



District 19-D Newsletter

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Volume 2010/11-10

March 23, 2011



April 2011 - DISTRICT GOVERNOR'S MESSAGE

As this message goes to press, Carol & I have completed our club visits. Thank you all for your hospitality. We had a wonderful time meeting with the clubs and all of the outstanding Lions of District D. The weather has been interesting and it was so cold some mornings we wondered if the car would start! It gets parked inside when we are home.

We are working hard to be prepared for Spring Conference. A lot of little details yet to be completed. We expect over 150 Lions & guests to be in attendance. We feel that we have an interesting and fun line up of speakers and programs for the conference.

Membership continues to be an issue for District D. As of 2/28/11 the district was down 99 members, an improvement from 1/31/11 when we were down 111. Many of the clubs we have visited have potential members. Please your potential members that our great service organization needs their helping hands to carry out all of our many worthy LIONS projects.

Look at the "Lions for Life" program on the MD-19 Web page & sign your club up. We only have six or seven clubs in our district that are currently enrolled in this program. The cost is small, but it will give new members a two-year roadmap to fully understand what Lions are all about

Again thank you for your hospitality and we look forward to seeing many of you next week in Moses Lake.

DG Mike

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From MD19 Office

Ref: MD19 Border Crossing

Dear Governors,
Good Morning.

Please email your Presidents and Secretaries with this message.

"Any Lions Clubs Presidents and Secretaries who are not receiving the MD19 Border Crossing link every other month, please go to the MD19 website lionsmd19.com and register to receive the link from A/Webber and Patricia Allen. You register by clicking on "Border Crossing email notification" and register your email address. They will send you an email that you have to confirm that you want to receive the Border Crossing link. Any questions please contact Cindy at the MD19 Office. Thank you and have a good weekend...

Cindy Miller

Multiple District 19 Lions International
(360) 733-4911

MD19 Constitution Changes to be Added to MD19-D Voted on at MD19-D Conference

From: PCC Bob Bradford

Constitution & By-Laws Chairman

MD19 has added wording to the MD Constitution regarding the second Vice District Governor, and it was passed at the recent Convention in Pasco.

I would propose the following change to our District Constitution: Article 6: Section C; Remove the words :(first VDG, second to be added at later date).

Change Section C to read: First and Second Vice District Governor

The second Vice District Governor position is a position that may be determined by the District
The candidate for the Office of first and second Vice District Governor shall:

Section D: Duties of the first and second Vice District Governor

Section E: Change wording Vice District Governor (2) to: first and second Vice District Governor.

It seems to me that this is all that is necessary at this time. I have several copies of the wording available.

According to the District Constitution these changes need to be published in the District Governor's Newsletter one month prior to the District Conference.

Please review these changes with your club and determine how your delegates are going to vote at the conference.



Host Committee
94th Lions Clubs
International Convention
Seattle, Washington
July 4-8, 2011

Please visit our web site
and register online for
great volunteer opportunities.

www.lionsconvention2011.com

Sponsored by 

MD19-D Cabinet Meeting
April 1, 2011
2 PM
Moses Lake, WA

Preliminary Agenda

- I. Call to Order (2:00 PM – Solar Ballroom)
- II. O, Canada
- III. America
- IV. Invocation
- V. DG Remarks
- VI. Approval of Previous Cabinet Meeting Minutes
- VII. ZC Reports
 - a. D-9 ZC Wolfgang Schmidt
 - b. D-8 ZC Marlene Kergan
 - c. D-7 ZC Leif Bengtsson
 - d. D-6 ZC Greg Penny
 - e. D-5 ZC Corallee Morgan
 - f. D-3 ZC Geoff Davis
 - g. D-2 ZC Darrell Brady
 - h. D-1 ZC Mike Takahashi
- VIII. Committee Reports
 - a. LLMPRR
 - i. Facilitator – 1st VDG Joe Nilles
 - ii. Retention – PDG Norma Bent
 - iii. Public Relations
 - iv. Membership-South – PZC Dennis Foster
 - v. Membership-North – PZC Wanda Carisse
 - vi. Leo – PZC Joan Thomson
 - vii. Leadership – PZC Roseanne Oliver
 - viii. Extension-South – PDG Joan Hunter
 - ix. Extension-North – PZC Debbie Bostock
 - b. Youth Exchange – PZC Al Fennig
 - c. Sight & Hearing-South – PDG Bev Bradford
 - d. Sight Conservation-North – PDG Doug Sutherland
 - e. Peace Poster – PZC Debbie Bostock
 - f. No Child Without – Linda Schaffrick
 - g. Lions Quest – PZC Frank Shelest

- h. Lions Foundation of Canada – PZC Bob Ayotte
- i. Lioness – Linda Schaffrick
- j. Leader Dogs – Nayda Littlefield
- k. LCIF Coordinator – PDG Dave Wilding
- l. International Relations – PZC Wanda Carisse
- m. Information Tech – PZC Dennis Foster
- n. Hearing-North – PZC Howard Swaren
- o. Environment – Brett Bostock
- p. Diabetes Awareness-South – PZC Dorothy Nilles
- q. Diabetes Awareness-North – PZC Rondeau Brown
- r. Contest & Awards – PZC Angus Benedict
- s. Constitution & By-Laws – PCC Bob Bradford
- t. Conference – PDG Greg Littlefield
- u. CARE – PDG Ron Silver
- v. Bulletin – Russ Fineman
- w. BC Lions Society – PDG Brian Chadsey

IX. Unfinished Business

- a. Report from Committee investigating Dee Hlavach Eads Fellowship
- b. 2011 International Convention – PDG Joan Hunter

X. New Business

- a. None

XI. Announcements & Upcoming Events

- a. Spring Pre-Council Meeting – June 2, Wenatchee, WA
- b. Spring Council Meeting – June 3, Wenatchee, WA
- c. DGE/VDGE/ZCE School – June 3-5, Wenatchee, WA
- d. DEF Kickoff Meeting – To Be Determined
- e. 2011 International Convention – July 4-8, Seattle, WA
- f. 1st Fall Annual Convention – October 13-15, Yakima, WA

XII. Adjournment

**Preliminary Agenda
MD19-D Spring Conference
April 1, 2011
2 PM
Moses Lake, WA**

The following is a scaled down version of the conference agenda...There will be the Wanapum Native American Van in the parking lot on Saturday for people to tour. All events will be held at the hotel. there are no off premises events.

Friday –

**10:00 AM – Registration
1:00 PM – Lioness Cabinet Meeting
2:00 PM – Lions Cabinet Meeting
4:00 PM – Wine Tasting
Dinner on own
6:30 PM – Opening Session
8:00 PM – Registration Closes
8:00 PM Pioneer Days Fun Nlght**

Saturday -

**7:00 AM – Registration
8:00 AM – Certification and Voting
8:30 AM – Lioness General Session
8:30 AM – Lions General Session
10:15 AM – Seminars
11:00 AM – Registration Closes
12:00 PM – Lunch
2:15 PM – Seminars
6:00 PM – No Host Bar
7:00 PM – Governors Banquet**

Sunday

**9:00 AM – Closing Session
Necrology Service
Contest and Awards**

North
SWEETENERS

**Rondeau Brown, Diabetes
Chairperson, North**

There are two basic categories of sweeteners, nutritive and non nutritive. Nutritive sweeteners provide calories or energy to the diet at about four calories per gram, just like carbohydrate or protein. Common examples of nutritive sweeteners include white and brown table sugars and molasses, honey, and syrups such as maple and corn. Non nutritive sweeteners, also called sugar substitutes or artificial sweeteners, do not provide calories and will not influence blood sugars. These include: saccharin, cyclamate, aspartame, sucrose and acesulfame potassium. Although non-nutritive sweeteners taste sweet and do not add calories to food, they often cannot be substituted directly for sugar in recipes. Sugars and syrups also add to the texture and colour of foods in ways that these sweeteners will not. Many of the manufacturers have developed special recipes for using these products.

In the past, people with diabetes were told to avoid sugars and other carbohydrates. Current research shows that it is the amount of carbohydrate eaten and the rate of its digestion that are the most important factors in blood glucose control. Sugars can be included in a healthy diet as a part of a carefully planned meal plan. If you have questions about sugars and your diet, check with your registered dietitian, a certified diabetes educator or the Canadian Diabetes Association.

Of course, sugars do provide some calories, but foods or drinks made with artificial sweeteners may not always be low in calories either. If you are concerned about calories, it is important to check the nutrition information panel on the food label. Fat provides nine calories per gram, more than twice the amount provided by carbohydrate (including all sugars) and protein. Remember that the key to any healthy diet is well-rounded moderation and regular exercise. Making sure that you are getting all the nutrients you need to maintain good health should be your first priority

Answer Last Month Question

The universal symbol for diabetes. The purpose of the *diabetes symbol* is to give diabetes a common identity.



South
DISTRICT D DIABETES CONTEST;
YA WANNA WIN?!

Dorothy Nilles, Diabetes Chairperson

Dear Fellow Lions in Service,

Camp STIX is a children's diabetes camp that has been promoted in this Lion's year in D-South. Through your club's donation to Dimes for Diabetes, money is being raised for camperships for children wanting to attend Camp STIX. The exciting news is that there will be donation jars for Dimes for Diabetes at our District D Conference in Moses Lake. And we are going to have a competition to see which zone in District D can raise the most money for diabetes camperships! Clubs south of the border will have the donated money sent to Camp STIX. Clubs north of the border will have their donated monies sent to Camp Kakhamela, through Diabetes Awareness Chair D-North Rondeau Brown. Come prepared to make your zone the winning donator toward camperships for diabetic kids; dimes are fine and any other coinage is acceptable; the jars will be designed to take paper money too!

My chauffeur/gofer Joe and I are scheduled to visit 3 more clubs during this month and April. During this Lion's year, thus far we've visited, in D-2, Leavenworth, Cashmere, Wenatchee Central, Greater Wenatchee Sunrise, and Wenatchee Valley.

D-5 clubs we've visited in that period are Soap Lake, Quincy Valley, Moses Lake, Othello, and Moses Lake Lioness. We also visited at a D-9 Zone Meeting. If you haven't yet scheduled a visit for power point programs on the disease of diabetes and Camp STIX, please do so. My email is: skihill@frontier.com and phone is 509-548-6776.

So far Dimes for Diabetes has raised \$682.30! Those include two memorial donations to the late PZC Dee Eades, who was instrumental in starting Pennies for Diabetes in BC, from the Mansfield Lions Club and the Moses Lake Lioness Club. Thank you Lions for your generous support! I look forward to seeing you in Moses Lake and in visits to your clubs. We Serve.



Club News & Events

Lake Chelan

By the time you have read this, the Lake Chelan Lions Club would have hosted the annual Kelly Top Dog St. Patrick's Day parade held on March 19. This is an annual event that the entire community turns out for by showing off their pets and celebrating St. Patrick's Day. They have been told that there are some leashes made especially for some of our members.

The next big event is scheduled for May 20, 2011 for the Annual Lake Chelan Lions Club Golf Tournament at Bear Mountain Golf Course. For more information or to request brochures, please contact Lion Jerry Bragg at 509-682-1303, Lioness Cindy Peart at 509-682-3503 or Lion Ted Cummings at 509-682-3727. This is always a fun event and fills up quickly. Join us for the frolic and flavor of friendship with other Lions and community members. We may even throw in a Seattle Seahawk Sea Gal or two or three. Hopefully we can get a ball player too.

On May 14, we will be featuring our Lion Mobile along with driver Lioness Leslie Guimond in the Manson Apple Blossom Festival. While she and the car may not be known amongst NASCAR participants, Leslie has yet to wreck the car. The car is always a big hit with the crowds. Along with the parade, we will be handing out White Canes to all the spectators and participants.

Lion President Erik Nelson is planning an open house luncheon to introduce potential Lion candidates to Lionism. The date has not been set but a list of prospective members has been developed. We will keep you all informed on the success of this program.

Submitted by: Lion Jim Reinbold – Publicity Chairman

What's Up... A Journey of a Lifetime!



**USA/CANADA
LIONS
LEADERSHIP FORUM
September 22-24, 2011
Anchorage, Alaska**

More information to follow next month or go to:

[USA/Canada Forum](#)



We Serve

Laura Wintersteen-Arleth RN MN CDE
MD 19 Diabetes Awareness Chair

March 18, 2011

Dear Lions,

I would like to thank-you for your support of diabetes awareness activities in your districts this past year. I am writing to ask your support in one of the most important activities of diabetes awareness, which is camp for kids with diabetes. We are very fortunate to have three camps for kids with diabetes in our Multiple District area. I know each camp could use your financial support to make sure every child with diabetes has the opportunity to attend camp and experience life changing experiences.

Camp Leo is a Lions sponsored camp located at Panhandle 4H camp, close to the town of Shelton. Many Lions clubs on the west side, especially District C support this camp. They spend countless hours planning and participating in camp to make it an exciting adventure for kids in grades 3 through 8, along with supporting the camp financially. Dates for camp this year will be July 17-23. Cost is \$180.00 per junior camper and \$270.00 for senior campers. This is an all volunteer camp. If your club would like to assist financially with this camp, please send donations to: Camp Leo, in care of PZC Jan Norman, 3029 Sleater Kinney NE, Olympia, WA 98506. Email: jannorman@aol.com Phone: 1-360-459-5123.

Camp STIX is an all volunteer and sponsored camp serving kids age 8-18. It is located at Camp Bear Paw, on the Pend O'reille River near Newport. Camp this year will be July 10-16. Cost is \$250.00 per camper. Camp STIX is looking to expand to 2 weeks as they have had to turn away kids each year for 3 years due to lack of space. Our fees only covers about 25% of what it takes to run camp for a week. The cost of one week of camp is about \$69,000.

If you would like to donate to Camp STIX, please send donations, with the camp you wish to donate to written on your check to: Laura Wintersteen-Arleth, 45843 Larson Beach Rd, Loon Lake, WA 99148. Email: lwintersteen@wsu.edu Phone: 1-509-233-2761 home or 1-509-999-6282 cell.

Camp Kakhamela is located on the beautiful Sunshine Coast near Gibsons, BC. Children, age 7-15 with Type 1 diabetes have been learning about diabetes and enjoying a quality summer camp experience at Camp Kakhamela for the past 47 years. Camp is held the first 2 weeks of July. If you would like to donate to Camp Kakhamela, please send donations to: Glenna Armstrong, Branch Coordinator Canadian Diabetes Association, Interior Region, Pacific Area, Phone: (250) 762-9447 Fax: (250) 717-3199 1589 Sutherland Ave. Kelowna, BC. V1Y 5Y7

I know all the camps would love to have any member of your club visit and possible donate your time, as well as your money. I have been involved in diabetes camps for many years and have seen first-hand the difference camp makes in not only a child's life, but in the life of their family as well. Any person who has been to camp could tell you multiple stories about camp and the life changing events that happen.

If any club would like more information on the diabetes camps, please contact Jan Norman for Camp Leo, Rondeau Brown for Camp Kakhamela and myself for Camp STIX. Your support is greatly appreciated. Thank-you for making camp a reality for so many kids.

In Lionism,

Laura