



Serving the Lions of British Columbia, North Idaho and Washington



the Border Crossing

We Serve

July - August, 2017

Bi-Monthly Newspaper

Volume 20, No. 1

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Selah Valley Lions Create 5K Glow Run

By Ashley Burmaster, Selah Valley Lions Secretary

Selah Valley Lions Club member Ashley Burmaster, that's me, came up with a new fundraiser for our club back in May of 2016. It took a year of planning and hundreds of hours of community service to bring it to life, but our club managed to put on an amazing fundraiser on May 20, 2017. We took an old idea, a sponsored run, and made it original by branding participating runners with a glowing orange t-shirt that displayed the Lions logo prominently ... and by carrying glow sticks during our "fun run".

We started by finding sponsors to help pay for the t-shirts and glow sticks. With these in hand, we registered 304 runners, of whom 287 actually participated.

[continued on page 11](#)



Learning Opportunities

by Lion PDG Bob Ayotte,
MD19 Global Leadership Team

Over the past two years, I have written about the many unique opportunities that are available to us as Lions for learning how to manage ourselves and others, influence people and support our Clubs, Zones and Districts. I have prepared a list of different programs that are available for leadership growth, their timing and their cost. This listing can be sent to you by writing to me at bob.ayotte@gmail.com. It is updated on a regular basis and is as comprehensive a list as I can prepare.

For this article, I will focus on the [Lions Learning Center \(LLC\)](#) at the Lions Clubs International website. All Lions can use this Lions Learning Center. Just follow the instructions that are given on the web page. For access, your Lions membership number is required. This can be found on the mailing label of your Lions Magazine or through your Club Secretary. Courses that are available on the Lions Learning Center are:

Leadership: Introduction to Lions Leadership, Writing Your Personal Mission Statement, Creativity, Mentoring, Promoting Innovation, Managing Change, Servant Leadership.

Managing Others: Coaching, Conflict Resolution, Delegation, Effective Teams, Member Motivation, Valuing Member Diversity, Team Motivation.

Achieving Results: Goal Setting, Decision Making, Meeting Management, Providing Community Service, Time Management.

[continued on page 11](#)

MD19 Annual Convention Official Call



Pursuant to Article VI, Section 4 of the Constitution and By-Laws of Multiple District 19, Lions Clubs International.

I hereby issue the **OFFICIAL CALL** for the **MD19 ANNUAL CONVENTION** to be held at the Sheraton Vancouver Guildford Hotel, October 12 - 14, 2017

/s/ Jon Whitman, Council Chairperson,
& Enoch Rowland, Immediate Past Council Chairperson, Multiple District 19, Lions Clubs International



Save the Dates!
MD19 Annual Convention – Surrey, B.C. October 12 - 14,

MD19 Council Chairperson Jon Whitman

New Horizons

I would like to congratulate my friend IPCC Enoch Rowland and his partner in service Bobbin for a year well-done.

We just returned from a great International Convention celebrating 100 years of Lions Service. Our MD19 delegation reached nearly 150 members; what a great group of folks. Our Governors all completed their Governor training, ending with a special banquet. There was somewhere in the neighborhood of 35,000 Lions in attendance at the convention. We had a great parade, were entertained by the Beach Boys, the band Chicago, the Blues Brothers Revue, the Charlie Daniels Band, and Patti LaBelle as well as hearing several good talks by former UN Secretary General Ban Ki Moon and Vice President Al Gore, who spoke on climate change. There were quite a number of well-attended seminars on varied topics. At the Closing General Session, we heard an inspirational message and challenges from the new Lions International President Dr. Naresh Aggarwal from New Delhi, India.

If you have never attended an International Convention, please consider attending the next one as the 101st convention will be held at the MGM Grand in Las Vegas, Nevada, in 2018. It's even close enough to drive. MD19 will be staying in the Luxor Hotel.

Keep in mind that the USA/Canada Lions Leadership Forum will be held in Portland Oregon, September 21 -23, 2017. This is a great opportunity to learn more about leadership and membership.

We were so sad to learn that 19-D Governor Steven Muenz fell ill at the close of the District Governors Elect School, just as the actual convention was starting. He and Sandi had to fly home early and Steve was immediately hospitalized. His illness was really worse than we thought. Unfortunately his cancer had returned with a vengeance and he passed away on July 14th. Our thoughts and prayers go out to this great Lion's family.

I want to take this opportunity to thank all of the Lions who have stepped up to serve on the MD19 Cabinet for this next year. I have made some new appointments and am looking forward to working with each and every one of you.

The GST (Global Service Team) has been added to the GLT and GMT. The GAT, or Global Action Team, is the moniker under which the Coordinators for GLT, GMT and GST will run their programs on all levels. The GAT Coordinator position will be filled by the Council Chairperson for the Multiple District, the District



Governor will be the Coordinator for the District, and the Club President for the club. More information will be forth coming.

The Multiple District had great success with the Spring Ahead Membership Drive, which we will be continuing for another year. This also reflected better retention. Let's keep up the great work.

"LCI Forward" is the new strategic plan for Lions Clubs International for the next five years. We will use four initiatives as our driving force as we work toward the ultimate goal of tripling our global impact and serving over 200 million people per year by 2021. The four areas are: 1) Improve membership value & reach new markets; 2) Enhance service impact & focus; 3) Reshape Public opinion & improve visibility; 4) Pursue club, district and organizational excellence.

Lions International has also added a couple of new areas of Service to Youth, Hunger, Sight and Environment. They are Diabetes, which is so closely related to sight and blindness, and Pediatric Cancer. If you have an interest in serving on one of these committees, let your Zone Chairperson or District Governor know.

I would like to give a great big shout out to the Lions of District 19D. They have spent countless hours serving meals, and distributing food and water to the fire fighters and the evacuated residents who have been affected by the wild fires in their area.

As I write this newsletter, we have just learned that District Governor Greg Vicars of District 19B is facing some new medical challenges. Please keep Lion Greg, Cindy and their immediate family in your thoughts and prayers.

Let's have a Great year as we roar into 2018 and the beginning of the next 100 years of service.

Council Chairperson Jon is a member of the Pullman Lions Club, which he joined 30 years ago. He has held all the major club offices and been club secretary for the last 17 years.

At the district level, he has served as a Zone Chairperson and as District Governor. At the multiple district level he has served on Budget & Finance and Constitution & Bylaws, and on the committee that evaluates our Executive Secretary.

Jon is a Melvin Jones Fellow, a Gordon F Smith CARE Fellowship recipient, has been awarded the International Presidents Medal and 100% Leader Dog Gift-Giving certificate, among many other honors.

In his community, Jon has served on the Wheat Commission, the Association of Wheat Growers, 4-H, the Grange, and the Washington Agriculture & Forestry Foundation. Jon also found time for the Lentil Festival.

Jon and his wife Carol have two children. They relax from grain farming and Lions by square dancing, which is a great family and community pastime in the Palouse. When pressed, Jon will also admit to golfing from time to time.



Lions Fight Pediatric Cancer

by Steve Munez, Governor, District 19-D

In 2012, worldwide, about 165,000 children under 15 years of age were diagnosed with cancer. Every two minutes, a child is diagnosed with cancer and less than half of the world's children have access to effective care. Children who survive cancer are often left with aftereffects that impact their physical development and ability to learn.

Many childhood cancers have much higher survival rates when they are diagnosed in the early stages of the disease. Unfortunately, childhood cancers are sometimes overlooked or misdiagnosed because early symptoms are mistakenly attributed to more common injuries or illnesses. It is recommended that children have regular medical check-ups, and that parents pay close attention to the development of unusual signs or chronic symptoms.

One of the most challenging aspects of childhood cancer is that it can take on many forms, each requiring a distinct, specialized course of treatment.

In 2017, LCI identified [Pediatric Cancer](#) as one of its five primary areas of concern. Lions have a long tradition of helping the world's children through projects that alleviate suffering from poverty, homelessness, hunger, abuse, neglect, disease and disabilities. Now we are answering the call to support in every possible way we can, the children with cancer and their families.

To this end, LCI has created the "[Lions Children's Symposium Program](#)" so that Lions districts and multiple districts can network and collaborate with area experts and community organizers to develop robust local projects to serve children in need. Implementing this program can create a venue to discuss childhood cancer, and to collaborate with area experts and community organizations to develop robust local projects to detect and treat childhood cancers. A symposium can:

- Build collaborative relations with government agencies, health care organizations, educators and community leaders;
- Develop and implement service projects for local children;
- Expand existing service projects into new topic-specific initiatives;
- Revitalize clubs and forge service links between clubs;
- Showcase Lions support for children's services in a highly visible community event;
- Strengthen clubs, districts or a multiple district's commitment to servicing all children who have cancer; and
- Build membership by working with non-Lions.

It is my hope that the Lions of my district and of MD19 can use LCI's Symposium Program to develop projects that address childhood cancers in our many communities.



MUENZ, Steven

Mar. 22, 1949 - July 14, 2017

It is with heavy hearts that we announce the passing of District Governor, 19-D, Steve Muenz. He passed away peacefully surrounded by his family.

Steve is survived by his loving wife, Sandi and daughters, Caitlin (Chad) & Devon, his beloved grandson Ben, sister Ellen (Stan), sister-in-law Linda (Don), nephews David (Marni) and Philip.

Steve's greatest joy was spending time with his family and hearing his grandson Ben giggle like only Ben can.

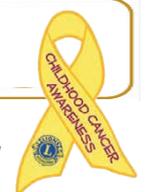
He had a lifetime of volunteer work with the Jaycees and then the Lions Club where he dedicated much of his time to serving the needs of others. He was an Engineer with the City of Kelowna for 25 years.

Steve will be sorely missed by many. A Memorial service and reception was held on Friday, July 21, 2017 in Kelowna. In lieu of flowers, Steve would appreciate donations to the Lions Dog Guides Program at www.dogguides.com.



This very special Teddy Bear was created out of Steve's Okanagan Mission Lions Club shirt and was made by a friend of daughter Caitlin for her son Ben, Steve's beloved grandson. Another of Steve's club shirts will be used to make a second special bear for Caitlin and Chad's next child.

Pediatric Cancer



Our Objective: Help children with cancer to survive and thrive with increased access to care, medications, treatment facilities, and diagnostic measures.

Quick Facts: (1) Every two minutes a child is diagnosed with cancer. (2) Less than half of the world's children have access to adequate care.

We will achieve our objective by expanding access to treatment and providing support to children and families who need it most. Possible fundable projects include: (1) Supplying medical and laboratory equipment for cancer centers for screenings, treatment and research. (2) Providing transport vans to and from medical appointments for patients and their families. (3) Constructing and equipping patient guest house facilities or other lodging for families during treatments. (4) Increasing the number of direct support groups for families with pediatric cancer patients.





Lioness News June/July, 2017

by Linda Shaffrick, MDLL

Summer has hit us with a vengeance. First we are hit with rain and floods and now fires. Our thoughts are with our Lioness clubs in Northern BC as the towns of 100 Mile House (South Cariboo Lioness) and Williams Lake were evacuated due to fires - many are still out of their homes after 2 weeks. Many other towns that have Lions clubs were also evacuated and homes lost and they are all in our thoughts.

We are into a new year in Lionism - many of the clubs take a hiatus over the summer and jump back into work in September. I am sure we are all looking forward to having a happy and successful 2017-2018.

Kelowna D-7

The Kelowna Lioness invested 366 volunteer hours at the hospital, Days for Girls, Freedom's Door, Safety Village, blood donor and baby clinics, and overseeing bingo at Senior homes. They attended the Camp Winfield open house and Lioness Justine Berkhiem received a Judge Brian Stevenson Fellowship (seen left).



Moses Lake D-5

Donations: \$1,850

These ladies are always busy, devoting 91 hours to working with the Boys & Girls Club, Duck Derby, a Senior's picnic, and White Canes.

They will be hosting the District D Lioness Summer Cabinet Meeting and they are gearing up for the Grant County Fair and the Space Burger Frenzy. Donations went to Youth Baseball and Allied Arts.

Nanaimo Harbor Lites I-7

The Nanaimo Harbor Lites Lioness continues to support the Foundation of Canada Guide Dogs program.

Oliver D-9

Donations: \$700

These ladies expended 96 volunteer hours delivering school lunches, and helping at the Half Corked Marathon, the Canada Pancake Breakfast and the Walk for Guide Dogs, registering patients at the Mammography Van, and barbecuing for Highway to Healing and the Pickers Appreciation event. They made Holiday Tray Favors for the hospital and Senior's homes.

Donations went out to the Lions Foundation of Canada, Special Olympics, the MS Society and Highway to Healing.

Parksville I-7

Donations: \$500

These ladies created and hosted a Leadership 101 seminar which 26 Lions attended. They held a garage sale and cooked for a family in need of care, contributing a total of 166 volunteer hours. Evelyn Louise Leslie, a Parksville Lioness for many years, passed on July 25th, aged 90; she is missed but well remembered.

Priest River E-11

Donations: \$2,250

The Priest River Lioness held a pancake dinner for Seniors and, as it was successful, they plan on making this an annual event. Bretta Schmidt was selected as their Lioness of the Year (photo right). They donated towards the 4th of July Fireworks and to the annual Timber Days. They also donated \$2,250 for three scholarships.



Sooke District I-2

These ladies volunteered at the Victoria Hospital, Sooke Regional Museum, Victoria Highland Games, and at the ball park concession.

South Cariboo D-1

Donations: \$325

The Sooke Cariboo Lioness volunteered 50 hours, riding "The Big Bike" for heart and stroke. They also managed to hold their meat draw, but could do little else due to forest fire evacuation.

Toledo G-4

The Toledo Lioness sold cheesecake during the Toledo Lions Club picnic at Cheese Days. They will be manning the Toutle River Rest stop for five days in August.

Victoria Chinatown I-2

The Victoria Chinatown Lioness held their annual "Author Dinner", which celebrated the work of Vivianne Poy. They also raised more than \$900 in a garage sale and had a lovely informational table at Car Free in Victoria.

They donated 189 volunteer hours making bags for the SPCA, riding the "Big Bike" for heart and stroke, working with refugees, and helping youth baseball and veterans. These Lioness also welcomed to new members, Joyce and Shirley (pictured right).



Westbank D-7

These ladies collected eye glasses, rode "The Big Bike" for heart and stroke, helped at the thrift shop and Seniors Center, and participated in the Canada Day parade, logging 95 volunteer hours.

They attended Camp Winfield open house and made donations to Diabetes and Heart & Stoke.

Williams Lake D-10

Donations: \$2,376

The Williams Lake Lioness contributed 23 volunteer hours working at the Red Cross Equipment Centre and at the local fire evacuation center. Donations have gone out to Kidsport, Community Living and Heart & Stroke.

Remember, as Lioness, We Serve Too!



CHICAGO CONVENTION



Pictures of the Lions International Convention held in Chicago this July may be found on pages 5, 8, 12 and 15 of this issue.



MD19 ON PARADE



Leo Day at the USA/Canada Forum

By PID Marvin Chambers, Canada, & Don Markle, USACF Host Committee

We have a full day planned for you, the Leos, and it looks like this:

- 1. Registration:** 7:30 am at the Convention Centre. This will provide you with a chance to pick up your pre-registration package **OR** to register if you need to. We encourage early registration so we have a better idea of the number of Leos that will be attending on this day.
- 2. Forum Tour:** 8:30 – 9:30 am. A guided tour of the USA/Canada Forum facility, the Forum Store, Exhibit Area, Pin Traders Area, Forum Office, Host Committee Office and Seminar Rooms.
- 3. Leo Session I:** A panel of 5 Leo members who will share their ideas and thoughts on "Life Experiences of a Leo Member". You will have a chance to ask questions and share your thoughts and ideas, too.
- 4. Lunch:** 11:30 – 1:30. Leos are invited to join the Lions for lunch. A chance to mingle with Lions from all over the USA and Canada. Our International President will speak at this luncheon. One Leo and Guest will be picked to join the President's Table for lunch. [This draw will be done from the pre registered Leo members].
- 5. Leo Session II:** Join fellow Leos and Lions for the session "Life as a Leo and Beyond".
- 6. Service Project:** Each year the Forum Committee picks a service project for their Forum. Leos will be invited and encouraged to participate in this event.
- 7. Adjournment:** This should be around 4:30 pm. **The USA/Canada Forum is offering a special rate of US \$25 per person for Leo members, Advisors and their drivers who will be attending Leo Day September 23/17.**



USA/CANADA LIONS LEADERSHIP FORUM

We would really appreciate all Leos being registered by **September 1/17**. However, we realize that plans change, so walk-ins are also welcome. We look forward to meeting you at this event. **This day can only succeed with your presence and participation at the Forum.**





Service Leads to Growth

October 12 – 14, 2017



Sheraton Vancouver Guildford Hotel,

15269 – 104th Avenue, Surrey, B.C., V3R 1N5

Rooms \$129.00 Canadian Funds plus taxes

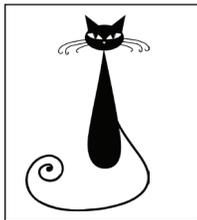
complimentary parking and internet 1-888-627-8063

Ask for Lions Convention Block of Rooms and Room Rate!

There is a personalized Web site for the 2017 Convention. You can access the site to learn more about the event and to book a reservation. Below is the link:

<https://www.starwoodmeeting.com/events/start.action?id=1707119879&key=37D24D45>

Come Meet **International Director Jenny Ware,** From Rapid River, Michigan and a member of Brampton Township Days River AR Lions since 1993. She and her husband, Jeff, also a Lion, will be our guests. Jennifer is a psychiatric Nurse.



Friday the 13th Fun Night
is "All things **Black**"

Schedule of Events Coming soon!

Convention Seminars:

- Public Speaking / Facilitation Made Easy
- Photographic Fundamentals - Making the Best of your camera
- PPP - Public Relations - Promotion - Publicity
- Know your Foundations
- Global Service Team - Service Projects made simple
- Leos
- Club Officer Modules - What are they, how can we access these?
- Zone Chair Meetup - Attendance Required for Reimbursement
- President Meetup
- Secretary Meetup
- GoToMeeting - Go to what?
- So what does it mean to be a Lion?
- Youth Exchange and Camps - Opportunities
- 501c3 - What the heck is that?
- Global Action Team

Schedule Coming Soon!

Seeing the Person Behind the Diagnosis- Mayday Club Youth Choir

What do you do with natural talents such as boundless energy and the ability to hyper-focus on an activity? Nicole Provost knows.



Last fall, she founded a choir made up of 34 just such talented young people ranging in age from 5 to 27. These young singers gave their first performance last fall at the Pacific Autism Centre in Richmond B.C. Since then they have performed at over 20 events around metro Vancouver. Come hear them sing on Saturday at the Mixed Luncheon! This upcoming performance will be a great experience for all of us!

Questions? Lynda Davidson lmag@shaw.ca or Wendy Canessa wendycan@telus.net

Tour Information Pending



**"Service Leads
to Growth"**

MD19 Lions Annual Convention Registration

October 12 - 14, 2017

Lion, Lioness, Leos (1 Person per Form)

Send Form with Canadian Funds made out to MD19 Lions Annual Convention to Registrar Wendy Canessa
% Box 501, Fort Langley, BC Canada V1M 2R8 or email form with Credit Card information to: wendycan@telus.net
Final Deadline for all registrations **Thursday, October 4, 2017. No refunds after October 4th.**

Name: _____ Check if joined Lions after 7/1/2016: _____
Circle Appropriate Title: Lion / Lioness / Leo / Guest Check if Attending 1st MD19 Convention: _____

Club: _____ Dist / Zone: _____ Current Office: _____

Address: _____
Street City Province / State Zip / Postal Code

Phone Number with area code: _____ Email Address: _____

Check if either apply: Vegetarian: _____ (Alternate vegetarian meal provided.)

List the life-threatening food allergy, such as mushrooms or shellfish, which will cause serious illness or death.

Special Meal Requests must be received before September 30, 2017:

Date	Event	Price Canadian	Amount Enclosed
Registration Information	Registration Lions, Lioness, Guests; No Leo Registration Fee	\$20.00	
	After September 30th, Registration	\$25.00	
	Pin Trader Table Rental Fee (Waived if registered & buys a lunch or dinner ticket)	\$25.00	
	Vendor Table - Selling a Product (\$35.00 CA per day)	\$35.00	
Thursday, 10/12/17	Kick-Off Lunch	\$29.75	
Friday, 10/13/17	FULL Buffet Breakfast in Restaurant 6:30 - 7:30 am ONLY	\$24.30	
	Luncheon to Honour Key Members - Everyone Invited	\$29.75	
	Friendship Dinner Buffet - Fun Night Ticket Included	\$42.00	
	"All Things Black" Fun Night Ticket ONLY	\$15.00	
Saturday, 10/14/17	FULL Buffet Breakfast in Restaurant 6:30 - 7:30 am ONLY	\$24.30	
	PDG & Partners' Breakfast	\$23.00	
	Tour or Activity (To Be Announced)		
	Mixed Luncheon	\$29.75	
	Tour or Activity (To Be Announced)		
	Lions Appreciation Banquet	\$42.25	
Total Amount Enclosed			

Please Note the following change: If paying by Credit Card, you will be paying in Canadian Funds. You may be charged a small fee by your card. Please Check Credit Card Type: () Visa () Master Card

Card #: _____ Expiration Date: ____/____

3 Digit Security Code found on back of card _____ (Credit Cards will be processed by AAA Auction Ltd.)

Signature if paying by Credit Card: _____

Thursday, October 12,

All Meals Include Coffee & Tea

Kick Off Luncheon: Guildford Cobb Salad with Chicken Breast over Butter Lettuce, Balsamic Onions, Smoked Bacon, Avocado, Egg and Blue Cheese; Choice of 2 Dressings; Artisan Bread Rolls and Butter, Dessert

Friday, October 13,

Full Breakfast Buffet in Restaurant: (6:30 am - 7:30 am ONLY)

Key Members Luncheon: Soup du Jour - Vegetarian, Hearty Turkey and Swiss Cheese Sandwich on Kaiser Bun, Dessert Squares; (Vegetarian Balsamic Grilled Vegetable Wrap)

Friendship Dinner: Artisan Bread Rolls & Butter, Green Tossed Salad, Beef Stroganoff with Julienne Pickle and Sour Cream, Bouquetiere of Vegetables, Assortment of Chef's Pastries.

Saturday, October 14,

Full Breakfast Buffet in Restaurant: (6:30 am - 7:30 am ONLY)

PDG & Partners Breakfast: Buffet with Fresh Juices, Scrambled Eggs, Crisp Bacon, Hash Browns, Pastries

Mixed Luncheon: Green Salad with Balsamic Dressing, Ham and Swiss Cheese Sandwich on French Baguette, Variety of Dessert Squares; (Vegetarian Gluten Free Wrap)

Lions Appreciation Banquet: Cider Roasted Chicken, Artisan Bread Rolls and Butter, Chef's Choice of Potatoes or Rice, Bouquetiere of Vegetables, Selection of Chef's Pastries

2016-2017 Club Secretary Excellence Recipients

June Meyrick	North Vancouver Deep Cove Lions Club, A-2
Jana Lee Cruse	Burien Lions Club, B-5
Sharon Kirry	Gig Harbor Lions Club, C-1
Steve Moergeli	Enumclaw Lions Club, C-3
Dorothy Burt	Federal Way Lions Club, C-3
Virginia Hill	Puyallup Valley Lions Club, C-3
Ida Malone	Bremerton Central Lions Club, C-4
Marylyn Phillips	Mineral Lake Lions Club, C-5
Claire Davidson	Westbank Lions Club, D-7
Paul Kauzlarich	Naches Lions Club, F-1
James Kemp	Tieton Lions Club, F-1
Bill Shepherd	Yakima West Valley Lions Club, F-1
Holly Kaczmariski	Dayton Lions Club, F-3
Allen Alass	Walla Walla Downtown Lions Club, F-3
Marilyn Kerns	Troy Lions Club, F-5
Steve Patterson	Longview Pioneer Lions Club, G-1
Katy Carter	Burlington Lions Club, H-2
Marion Quinlan	New Westminster Lions Club, H-5
Richard Simonson	Port Coquitlam Lions Club, H-5
Orson Christensen	North Whidbey Lions Club, H-7
Karen Dukes	Clallam Bay Sekiu Lions Club, I-1
Denise Charest	Capitol City Lions Club, I-4
Brian Phillips	Sooke Lions Club, I-2
Jane Beddows	Sooke Harbourside Lions Club, I-2
James Maysk	Ladysmith Lions Club, I-4
Cathy Specht	Comox Valley Monarch Lions Club, I-5

2016-2017 Club Membership Director Excellence Recipients

Jeannie Kwok	Vancouver Diamond Lions Club, A-7
Greg Vicars	Burien Lions Club, B-5
John Kirry	Gig Harbor Lions Club, C-1
Michael Bucklin	University Place Lions Club, C-1
Garth Holmes	Olympia West Lions Club, C-2
Kevin McMains	Mineral Lake Lions Club, C-5
Bill Shepherd	Yakima West Valley Lions Club, F-1
Greg Firth	Longview Pioneer Lions Club, G-1
Michael Dukes	Clallam Bay Sekiu Lions Club, I-1



After the Parade

2016-2017 Club President Excellence Recipients

Teresa Ng	Vancouver Pacific Lions Club, A-1
Sandra Yung	Vancouver Shaughnessy Lions Club, A-1
Ludia Li	Vancouver Diamond Lions Club, A-7
Sue Schmidt	Gig Harbor Lions Club, C-1
Gerry Jackl	University Place Lions Club, C-1
Kevin McMains	Mineral Lake Lions Club, C-5
Marilyn Patterson	Longview Pioneer Lions Club, G-1
Lynn Vaughn	Bellingham Harborview Lions Club, H-1



Convention Hall: DG Signed Banners

2016-2017 Club "Just Two A Month" Visitation Award Recipients

C-1	University Place Lions Club
C-3	Auburn Noon Lions Club
C-3	Sumner Lions Club
F-1	Yakima West Valley Lions Club
H-1	Bellingham Harborview Lions Club
H-2	Sedro Woolley Lions Club

2016-2017 Zone Chairperson Excellence Recipients

C-4	James Lamb
D-7	Barry Armbrust
D-9	Stephen Kirkham
E-1	Ed Brandstoettner
E-3	Frank Bega
F-5	Marie Vogel
G-1	Doug Harvey
I-1	Maureen Winn
I-2	Brian Morin
I-5	Cec Specht

NW Lions Leadership Institute Steering Committee

If you would like to be involved in the 2018 Leadership Institute as: An Instructor, A Coach, An Assistant Instructor,

or serve on the Steering Committee as

The Evaluations Coordinator, Curriculum Director, AV/IT coordinator,

contact Superintendent Mike Peterson immediately at mj-peterson2.1@juno.com. Instructors are now being selected.

If you are interested, please do not delay contacting Mike.



We're On a Mission

Your MD19 Lions Leadership Foundation provides funds for leadership training in your District and in MD19.

That's Why We Just Made a Large Donation to Train Your Incoming District Governors, Vice District Governors and Zone Chairs!

Our Mission:

To provide educational and leadership training programs for development of tomorrow's leaders in school, community, business and service organizations. To provide the resources necessary to develop programs, instructors, facilities, and to implement training. To strive for greater public awareness of our need for competent, forward thinking leadership.

Donate Today and Help Us Create Leaders



Please send donations to:

MD19 Lions Leadership Foundation
c/o Lynn Logen, Treasurer
15017 43rd Place
Bellevue, WA 98006

www.lionsleadershipfoundation.org

Paid Advertisement

Lions Honored at the MD19 Memorial Gardens

Immediate Past Council Chairperson Enoch Rowland would like to invite all MD19 Lions and families to attend the Annual Memorial Garden Dedication Ceremony - a time of Fellowship and Remembrance for our departed Lions, family members and friends.



This year it will be held Saturday August 19, 2017, starting at 1:00 pm on the patio in the backyard of the MD19 Office, 4141 West Maplewood Avenue, Bellingham. PDG Ed Brunz, Memorial Gardens Chairperson, will be the MC for the ceremonies. Those in attendance will be invited to share a memory in tribute to the following Lions and/or family members:

District 19-A

Harvey Taylor (Prince Rupert Lions) by Michael Kaardal
PDG Jules Perry by Prince Rupert Lions Club

District 19-B

PDG Phil Thorleifson, by Marysville Lions Club

District 19-C

PCC Richard Risley (Poulsbo Lions) by PDG's, 19-C

District 19-H

PCC Rod Barnes (Coupeville Lions) by PCC Jim & PDG Erma Kemp
Jean Peterson by Bellingham-Harborview Lions
Leeann Rasbach by Bellingham-Harborview Lions
PID Dur Roberson (Oak Harbor Lions) by PCC Jim & PDG Erma Kemp, & Richmond-Chinatown Lions
PDG Jack Webster (Mount Vernon Lions) by Judith Webster
2nd VDG Ron Wilkinson (Coupeville Lions) by Barbara Bennett, Jay & Dorita Clemens, Teri Purcell, Jeanne Russ, Ron Van Dyk, Erin & Wayne Wilkinson, Ron Wilkinson's Family, & Richmond-Chinatown Lions

District 19-I

Audrey Wilson, by Sooke Harbourside Lions
PDG John Wilson (Sooke Lions) by Sooke Harbourside Lions, & PDG's 19-I
PDG Stan Sage (Salt Spring Island Lions) PDG Rob Manifold (Esquimalt Lions) by PDG's of 19-I



General Garden Maintenance Donations:

19-B Busy Bee Foundation	\$1000
19-C Enumclaw	\$100
Fife Lions	\$50
Sumner Lions	\$50
Tacoma S.E. Lions	\$50
19-G Kathy Morrison	\$100
19-H Burlington	\$50
Coupeville Lions	\$150
19-I Sooke Harbourside Lions	\$50

Thank you Lions for your support of the gardens.

The Global Action Team (GAT)



Newly created, the Global Action Team (GAT) brings the Global Leadership Team (GLT), Global Membership Team (GMT) and the new Global Service Team (GST) together, creating a unified approach to the three key areas of Lions. It is designed to reignite our passion for Service with the goals of impacting more than 200 million lives, increasing our membership to 1.7 million Lions and Leos, as well as providing learning opportunities to more than 500,000 members by the year 2020.

This new program is club focused, with club members serving on the GLT, GMT and GST committees. The club president chairs the Global Action Team for the club. As the team works together, the GST helps clubs identify resources and use best practices to improve projects and impact. The GLT provides leadership development opportunities that can empower Lions to lead and serve their communities. The third position, the GMT, helps clubs develop effective membership programs that will attract new members.

As a newly established Lions Clubs International program, more information will be coming as the program continues to evolve. This approach is developed around the proven long-term success of working as a team.

MyLion[®]

Innovating service.

MyLion is the new must-have app was launched at the International Convention in Chicago to celebrate the beginning of our next 100 years of Service. The app lets you serve, capture and share in the importance of being a Lion from your smartphone.

With **MyLion**, you can:

- Chat with Lions all over the world
- Create and manage your service activities
- Discover clubs and projects in your neck of the woods – or anywhere in the world
- Get inspired, and share your projects, photos, and stories to inspire others
- Earn badges and rewards for your service
- And much more!

For more information and to download this great new app, go to www.mylion.com. Try it today!

MD19 Constitution and By-laws



To date the following proposed amendments are the only amendments to be voted on at the MD19 Annual Convention October 12-15, 2017:

"ARTICLE VII "BL" SECTION 3 a. 4.

A District Cabinet may only endorse one (1) candidate for each position above the district level. The District Cabinet endorsement of the Vice Council Chairperson will be secured at a regularly scheduled District Cabinet Meeting prior to December 31st of the Lions Year in which the election will take place for the offices of ~~candidates for~~ Vice Council Chairperson and Council Chairperson. A letter from the District Cabinet Secretary along with the minutes of the Cabinet Meeting where the endorsement was passed must be received by the Multiple District Secretary-Treasurer ~~from the district cabinet secretary~~ prior to December 31st. The incumbent Vice Council Chairperson is not required to seek endorsement of his/her District Cabinet as a candidate for the office of Council Chairperson"

"ARTICLE V SECTION 6

Regular meetings of the Multiple District Council of Governors shall be held The Vice Council Chairperson (Incoming Council Chairperson) may convene a ~~an unfunded~~ special meeting of the following year's Council of Governors at the ~~Annual Convention regularly scheduled~~ **Spring Council of Governors' Meeting** for the primary purpose of ~~considering and reviewing~~ **the approving the** appointments of the MD19 Committee Chairpersons **and members** and the ~~approved MD Multiple District Budget for the following Lions Year."~~

Selah Valley Glow Run from page 1

Our club raised \$7,273. From this we have already donated \$448 to the Yakima Veterans Association, \$250 to the Local Young Life Group to help send kids to summer camp, and \$125 to the Ellensburg Youth Center Summer Camp Trip program to help students pay for summer trips that they could not otherwise afford to take. More donations will flow from our coffers shortly.

We had so much fun and so did all our runners, so we have decided to make this our annual fundraiser.

Leadership continued from page 1

Communication: Effective Listening, Public Relations, Public Speaking.

Using the Lions Learning Center allows you to track your LLC training and any other training that you choose to enter into the LLC system. You can then determine if there are any weak areas in your training and try to correct those deficiencies. You may also include your specific Club Officer, Zone Chairperson, Vice-District Governor and District Governor training or any other training conducted by non-Lion providers.

CLUB CANCELLATIONS
TERRACE DOWNTOWN A-4

LIONS PRESIDENTS
ALMIRA E-2
Todd Bodeau
Box 377
Almira, WA 99103
Res:
Bus:
Cell:
Fax:
Email:

CHASE D-8
Beverley Iglesias
Box 12
Chase, BC V0E 1M0
Res:
Bus:
Cell: 250-371-7136
Fax:
Email:

CLEARWATER KALALOCH
Russell Hickam
2303 Clearwater Rd.
Forks, WA 98331
Res: 360-962-3461
Bus:
Cell:
Fax:
Email:

EATONVILLE DAYBREAK C-5
Dorothy Ray
Email: jdrayp@yahoo.com

ENDERBY & DISTRICT D-1
Willem Roell
Email: fredarofarm@gmail.com

HARRINGTON F-8
Nathan Luck
PO Box 52
Harrington, WA 99134
Res:
Bus:
Cell: 360-630-9873
Fax:
Email:

PORT COQUITLAM H-5
Alec (Sandy) Marshall
Email: sandyman06@yahoo.ca

LIONS PRESIDENTS CONT.
PORT HARDY I-6
Sharon Barton
Box 643
Port Hardy, BC V0N 2P0
Res:
Bus:
Cell:
Fax:
Email:

TOLEDO G-4
Kevin Olmstead
298 Salmon Creek Rd.
Toledo, WA 98591
Res: 360-864-2855
Bus: 360-864-8255
Cell:
Fax:
Email: kevineolmstead@gmail.com

LIONS SECRETARIES
ALMIRA E-2
Jesse Brunner
36336 Lafollette Rd. N
Almira, WA 99103
Res:
Bus:
Cell: 509-641-0197
Fax:
Email: jesse.brunner@gmail.com

BURNABY EDMONDS A-9
Darshan Mann
Email: mdarshan@gmail.com

CHASE D-8
Beverley Iglesias
Box 12
Chase, BC V0E 1M0
Res:
Bus:
Cell: 250-371-7136
Fax:
Email:

CLEARWATER KALALOCH
Anita Hickam
2303 Clearwater Rd.
Forks, WA 98331
Res: 360-962-3461
Bus:
Cell:
Fax:
Email: hickam-anita@aramark.com

LIONS SECRETARIES CONT.
DUPONT C-6
Carl Ott
1472 Thompson St.
Dupont, WA 98327
Res:
Bus:
Cell: 253-380-0998
Fax:
Email: carl.cott@gmail.com

GOLDENDALE F-2
John Bright
230 Cahill Rd.
Goldendale, WA 98620
Res: 509-773-3500
Bus:
Cell:
Fax:
Email: jbright@wildblue.net

GRANITE FALLS B-6
Karen Fern
Email: wacornlady@comcast.net

HARRINGTON F-8
Darrell Roberts
PO Box 267
Harrington, WA 99134
Res: 509-253-4684
Bus:
Cell:
Fax:
Email:

LIBERTY LAKE E-9
Kathleen Burzynski
PO Box 1981
Veradale, WA 99037

OAK HARBOR H-7
Jeannene Wisniewski
Res: 360-279-9298
Bus:
Cell: 360-914-2593
Fax: 360-544-6665
Email: kiniwisniewski@icloud.com

LIONS SECRETARIES CONT.
PORT HARDY I-6
Treina Lea Topfer
Box 1093
Port Hardy, BC V0N 2P0
Res: 250-902-0558
Bus:
Cell: 250-230-2987
Fax:
Email: tklywak@hotmail.com

SAN JUAN H-7
Sheila Martin
647 Sutton Rd.
Friday Harbor, WA 98250

SKAMANIA COUNTY G-6
Mary Repar
6971 Loop Rd. #2
Stevenson, WA 98647

TOLEDO G-4
Aaron Bacon
Email: ateambacon@gmail.com

VAN. DIAMOND MILLENNIAL A-7
Rita Zhao
77 Walter Hardwick Ave.
Vancouver, BC V5Y 0C8
Res:
Bus: 778-385-8619
Cell:
Fax:
Email: zhaoruochen.rita@gmail.com

YELM C-6
Cindee Day
9023 Pepperidge Ln. SW
Yelm, WA 98597
Res: 360-955-5192

LIONS MEETINGS
ALMIRA E-2
7:00 PM
1st & 3rd Tuesday
Community Center
44 Main St.

LIONS MEETINGS CONT.
CHASE D-8
6:00 PM
2nd & 4th Monday
Community Hall
547 Shuswap Ave.

CLEARWATER KALALOCH G-3
7:00 PM
2nd & 4th Monday
Queets Clearwater School
Mile Post 146 Hwy 101
Forks, WA

FERNDALE H-1
TBD

GOLDENDALE F-2
6:30 PM
4th Tuesday
Marie's Sod Busters
1040 E Broadway St.

HARRINGTON F-8
7:00 PM
1st & 3rd Wednesday
Memorial Hall
S 6th 3rd St.

PORT HARDY I-6
7:00 PM
1st & 3rd Tuesday
Civic Center
7450 Columbia St.

SAN JUAN H-7
11:45 AM
Weekly Tuesday

VANCOUVER DIAMOND MILLENNIAL A-7
7:00 PM
2nd Thursday
River Green
5111 Brighthouse Way
Richmond, BC

DISTRICT 19-A COMMITTEE CHAIRPERSONS

ENVIRONMENT Samantha Ton Cell: 604-780-8959
2099 E 37th Ave., Vancouver, BC V5P 1G3 Email: samanthathyton@gmail.com
Co-Chairperson:

DISTRICT 19-E COMMITTEE CHAIRPERSONS

HEARING-US Russ Patterson Cell: 208-699-0180
17202 N Ramsey Rd., Rathdrum, ID 83858 Email: rpattersonarcher@gmail.com

DISTRICT 19-F COMMITTEE CHAIRPERSONS

MEMBERSHIP (GMT) PDG David Walk Res: 509-200-1114
PO Box 1958, Walla Walla, WA 99362 Email: liondavidwalk@gmail.com

INTERNATIONAL RELATIONS Kendra Evans Cell: 205-538-8466
905 9th St., Lewiston, ID 83501 Bus: 208-799-3333
Email: evansekendra@gmail.com

DISTRICT 19-H COMMITTEE CHAIRPERSONS

CAMP HORIZON Don Webster Res: 360-376-4752
PO Box 1301, Eastsound, WA 98245 Cell: 360-472-1230
Email: president@lionscamphorizon.org

PAST DISTRICT GOVERNORS

OSTLUND, Terry 12121 Admiralty Way #J105, Everett, WA 98204

LIONESS CLUBS

KELOWNA D-7

PRESIDENT

Joy Kutcher
322 Benvoulin Crt
Kelowna, BC V1W 3Z3
Res: 250-862-8766
Bus:
Cell: Fax:
Email: kutcher@shaw.ca

SECRETARY

Sue Kuipers
4915 Frost Rd.
Kelowna, BC V1W 4M3
Res: 250-764-4740
Bus: Cell:
Fax:
Email: suekuipers@hotmail.com



Lions at the Convention Ball Game.



Community Garden Project.

MD19 Lions Serving at the



Prince Rupert Lions Celebrate

Prince Rupert Lions Celebrate LCI Centennial in the City of Prince Rupert Sea Fest Parade. ZCE Ken Copping, *in cognito*, raised the hand of Lion-of-the-Year Jamie Scott in front of Tom Cheng's 1966 T-Bird.

Upcoming Special Events

Tacoma Centennial Lions Club Charter Night Celebration

Saturday, August 19, 2017
5:00 PM Social – 6:00 PM Buffet Dinner
\$30 per person in advance \$35 at the door
Dress – Business Casual / Raffle Prizes
Joeseppi's 2207 N Pearl St., Tacoma, WA
RSVP by August 14th to Lion Valerie Hight
12410 Edgewood Ave. SW, Lakewood, WA 98498
253-297-8715

25th Annual Rainier Lions Club Bluegrass Pickin' Party - Rainier, WA

August 24 thru 27, 2017
Bluegrass pickin' and grinnin' in Wilkowski Park
Free Admission - Corn Feed every evening!
Info: David Wuller (360) 832-8320 or
www.RainierPickinParty.com
Highway 507 between Tenino and Yelm (SE of Olympia)
Follow the Bluegrass signs in Rainier.

Boistfort Lions Club 60th Anniversary Celebration

Saturday, September 9, 2017 at 7:00 PM
\$20.00 includes a roasted pig and catered meal
Baw Faw Grange - 995 Boistfort Road, Curtis, WA
Reservations required – RSVP by Sept. 5th to
Lion Bill Hunter #360-291-3231 or #360-880-5773
wghunter@gmail.com

Nanaimo Lions 70th Charter Anniversary

Saturday, September 30, 2017 at 5:30 pm
\$35.00 -per person
Nanaimo Yacht Club, 400 Newcastle Ave., Nanaimo, B.C.
MC: PDG Rob Dalton
Guest speaker: PIP Judge Brian Stevenson
Tickets from Lion Claire Clark - caclark5@yahoo.ca
PDG Leslie Smith- blsmith01@telus.net
Lion Larrie Taylor - larriet@shaw.ca

Save the Date

Port Angeles Lions Club 75th Charter Celebration

Saturday, November 4, 2017
Details to follow

Vancouver Queen Elizabeth Charter Night

Saturday, November 4, 2017 at 5:30 PM
Fraserview Hall
Details to follow

Fairhaven Lions: Think Flag, Think BIG

By Evan Abell, Bellingham Herald

A huge, new American flag flies over Fairhaven, thanks to a donation by Bellingham Fairhaven Lions Club. At a recent morning ceremony, volunteers from the Lions Club and the Historic Fairhaven Association raised the 38-foot flag, about four times bigger than the old one, on a 100-foot flagpole that soars above Fairhaven. The pole, installed in front of the library in 1987 to honor veterans, is of the approximate height and location that Dirty Dan Harris, the founder of Fairhaven, placed a flagpole in March of 1885.



Are You a New Century Leader?

Save the Date

Northwest Lions Leadership Institute

University of British Columbia
Vancouver, BC Canada
May 10-13, 2018

Remember, if you are crossing the border to attend our Institute, you will need a passport or enhanced drivers license.

Percentages of WMMRs received & SARs completed for July, 2017; Percentage of FirstHalf Dues Paid for 2017-18

	WMMRs	SARs	Dues Pd.
19-A	68%	33%	16%
19-B	72%	34%	56%
19-C	83%	68%	40%
19-D	62%	56%	30%
19-E	76%	40%	42%
19-F	72%	41%	41%
19-G	77%	59%	36%
19-H	100%	66%	32%
19-I	90%	53%	49%

Clubs 100 and above for July, 2017

G 1	LONGVIEW-PIONEER	154
H 7	COUPEVILLE	122
E 1	SPOKANE CENTRAL	107
D 2	WENATCHEE-CENTRAL	103
A 7	VANCOUVER DIAMOND	102
H 1	BELLINGHAM CENTRAL	100

Memorials for June, 2017

D 1	Enderby & District	Ed Broza
D 8	Barriere	William T. Brown
D 8	Barriere	Ken Popp
E 1	Spokane Central	Sanford Gerber
F 7	Moscow Central	Kimberly Farbo
G 6	Camas	Jack Purdy
G 6	Camas	John Raynor
G 6	Camas	Robert Myland Walling
H 1	Bellingham Central	Fred C. June
H 1	Lynden	Carol J. Angustain
H 4	Tsawwassen Boundary Bay	Brad Gaze
H 7	Lopez Island	Larry S. Clark

Memorials for July, 2017

A 1	Vancouver Pacific	Lily How
B 6	Arlington	Karen Tendering
C 3	Fife	Alan D. Bush
C 3	Puyallup Valley	Joy Clark
C 4	Poulsbo	Beverly J. Anderson
D 7	Kelowna Okanagan Mission	DG Steve Muenz
D 7	Peachland	Robert C. Vinnedge
D 8	Valemount	Rhoda Tamboline
E 1	Spokane Central	Ray Miner
E 3	Rathdrum	Arthur Jim Weeks
E 10	Lake Windermere	George Thierbach
F 1	Naches Sunshine	Lynne Wesselius
F 3	Dayton	Bert Hays
G 2	Fort Vancouver	June B. Serviss
G 2	Ridgefield	Ralph Carlson
G 4	Morton	Kris G. Bailey
G 4	Toledo	James Lancaster
H 6	Chilliwack Mount Cheam	Paul Keating
I 3	Mayne Island	Millie L. Leathers

Vital Lions Information

Communication Link: Club Presidents and Secretaries, Zone Chairpersons, and District Officers who have been newly added to the MD19 AWeber List for the 2017-18 year, you will receive an email from Patricia Allen with the subject: "Confirm your subscription". Within that same email is a link that you need to click on in order **to give AWeber permission** to send you the *Border Crossing* link and other important MD19 information during the year. You **must confirm your "subscription" by following this procedure in order for us to communicate with you**. If you do not confirm that you will accept further communications via AWeber your email will be automatically removed from the list and nothing further can be sent to you.

Communication Link for Any Lion: Any Lion may receive the emailed link to the *Border Crossing* by going on to the MD19 Website and clicking "Border Crossing" on the main page and "Border Crossing Sign Up" on the drop down link. Fill in the blanks and submit the requested information. You will need to follow the same procedure printed in the paragraph above when you receive an email from Patricia Allen with the subject "Confirm Your Subscription".

Border Crossing Information: The 2017-18 *Border Crossing* will be emailed by AWeber as a link to each Lions and Lioness Club President and Secretary, all Zone Chairpersons, all Vice District Governors, members of the Council of Governors, and the MD19 Committee Chairpersons. If anyone, including the above listed officers, wants to receive a hard copy rather than an emailed copy, they will need to purchase a subscription. A subscription form is found in this issue.

MD19 2017-18 First Half Dues Statements: On July 12th through the 14th the 1st Half MD19 Dues Statements were emailed or mailed as a hard copy if no email address was provided, to Club Treasurers or Secretary-Treasurers. **If your club has not received your dues statement, please call or email the MD19 Office.**

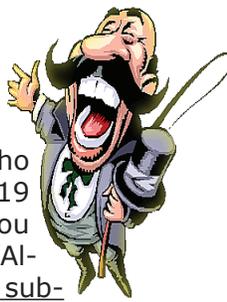
Bulletin Editors: When you send your club's bulletin to the MD19 Office via email using the email address md19lions@lionsmd19.com, you will receive a response from Theresa within 24 hours. If you do not receive a response, please call the office to determine if the bulletin has been received or not.

Secretaries: Information sent to the MD19 Office should be sent to this email address: md19lions@lionsmd19.com.

Zone Chairpersons: Please send your reports, bulletins and expense claim forms to: md19lions@lionsmd19.com.

Immediate Past District Governors & Vice District Governors: All Expense Claim Forms should be sent to md19lions@lionsmd19.com.

The 2017-18 MD19 Roster: The roster was sent



the week of August 7th -11th. It was automatically be sent to each Lions and Lioness Club President and Secretary, the MD19 Committee Chairpersons, members of the Council of Governors, all Vice District Governors, Zone Chairpersons and anyone who had purchased a roster. If you ordered a roster or your name appears on the list above, but you do not receive it by the end of the first week on September, please contact the MD19 Office.

Lioness Clubs: The Lioness Annual Administrative Assessment Statements will be sent out by the end of August.

Did You Know? MyLCI is a web-based tool that simplifies club, district and multiple district administrative responsibilities and provides visibility to membership and service activities throughout the multiple district. If you need assistance you can click the Support Center panel on any page in the MyLCI site to access resources and instructions related to the task you are working on. There is also a MyLCI Information Page that you can access to learn more about the benefits of MyLCI and how to get started: <http://members.lionsclubs.org/EN/resources/mylci.php>. If you need assistance from LCI, regarding membership questions or your club's site contact: memberservicecenter@lionsclubs.org.

A Student Among Lions

by Luisa Ayala Garza, MD19 Exchange Student

I believe that change is the basis for personal growth. Life consists of living new experiences and emotions. Not long ago, this became a reality for me. I came to Washington without knowing that I would acquire so much experience and knowledge, and most of all, the many wonderful people I would meet.

I spent one week being part of Camp Leo for Children with Diabetes, undoubtedly one of the best experiences in my life. I was able to learn a lot about diabetes and also put that knowledge into practice by testing blood sugars each night. Bonding with these kids was incredible. They are great warriors whose strength I will always admire.

On the other hand, bonding with PDG Jan and PZC Art Weatherly in my second week in Washington was the nicest thing that could ever have happened to me. Lions Jan and Art are the most magnificent people I've met. They taught me many things and made me feel at home. Their hospitality touched my heart and I am very grateful for all they did for me.

I feel like I have become a better person for living this experience. There was a change in me, a deep change that I cannot explain with words, though it is keenly felt. Now I feel more confident in myself and my skills. I feel full of strength and life. Most of all I have begun to live with more passion and self-love.

I want to thank the Lions for giving me this opportunity, my family for supporting me and believing in me, and Jan and Art Weatherly for their

Continued on page 15

Lower Your Risk for Diabetes

By Tom Smarsh, MD-19 Diabetes Chairman



Lions work to prevent diabetes because this condition is a common cause of vision impairment and blindness. Our partners include the [American Diabetes Association](#) (ADA) and [Diabetes Canada](#) (nee, the CDA). Whenever we can, we should take advantage of the information and programs provided by them. Below are links to some of their advice and programs. Please take a few moments to visit these web pages and become better informed about Type 2 diabetes and what you can do – what we all can do – to combat this debilitating condition.

[Small Steps for Your Health](#). Making just a few small changes can have a big impact on your weight and health. Learn how to make these changes step-by-step.

[High Blood Glucose](#). Managing your blood glucose (sugar) can help you prevent and manage Type 2 diabetes.

[High Blood Pressure](#). High blood pressure raises your risk for heart disease and stroke, and increases the risk of blindness for those with diabetes. Managing blood pressure is important for these and many other reasons.

[All About Cholesterol](#). Unhealthy cholesterol levels can raise your risk for Type 2 diabetes and heart disease.

[Age, Race, Gender & Family History](#). There are some things that affect your risk that you can't change. Being aware of them can help you take smart steps to lower your risk.

[Gestational Diabetes](#). If you've had diabetes during pregnancy, you're at higher risk of it in future pregnancies and of Type 2 diabetes later in life.

[Smoking](#). Smoking causes a lot of problems in your body that contribute to the development of Type 2 diabetes. It also raises your risk of heart attack or stroke.

[Diabetes and Cancer](#). Type 2 diabetes and certain cancers share many risk factors. By lowering your risk for one, you decrease the risk for the other.

As individual Lions, we should set a good example for others by working to lower our own risk of developing Type 2 diabetes. As Lions Clubs, we should incorporate the information and programs provided by the ADA and Diabetes Canada into our own community service projects whenever appropriate.

In This Issue

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Youth Exchange continued from page 14

kindness and for teaching me that no matter where you are there will always be someone willing to help you. Gracias.

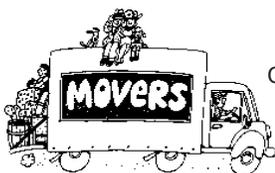
Editorial note:

Luisa's mother is a Lion in Salamanca, Guanajuato, Mexico. The Lions Youth Exchange Program provides a safe, economical and supportive environment for young adults wishing to travel outside their country to be hosted by Lions in the country of their choosing. Contact the MD19 YEP chairperson, PDG George Robison, for information on how to get involved: georgerobison@centurytel.net, or 253 592 2429.



Jon & Peter in the MD19 Reception Suite.

Funding of MD19 Border Crossing: Financial assistance has been provided this Lions Year to partially fund the MD19 newspaper, *The Border Crossing*, through a grant from the MD19 Lions Service and Leadership Development Foundation. This is an example of your leadership dollars at work.



Mail "Moving Form" for the Border Crossing to
M.D.19 Lions Office, 4141 W Maplewood, Bellingham, WA 98226

Old Address (Print):
Name _____ Phone # (____) _____

Address _____
Street City State/Prov Zip/Postal Code



New Address (Print):
Name _____ Phone # (____) _____

Address _____
Street City State/Prov Zip/Postal Code

MD19 Calendar of Events

MD19 Memorial Gardens Clean Up Party 9:00 - 11:00 AM	August 12
Annual Dedication of Memorial Garden Plantings	August 19 **
Tacoma-Centennial Charter Night	August 19 **
Rainier Lions Bluegrass Pickin' Party	August 24-27 **
Nanaimo Lions 70th Charter Anniversary	September 30 **
Vancouver Queen Elizabeth Charter Night	November 4 **



**** See *Upcoming Special Events* Section or *Border Crossing Article* for details.**



Remember back in the day when lots of us wore those big "ASK ME ABOUT LIONS CLUB" pins like this one? They were great conversation starters and could be again. Your club can design its own and have it made very inexpensively. All your members can have one, and even your new A-Frame can wear one in its lapel whenever it goes stepping out.



The Border Crossing
MD19 Lions Office
4141 W Maplewood Ave
Bellingham, WA 98226 USA

The future depends on YOU!
Ask someone to become a Lion!