



District 19C Newsletter

(Together We Serve A Greater Need)

TEAMwork – Together Everyone Achieves More

March 2009

District Governor's Remarks:



It is time for us to celebrate what we have accomplished so far this year. We have helped replenish many food banks, many handicap ramps have been built, a Low Vision Resource Center has been established, new Leo Clubs have been formed, contributions to disaster victims have been made by

both monetary and physical labor, the Peace Poster contest was a smashing success, our Environmental Photo Contest had photo finishes, NW Lions Eyeglass Recycling Center flourished with many missions, the participation in Pierce County Project Homeless helped more than 264 needy individuals, food baskets and toys were given to the less fortunate, Camp Leo, a camp for children with diabetes, expanded its camping capacity, rebuilding of a club has brought additional service to the community and a new club was chartered. This list could be extended but the idea of service is recognized. THE SPRING CONFERENCE IS THE PLACE TO BE TO CELEBRATE with us the many achievements that you have made to make a positive difference in many people's lives.

I express my appreciation to the Clubs that made a total contribution of \$2,250.00 to the Pacific White River Lions Club flood victims. The clubs that made the donations are Lacey Lamplighters, Lacey Sunrise, Olympia Host, Poulsbo Noon, Tacoma Downtown, Tacoma Southeast and Olympia West.

Many times during my club visits I have heard the term "Burnout", I will share with you some hints to avoid "burnout" from the Health Experts.

Eleven Tips To Help You Stay Healthy to Avoid Burnout - Burnout - a state of mental, physical and emotional exhaustion - leaves people feeling hopeless about the future. Here are the tips from therapists on staying healthy:

- **Lean on others:** One symptom of burnout is thinking that no one else can do a job but you. Trust that work or chores will get done even if you don't do it all.
- **Learn to say no:** Instead of feeling guilty, realize that you'll be better able to say yes to things that are important to you.
- **Reduce your load:** Look at your everyday tasks and figure out what you could drop.

- **Take daily technology break:** Turn off everything, including your cell phone, laptop and pager, even if it's just for a few minutes at a time.
- **Set a schedule:** Map out your weekdays with the goal of having a chunk of the weekend to rest and have fun. You'll be less likely to procrastinate.
- **Take vacations:** Being a workaholic isn't something to be proud of.
- **Reward yourself:** Remember why you work and what you like about your job or home life.
- **Nurture your spirit:** Do something just for yourself, whether it's listening to music, exercising, getting a massage, reading or writing in a journal.
- **Don't isolate yourself:** Share problems with family and friends.
- **Take care of yourself:** Healthy eating, regular exercise and plenty of sleep will give you the energy to deal with life's demands.

If you feel burnout after reading all of this take a break, get some rest and sing yourself a song. It's all in fun.

DG John

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The LEMPR&R Corner – March 2009

What are you doing in your club to improve things? Are you just gliding through the year, or are you looking for ways to make your club more vital and ensure that Lions makes a difference in your community.

The key to successful clubs can be found in the acronym for LEMPR&R: leadership, extension, membership, public relations and retention. It is no coincidence that your district governor convenes a special meeting of the chairpersons for each of these areas in the district.

Leadership is the key to club success. There are clubs in our district today, where the presidents are out front, stimulating the members for new ideas, engaging the club from the front lines by working on club projects. They plan ahead. They seek out new members with energy, desire and leadership potential. They delegate important tasks to enthusiastic club members. They follow-up on the details and seek new ways to expand their own skill sets.

These club leaders stand at the front of successful clubs. Their members enjoy meetings and are involved, and feel that the time they spend with their Lions club is worth it. They stay members because, as much as they give, they feel that they get even more in return.

Successful club leaders ensure that their clubs have good public relations programs, from external publicity for activities and programs, to internal communications, to keep members informed. They ensure that their club provides regular newsletters and other forms of communications, not only to let members know what is coming up, but to cheer the club's and the club members' accomplishments. It's a sort of reminder that everyone needs to validate that they are doing good work.

How does your club size up? Do you have good leadership, good membership and retention programs, and good public relations? If your club had the chance, would the members willingly take on mentorship for a new club, to expand Lions' reach even further in our communities?

If you have questions about any of this, contact any of the district's LEMPR&R committee members, or give me a call anytime.

Dave Pratt
Vice District Governor

Leadership News

PZC Dan Comsia, Co-Leadership Chair
PZC Marilyn Danby, Co-Leadership Chair

I have heard great reports about the recently concluded Northwest Lions Leadership Institute that was held in Lake Oswego the first weekend in February. We have had great participation in this institute over the years. We have the most graduates of all of the districts--a trend that we need to continue. Planning has begun on the institute for next year that will be held at the Coast Wenatchee Center Hotel on February 4-7, 2010. Please mark these dates and encourage those who have not attended to join us for this great leadership training. There will be fliers at the Spring Conference and brochures and applications will be coming out soon!

About 26 Lions attended the Presidents, Secretaries, and Public Relations Chairs roundtable on February 5. A summary of the roundtable will be out to all club presidents and secretaries. **We will be planning a Zone Chair Elect, Zone Chair and Past Zone Chair roundtable that will take place on April 16, Thursday night from 5:30 p.m. to 8:30 p.m. at Greater Lakes Mental Health Community Room.** It will be a time to talk about the transition from this year's Zone Chairs to our incoming Zone Chairs. It will also provide an opportunity to share the successes and the challenges of the office. For all that are included in those three categories, please plan on joining us.

At the Spring Conference, there will be a workshop on passing the baton like in a relay race from this year's club officers to the next year's club officers. This workshop will provide incoming and outgoing officers an opportunity to begin this process well ahead of July 1st. **We will be having officer trainings for club officers and board members on the following dates: Thursday, May 21 from 5:30 p.m. to 8:30 p.m. and Saturday, May 30 from 8:30 a.m. to 1 p.m., place to be determined.** More information will be coming out in next month's district newsletter.

As always--Strong Leaders do build Strong Clubs!



**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.**

Opening Eyes

PZC John Budzak, Jr., Chair

The "Opening Eyes" project working with "Special Olympics" is rapidly approaching. The event will be held on May 30-31 at Ft. Lewis. Lions are needed to assist with the registration of the athletes as well as many other functions. We are looking for at least fifteen Lions to attend each day of the event.

The Opening Eyes project is a program that gives Special Olympians an eye exam and fits them with prescription glasses. If at all possible the lens will be cut at the event and they will leave with new glasses. Special lenses are also fit and sent to the athletes at no charge. Occasionally the athletes are even fitted with prescription sports goggles. This event is a great opportunity to provide the gift of sight to those most in need. In addition those that have attended the event in the past have had very special memories of the event. These athletes are fantastic people and are very proud of their accomplishments. It was very moving to talk to these great people and to take breaks to watch them compete in their events. It is what Lions are all about.

Please keep the dates May 30 and 31 free on your calendars. If you may be interested, please contact Lion John Budzak, Jr. at warbuff60@comcast.net. Once more information becomes available, I will forward to the bulletin and to any Lion that requests more information.

Theme for 2009-10 *"The Power of Peace"*

**Look for the Peace Poster
Table Top Exhibit**

Spring Conference, March 6-7

**Iris Young, District Chair, Peace Poster Contest
tomatonj@aol.com**



Wow! 94 Years Difference

Poulsbo Noon Lions Make Challenge

The Poulsbo Noon Lions (Zone 19C-4) are proud to challenge other Lions Clubs worldwide to beat the age-spread of those attending their club meetings on a regular basis.

Lion Ike Sageser is 97 years young and has been an active member since 1961. "Little Lion" Nicoletta Paxhia---the daughter of Lions Michael and Hiromi Paxhia---is a very mature 3 years old.

Every Thursday they "work the room" like political pros. One of the better traditions of the 65-year old club is to shake hands with every member present before the meeting starts to avoid the Tail Twister's wrath; most of the members defer to Lion Ike and seek him out for the handshake. Lion Nicoletta enters the room leading with her right hand and her light-up-the-room smile; not one to be ignored she will tug on your pant leg till you complete the greeting. The best days, though, are when the two circulate together. Watching this tandem---with an age difference of 94 years---we are reminded that Lions have a grrrrreat past and can look forward to a grrrrreat future.

MD-19 Youth Exchange Program Enjoy a visitor from another country!

**Austria - Finland - Germany - Italy - Japan
That's where they're coming from this summer.**

Check our web page for more information.

Be part of the magic.....

Contact PZC Bob Kelley at 360-491-7337 or
bobleekelley@comcast.net
<http://www.lionsyouthexchange.org/>

Dist. 19C Membership Contest

The District 19C Membership Contest will have a First Place and Second Place Winner. The Lion that brings in more members will receive the first place award. The Lion that has the second best membership recruitment will receive the second place award.

- **1st Place Award - \$100 Gift Certificate**
- **2nd Place Award – An afternoon on the Columbia River Via Sailboat with Lunch**

Contest Dates – January 1 thru April 30, 2009

This contest is in conjunction with the MD 19 M&M, Membership & Me program. There is no action required by the participants.

Every club in the District will be called by a District Representative to explain the details or answer any questions. If you have not received a call from the District's representative by February 28, email or call the District Governor.

Share the Plenty!

Everywhere we turn the economic news blasts us with negative messages. We Lions have a positive message to share and Olympia Host Lions with our Olympia, Lacey and Tumwater Lions partners, are Sharing the Plenty with FREE Dinner for the Community!

Saturday, March 14th
2 p.m. to 5 p.m.
First Baptist Church
9th and Washington in Olympia

Everyone is invited, drop in, no reservations
Call our new Lions Eyeline for more information
at 360 -790- 8667
Donations for the Thurston County
Food Bank appreciated.

**People Helping People--
Making a Difference**

The Trifecta

It's Not Just for Horses Anymore

John Kirry, President, NWLERC

In horse racing circles, a **Trifecta** is a pari-mutuel bet in which the bettor must predict which horses will finish first, second, and third in exact order. At NWLERC, we have our own version of the Trifecta and it's a safe bet to say that a lot of clubs don't know exactly what it is. Let me explain.

To encourage involvement in NWLERC, we established our Trifecta as a way to encourage and acknowledge the hard work and contributions of clubs (or zones, if clubs band together to make a collective zone project), and there is no off-track betting involved!

There are several ways clubs can contribute to the NWLERC Trifecta program, and doing **three** of them in a given Lions year qualifies a club or zone for a banner patch. (...thus the "tri" in trifecta) Here's how your club can help NWLERC down the backstretch and at the wire:

- Collect eyeglasses
- Make a financial contribution
- Volunteer your time
- Schedule a monthly work party at our Center

By accomplishing three of the above activities, your club can achieve thoroughbred status and win the Trifecta award and the coveted banner patch. Last year, twenty three clubs, all from District C were Trifecta winners. This is logical, since NWLERC started as a District C program. **But now we're a Multiple District 19 program and we are hopeful that all clubs and zones in our multiple district will participate.**

While I'm on the subject of donations, let me say something about your much-appreciated financial contributions to NWLERC. First, we would like to commend the many clubs who put us in their yearly budget and regularly send us a financial donation. Your contributions provide the essential foundation of our operating budget and quite literally allow us to keep the doors open. Clubs who support us year-in and year-out usually do so in the range of \$100 to \$500, some more, some less. But here's a simple fact: if every club in MD-19 contributed \$50 per year, our budget goals would be achieved, right out of the gate.

We hope to see your club or zone in the Trifecta Winners Circle this year.

**LAST CHANCE To Enter Contests & Awards...
Let Judy Ann Bergvall know if your club is going
to participate at the Spring Conference if you
have not already done so.
johnbergvall@comcast.net**

EXTENSION DISTRICT C STYLE

By: VCC Jim McCown

The Extension Team will be holding off for a few months before beginning to put a new club in Tumwater. We are currently considering whether to put that club in as a New Century club or the normal traditional club.

Some facts about a New Century Lions Club:

- Members not over 35 years of age.
- Designed for young community minded individuals.
- A special emblem on their club charter, member pins, member certificates and other materials relating to the new club.
- For seven (7) years only those 35 or less in age may join. Those reaching 35 during those seven years can continue membership. After 7 years it becomes a traditional Lions Club. They can still be known as a New Century Lions Club.

We are getting closer to making a new club in Bainbridge Island. We have over half the members that are needed. We are looking at sometime in April to have the 20 we need to charter the club and hopefully we can add 10 more to that before the charter night.

Anyone interested in working on Extension please contact me and I will add you to our team.

“Choose to Reuse?”

(some plastics are safe to reuse, but not all)

PZC Mitzi Ludwig, 19C Environment Chairperson

Many people are confused about the safety of plastic containers to store food or drinks and which kind, when emptied, can be refilled to use again. Some plastics can leach harmful chemicals into your body. However, others are safe and there is a way to determine which are safe.

Check the bottom of the container. You will see triangle symbols with numbers inside and letters below (see examples below). I will explain what these mean according to information on the Internet:

#1 PET or PETE – Examples: Disposable soft drink and water bottles. OK for single use only, avoid refilling because they absorb flavors and bacteria. If the water tastes like plastic, you are drinking plastic. Throw it out!

#2 HDPE, #4 LDPE, and #5 PP – These are your best choices because they transmit no known chemicals into your food. It is safe to refill these but be sure to wash thoroughly. You can reuse these again and again before you decide to recycle them.

#3 V and #6 PS – have similar chemicals to #7 OTHER. Some scientists and environmentalists believe these chemicals are a cause for concern. #3 V is used for meat wrap and cooking oil bottles. #6 PS is used for disposable coffee cups, clam-shell take-out containers.

#7 OTHER – If you want to avoid bottles with BPA (Bisphenol A) these are the ones to avoid. Bisphenol A disturbs the hormonal messaging in our bodies. According to information on the Internet, it is linked to breast cancer and uterine cancer in women and decreased testosterone levels in men. This chemical is also particularly devastating to babies and young children. Avoid baby bottles with BPA symbols. BPA has also been linked to insulin resistance and Type 2 Diabetes. Some plastics contain softeners called phthalates that interfere with hormonal development, and its manufacture and incineration release dioxin, a potent carcinogen.

Of course, when possible, opt for glass, porcelain or stainless steel containers, particularly for hot food or hot liquids.



So now we have another “R” to add to our list: Reduce, Reuse, Recycle, Refuse and now Rethink!

NOTE: 31 Lions Clubs have entered the Environmental Projects Contest, so far. Which clubs will get Banner Patches? Which one will get the trophy? Tune in next month for an update.

LCI Peace Poster Contest

Grand Prize Winner

2008-09 “Peace Begins With Me”



Yennie Shyu – 12 Years Old
California, USA

Sponsored by Milpitas Executive Lions Club

NW Lions Foundation for Sight & Hearing

PZC Mary Jo Cady, District C Trustee

Did you know that as an organ, tissue, and cornea donor, you could save or improve the quality of life for more than 50 other people? Learn how you can at: www.nlfoundation.org.

Take the Wheel: Help Kids See & Hear



Amounts that help

- \$450** - 1 front tire for the Lions Health Screening Unit trailer
- \$253** - 1 fill-up of its 90-gallon fuel tank
- \$50** - 1-week supply of diabetes test strips
- \$25** - or any amount you can give to save lives & help children

Eye Cancer Detected



The diagnosis that came just in time started by chance last summer. George Bates had been enjoying a Friday afternoon at the Wahkiakum County Fair when he came across the **Lions Health Screening Unit**. He had been worried about his blood sugar level, so he decided to have it checked. The sugar level was fine, but the local doctor volunteering at the Health Screening Unit implored him to have the stye under his eye tested for cancer. George protested that he had undergone an eye exam just weeks before, but he had the stye tested anyway. A biopsy confirmed the volunteer doctor's suspicions. Surgeons who operated to remove the cancer credit the early detection with saving George's life.

*"It's so amazing that you have volunteers who are so aware," says George's wife, Judy. "We can never thank you enough for bringing the **Lions Health Screening Unit** to our county."*

Membership

IPDG Barbara Ellis, Membership Chair

HAVE YOU INVITED SOMEONE TO JOIN LIONS THIS MONTH? IF NOT, WHY NOT???

Fellow Lions, we still have four months to go in this Lions year and we would all like to end the year on a plus note. Right now our district is a minus 121 members. We need to turn this around Lions and we are counting on every club and every Lion to help. **MEMBERSHIP IS EVERYONE'S RESPONSIBILITY.**

In January Enumclaw, Federal Way Knights, Federal Way Noon, Gig Harbor, Hood Canal, Lacey Sunrise, Lakewood First, Mt Rainier, Olympia Host, Poulsbo, Puyallup South Hill, Rainier, Spanaway and Yelm all brought in new members totaling 39 for the month. YEA! Congratulations to you all for asking others to serve with you.

However, 56 Lions were dropped in January and most resigned in good standing. Why did they drop? If a club is doing all the right things, there should be warnings that an individual is going to leave. The time to talk to a Lion is before they decide to leave. If a Lion was dropped for non payment of dues, did your club inquire about this, send a statement, make a phone call before dropping? After dropping, did your secretary notify the Lion that they had been dropped and could be reinstated, with no break in service, by arranging to pay the dues? If not, why not call some of those Lions and see if they want to be reinstated?

WE NEED TO STOP THE DROPS. By now all of the drops should be over. After paying the second half dues, all Lion members are paid up until June 30 and should not be dropped until the **July MMR**. Dave Pratt will have a whole year to catch up, but if you drop in June, John Doyle will not have a prayer of catching up by July 1, when his year ends. We are asking your help in ending on a plus note.

Membership programs are available as well as membership tools to be used at Open Houses. We also have a membership contest going on in the Multiple District called "Membership and Me". Every time you sponsor a new member, your name goes in for a drawing to win 100 pounds of M&M's to use how you wish....as your own treat, a fundraiser for your club or to just have fun with. So, INVITE ONE to a meeting and let membership in Lions continue to grow. All the extra hands in service helps us in our motto, WE SERVE. We thank and appreciate every one of you and with your help, we are confident that we will be on a plus side coming down the stretch.



webmaster@md19clions.org
Dave Risley, IT Chair

It's time again to judge websites for the district contest and awards program. Have you contributed to the success of your site? It's truly the responsibility of every member.

There are some parts of the judging that are pretty easy: Do you display the Lions Logo? Are there links to the MD and Int'l websites? Are there no offensive items on the website?

Other items are necessary for your site to be useful: Contact information for your club officers and webmaster; Meeting information; Is the information up to date?

Then there are items that make your site easy to use so that people can find what they are looking for and the site easy to use: Each page has a single theme; There is a consistent menu on each page so visitors don't feel lost; Is it easy to read – text size and color scheme.

Some things are not judged, but important for websites in general and Lions in particular. Whether your site is really gorgeous or very simple: It should reflect your community, Lions values, and the district and International themes; It should have pictures of Lions working AND Lions having fun; It should list and describe upcoming projects; It should tell the public what services your club provides to the community and to them as citizens.

Does your site reflect the richness and diversity of Lions Clubs International and especially – does it make you proud and others desire to become involved?

Take a look, and reflect. The webmaster's job is to display content in a usable manner. Can you provide information, pictures, or other ideas and content to make your clubs site the best in the district?

See you at the Spring Conference.

Dave R.

District 19C Spring Conference
March 6 & 7
LaQuinta Hotel, Tacoma

Spring Conference Looms Large

Upcoming event promises more fun, more learning

Ed Kane, PR Chair

District 19C's Spring Conference is but a few days away. The anticipation of a day and a half of unbridled frivolity is near the explosion point, right? Lions clubs around the district will have a great deal at stake on March 6th & 7th, including elections and contests. While these issues will move ahead regardless of the number of Lions members in attendance, the camaraderie, frivolity and learning experiences need your participation to truly represent the entire district.

The conference committee has put in many hours and stuffed themselves with too many breakfasts to fail to honor their efforts to put on ever better agendas each year. PZC Marilyn (PB) Danby, Tacoma Downtown, has excelled in the overall organization and coordination of this event as conference chair, but it would not have been possible without the knowledge, experience and work of the numerous committee members.

If you haven't sent in your reservations yet you can get the form and the program at www.md19clions.org/, click on "spring Conference in the navigation bar, select and print out the appropriate form. Please do so at your earliest convenience to help the various committee volunteers finalize their tasks and have a more accurate number for attendees to work with.

It is not too late to get items ready to turn in for contests and awards. Club brochures and business cards may be turned in at the registration desk and it's not too late to enter the musical competition, induction ceremony, scrap book projects and more. International desserts segment can also use club participation. Any questions should be directed to Judy Bergvall of Lacey Sunrise at 360-491-1800 or johnbergvall@comcast.net.



District 19C Spring Conference Committee members gathered at Carr's Restaurant in Lakewood many Friday mornings to hammer out details of the 2009 event. The committee members solicited input from the 19C general membership in an effort to devise new and different seminars and familiar seminars with new twists.

HAPPENINGS AROUND DIST. 19C

Spanapark Lions Club Presents 12th Annual Benefit Bowling Classic - Sunday, April 26 - Featuring the Daffodil Royal Court – Bowlero Lanes, 3852 Steilacoom Blvd. SW, Lakewood. Check in starts at 11 a.m.; bowling starts at 12 noon (no new entries after 11:30 a.m.). \$20//person (prepaid); \$25/person (at the door); \$10/kids 12 and under. For additional information, call Rose & Don at (253) 473-1855.

Bonney Lake Lions Club Presents: Death by Chocolate Dinner & Charity Auction - March 21 from 5:30 p.m. to 10:00 p.m., Bonney Lake High School, 10920 – 199th Avenue Ct. E., Bonney Lake. \$30 Presale and \$40 at the Door – includes dinner and entertainment. Purchase tickets on their website: www.BonneyLakeLions.com. Dinner prepared and served by the Bonney Lake High School Culinary Arts Program. **March 8 is the LIONS 4 KIDS Open House from 1-5 p.m. Location 18429 89th Street East in Bonney Lake. Ribbon cutting is a 1 p.m. Info at www.Lions4kids.com.**

Spanaway Lions Club Sponsor Easter Egg Hunt for Special Needs Children on Saturday, April 11 – Starting at 11 a.m. at the Spanaway Prairie House Museum.



Siblings (ages 5-12) are welcome and will have a separate hunt area. For more information call Mike Exley – cell 253-468-0952 or Dave McClintock – 253-843-2942 or by email at davemcclin@wildblue.net.

Lions of Zone C-3 Present Annual Special Needs Youth Fishing Derby – Saturday, April 25 at Auburn Mill Pond Park, 600 Oravetz Road, Auburn from 9 a.m. to 1 p.m. Cost – Free. For more information contact David Bryan at 253-921-3710 or Norm Wilcox at 253-445-0385. – See Attached Flier

Eatonville Day Break Lions Schedule Greek Dinner (4 course meal) on March 21, 2009 - For further information contact Cindy at 253-948-6541 or eatonvilledaybreaklions@yahoo.com. Cost \$20 each.

Tacoma SE Lions Club's 22nd Annual Potato Bake, March 29 - 1:00 p.m. to 5:00 p.m., V.F.W. Hall, 2000 S. Union, Tacoma. Ham, Baked Potato & all the fixings. Then top it off with Strawberry Short Cake. All for only \$10.00. Door prize and raffles. Call Frank Pearce for info: (253) 840-3533 (H) or (253) 906-1445 (C)

North Mason Lions Change Meeting Schedule - Please take note of this unusual schedule. 1st Wed. at 12:30 p.m. and 3rd Wed. at 7:00 p.m. Meeting place will stay the same. (Fiesta Mexican Restaurant in Belfair)

The Lacey Lamplighter Lions & North Thurston High School Drama Students Present a Comedy/Drama Dinner Theater "The Great Western Melodrama" - Friday, April 24 at 6:30 p.m. North Thurston High School - \$25 per person for Dinner and a Theater Evening. All money raised goes back to the community for youth programs, to aid the disabled and to assist needy families. Tickets are available at the Law Offices of Harold Carr, 4534 Lacey Blvd., Lacey (455-0030) or call 491-6427.

Tenino Lions Present the 40th Annual Tenino Old Time Music Festival - March 20 & 21, Tenino High School Gym – Advanced Ticket Sales at Heddens Pharmacy & Dave's Marketplace. For Further Information Contact Tenino Lions Club, Box 568, Tenino, WA 98589.

District Governor's Schedule

March 2009- July 2009
(as of 2/18/09)

March 2009

March 6-8	District 19C Spring Conference
March 6	District 4 th Cabinet Meeting at 4 PM
*March 19	DG Roy Community/Official Visit

May 2009

May 1	Zone 19C-4 Zone Social
May 2	Zone 19C-5 Zone Social

July 2009

July 14	Joint District 19C 1 st District Cabinet/District Banner Passing Mtg.
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* Denotes a Change in Schedule