

2025 Spring Council of Governors Committee Report

Multiple District 19 Environment Committee

District Environment Chairs

L-David Haynes I-Bernie Jensen O-Enoch Rowland N-Barak Gale S-Judy Riggers

MD 19 Environment Team Lions Year 2024-2025.

Representing all 5 districts, District Environment Chairs & Zone Environment Chairs and Club Environment Chairs work closely with four Lions serving as MD 19 Environment Co-Chairs. We are an Environment Team that meets monthly on Zoom, hosted by Council Chair Patty Allen-White. **We meet on the first Tuesday of each month at 2p.m. and invite interested Lions to join us.** For invitation, write to able@olypen.com. Our team increases in size and scope as we are joined by Lions from throughout our MD and from across the continent.

Lions International Website and Facebook, along with LionsVirtual.org provide ideas, images, resources for Lions around the world. Spend time looking at what is available and learning from many, many videos.

When you post a Club Environmental Service project, use the hashtag #LionsGoGreen.



As Lion Environment Chairs and friends circulate through our districts, speaking to Lions, scanning Facebook pages & websites, these are some of the Lions Environmental Service projects we see. We want to learn more and more about best ways to share the stories of our service. This report of the Environment Team to the Council of Governors features stories originally posted as **Emails, Newsletters, Facebook and Instagram Posts, Posters and Flyers inviting participation, Service Reports, Oral Reports and more.** We post them here to inspire ourselves and YOU to tell our stories widely and well.

Camas Lions Club Helps Beautify Downtown at Annual Cleanup Event

On Sunday, April 27, the Camas Lions Club proudly joined the Downtown Camas Association for the annual **Downtown Camas Cleanup**—a beloved tradition that brings the community together to give our downtown a fresh spring makeover.



Our members showed up ready to work, armed with tools, gloves, and a spirit of service. Throughout the morning, Lions volunteers pulled weeds, removed ivy, trimmed overgrown bushes, planted vibrant flowers, and spread fresh beauty bark along streets and flower beds. The result? A cleaner, brighter, and more welcoming downtown for everyone to enjoy.



This hands-on project is one of many ways the Camas Lions Club fulfills its mission to serve our community. It's always rewarding to see the difference we can make in just a few hours—working side by side with other volunteers reminds us of the strength and pride in our local community.

A big thank you to the Downtown Camas Association for organizing this event and to all the volunteers who took part. The Camas Lions Club is honored to be a part of such a dedicated and caring community.

Newsletter Articles for Clubs, **Zones** and Districts

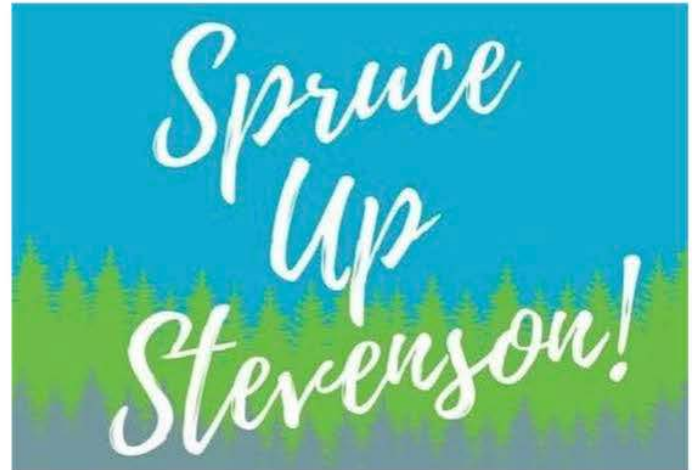
Camas Lions Join Zone N-11 for Earth Day Project: Spruce Up Stevenson!

On a beautiful spring day in Stevenson, WA, the Camas Lions Club proudly joined fellow Lions from across Zone N-11 for a meaningful Earth Day service project: **Spruce Up Stevenson!**

This collaborative effort brought together multiple clubs throughout the zone to work side by side with community members in a true spirit of teamwork. Our mission? To beautify the entrance to the town and show that when Lions come together, great things happen.

Armed with gloves, paint rollers, tools, and plenty of smiles, Lions cleared brush, planted greenery, and cleaned up public spaces — leaving behind a brighter, more welcoming entrance to Stevenson. It was a day of connection, service, and pride in making a visible difference in our region.

A big thank you to all the clubs and community members who made this project a success. Together, we serve — and together, we grow stronger.



Making Displays for Conventions and Public Events



Longview Pioneers clean up a wetland filled with trash



Spanaway Lions leads a highway cleanup and attracts 6 new young Lions!



Battle Ground Lions Adopt a Road. Thurston County Lions Turn Bags to Benches

Invitations to Events

Victoria Lions Club
April 21 at 10:44 AM · 🌐

Please Help Us Spread the Word!!
Thank You!

We are doing this Project for Camp Goodtimes!!!



Victoria Lions Club updated their cover photo.
April 20 at 9:34 PM · 🌐

Extra Extra, Read All About It!!

In Support of Childhood Cancer
Canadian Cancer Society ~ Cops for Cancer
Tour de Rock

Our Next Bottle Drive
May 10, 2025, 09:30am to 3pm
LumberWorld Parking Lot
Quadra & Reynolds

Please save & bring your Bottles, Cans & Returnables
Cheques & Cash Welcome!
Tax Receipts issued by the Canadian Cancer Society!!!
Please help us spread the Word
We will have a Brand New Tent! Come & Check it Out!!!

Lake Chelan Lions
May 3 at 8:00 PM · 🌐

BREAKING NEWS: Just day's until May 9th—we'll be teeing off your weekend at the gorgeous Lake Chelan Golf Course, where the views are breathtaking, the putts are heartbreaking, and the only thing more questionable than your swing is our scoring system.

The Lake Chelan Lions are ready for a full day of fun, fundraising, and that annual moment of reflection where you realize golf is way harder than it looks on YouTube.

What's in the bag (besides three extra balls and a half-eaten granola bar)?

- 18 holes of scenic beauty and ego bruising
- A raffle & putting contest that might break your spirit—but in a fun way!
- A \$25,000 hole-in-one prize (yes, real money—not monopoly cash)

Sponsored by Antonio's Landscaping

- Another hole-in-one for \$10,000 because we love chaos
- Longest drive contests for men and women—start stretching now
- Boxed lunch included (tastes even better when you're losing)
- Fun for all skill levels—from "scratch golfer" to "I just came for the snacks and sunshine"


Do it for the kids. And your golf excuse log.

Your participation helps fund important community projects. So whether you're a par machine or a hazard magnet, you're doing a good thing just by showing up. Gold star for you.

<https://lakechelanlions.org/golf-tournament-2025>



Lions Railriders Ione, WA
April 25 at 8:35 AM · 🌐




NPOV Lions Club RAILRIDERS

www.lionsrailriders.com

ENJOY PEDALING A FOUR-SEATED RAILRIDER ALONG THE NORTH PEND OREILLE RIVER.

LIIONS DEPOT, 101 RAILROAD AVE, IONE WA




The ride starts at the Lions Depot, pedal north to Box Canyon Dam, turn around and return to the Lions Depot —6 miles roundtrip.

After a quick stop at the Lions Depot, pedal south, turn around and return to the Lions Depot —3 miles roundtrip.

Ride duration —2 hours

Total distance 9 miles



DEPARTURE: 10AM & NOON
LIIONS DEPOT, 101 RAILROAD AVE, IONE WA

RIDE SCHEDULE:

• RESERVATIONS RECOMMENDED •

JUNE 14 & 15
JUNE 28 & 29
JULY 12 & 13

DOWN RIVER DAYS: JUNE 20 & 27
UP RIVER: JUNE 21 & 28
LIIONS COWAN HERITAGE: JUNE 29
TALKING BACK: JULY 13


AUTUMN RIDES:

SEPTEMBER 27 & 28
OCTOBER 4 & 5

\$120/Reserve a 4 seat railrider (up to 4 people)
PRICE IS PER RAILRIDER NOT PER PERSON

• **ASK ABOUT GROUP RIDES** •

RAIN or SHINE
Plan to Bring
Weather Appropriate Attire

 like us on facebook
Lions Railriders

Lions Railriders Ione, WA
Nonprofit organization

Send message

Lions Railriders Ione, WA
April 25 at 8:19 AM · 🌐

Spring Seed Swap

**Sunday
May 4
2-4 pm**

Join us to swap

- Seeds
- Plant Starts
- Gardening Tips

**Cowan Heritage Area
Hoko River State Park
Hwy 112/Hoko-Ozette Rd**

**Conversation about Regenerative Agriculture
Improving your soil and your yield of vegetables and fruits.**

**For More Info
Call 360-963-2442
Friends of Hoko River State Park
Clallam Bay Sekiu Lions Club**



Invitations to Events



Starla Mayer

April 15 at 5:18 PM · 🌐

🐟 The 2025 Mineral Lake Fishing Derby is almost here! 🐟

Join us Saturday & Sunday, April 26–27 at the Mineral Lake Lions Den Campground (113 E Front St., Mineral, WA) for a weekend packed with fishing, food, music, raffles, and fun for all ages!

Here are just a few highlights — see the image for full details!

#MineralLakeFishingDerby #FishingWeekend #TroutTime #FamilyFun #WAOutdoors #PNTreasure #GetOutsideWA #DerbyDays #LionsDenCam... See more



Sat, Apr 26

2025 Mineral Lake Fishing Derby - 32nd Annual

Mineral Lake Lions Den Campground

Starla Mayer invited you

☆ Interested



Mineral Lake Fishing Derby is at Mineral Lake Lions Den Campground.

April 15 at 5:08 PM · Mineral, WA · 🌐

🐟 IMPORTANT DERBY UPDATE – PLEASE READ 🐟

Heads up, anglers! There's been a change to the 2025 Mineral Lake Fishing Derby ticket sales and weigh-in schedule. To keep ever... See more



Lori Kirkham

Top contributor · April 16 at 10:38 AM · 🌐



Easter Seals BC/Yukon

April 16 at 10:16 AM · 🌐

👉 Want to make a difference this summer? Join us as a Camp Volunteer at Easter Seals Summer Camps in BC!

Spend one unforgettable week helping campers have the best week of their year. As a volunteer, you'll provide support and plenty of encouragement—whether it's during campfires, talent shows, swimming, or silly skits!

📅 One-week commitment

🏠 Accommodation and meals provided

👉 Experience that's rewarding, meaningful, and fun!

Volunteers must stay on-site for the full week, minimum 17 years old, and follow all policies and procedures of Easter Seals BC/Yukon.

👉 Make memories. Build friendships. Change lives.

Lions...join the conversation. Tell us about your environmental service!



Myles Salvador

April 20 at 6:17 PM · 🌐

Just a reminder everyone -

FIL - AM RADYO SHOW is broadcasting live in FB, YouTube, Twitch and Instagram hosted by Kuya Bert Caoili, Myles Salvador and Vicky Navarro.

With the special participation of **Norb Caoili** also known as NorbCam for the latest update on Seahawks game and other sports.

TUES - APRIL 22

1:00 - 2:30 P.M.

SEATTLE WA

WED. - APRIL 23

4:00 - 5:30 A.M.

PHILIPPINES

WED. - APRIL 23

6:00 - 7:30 A.M.

QLD. AUSTRALIA

With our special guest -

Dr. **Nancy Messmer** -

TEACHER, LIONS INTERNATIONAL MULTIPLE DISTRICT 19 ENVIRONMENT CHAIR based in Sekiu Washington.



Mineral Lake Lions Club

May 5 at 4:00 PM · 🌐

🐾 MINERAL IS RALLYING!... See more



The town of Mineral is uniting in support of rebuilding the Mt. Rainier Scenic Railroad trestle that was burned to the ground the first week of May, and you are invited to be part of this remarkable effort. By coming together, we can turn hope into reality through heartfelt giving. Every contribution, no matter the size, will go 100% directly toward railroad's restoration.

Although they have initiated a GoFundMe campaign, a portion of each donation is deducted. To ensure that contributions goes further, the Mineral Lake Lions Foundation has established a donation account where supporters can contribute, knowing that 100% of the funds will be allocated directly.

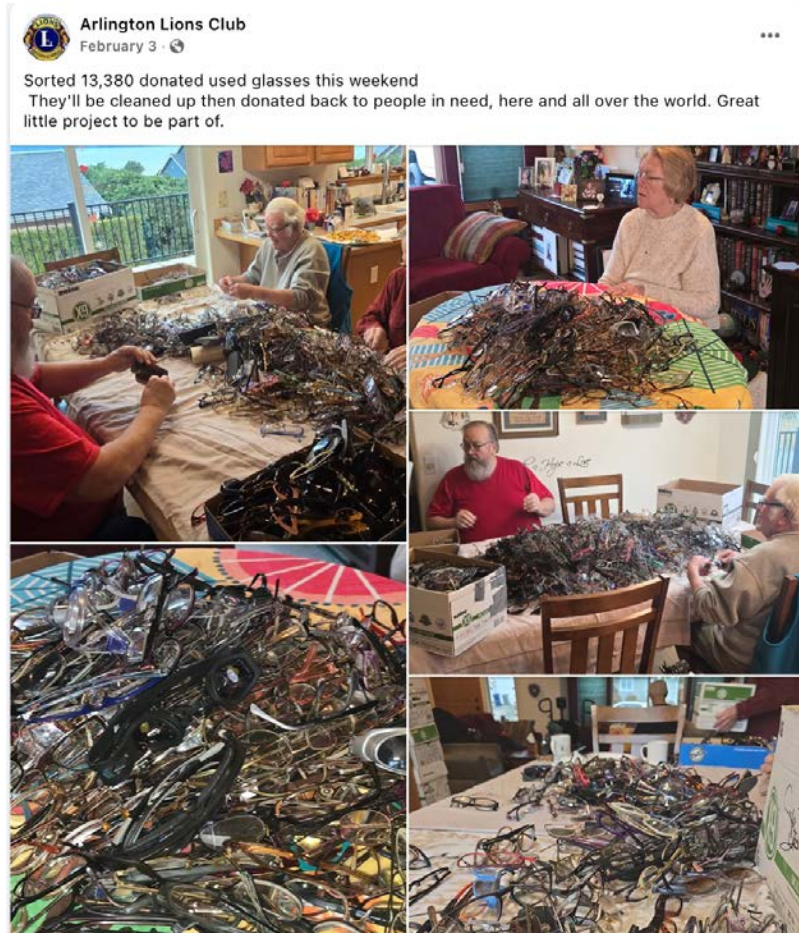
DONATION INFORMATION

Account Name: Tilton Trestle 0634 - Mineral Lake Lions Foundation

Reference the account name when you visit any KeyBank

or when you mail your checks to: P.O. Box 159, Eatonville, WA 98328

Social Media



Great example of Reusing and Redistributing Valuable Items



Social Media

Vernon Lions Club - Vernon, BC
May 2 at 5:14 PM · 🌐

Camp Winfield Painting

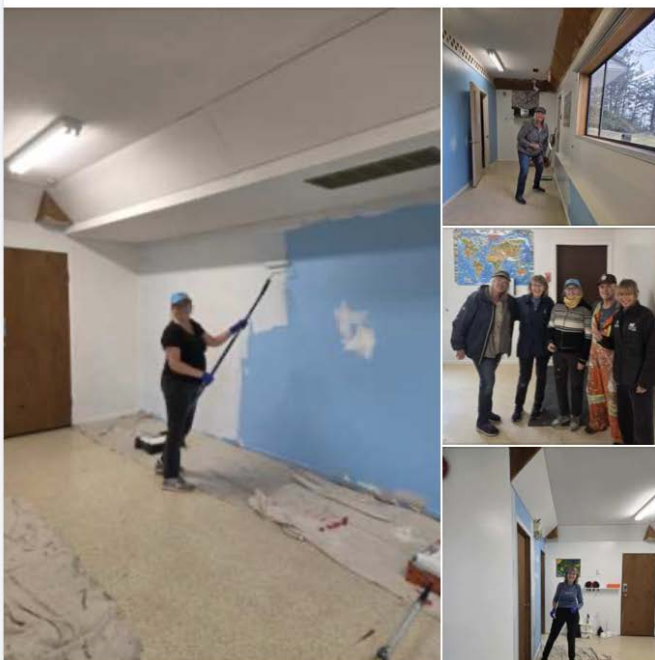
On March 15, 2025, a crew of 5 Lions from the Vernon Lions Club went to Camp Winfield in Lake Country to help with painting some of the insides of buildings there. While there, they painted two bedrooms, two bathrooms and a hallway. Only 30 more rooms to go. If you are interested in helping out with the refurbishing and painting efforts at Camp Winfield please contact Lion Trudy to find out when our next painting party will be scheduled. liontrudyparke@gmail.com

Camp Winfield is one of three camps in BC for people with disabilities that are supported by Easter Seals BC & Yukon. The others are Camp Squamish in Squamish BC and Camp Shawnigan on Vancouver Island.

More information on Camp Winfield and the other camps and what they offer can be found at Charity for Persons with Disabilities | Easter Seals BC & Yukon (eastersealsbcy.ca)

If you are interested in joining Lions or want to see what we are about, please click on the link below at vernonlionsclub.ca to find out more about Vernon Lions in the community, or find us on Facebook at www.facebook.com/Vernonlionsclub1945

Please share our posts so more can find out about Vernon Lions Club in your community.



Starla Mayer
April 19 at 7:37 PM · 🌐

So thankful for our amazing community!



Mineral Lake Lions Club
April 19 at 7:15 PM · 🌐

Wow, what an amazing day in Mineral!

From the bottom of our hearts, the Mineral Lake Lions Club wants to thank everyone who came out to our Annual Easter Egg Hunt & Bake Sale. Your support and smiling faces made the day so special — and more importantly, **you helped us raise \$920 for the Food for Kids Backpack Program**, which ensures no child in the Morton School District goes hungry over the weekend.

That's almost enough to provide weekend meals for every single youth enrolled in the program — for an entire month. That's a HUGE impact — and it's all because of you.

It's a simple idea — a backpack full of food — but for some kids, it means everything. It means going to bed with a full belly. It means they can focus on learning, not on where their next meal is coming from.

A huge thank you to the [Mineral Neighborhood Christian Center](#) for bringing the fun and games, and to [LCFD9 Mineral Fire & Rescue](#) for adding excitement (and Sparky the Fire Dog!) to the day.

And of course — a special shoutout to the **Easter Bunny** for hopping in for photos, to all the **volunteers who stuffed hundreds of eggs**, and to those who **helped set up tents and prepare the grounds**. These behind-the-scenes heroes make the magic happen!

We also want to honor our incredible **home bakers** — the ones who fill our tables (and bellies!) with homemade love. You help us serve the community in the sweetest way possible.

At the **Mineral Lake Lions Club**, we live by our motto: We Serve. And we mean it. We're neighbors helping neighbors, lifting each other up, and making sure no one is left behind — especially our kids.

If you've ever thought about giving back, come join us. Be part of something meaningful. Be a Lion. Because when we say We Serve, we really, truly do.

With gratitude,
The Mineral Lake Lions Club

Battle Ground Lions Shred Day a Success!!



Battle Ground Lions is at Albertsons.

May 4 at 7:06 PM · Battle Ground, WA · 🌐

Thank you to Everyone helping to make Battle Ground Lions Shred Day a huge success!!
Thanks to our Sponsors: The Lobby Team Realtors, Western States Fire Equipment Inc., Riverview Bank, Ink Ability, Dan's Tractor Inc. Kidz Cloz! Love our green t-shirts donated by Uptown Screen Printing & Personalized Gifts!! Thanks to Battle Ground Senior Citizens, Inc. For helping to advertise and for all the seniors bringing their shredding!

Lions MD19 Environmental Committee
★ Favorites · April 17 at 12:43 PM · 🌐

Vancouver Diamond Lions just completed Park Cleanup.

溫哥華鑽石獅子會
VANCOUVER DIAMOND LIONS CLUB

Join us for our **Environmental Cleanup Service**
At Garden City Park, Richmond

- Date : Saturday, April 12th
- Time : 10:30 AM - 11:45 AM
- Location: Garden City Community Park and Arboretum

Join us for lunch after the cleanup event! Your treat!

Contact :
Lionclarac@gmail.com

Social Media



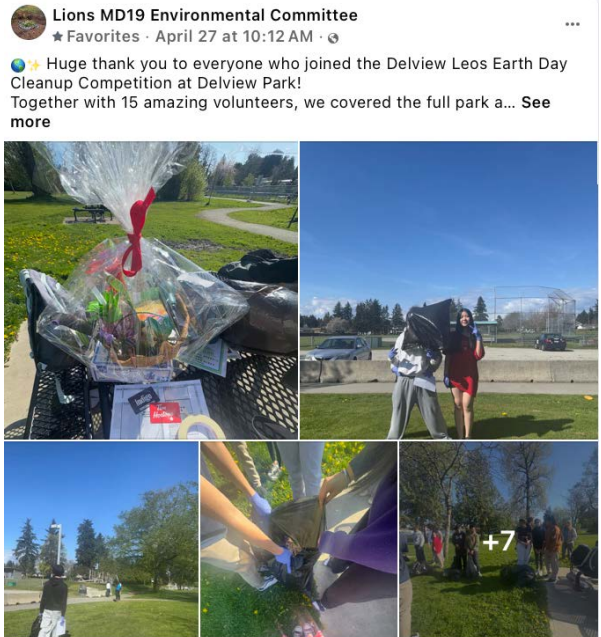
Instagram User
54 weeks ago

The 2nd Annual Delview Park Cleanup Competition is over!

Youth from across the Lower Mainland joined us to celebrate Earth Day as we raced across Delta to clean garbage. Almost 50 volunteers helped pick up close to 20 bags of garbage from around the community, making our city parks and neighborhood a nicer and more environmentally friendly place!

Thanks so much to the many volunteers who came and helped, and media from Global News, North Delta Reporter, City of Delta, and other local news coverage.

#Kingsgreen #Kingsgreen #nationalvolunteermonth #earthday



Lions MD19 Environmental Committee
★ Favorites · April 27 at 10:12 AM · 🌐

🌍🌟 Huge thank you to everyone who joined the Delview Leos Earth Day Cleanup Competition at Delview Park! Together with 15 amazing volunteers, we covered the full park a... See more

Lions MD19 Environmental Committee
★ Favorites · April 19 at 11:22 PM · 🌐

🌱 First Service, Big Impact! 🌱

Shoutout to the Guildford Park Leo Club for completing their first-ever park clean-up at Hawthorn Park in North Surrey, British Columbia! 🙌
These 9 dedicated young volunteers collected bags of litter and helped keep our green spaces beautiful for the 100+ people who enjoy the park daily. What's more inspiring? This Leo Club just launched this year and is already making a difference! 🥰🌱

Proudly sponsored by the **Surrey Central Lions Club**, this is only the beginning of their journey in youth-led service.

💬 Drop a comment to cheer them on or share your own clean-up story!
[#LeoClub](#) [#GuildfordParkLeos](#) [#LionsServe](#) [#Environment](#) [#YouthInAction](#) [#SurreyBC](#) [#HawthornPark](#)



**Guildford Park Leo's.
Park Clean-Up at**



Environmental Project:
Whidbey Animals' Improvement Foundation (WAIF)
Special shout out to Tricia's Pet Care and the U.S. Navy for joining us for some good service work 🙏
***You know they all got Membership applications 🙌🙌🙌🙌🙌
#WereOnAMissionToGrow ...
our community impact
Oak Harbor Lions : Making volunteer work fun! See less

Social Media

Arlington Lions Club

July 24, 2020 · 🌐

We met on July 13th at Terrace Park to spruce it up! The Arlington Lions Club was the first club to adopt a park under the cities new program! My late wife, PZC Karen Tendering spearheaded the adoption!



Lake Chelan Lions

April 25 at 10:40 AM · 🌐

🌟 The Lake Chelan Lions Annual Litter Pickup in Chelan along Highway 150 was a great event! 🙌 Thanks to the hard work of Lions Club members Chuck Robinson, Bob Beason, John Page, Sara Doyle, Keith Carpenter, and Craig Boothe, the roads leading to Walmart and south of Les Schwab are now much cleaner and more beautiful. 🙌🙌

Thank you for your dedication to keeping our community looking its best!

🌟 #LakeChelanLions #CommunityPride #CleanUpChelan



Have Fun Creating with A-I

Lions MD19 Environmental Committee

★ Favorites · May 8 at 12:03 PM · 🌐

Great service project: Lake Stevens Lions Clean Eagle Ridge Park and Senior Center.



Lake Stevens Lions Club

April 12 at 8:37 PM · 🌐

Today several members of the Lake Stevens Lions Club cleaned up Eagle Ridge Park and Senior Center. Weeded all the beds, cleaned entry way visual access and moss off th... [See more](#)

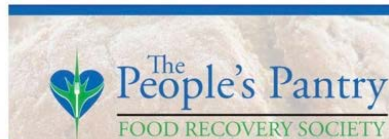
Gord Graves is with Patti Easterling in Coquitlam, BC.

April 22 at 8:47 PM · 🌐

The Port Coquitlam Lions and Lions all around the world believe every day is Earth Day. We have partnered with The People's Pantry picking up Recovered food from Costco and other retailers in our area.



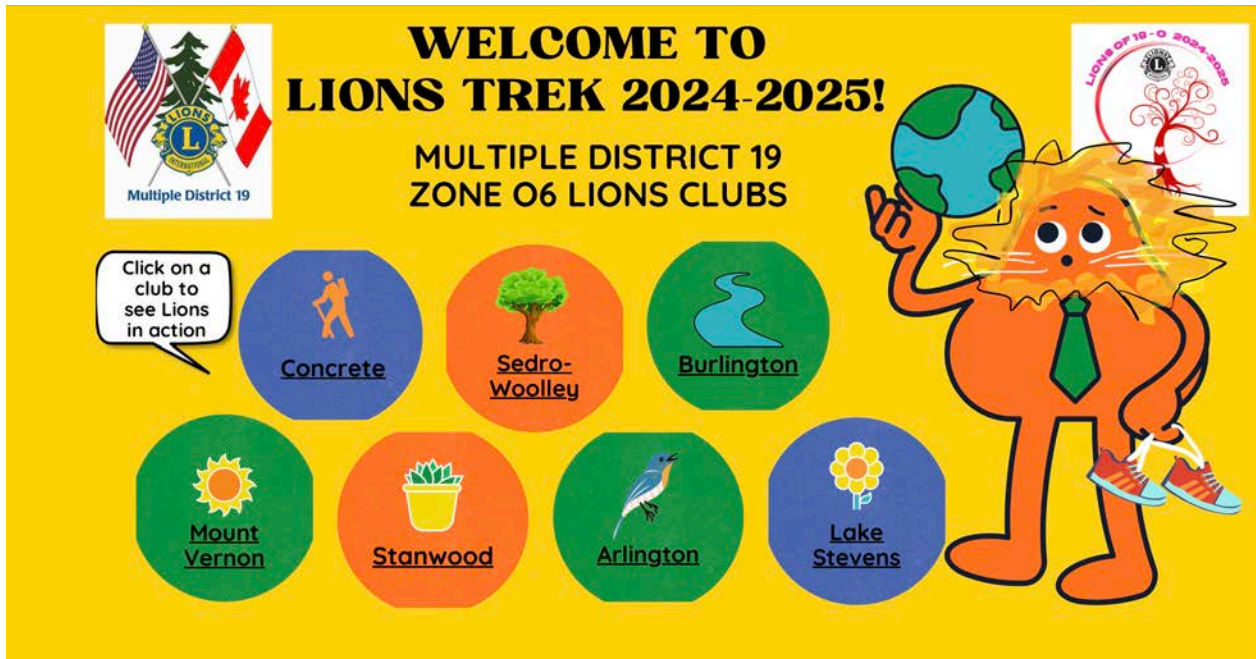
Assist Food Redistribution Efforts



Port Coquitlam Lions partner with the People Pantry to collect food from retailers & food businesses and redistribute to folk struggling with food insecurity



Using Website to Post Information



Zone Project. One-stop shop to link to Clubs in Zone 06



Bags to Benches

The Sedro-Woolley Lions Club's Bags to Benches program successfully recycled over 1,000 pounds of plastic bags, transforming them into two benches along the Cascade Trail. This initiative not only reflects the community's dedication to sustainability but also enhances the trail's aesthetics, offering a comfortable seating solution crafted from recycled materials.

ADOPT-A-PARK & ADOPT-A-STREET

This is an on-going project in which we periodically collect litter and properly dispose of it from Eagle Ridge Park in the City of Lake Stevens. Additional projects within the park are also performed by the Lions Club.

Also maintaining 20th Street NE in the City limits of Lake Stevens, periodically collect litter and properly dispose of it.



EYE GLASS AND HEARING AID RECYCLING

Several collection boxes are placed around the community for used glasses and hearing aids. Glasses and hearing aids from the boxes are collected and sent to a Lions collection facility where they are checked out to be in proper repair. Eventually they end up going to third world countries for their continued use. If you know of a location that would like to have a collection box for eyeglasses or hearing aids contact Lion Marilyn at 425-334-1825.



Sedro-Woolley and Lake Stevens Lions Post Information about Service Project

Service Reports-(Submit to Portal & Write Press Articles)

Clallam Bay Sekiu Lions. Service Report

1st International Plastic Pellet Count. N.W. Olympic Peninsula.

Locations. Shipwreck Point-Strait and Hobuck Beach-Pacific Ocean

Date. May 3, 2025 *Environment Service Project*

Chair. Nancy Messmer

Lions Hours. Nancy Messmer (17), Roy Morris (8),

Total Lion Hours. 25 hours

Number of People Served. 25

Costs. None charged to Clallam Bay Sekiu Lions Club.

1st International Plastic Pellet Count. NW Coast of Washington State

Despite a downpour, a small hearty group searched for Plastic Pellets on Saturday morning along the Strait of Juan de Fuca at Shipwreck Point beach. They searched on the closest wrack line to the high tide line, to see if they could find plastic pellets, also called Nurdles. Nurdles are pieces of plastic less than 5 mm in size, about the size of a lentil. Despite looking carefully for two 10-minute timings, only one nurdle was found.

"They're the raw material that's used to make familiar plastic products like water bottles, grocery bags, and polystyrene foam takeout containers. These tiny plastics are frequently spilled, leaked or dumped into the environment, especially our waterways, during manufacturing and transport. As a result, an estimated **10 trillion** plastic pellets now enter our oceans each year. Plastic pellets in the environment, especially waterways, threaten wildlife and public health. Animals may mistake nurdles for fish eggs or tadpoles, and if they ingest enough plastic they can starve. The pellets can also absorb harmful chemicals like **DDT, PCBs, and mercury.**" International Plastic Pellet Count Toolkit

Lions Nancy and Roy then drove to the Pacific Ocean beach at Hobuck Beach to conduct two timed searches with teacher, Neuee Vitalis and her young son. This was a wholly different outcome. We searched the wrack line closest to the surf and almost without moving from our starting location, we found 28 of the tiny plastic pellets in two 10-minute timings. This finding is sobering as it indicates that this remote ocean beach probably contains thousands of plastic pellets.

Data is reported on the app Nurdle Patrol on my cell phone after each 10 minute search session. The report records the GPS location, the name of the group searching and the number of nurdles found. We also sent photos and observations in to the organizers of the event and international results will be published next week. We will follow up with Neah Bay Middle School students conducting more Pellet Counts, working as Citizen Scientists.



Email/Give Oral Reports to Committees or Club

MD19 – District I
Bernie Jensen
District Environmental Chairperson
May 1, 2025

Hello everyone, it's been a busy April. Kamloops Brock Central Lions Club and I have been working on a few different projects this spring.

- 1) South Thompson River Beach Cleanup – this was a City of Kamloops initiative that we supported by cooking, serving, providing refreshments, etc. We served approximately 150 volunteers who were in attendance to help with the clean-up.



- 2) Lac Du Bois Grasslands Clean up - this event was organized by BC Grasslands Conservation Council along with the Kamloops Naturalist Club. This was Kamloops Brock Central Lions club's first year for supplying food for the volunteers. We cooked and served about 40 volunteers who collected garbage in the area including five 5-gallon pails of palette nails.



Community Gardens – our Lions club donated funds to two community gardens to help with replacing boards along the sides of the raised bed gardens. Both of these gardens were along the South Thompson River; one was called the Rivers Community Garden and the other was called the Riverside Park Community Garden. There are about seven community gardens on city land in Kamloops.



Kamloops Brock Central Lions Club donated funds to the BC Parks Foundation in support of the Juniper Ridge Grasslands Park. The Parks Foundation raised enough to secure over 500 acres of grassland. Our club got mentioned in a BC Parks

Foundation press release for having contributed to raising the funds needed to purchase the land.

Oral Reports

DG Tammy Allan reported District S Convention used re-usable dinnerware for all meals!!! In District S, Naches Lions and town are pursuing the idea of creating a Town Forest on one acre of land. They are hoping their town will "join with 52 cities around the world who have planted 232 pocket forests, with nearly a half million native trees."

In District I, Bernie mentioned that his Club is working to clear Pine Park of invasive plant species and they will be using goats for this work.

In District L, Carol said that her club continues to collect and recycle bottles and cans. Last month she shared the door hanger that the club members use when they knock on doors advising folks that they will come back by to pick up bottles and cans.

MD 19 Environment Chairs. Call or Email. We can assist you with ideas and resources.

Bob Johnson 253.353.3043 bobjohnson.centennial@gmail.com **Lia Versaevel 250.606.1515 versaevel.liamarie@gmail.com**
Steven Wong 604.218.1002 stevenruns@telus.net **Nancy Messmer 360.963.2442 able@olypen.com**

