



District 19-D Newsletter

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Dynamite District
"D"



Volume 2010/11-7

December 30, 2010



JANUARY 2011 DISTRICT GOVERNORS COMMENTS

Thanks to all of you for your support during 2010. It is hard to believe that the year is half over, time goes fast when you are having fun I am told. We have completed 43 club visits as of today & have met a lot of good dedicated Lions serving their communities. You carry out the Lion's motto "We Serve". Weather has been good so far, we will be back in Canada starting in February. Please note some changes in our visitation schedule: Moses Lake, January 5th instead of February 2nd, Oliver, February 2nd instead of February 9th, Westbank, February 18th instead of February 23rd.

We had 13 Peace Posters to judge – what a difficult task! We have a lot of talented young people in our district. We had entries from Chase (2), Kamloops Brock Central, Oliver, Wenatchee Central (2), Wenatchee Valley, Quincy Valley & Moses Lake (5). Thank you for your participation! We finally selected the poster drawn by Tina Raposo from Oliver.

By the December 15th deadline, we have received 8 Environmental Photo's. I thought picking a Peace Poster was hard! These are outstanding photos. They are all winners in my book. We will have them on display at the Spring Conference. We received photos from Kamloops Paddlewheelers, North Shuswap, Chase, Oliver, 108 Mile Ranch, Moses Lake, Wenatchee Central & Kamloops Aberdeen.

(Continued on page 2)

INSIDE THIS ISSUE

<i>Presidents Message</i>	<i>pg 1</i>
<i>Presidents Message Continued</i>	<i>pg 2</i>
<i>19D Winter Cabinet Meeting Information</i>	
<i>DG Visitation Schedule</i>	<i>pg 3</i>
<i>MD19-D Peace Poster Winner</i>	<i>pg 4</i>
<i>Peace Poster Winner</i>	
<i>Diabetes North & South</i>	<i>pg 5</i>
<i>19D Leadership 101 Announcement</i>	<i>pg 6</i>
<i>CERC 2010 Summary Information</i>	<i>pg 7</i>

**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 SightLife

Consider Volunteering Now

DG's Message (Continued)

I thank you for your participation. This has to be a record year for our district as in the past the most we have ever had was 3 to my knowledge. Look in the next newsletter for the one we will select to be sent on to the Multiple District competition.

I hope each of the Zones is working on selecting a new Zone Chairman for the 2011-12 year. I especially hope Zone's 4 & 10 will have ZC's since they did not have one this year. I look forward to these reports at the Westbank Cabinet meeting February 19th. The training for the new ZC's will be in Wenatchee the first week in June 2011.

We are still looking for a 2nd Vice District Governor for next year. If you are a Past Zone Chair or current Zone Chair please consider this opportunity – It is a once in a lifetime experience!

Spring Conference is set for April 1 – 3, 2011 in Moses Lake. Final Plans are underway for our "Pioneer Days Celebration" See registration form in this newsletter. We do need the clubs to bring raffle prizes so we can make this conference a financial success.

Again, Thanks for your support – DG Mike

Yours in Lionism DG Mike

NOTICE OF WINTER CABINET MEETING DISTRICT 19 D

Notice is hereby given that the winter cabinet meeting for Lions District 19 D will be held on February 19, 2011 at the Lions Westbank Community Hall – 2466 Main Street Westbank, BC.

LEMPRR MEETING WILL START AT 9:00 am with the Cabinet meeting following at 11:00 AM. Adjournment by 3:00 PM. Lunch will be served at noon. For those who plan on attending for lunch please notify Linda Hart (250-707-2924) or e-mail lhart1@shaw.ca cost should be about \$10.

VISITATION to Westbank Lions Club. The Westbank Lions have changed their regular meeting and the District Governors official visitation to Friday Night, February 18th at the Lions Westbank Community Hall Meeting starting at 6:30 PM. For those who are coming from out of town, this is a great way to pick up some additional visitation points. Please contact Malcolm Sutherland for dinner reservations at (250-768-5879) or e-mail malsutherland@shaw.ca

Please let both Lorna & Linda know by February 14th on meal plans or needs.

A block of rooms have been set aside at the Best Western Wine Country Hotel for the night of February 18th. This is a newer hotel and does have a continental breakfast as part of the room rate. The Lions price is \$89.99; however, you must reserve your room by February 1st to insure this rate. When making your reservation please state you are with the Lions for the February 18th event. Best Western Phone number is 250-707-1637.

I am looking forward to seeing you in Westbank.

Thanks DG Mike

District Governor Visitation Schedule



Jan. 4th Ephrata (D-5) 1st Tues. 6:00 PM
Ephrata Recreation Center 1575
Lyllall St.

Jan. 5th Moses Lake (D-5) 1st Wed. 6:30
PM Grant County Grange Hall
Airway Blvd.

Jan. 6th Warden (D-5) 1st Thurs. 7:30 PM
Sage Hills Golf Course

Jan. 12th /13th Royal City (D-5) Call ?? 6:00
PM

Jan. 20th Quincy Valley (D-5) 3rd Thurs.
6:00 PM Christian Reformed
Church 420 H St. SE

Jan. 27th Mattawa-Desert Aire (D-5) 4th
Thurs. 6:00 PM Sand Trap
Restaurant 10 Main St.

Feb. 2th Oliver (D-9) 2nd Wed. 7:00 PM
Kiwanis Manor 34822 99th St.

Feb. 3rd Osoyoos Lake (D-9) 1st Thurs.
7:00 PM Jack Shaw Gardens 6601
89th St.

Feb. 12th Winter Council Meeting
Chilwack, B.C.

Feb. 14th Okanagan Falls (D-9) 2nd
Mon. 6:00 PM Okanagan Falls
Legion 5009 12th Ave.

Feb. 15th Lumby (D-1) 3rd Tues. 6:30 PM
White Valley Community Center
2230 Shields Ave.

Feb. 17th Kelowna Rutland (D-7) 3rd
Thur. 6:30 PM
Kelowna Orchard (D-7) 2nd /
4th Mon. 6:15 PM
Kelowna Central (D-7) 1st / 4th
Thur. 6:30 PM

Feb. 18th Westbank (D-7) 4th Wed. 6:30
PM Westbank Community
Hall 22466 Main St.

Feb. 18th , 19th Westbank Cabinet Meeting

Feb 22nd Savona (D-3) 3rd Tues. 7:00 PM
St Hilda's Church Hall 6633 Ernest
St

Feb. 24th Penticton (D-9) 4th Thur. 6:30 PM
Royal Canadian Legion 502 Martin
St.

Mar 2nd Merritt (D-3) 1st Wed. 6:30 PM
Legion Hall

Mar. 3rd Valleyview Overlanders (D-8) 1st
Thur. Cottonwood Manor 730
Cottonwood Ave.

Mar. 8th Salmon Arm (D-8) 2nd Tues. 7:00
PM Lions Hall 7191 51at NE

Mar. 9th Peachland (D-7) 2nd Wed. 7:00 PM
Peachland Community Centre
4450 6th St.

Mar. 11th Home

Mar 15th Princeton (D-9) 3rd Tues.
Additional information next month

Mar. 16th Barriere (D-6) 3rd Wed. 7:00 PM
Community Hall 350 Borchwick Ave.

Mar. 17th Summerland (D-9) 3rd Thur. 7:00
PM Harold Simpson Memorial Youth
Center 9111 Peach Orchard Rd.

Club Tidebits



The Kettle River Lions Club prepared well over 250 boxes (partial view above) for over 120 individuals and families. The club wants me to mention the efforts of the Penticton Lion Guy Oliver who was able to procure the empty boxes. "Thanks Guy", recent recipient of the Melvin Jones' award.

NWLERC volunteers provide for NW homeless

LERC joins with other social service assistance providers at special events such as the Project Homeless Connect. We have participated in many of these events, distributing sunglasses and reading glasses to area homeless. While sunglasses and inexpensive reading glasses may seem unimportant to most of us, there is a considerable population for whom they are an important item for their meager inventory of personal goods.



As was demonstrated at the 2008 Homeless Convention, there was no shortage of clients lined up to receive examinations for eye problems and tests for vision correction.

Editorial Policy

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This bulletin is published once a month by District 19D. Please provide your input by the 15th. Input should be emailed or sent to Lion Russ Fineman. Provide an ODT, MS Word, Plain Text or Handwritten document. The bulletin will be emailed in PDF format to all clubs with email, others will be sent through the postal service.

Post Contest

Below is the peace poster selected to represent MD19-D. The young artist is:

Tina Raposo, age 12. Oliver, BC.



MD19_D Convention

Where: Moss Lake, WA.

Best Western Lake Front Hotel

When: April 1, 2 and 3, 2011

See the attached PDF File (this email) for the registration form and information on room costs. If you have Adobe Reader on your computer, you can call the form up and fill it out and then print the form. Due to Adobe's not allowing you to save the data in a PDF form, you must fill it in and print it. Please use the Tab key to advance thru the form and when your mouse is over the field a help tip will appear.

If you have any questions on using the form, please contact me. Lion Russ Fineman (upscope@nwi.net)

North

SMALL CHANGES MAKE A BIG DIFFERENCE!

Rondeau Brown, Diabetes Chairperson, North

Canada's Physical Activity Guide recommends 60 minutes of physical activity each day. Physical activity can improve your blood glucose control, reduce your risk of heart disease, and help you lose (and keep off) weight.

1. 10 minutes- walk the dog or get off the bus one or two stops early
2. 10 minutes- rake, shovel, mow, vacuum
3. 10 minutes- treat yourself to a stretch break
4. 10 minutes- instead of watching television, toss a ball or build a snowman
5. 20 minutes- take a brisk walk after dinner



We wish to thank all MD19-D Lions who have supported The Canadian Diabetes Association - Camp Kakhamela, Camperships for Kids and all the other diabetes oriented activities supported by all the clubs.



Rondeau Brown MD19-D North Diabetes Chairperson

**Glenda Armstrong – Canadian Diabetes Association
Regional Co-ordinator**

Campership for Kids – Camp Kakhamela

Canadian Diabetes Association

South

HAVING YOUR CAKE AND EATING IT TOO!!

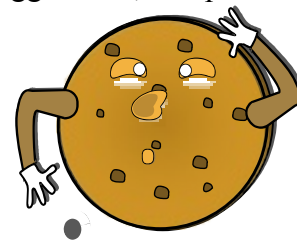
Diabetes Awareness South-Dorothy Nilles

Healthy eating is important for everyone, especially already diagnosed diabetics or those who are borderline. Here are a few important guidelines:

- Eat a wide variety of foods.
- Balance calories eaten with your activity level.
- Eat a diet rich in whole grains, veggies, fruits, and fat free or low fat milk products.
- Include lean meats, poultry, fish, beans, eggs, and nuts in your diet.
- Limit fats, salt, and added sugar.
- Space your eating throughout the day.

So there you have it! But it's the holidays and you're getting that sweet tooth feeling. There are so many temptations out there! Don't despair; you can actually "have your cake and eat it too", as the old saying goes. I have a real weakness for sugar cookies, the ones with tons of butter and sugar. I was able to go online and find a wonderful recipe called Cinnamon Sugar Cookies. I compared it with my favorite sugar cookie recipe and found the following:

1. ¼ cup unsalted butter, contrasted with ¾ cup shortening (using ½ butter)
2. 1/3 cup sugar, compared to 1 cup sugar
3. 2 egg whites, compared to 2 eggs



Recipes can be easily adapted to meet our dietary needs, in addition to satisfying our cravings. Just go into your search engine on the computer and type in diabetic recipes. You will be amazed at the possibilities available!

I wish for all of you a wonderful healthy, tasty Christmas season. Yes, "healthy" and "tasty" can be combined in the same sentence! **And best wishes for a Happy New Year.**



19-D

Leadership 101

Reach for the Stars

Get started on your leadership journey!

This one-day course will introduce you to the basics of Lions leadership. All Lions who are interested in developing leadership skills are welcome, especially those who are thinking about being a Zone Chairman, President, Secretary or other officer of their club.

Saturday, February 26th 2011

1111 Tranquille Rd.,

Kamloops, B.C.

\$35 per person; price includes lunch

Topics covered will include:

- ❖ Being Comfortable in the Space Above Your Chair
- ❖ Improved Club Meetings
- ❖ Working Effectively with People
- ❖ The Three R's: Recruitment, Retention and Renewal
- ❖ Healthy Club Assessment

Advance registration and payment required. No refunds

To register, send your \$35 cheque along with the registration form made out to "19-D Leadership" to:

PDG Norma Bent
1105 7th St.,
Kamloops, B.C. V2B 2X1

If you are coming from Zones D-2 or D-5 you may send your \$35.00 check made out to:

PDG Joan Hunter
738 12 St. NE
East Wenatchee, WA 98802

Questions? Contact Norma at 250-376-4420 or e-mail bentnj@telus.net





Here's Looking at You

I would like to **thank all the clubs** listed below who have collected **30,005** pairs of eyeglasses since July 2010. Last year BC collected **89,814**, the most pairs of glasses collected in the whole of Canada and I know that we can beat that number especially with Lions like Colin, Mel and Ted. Your work is very much appreciated and please everyone continue doing the great job you are doing.

PDG Carol Simkin, MD 19 Eyeglass Chair

District A:	
Vancouver Cambie	150
Powell River	293
Sunshine Coast	946
Vancouver Granville	320
Vancouver Metropolitan	125
TOTAL:	1834
District D	
Armstrong	84
Enderby & District	178
Lake Country Winfield	60
Lumby	269
Revelstoke	186
Scamous	13
Quesnel	319
Barriere	210
Kelowna CK Mission	1079
Peachland	87
Westbank Lioness	620
Valleyview Overlanders	1296
**Kananagan Falls	320
Oliver Lions & Lioness	642
Ginton	106
TOTAL:	5469
** Colin Van Blerk set a goal to collect 20,000 pairs of glasses in the past year and so far he has collected 17,503. WAY TO GO LION COLIN!	
District E	
Cranbrook	323
Fairmont & District	46
Salmo	16
TOTAL:	385

District H:	
Abbotsford	261
Aldergrove	57
Langley	3575
Maple Ridge	2900
Peace Arch Monarch	1991
Delta So.sdale	234
North Delta	253
**Richmond	310
Richmond Asiana	22
Richmond Chinatown	20
Steveston Harbour	87
Tsawwassen	23
Guildford	300
North Surrey	1000
Port Coquitlam	1000
Agassiz Harrison	91
Chilliwack	2749
Chilliwack Dogwood Monarch	131
Hope	265
TOTAL:	15269

** Richmond Lion Mel Firth has collected over 1500 eye glasses over the past 3 years. **WAY TO GO LION MEL.**

DISTRICT I	
Esquimalt	842
West Shore	616
Galiano	60
Gordon Head	300
Mayne Island	20
Salt Spring Island	416
Sidney	616
Ladysmith	500
Campbell River	205
Willow Point	283
Port McNeill Lioness	317
Baynes Sound	30
Comox Valley	2783
Qualicum Bay	45
Royston Cumberland	61
TOTAL:	7094



Pictured is Lion Ted Coombes who is 96 years old and is the eyeglass chair for Salt Spring Island Lions Club. The Certificate of Appreciation is from CLERC for all his work these past years. Left to right Lion Mary Coombes, Ted Coombes, President Dori Somerset. **WAY TO GO LION TED.**



Canadian Lions Eyeglass Recycling Centre.

Box 1530 Stn T Calgary, Alberta. T2H 3A3 Canada
 Phone: (403) 640-1056 Fax: (403) 255-8758
 Email: clerc@shaw.ca Web page: <http://www.clerc.ca>



REMEMBER, each pair of glasses that we ship helps bring sight to those in the greatest need throughout the world.