/Official Visit
- December 25 Happy Holidays

January 2009

- January 06 DG Covington/Official Visit
- January 07 DG Key Peninsula/Official Visit
- January 12 District 3rd Cabinet Meeting
- January 13 DG University Place/Official Visit
- January 15 DG Eatonville/Official Visit
- January 18 DG Lakewood Korean/Official Visit
- January 21 DG Roy Community/Official Visit
- January 22 DG Tacoma Downtown/Official Visit
- January 23-24 DG MD-19 Winter Council Meeting
- January 27 DG Spanaway/Official Visit
- January 29 DG C4 3rd Zone Advisory Meeting

February 2009

- February 7 DG C2 3rd Zone Advisory Meeting
- February 8 DG C5 3rd Zone Advisory Meeting
- February 9 DG C6 3rd Zone Advisory Meeting
- February 12 DG Tenino/Official Visit
- February 16 DG C3 3rd Zone Advisory Meeting
- February 27 DG C1 3rd Zone Advisory Meeting

March 2009

- March 6-8 District 19C Spring Conference
- March 6 District 4th Cabinet Meeting

* Denotes a Change in Schedule