

District Governor Message

Happy New Year Lions!

I hope you all enjoyed the holidays. For those not able to spend time with loved ones this past year, I am hopeful 2021 will bring you and your loved ones together at last.

I don't know about you, but I always try to make (and keep) at least one New Year's resolution. I am asking you to do the same as it relates to Lions. If your club didn't meet in 2020, please set up a meeting as soon as possible – even if it is a Zoom or WebEx meeting. We have a District Zoom account that can be used for this purpose and I know there are folks in our District who have a WebEx account too. Please contact me or your Zone Chair for assistance plan. If you have been meeting, thank you for carrying on the mission or our organization.

As we move into 2021 and in the spirit of innovation, here is PCC John Kirry's favorite quote from the late Arthur Ashe that sums things up for the new normal:

“Start where you are. Use what you have. Do what you can.”

During my club visits and in keeping with my theme “Continue the Legacy through Kindness”, I recognized the following Lions in December who exemplify the meaning of kindness by presenting my DG Kindness Matters Award:

- Bremerton Central – Iris Young & Ed Looby
- Lacey Lamplighters – Gary Feldtman, Ed Sorger & Dick Platner
- Spanaway – Judy Verkoelen
- Tacoma Southeast – Kim Riley, Sheila Pearce & Hellen Miles
- Yelm – Dale Shirley & Susan Wilcox

In closing, I wish you a healthy, successful, and peaceful 2021

Respectfully,
Donna Murr
19C District Governor
governor@md19clions.org



Calendar of Events:

January 16th - Guiding Lion Training- Online

January 25th - CST Meeting - Online

February 22nd - CST Meeting - Online

March 22nd - CST Meeting - Online

As you can imagine it's difficult maintaining a calendar and planning events during Covid-19, so please be patient with us as there are so many things up in the air right now. Please know we are busy behind the scenes and appreciate your continued support.

FRIENDLY REMINDER

HALF YEARLY LIONS CLUB
 DUES FOR LCI AND MD19
 SHOULD BE PAID IN
 JANUARY 2020,
 CLUBS WILL RECEIVE
 NOTICES BY MID-JANUARY.

What is your New Year Resolution?

By Roland Arper, District 19C Northwest
Lions Foundation Liaison



Have you or your club made any New Year resolutions yet? Do those plans include the Lions Health Screening Unit or the smaller mini screening unit? If so, dates are filling up fast and the earlier you act, the better chance your desired dates will be available.

How about scheduling your own eye exam? Glaucoma is the second leading cause of blindness in the world. In the most common form, there are virtually no symptoms. As much as 40% of vision can be lost without a person noticing. The best way to protect your sight is to get a comprehensive eye examination.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma's actually a group of diseases where pressure (usually) builds up and damages the eye's optic nerve. Types of this disease include open-angle glaucoma, which causes peripheral eyesight to slowly diminish, angle-closure glaucoma, where pressure on the iris interferes with fluid draining, and low-tension glaucoma, which actually occurs without elevated pressure on the eye. There's currently no way to restore vision lost from glaucoma.

Although generally associated with seniors, glaucoma can affect people of all ages. Demographics and hereditary also play a role. Glaucoma is a leading cause of blindness among African Americans and highly prevalent in Hispanics over the age 65. The risk of developing primary open-angle glaucoma is up to nine times more likely if your parents or siblings have the disease.

So don't put off making your new year plans because we all want you to be able to see us again next year.

Toys for Tots Donation

Kudos to the Lacey Lamplighters club who teamed up with the Edward Jones Lacey office to collect over \$1,500 worth of toys for the Toys for Tots program.

Great Job Lions!



GREEN HABITS

by PZC Bob Johnson

Green Habits ideas to help your life and improve the planet.

- Plant a backyard garden
- Collect and use rainwater in the yard
- Use natural light - open your curtains
- Use energy efficient light bulbs
- Sign up for renewable energy at your utility company
- Pay your bills online, go paperless
- Reuse paper scraps – use back side
- Do your own home energy audit
- Drive the Speed Limit
- Lower the water heater temperature
- Fix leaky faucets
- Make your own household cleaners
- Do your laundry in cold water
- Line dry your clothes
- Re-purpose glass jars for leftovers
- Use cloth napkins and table cloths
- Shop at a Farmer's Market
- Buy Farm Fresh and Organic
- Donate and shop at Thrift Stores
- Use reusable bags
- Unplug unused chargers/appliances
- Walk or ride a bike when possible

**LEADERSHIP:
UNLEASH YOUR
INNER
BEAST**

at the
**NORTHWEST
LIONS LEADERSHIP INSTITUTE**

June 3-5, 2021
Harrison Hot Springs
British Columbia
Canada
www.nwlli.org

2020-2021 District 19C Cabinet

District Governor – Donna Murr
 1st VDG – Luis Montes Gonzales
 2nd VDG – JJ Budzak Jr.
 Secretary – Chris Miller
 Treasurer – Gail Slosson
 IPDG – Pat Burch

CST Committee

C1 ZC – Balarie McLeod
 C2 ZC – Darlene Kernery
 C3 ZC – June Ferreira
 C4 ZC – Elda Armstrong
 C5 ZC – Fred DeRome
 C6 ZC – Pat Bucknell
 PDG Sharon Sikes – GLT (Leadership)
 PZC Terri Soliz – GMT (Membership)
 PCC John Kirry – GMT (Retention)
 PZC Lisa Ikeda – Admin/GST (Service)
 DeDe Theal – Public Relations
 PDG Marilyn Danby – Convention

**THE 103RD LIONS INTERNATIONAL
CONVENTION IN MONTRÉAL
JUNE 25-29, 2021**



Get your passports ready, Lions from Montréal and the greater Quebec region look forward to welcoming you to their charming and multicultural city next June.

Your LCICON 2021 experience will be filled with entertainment, an inspiring keynote from Nobel Prize Laureate Malala Yousafzai, educational sessions and much more. Be sure to register by February 26th to secure the discounted early bird rate of \$175.00 per person. Prices go up to \$225.00 February 27th to March 31st and \$250.00 April 1st through on-site registration. There are several Hotels nearby the Convention Center.

Outside of our scheduled convention events, there is much to see and do in Montréal — from visiting the many shops and restaurants to exploring the city’s historic architecture and thriving art scene.

* Visa Information: Due to the COVID-19 pandemic, Canadian Immigration Services is not currently processing visa applications for visitors attending events in the summer of 2021.

Visa-exempt foreign nationals will need an electronic travel authorization (eta) to enter Canada. Please click here for an ETA application. Exceptions include U.S. Citizens and travelers with a valid Canadian Visa. Questions? visit their website, click on “Visa Information” under “Attend”. <https://lcon.lionsclubs.org/> or contact them at: convention@lionsclubs.org

Certified Guiding Lions Training



Last chance to sign up for District 19G Certified Guiding Lions training 9:00am to 1:00pm on January 16, 2021. This will be a Zoom event with PDG Mark Mansell facilitating. RSVP before January 13th to PDG Ann Smarsh at t.smarsh@att.net so you can receive the pre-class assignments and materials in time.

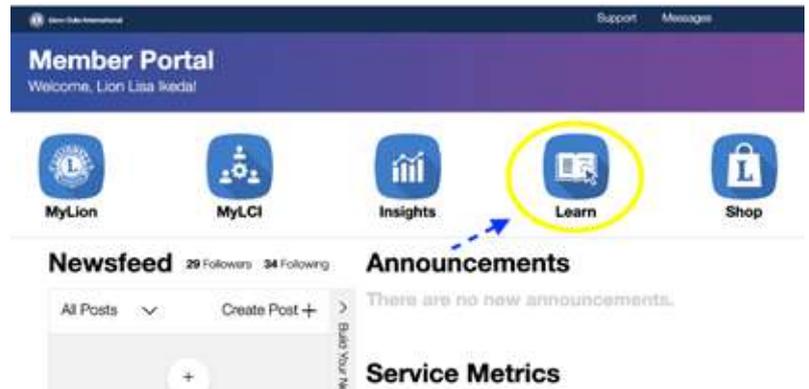
While this training will be open to all Lions, only Lions who have served as Club President, and are designated by the District Governor, will become a Certified Guiding Lion, which is a two-year commitment.

The training is outstanding, and will provide the tools necessary to help a new club in its first years, which is also critical to the long-term success of a Club. A Certified Guiding Lion can also assist with a struggling club.

For additional information please contact DG Donna Murr at: governor@md19clions.org

Online Learning

Have extra time? Dive into the Lions online training that's available on MyLion, once you're logged in, on the main Member Portal page, choose "Learn". This is another option to the Lions University classes that are also available, both programs are FREE to all Lions.



FOUNDATION FRIDAYS WEBINAR: LCIF EMPOWERING YOUTH

LCIF is committed to youth, improving access to quality education, vital health services, and positive youth development for young people worldwide. Join LCIF Chairperson Gudrun Yngvadottir to learn more about Lions Quest, LCIF's signature youth development program, and how LCIF supports Leo service globally.



**Starting Friday, January 8th
6:00am to 7:00am PST**

To register: https://register.gotowebinar.com/register/5158459268025411596?Source=facebook&fbclid=i-war31ge1tg6m8lv1wwq21ienr0agad-9gmtpwd73e0rfndhv7_x7hrz3hg710

Embracing Diversity Webinar: *Time for Change*

Join Lions from around the globe as members share their stories & inspire us to recognize the impact of our own behavior & to adopt a Lions Code of Conduct.

**Saturday January 16th
8:00am to 10:15am PST**

To register: https://causethe-world.zoom.us/webinar/register/WN_9RUxbthIRhqh-S1prQ9M-dA?fbclid=IwAR3rrzxCueDeSaT-VM-d0rKsU-RpXMjiGrnORlMrPW-mGD9xwmFEOr2ghn8q0





In Memory of Lonzell Johnson (1987-2020)

His alias was Stacker to everyone at Camp Leo for Children with Diabetes (all camp staff and campers get an fun alias soon after arriving). He left us all too soon after 22 years at camp: first as a young camper and then a Counselor in Training, Counselor, Activity Director and multiple years as a Director. He joined the Enumclaw Lions at 18 after they sponsored him to camp for several years. At 22 he graduated from the NW Lions Leadership Institute (2010) in Wenatchee. In 2017 he became a charter member of the Tacoma Centennial Lions.



CHRIS COUCH WITH LONZELL JOHNSON
HAVING FUN AT CAMP LEO



Lonzell put the magical FUN in camp. You bet memories with former Lion Chris Couch, from the Orting Lions, will never be forgotten. Lonzell, lived Camp Leo 24/7 always creating new hi-jinks to reach the kids and staff creating magical memories. All lions who came to camp knew and loved Stacker. We must carry forward his legacy of unabashed fun that reached that inner place of forever memories. RIP dear friend.

A memorial is planned for Spring. Condolences can be sent to Barbara Eddy, Lonzell's mom at P.O. Box 884 Buckley, WA 98321.

In Lieu of flowers you can make a donation in his honor that will support Camp Leo + Connect1D at: <https://checkout.square.site/merchant/G4ZJKGEF3FTE5/checkout/R475C5XB6JFOSE7YB2BYNFX2>

PDG Jan Weatherly, Camp Leo Founding Member

The Puyallup Valley Lions Spring Fundraiser

is in full bloom, with a variety of spring flower bulbs and seeds available for any gardener and size garden. Local orders can be purchased directly from the Puyallup Valley Lions Club and hand delivered and/or picked up in May. Pay cash, check or card. Online orders are also available and can be shipped directly to your home for a flat fee of \$6.00.

If interested please visit the below website for the selection of bulbs and seeds available, the fundraiser ends mid-May.

Email: puyallupvalleylions@gmail.com



[HTTP://PUYALLUPVALLEYLIONS.FPFUNDRAISING.COM](http://PUYALLUPVALLEYLIONS.FPFUNDRAISING.COM)



Lions Youth Exchange Program

Long time Youth Exchange Program (YEP) advocate and exchange arranger Lion Bob Kelley of the Lacey Sunrise Lions passed away in September. Although Bob gave up the duty of arranging exchanges several years ago, he continued to support Youth Exchange and to counsel the District 19C YEP Chair, as well as providing leadership to Lacey Sunrise for such projects as wheelchair access ramps.

Bob is missed by his club and by other clubs as evidenced by a memorial donation of \$250.00 by the Key Peninsula Lions Club to the MD19 Youth Exchange Foundation. Perhaps your club would like to recognize the service of Lion Bob or anyone else by also making a memorial donation to the Foundation, which can be sent to the Youth Exchange Program Foundation c/o Lion Tammy Allan, 312 S. 1st Street, Selah WA 98942.

Thank you,
George Robison, Key Peninsula Lions Club
19C Youth Exchange Program, Chair

Kindness Matters - *Serving others...*

Great job to those who are continuing to volunteer during Covid-19, serving your communities and for reporting your volunteer hours!



Here is Decembers Service report: Since July 1st. our Lions clubs have reported 78,310 people served, 536 activities, \$130,418 funds donated and 13,751 volunteer hours.

Do you need help updating your clubs records, entering service hours or reporting your clubs WMMR, adding, editing or removing members? For assistance please email: lionlisaikeda@gmail.com.

Thank you for all being a lion and serving your communities!
PZC Lisa Ikeda. District 19C Admin/GST (Service) Coordinator

Newsletter Submissions

Please keep us up to date on your clubs events, projects and fundraisers so we can add them to the Districts newsletter, Facebook page and website. Due to the number of articles and submissions received please send your items before the 25th of each month. Please be mindful of the Newsletters limited space, please do not send flyer's larger than 1/4 -1/3 of the page, please send a PDF, JPG, JPEG, PNG, EPS file/ format. Flyer's must be readable when reduced, please use large text size and do not include unnecessary wordy text or order forms.

Thank you for your understanding and cooperation! ~Your 19C Bulletin Team



2020-2021 District 19C Membership Rosters

We still have a few rosters available for purchase.

The cost is \$5 each please contact your Zone Chair if your club secretary no longer has any copies available.