



Serving the Lions of British Columbia, North Idaho and Washington



the Border Crossing

May - June 2018

Bi-Monthly Newspaper

Volume 20, No. 6

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Farewell and Thank You

By PDG Bob Ayotte, MD19 GLT Leadership Coordinator

In the past three years I have written a few articles on Leadership for the Border Crossing. I am excited for the future of the Border Crossing with its new formatting. We are now progressing from the 20th Century to the 21st Century. Well done to all who had a hand in updating this valuable document. Now we just need to get more people reading it.

I thank all those members of the Leadership Team for MD19, who have worked with me and collaborated to ensure Leadership matters continue to be important at MD19. I thank my mentors, who continue to challenge me to success. I thank Lion Sonia, my wife, who tolerated all those times that I spent doing Leadership work, and encouraged me to do as well as I can.

Leadership in our Clubs, Zones, District and Multiple District continues to stymie. We all need to encourage our present Lions to step up to wonderful leader positions, and challenge them to excel. We need to encourage them to take advantage of all the training opportunities that we continue to offer. Hey Lions, let's go and do it.

There have been some challenges to training in the past few years, especially with the speed that LCI has been evolving, especially with GAT (Global Action Team) and MyLion. We have had to play a bit of catch-up at times due to changing curriculum, including some at the last minute. But those challenges are met and overcome.

I am excited that Lion DG Wanda Carisse has agreed to be the MD19-GLT (Global Leadership Team) Coordinator for the next three years. MD19 will be having an experienced speaker, facilitator and great team leader to take the Leadership Team to even greater levels than before.

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 Hilton Whistler Resort & Spa Hotel, October 25 – 27, 2018

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

Link to the Story

Article about the SW LIONS and NWLF partnership to purchase a spot vision screener.

<http://www.skagitbreaking.com/2018/05/11/sedro-woolley-lions-club-helps-swsd-with-vision-checks/>

Whistler Convention Chair George Sim made the news, read more here

<http://nsnews.com/lifestyle/seniors/memory-lane-sports-enthusiast-always-has-time-for-others-1.23318913>

HIGHLIGHTS FROM INSIDE

Message from the Council Chairperson.....	2
Tree planting.....	2
It's Christmas in July.....	3
Lion Herb Bacon turns 100.....	3
Lioness Updates.....	4
Lions Youth Exchange.....	5
Useful Tips to Better Manage Diabetes.....	7
Lions Learning Center.....	9
Vital Information.....	10
Slippers for Council of Govenors.....	13
Membership Reporting to LCI.....	14

MD19 Council Chairperson

Jon Whitman

Wow what an exciting year this has been. It has flown by very quickly and what a great pleasure it has been to serve the Multiple District. All of the Spring Conferences have been completed, Lion Carol and I had the experience of visiting seven of the nine Districts. We certainly thank all of you for your wonderful hospitality. I would like to thank each of my District Governors for their hard work this past year. You have Chartered five new clubs and one new Leo club. There were many awards presented at each conference, including 19 Melvin Jones Fellowships at the District 19-E Spring Conference.



I would also like to thank all of the Committee Chairpersons who served on the MD19 cabinet for the 2017-18 Lions year. Great Job! We brought on board a new Executive Secretary Treasurer, Peter Anderson, with the retirement of Patty Allen. Peter shadowed Patty until the first of October when he officially took over. I would also like to thank Michele Barrie for all of her assistance throughout the year, especially with her little reminders she is so thoughtful to send.

We have also had some fun along the way with the advent of the Blue Hair, that has certainly turned some heads and the Blue Group continues to expand in numbers.

On a more serious note, the MD 19 Lions continue to learn and build on the GAT (Global Action Team) programs that Lions International has set to achieve in the next five years. Membership chairperson IPDG David Walk is just completing his first year as the GMT (Global Membership Team) Coordinator. IPDG/DG Wanda Carisse will become the Leadership Chairperson on July 1, replacing PDG Bob Ayotte who has done a fantastic job the last three years.

Some other changes Lions will be seeing is the addition of MY LION website which will allow the clubs and their members to report their service activities. This will hopefully help and assist the clubs to report more of their activities as they are accomplished. This does not replace MyLCI.

Council Chairperson Elect John Kirry will be stepping up to lead our Lions this next year. Best of luck to you and Vice Council Chairperson Elect J.D. Nellor. It has been great working with both of you this past year.

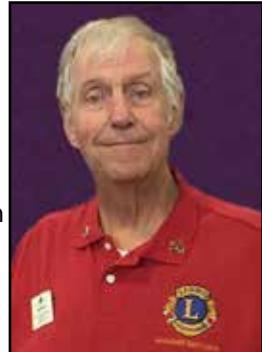
We shall continue to grow our membership and expand the Leo's and I am looking forward to seeing the numbers increase under our new leadership. We plan to see many

Continued on page 12

Tree Planting

By Bill Karcher, Governor 19-G

When this long journey of a project started with the Vancouver Dawn Lions Club, it seemed so simple and would be a one-time or two-time project. The club got a call asking to volunteer to plant trees in downtown Vancouver, WA for about two hours on a Saturday morning. As the years went by, the club tree planting projects grew to include Clark county plantings, city planting and planting with the The Friends of the Trees. Those who participated would later check in on the trees to see how they were thriving and beautifying the area we live in, not to mention providing clean air.



The craziest planting the Vancouver Dawn Lions did was this winter. The weather was in the mid-teens and dropping fast with a major snow storm on the way. The storm hit as we left with four Lions and one new member-to-be. As you can guess the ground was frozen! The use of picks was needed to break the ground and it took much longer to dig the holes for the trees. Now the great part was that each tree dirt ball was frozen in pots and when the dirt ball came out of the pot it did not break down, so the holes had to be made bigger. Although we could not use water on them to help promote their growth, the good news is that each tree is alive and well helping us have better air. Everyone did recover with HOT coffee, tea, or chocolate and a warm ride home. Now the club members are looking for more treeing planting projects.

District Governor Bill Karcher has been a Vancouver Dawn Lion since 1978. He has been club president and club secretary –14 years and 100% every time! He served as Cabinet Secretary for seven District Governors. At the MD 19 level, he has been Parliamentarian, Contests and Awards Chairman, and Hearing Chairman. He is a Key Member. In recognition for outstanding service, District Governor Bill has received the International District Chairman Hearing Top Ten Award, seven District Governor Appreciation Awards, two distinguished Service Awards, and the International President's Certificate of Appreciation. He is a Melvin Jones Fellow.

His goal for his District Governor year is to visit a lot of Lions in the district and to do what is asked and/or required of a District Governor. His favorite Lion activity is working on projects as a general member of his club and working projects with other clubs. To date, he has worked on projects with six other clubs.

He is a collector – coins, stamps, sports cards, and Green Bay goodies. He enjoys spending time with his daughter and two grandchildren and remembering daughter Erika.

It's Christmas in July

The Mt. Cheam Lion's Club are pleased to announce we are hosting a "Christmas in July" luncheon.

It is to be held at the Lion's Hall on Spadina Avenue in Chilliwack on July 21, 2018.

**Doors open at 11:30 a.m.
and all are welcome.**

Cost is \$20.00 per ticket"

This event is hosted by Lion Bev and the Mt. Cheam Lion's Club.

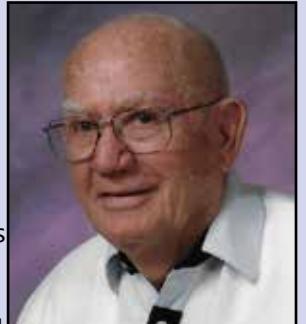
Hope to see you there.

Contact Lion Bev 604-858-4841 or bbennett@shaw.ca

Lion Herb Bacon turns 100!

I would like to introduce you to a great Lion, Herb Bacon.

Herb Joined South Whidbey Lions in October 1981. Since then he has served the South Whidbey Lions in every position and chaired many committees. He has received many accolades throughout South Whidbey and was featured in the November 13, 2013 South Whidbey Record for his many accomplishments in the community. Herb is just a fabulous Lion.



He joined the U.S. Navy in November of 1942 and served honorably throughout the war. At 95 years old, he attended the Honor Flight Network to visit the Veterans Memorial in Washington DC. He has been an outstanding Lion and citizen to South Whidbey and the United States. Even today, he is still active in the club.

On August 26, Herb and his many Lions friends will be celebrating his 100th Birthday! Send a greeting to Herb Bacon: 3621 Bells Beach Boulevard, Langley WA 98260.

Strengthen the Heart of the Lion Day in Lynnwood

On March 24 District B held its first ever "Strengthen the Heart of the Lion" Day in Lynnwood, WA.

There were 37 participants, including our five presenters: John Kirry, Marilynn Danby, Sharon Sikes, Rob Schumer and Anne Smarsh. John Kirry presented his "FUNdraising" session via GoTo Meeting from Walla Walla---Lions go forth via technology!!

You'll see from the group picture that we had a very fun team! Lions from Districts B, C and D enjoyed five different leadership learning sessions, including Sharon Sikes', "How to Rock the Boat without Losing Your Crew" which was a session about change.

Plans are to make this an annual event, so watch for next year's fun! Some comments shared were: "Best leadership event in 19-B ever!"; "Thank you for your Heart and Lions Service", and "I will recommend this to others in my club".

Pictured (upper left) receiving her certificate is Lion Marlene Cartmell from the Woodinville Lions (B3), along with presenters Sharon Sikes, Marilynn Danby and Anne Smarsh. Look at that smile! Another picture (center) features Lion Murli Koushik, a relatively new Lion with the University Ballard Lions Club, (B2).

Final picture is the group and a good time was had by all! An interesting twist was the graduation certificates were business card size so that all could carry their leadership reminder with them.





Lioness News May/June 2018

By Linda Schaffrick, MDLL

All winter long we've been hibernating from the cold and waiting for the sun to come out from behind the clouds. Then it came out with a vengeance, melting the snow packs and sending the waters flowing. Our thoughts go out to all those who have been dealing with flooding and being evacuated from their homes. We are getting close to the end of another Lioness year and the new executives will be starting to prepare for the next year, will we continue as in the past as we improve for the future. As always, the clubs are keeping busy.

Kelowna D-7 30 Members Donations \$900.00 Hours 267

Ongoing projects for this club include preparing lunch once a week for Freedom's door, bingo at a seniors center and Days for Girls. Days for Girls prepares toiletries for African girls so they can attend school. Club members attended the District D conference and placed first for the musical comedy and funny story and placed 2nd in the uniform parade. The club made lunch for the Camp Winfield improvement meeting and planted flowers at Camp Winfield. Donations went to Heart & Stroke and Alzheimers.

Moses Lake D-5 23 Members Donations \$6,800.00 Hours 135

The club has been busy going through applications for Scholarships. Five recipients were selected and will each receive a \$1,000.00 Lioness Scholarship. They have also been busy making space burgers for their booth. Projects included Adopt-a-Block clean up and helping hand out white canes. Donations were made to seniors picnic, Little League and scholarships.

Nanaimo Harbor Lites I-7

No report

Oliver D-9 8 Members Donations \$1,600.00 Hours 239

The club finished working in the arena concession for the season. They delivered hot lunches to the elementary schools twice a week, had a BBQ with their Lions for a car show/swap meet, provided breakfast for Fire Fighters (350) Seminar, and looked after registrations for a Mammography Van. They also attended the spring clean up at Camp Winfield as well as the Camp Improvement meeting. They were at the grand opening for the Tots & Tykes playground, and attended Pet Valu Dog walk and "Woof-stock" fun day (a fundraiser for guide dogs). Members attended the District D conference where they were runners-up for Club Brochure, Musical Comedy and Scrapbook. Member Marion Langlois was named District Lioness of the year. Donations were made to Community Tots & Tykes playground for a picnic table, Tiny Bundles, MS, Heart & Stroke, and Lions Foundation of Canada.

Parksville I-7 10 Members Donations: \$4,150.00 Hours 240

The Lioness continue to prepare food for homeless and seniors, provide respite for a family and take people to appointments. They also enjoyed having an artist lead them in a painting session. They are getting ready for summer projects and will be installing their new club officers and celebrating their 34th Charter. Donations went to the ALS, bursary for an adult continuing education, and Forward House (community partners in mental health) for renovations.

Port McNeill I-6 22 Members

No report

Priest River E-11 35 Members

The club held a Bunco party to benefit Relay for Life.

Sooke District I-2 22 Members

The club operated concessions for the Sooke Philharmonics and helped at the Sooke Food bank and the Sooke Region Museum.

South Cariboo D-1 11 Members Donations \$1,200.00

Members held a strawberry tea. Donations went to Fire safety and Special Olympics Children's Hospital and Lions Foundation of Canada.

Toledo G-4 12 Members Donations \$250.00

Fundraising Projects coming up for the club: I-5 Rest Stop in July (4 days), Cheese Day, selling Cheesecake at the Lions Club picnic and Lions Club Turkey Bingo where we accept donations for cookies and coffee. Donations were made to Toledo Common Ground for town beautification.

Vancouver Chinatown A-1 24 Members Hours 66

The club is involved with an ongoing fundraiser making and selling pink ribbon charms in support of the fight against cancer. They helped at the SOS children's village, Legacy bingo and attended the district 19A Conference. They have also collected used eyeglasses.

Victoria Chinatown I-2 20 Members Hours 100+

The club made Mother's Day baskets for Women's Transition House, women in need and other charities. They held an author dinner with Jan Wong for her newest release "Apron Strings". They were also busy serving hot school lunches, working with the Seniors Association and at events such as Tour de Victoria.

Continued on page 12

Lions Youth Exchange

by PDG George Robison, MD19 YEP Chair

Although Multiple District 19 (MD19) has a formal Youth Exchange Program (YEP), several clubs, zones and districts have independent youth exchanges. An attempt to catalog these in the event that other clubs, zones or districts could use them as a pattern, failed. Some clubs or zones have sister-city programs that include a youth exchange and some districts have a scholarship program that substantially supports an exchange. These all work quite well with the MD19 YE Program.

At one time in District 19C, several zones went together and sponsored an essay contest each year, with a YEP monetary scholarship for the winner, to boost participation in YEP. So far as I know, these no longer exist. Why? Primarily because they are time intensive and the Lions who made them work are no longer able or available to carry forth the effort. Secondly, it has become more difficult to promote such contests through the public schools.

In 2017 a new approach was taken involving all MD19. Information about the program and the process for scholarship applications was made known to every club in MD19 and promoted several times through the LEO Program. Only two applications were received and both applicants live in 19C. Both applicants were awarded a scholarship, one to aid in an exchange to Italy and the other to aid in an exchange to Australia.

It is hoped that when the 2018 application process is opened later this year that there will be more applicants. The 2018 program will be announced to all Lions clubs and to LEO clubs on or about October 1st. The process is simple, fill out an application and attach an essay telling why the applicant is the best choice to represent MD19 in the Youth Exchange Program.

For more information, contact PDG George Robison at georgerobison@centurytel.net or by phone at 253-853-2721.

MD19 Youth Exchange for Summer 2018

Six youth from Europe will be hosted by Lions in MD19 this coming summer. Thanks to the efforts of Europe Coordinator Kathy Schumer of the Mill Creek Lions Club, several District Youth Exchange Chairs as well as past hosts, eleven hosts have volunteered and the visits have been scheduled.

The host families are in Districts B, C, D, F and G. Last winter there were nine youth hosted from Australia with the host families from Districts C, D, E and F.

If you would like to become a Youth Exchange Host in the future, contact your District YE Chair or the MD19 Chair, George Robison at 253-853-2721 or email georgerobison@centurytel.net.



MD19 Memorial Garden Work Parties Set

MD19 Office, 4141 W. Maplewood Avenue,
Bellingham, WA 98226

All are on Saturday 9:00 am – 11:30 am

- July 14
- August 11

August 18 will be the Memorial Dedication for the 2017-2018 plantings.

☆☆☆ NEW ARRIVALS

Cheney Centennial Lions Club, E-1

President: Tom Osler
P.O. Box 111
Cheney, WA 99004
Email: cheneylions@gmail.com

Secretary: Mike Morris
600 Golden Hill Drive
Cheney, WA 99004
Email: cheneylions@gmail.com

Sponsoring Club: Medical Lake Lions Club, E-1
Charter Night: June 23, 2018

MD 19 Memorial Garden Information

In remembrance of a Lions Club Member or Family Member, plant a living memorial on the grounds surrounding the MD19 Office in Bellingham, WA

Cost of the Memorials includes:

Plant	Planting soils,
Care and watering	Engraved metal plaque on the Memorial Wall

\$100.00 will Purchase:

A bush or shrub, such as a Rose, Mahonia, Viburnum, Forsythia

\$50.00 will Purchase:

A flowering perennial or decorative grasses, such as hardy Geraniums, Helianthemus (sun roses), Lavender, Russian sage, Blue Fescue, or other small grasses.

Specific plants will be decided upon based on the needs of the garden and desires of the donor. **Currently the garden cannot accommodate additional trees.**

Send Checks to the MD19 Office, 4141 W. Maplewood Ave., Bellingham, WA 98226. Make checks out to MD19 Lions. Include a note with check indicating the name of the person being honored. Questions about type of plant to be purchased, contact PDG Ed Brunz, 360-708-0370

Saturday 2018 Work Parties in the Garden will be:

July 14
August 11

Lions and friends gather in work clothes with tools and energy to spruce up the gardens: weed, trim, and plant from 9 - Noon. Join the fun and be part of the transformation!

2017/2018 Dedication of Memorial Garden Plantings

August 18

It will begin at 1:00 pm with memories shared of each Lion that has been honored in this Lions year. There will be refreshments served at the close of the service.

New Idea – Great Club Environmental Project:

Lions Clubs encouraged to "adopt a garden".

Set up your own work schedule to care for one of the specific garden areas

Rose garden	Garden around the Pond
Flag or Light Garden	Gate Garden
Rhododendron Row	

Signs will identify and credit Clubs that take charge of a section of our Memorial Gardens. Contact Ed for a Job List for the Club Independent Work Schedule. Besides weeding, specific needs will be identified in the spring after the scheduled work days begin.

"Friends of the Garden" donations are always welcome from individuals or Lions Clubs. The Garden can't exist without contributions. Encourage your Club to budget annual support (\$1.00 per member would be spectacular!)

For more information, contact PDG Ed Brunz at 360-708-0370 or MD 19 office; 360-733- 4911

LCIcon Know Before You Go

3-1-1 for carry-ons = 3.4 ounce bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. 3.4 oz. container size is a security measure. Consolidate bottles into one bag and X-ray separately to speed screening. Declare larger liquids. Medications, baby formula and food, and breast milk are allowed in reasonable quantities exceeding three ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint.

Travelers with Disabilities and Medical Conditions

Provide advance notice to your airline or travel agent if you require assistance at the airport. TSA can only assist you with the screening process. Your airline will assist you through the airport facility and the screening queue line.

If you require a companion or assistant to accompany you through the security checkpoint to reach your gate speak with your airline representative about obtaining a gate pass for your companion before entering the security checkpoint.

Pack your medications in a separate pouch/bag to facilitate the inspection process. Ensure that containers holding medications are not too densely filled, and that all medication is clearly identified. It is recommended that passengers refrain from packing any medications in their checked baggage that they do not want exposed to X-rays. Instead, send larger quantities of medications to your destination by mail or any other way preferred.

Make sure all your carry-on items; equipment, mobility aids, and devices have an identification tag attached. TSA recommends that you bring all the necessary tools and/or appliances that you require to put on or take off your prosthetic device (e.g. wrenches, pull sleeves, etc.) should you need to remove your prosthetic device for any reason. TSA allows these tools to be carried through the security checkpoint once they have been screened. If you have a medical device (on the interior or exterior of your body) check with your doctor prior to traveling to determine if it is safe for you to go through the metal detector or be handwanded. Your personal supplemental Oxygen will need to undergo screening. Check with your Doctor prior to coming to the checkpoint to ensure disconnection can be done safely. If your Doctor has indicated that you cannot be disconnected or if you are concerned, ask the Security Officer for an alternate inspection process while you remain connected to your oxygen source. For more information go to the following website: www.tsa.gov

RFID, Radio Frequency Identification, technology is used in credit cards, debit cards, passports, employer/government ID cards, highway toll pass cards and subway passes. Protect identify theft by using an RFID blocking wallet or passport holder, which contain a metal shield to block radio frequencies.

See the full article at LCIcon here <http://lcicon.lionsclubs.org/EN/travel-tours/index.php#.WqgWy2Zc3jo.email>

Useful Tips to Better Manage Diabetes

By Tom Smarsh, MD19 Diabetes Chairperson

Changing your lifestyle could be a big step toward diabetes prevention and it's never too late to start. When it comes to type 2 diabetes, the most common type of diabetes, prevention is key. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, such as, if you're overweight or you have a family history of the disease.

Diabetes prevention is as basic as eating healthy, becoming more physically active and losing a few extra pounds. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road: nerve, kidney and heart damage. Consider the latest diabetes prevention tips from the American Diabetes Association (ADA) and the Mayo Clinic.

1. Get more physical activity:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

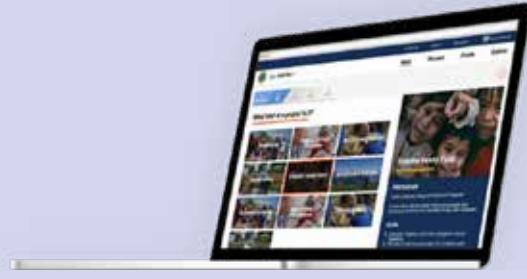
Continued on page 15

LCI Changes in July

Lions Clubs International is launching something big this summer. It's called MyLion, just like our official mobile app, now available in over 70 countries.

Starting in July, you will use the new MyLion website to report all of your service activities. While you'll still use MyLCI or your local system for everything else (membership management, club management, etc.), the new MyLion website will be your one-stop destination for all things related to service.

- All club-level officers will now be able to create, edit, and report on service activities.
- All officers will now have access to service reporting data from all over the globe through MyLion.
- Want to learn more? [Check out our FAQ.](#)



Help Staff Booth at USA/Canada Lions Leadership Forum

USA/Canada Lions Leadership Forum in Columbus, OH, Sept. 20-22, 2018

Come help staff a booth in Columbus, OH to promote the Leadership Forum in Spokane, Sept. 19-21, 2019

We need Lions from every district, zone and club to be promoting the Forum in Spokane. This Forum belongs to all of us in MD19.

Steps:

1. Register at USA/Canada Lions Leadership Forum Website: www.lionsforum.org
2. Let us know if you are willing to help staff our booth in Columbus. Contact: Vice Chair Host Committee: PZC Ed Brandstoettner 509-467-0360 brandsen@comcast.net

Details:

USA/Canada Lions Leadership Forum 2019 "Creating Better Leaders"
September 19-20-21
Spokane, WA

Any questions: Contact PDG Laura Wintersteen-Arleth at lionlaurawintersteen@gmail.com or 509-999-6282.
USA/Canada Lions Leadership Forum website: www.lionsforum.org

PDG Laura Wintersteen-Arleth
Host Chair, USA/Canada Lions Leadership Forum
Sept. 19-21, 2019 in Spokane, WA
District 19E Camp STIX Liaison
lionlaurawintersteen@gmail.com
509-999-6282

Attention Club Secretaries

The following MD19 Excellence Award Forms for the Lions Year 2017-2018 are on the MD19 Website (www.lionsmd19.com) waiting to be filled out and sent in:

- Club President Excellence
- Membership Director Excellence

You will find the forms located under Contests and Awards. The Editable PDF forms are found next to their corresponding contest rules (Club President Application - both PDF and Word & Club Membership Director). Please save the forms to your machine before filling them out, saving and sending to our office as an attachment: md19lions@lionsmd19.com.

You may also fill out a hard copy and mail to: MD19 Lions Office, 4141 W Maplewood Ave., Bellingham, WA 98226.

Hard copies were sent to secretaries for whom we have no email address and thus did not receive this AWeber notification sent in May.

Deadline for receipt of Forms in the MD19 Office is July 25, 2018.

Thank you

Lions Learning Center

Lions Clubs International has FREE leadership training classes available for your role as a Lions leader and as a leader in all aspects of life. Not everyone is able to attend the North West Lions Leadership Institute (NWLLI) or LCI's Institutes (Emerging Lions Leadership Institute, Advanced Lions Leadership Institute, Faculty Development Institute, and Faculty Development Excellence Series). However everyone with access to the internet can take part in the FREE Lions Learning Center. Classes are available online at any time of the day or night, seven days a week. In order to participate, you will need to know your Lions member number which you can get from your club secretary. Adobe Flash Player is needed to run the courses. Currently, the courses cannot be accessed by iPad or iPhone. Other tablets and smartphones with Flash Player can be used. Courses are categorized by four key skills: Leadership, Managing Others, Achieving Results and Communication. These courses typically take 30 to 60 minutes to complete.

Follow this link <http://members.lionsclubs.org/EN/resources/leadership-resource-center/lions-learning-center/index.php> to begin your journey. If you haven't tried these classes, you will be very pleased with the great resources available



Name of Company or Club: _____

Contact Person: _____ Phone Number: _____

Email: _____

Billing Address: _____ Street Address / P.O. Box _____ City _____ State/Prov. _____ Zip/Postal code _____

Size of Ad: _____ #of issues: _____ Amount Paid: _____

If paying by credit card, please complete the following:

Visa Master Card

Card # _____ Expiry Date _____ / _____

Signature: _____ (payment will be in US Funds)

Border Crossing / AWeber (Emailed Ads and Fundraising Events sent to MD19 Lions)

Border Crossing / AWeber (Emailed Ads & Announcements sent to MD19 Lions)

2017-18 Rates cover inclusion in 1 issue of The Border Crossing and 1 AWeber Message.

Full Page	\$160.00	(8.5 x 11)
1/2 Page	85.00	
1/4 Page	50.00	
Business Card	35.00	

The Border Crossing is published August, October, December, February, April & June with a publication date of the 10th of the month. All ad information **MUST** be in the MD19 Office by the last day of the month previous to publication.

The AWeber announcement with the ad will be emailed out to all subscribers within 10 working days of the Border Crossing in which the ad is published.

Submission Guidelines: Camera ready artwork in either a .jpeg, .png or .tif file. When submitting written copy only, not camera ready, an additional \$25.00 will be charged for ad design. You will be asked to sign off on any ad created for you. Specify ad size and number of issues the ad will run.

Vital Information

Communication Link: Whenever a new name is added to the MD19 AWeber email list, the person will receive an email from Peter Anderson with the subject: "Confirm your subscription". Within that same email is a link that you need to click on in order to give us permission to send you the Border Crossing link and other important MD19 information during the year. You must confirm your "subscription" in order for us to communicate with you by following this procedure. 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.

Club Presidents and Secretaries who don't have an email address, please provide an email address to MD19 so you receive information that is emailed via AWeber.

Activities Summaries. Secretaries have the option of creating an Activities Summary in the format that is found in their roster under MD19 Contests and Awards Book or they can email a copy of their LCI Annual Report, which is created from the "Summary of Activities Reports (SAR)" that are submitted online each month with the WMMR. Either is due in the MD19 Office on or before July 25.

Other MD19 Recognition – Notification has been emailed to Secretaries. Forms found on MD19 website under "Contests and Awards" next to their rules:

1. MD19 Club President Excellence Award Deadline postmarked by July 25
2. Club Membership Director Excellence Award Deadline postmarked by July 25

MD19 2018-19 First Half Dues Statements: In late July or early August, the 1st Half MD19 Dues Statements will be emailed out to Lions Club Treasurers or Secretary-Treasurers. If no email address has been provided on the LCI Club Officer Report Form, the Dues Statements will be mailed as hard copies.

Lioness Clubs: The Lioness Annual Administrative Assessment Statements will be sent out in late August.

The 2018-19 MD19 Roster: The rosters will be mailed out in August. They will 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 has 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 August, please contact the MD19 Office.

2018-19 Club Secretaries: Incoming secretaries will be receiving a packet of information from the MD19 Office in early July. There will be instructions for using the MyLCI site for reporting your Club's WMMR and SAR reports and information about the upcoming MD19 Annual Convention in Whistler, B.C.

IMPORTANT: Beginning July 1, 2018 LCI and MD19 will no longer give dues credit for dropped members reported on the July and January WMMRs. Dropped members need to be reported on the June and December WMMRs in order to avoid paying for members no longer in the club.

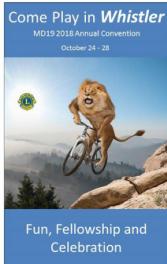
Whistler Fun Facts

Whistler is located in the Cheakamus-Green divide which was the main trading route of the Squamish and Lil'wat First Nations people long before the arrival of Europeans.

Whistler owes its popularity to Myrtle and Alex Philip, who in 1914 purchased 10 acres of land on Alta Lake and established a lodge.

Join us at the
MD19 Annual Convention in Whistler
October 24-27, 2018





MD19 Lions Annual Convention Registration

October 25-27, 2018
Hilton Whistler Resort and Spa, Whistler, B.C.
Lion, Lioness, Leos (1 Person per Form)

Send Form with Canadian Funds made out to MD19 Lions Annual Convention to Registrar:
Jeannie Ham, 3646 Garibaldi Drive, North Vancouver, BC, Canada, V7H 2X8
or email at lionjeannieham@gmail.com

Final Deadline for all registrations **Thursday, October 4, 2018.** No refunds after October 4th.

Name: _____ Check if joined Lions after 7/1/2017: _____

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, 2018:

Date	Event	Price Canadian	Amount Enclosed
Registration Information	Registration Lions, Lioness, Guests; No Leo Registration Fee	\$25.00	
	After September 30th, Registration	\$30.00	
	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, 10/25/18 Afternoon	Kick-Off Lunch	\$29.00	
	ZipLine! Age 65 & up = \$80 OR Not Yet Age 65 = \$95	\$80.00 / \$95.00	
Friday, 10/26/18 Afternoon	Luncheon to Honour Key Members - Everyone Invited	\$28.00	
	Friendship Dinner - Fun Night Ticket Included	\$41.00	
	"Halloween Family Feud" Fun Night Ticket ONLY	\$10.00	
	ZipLine! Age 65 & up = \$80 OR Not Yet Age 65 = \$95	\$80.00 / \$95.00	
Saturday, 10/27/18	PDG & Partners' Breakfast	\$27.00	
	Tour or Activity (To Be Announced)		
	Mixed Luncheon	\$28.00	
	Lions Appreciation Banquet Buffet	\$43.00	
	Total Amount Enclosed		

Please Note the following change: If paying by Credit Card, we will be using EventBrite as our registration portal
<https://www.eventbrite.com/e/md19-lions-annual-convention-tickets-47181745872>

Thursday, October 25,

Kick Off Luncheon: Minestrone Soup; Buffet selection of sandwiches- French Baguette with Honey Ham & Swiss Cheese, Sourdough Bread w/greens & Free Run Egg Salad, MultiGrain Bread w/Pea Shoots & Albacore Tuna Salad; Artisan Mixed Leaves & Assorted Dressings; Greek Salad w/Lemon Mint Dressing; Potato Salad w/Grain Mustard & Smoked Bacon; Sliced Watermelon & a Cookie

Friday, October 26,

Key Members Luncheon: Plated lunch Sheppard's Pie, Baby Green Salad, Rolls, Family-style Dessert Bars, Coffee/Tea

Friendship Dinner: Plated dinner Lasagna Bolognaise, Rolls, Family-style Caesar Salad, Cookies, Coffee/Tea

Saturday, October 27,

PDG & Partners Breakfast: Buffet with Fresh Juices, Fruit Salad, Yogurts, Breads, Whole Wheat Cereals with Dried Fruit & Nuts, Scrambled Eggs, Maple Baked Beans, Double Smoked Bacon, Home-Style Breakfast Potato.

Mixed Luncheon: Plated lunch Prosciutto Wrapped Pork Loin, Dijon Jus, Roasted Potato, Seasonal Vegetables, Rolls, Family-style Dessert, Coffee/Tea

Lions Appreciation Banquet: Marinated Grilled Chicken Breasts, Garlic Mashed Potatoes, Seasonal Vegetables, Mixed Greens, Balsamic Dressing, Greek Salad, Rolls, Assorted Cakes, Coffee/Tea

LCI Membership Fee Waiver

International President Dr. Naresh Aggarwal would like to share this special fee waiver announcement with us. Please join him in encouraging our clubs to take advantage of this unique opportunity so we can make June our best membership month of all time. We're so close to our historic goal of 1.5 million members, so let's keep pushing to the end of the Lion year.

Entrance fees waived June 7-30!

To close out our incredible Centennial Celebration in style, we're waiving entrance fees for new members who join between June 7 and June 30! For more than 100 years, we've delivered hope and change to the world. Now, as we prepare for an innovative second century of service, there has never been a more exciting time become a Lion, and we want to make it as easy as possible for new members to join us.

So how does it work?

- Invite family and friends to join your club between June 7 and June 30.
- Report your new member to Lions International by 11:59 p.m. CDT on Saturday, June 30.
- Save money when your club billing automatically reflects this special promotion
- Earn a Centennial Sponsor Pin for inviting a new member, and wear it with pride.

This is a limited offer that does not apply to new members added prior to June 7 or after June 30, 2018. No exceptions will be approved. Charter and transfer charter fees do not qualify for this special waiver. If you have any questions, please contact membershipdev@lionsclubs.org.

Invite your family and friends to join the greatest service organization in the world as we write the history of our second century together.

MD19 Council Chairperson...continued

of the MD19 Lions in Las Vegas for the 101st Lions International Convention. I am also anticipating seeing many of you at my Convention in Whistler, B.C. October 24-28.

I would like to take this opportunity to send our thoughts and prayers to acting DG Donna Oiland 19-B. Donna, you have done a tremendous job this year and we wish you all the best as you regain your health. Our prayers and thoughts will continue for you and we hope that we will be seeing you up and around soon.

Thank you again for a great and wonderful year and for the memories I will carry with me in the years to come. Everyone have a great summer and safe travels to wherever life may lead you.

Lioness News May/June 2018...continued

Williams Lake D-10

12 Members Donations \$5,100.00 Hours 230

Members continue to work at the Red Cross Equipment Centre. They donated \$525 for a 3-hour free family swim, visited the South Cariboo Lioness who will leave us at the end of June. Two members attended District D spring conference in Kelowna. Donations were made to Cariboo Festival Society, Camp Winfield, Camp Kakhemela, Cariboo children's festival, SPCA, Hospice, and Community Living.

Winlock G-4 No report



Remember, as Lioness We Serve Too!

Slippers for the Council Governors

At the Spring Council of Governors meeting May 31 2018, DG Wanda Carisse presented a gift of slippers to her fellow District Governors in honor of DG Ducky who had attend every District Conference that scheduling allowed. DG Ducky was able to make 7 of the 9 Conference's and if she could have figured out how to be two places at once, she'd have been at EVERY Conference this year. Can you identify Council Chair Jon Whitman, 19-A DG Grace Hwo, 19-G DG Bill Karcher, 19-H DG Corinne "Ducky" White, 19-D DG Wanda Carisse, 19-F DG Crystal Walk, 19-E DG Harry? Also "slipped" but not pictured were 19-I DG Joyce Boyle and 19-C DG Ron Smircich as they had already packed their bags in preparation of leaving.



Percentages of WMMRs received, SARs completed for month of May, 2018 and Second Half Dues Paid for 2017-18

	WMMRs	SARs	DUES
19-A	67%	51%	82%
19-B	68%	44%	84%
19-C	83%	74%	98%
19-D	68%	52%	90%
19-E	88%	58%	100%
19-F	67%	37%	91%
19-G	64%	38%	97%
19-H	90%	62%	92%
19-I	98%	52%	98%

Special Donations

2017-2018

	CARE
19-A District Conference	\$300.00
19-B PDG Tom Smash	\$100.00
19-D Kelowna Lioness	\$250.00
19-E District Donations	\$576.50
19-F PDG's Jim & Erma Kemp In Memory of PDG Joan Hunter	\$25.00
19-F DG Crystal Walk	\$1,000.00
19-F Darts for Charity	\$150.00
19-G PDG Kathy Morrison	\$250.00
19-G DG Bill Karcher	\$250.00
19-H Michele Barrie For Dylan, Dami and Ian Barrie	\$75.00
19-H Patty Allen In Memory of PDG Joan Hunter	\$20.00
19-I District Convention	\$138.05

Memorials for April 2018

A 2	Lynn Valley	Earnest Cavanaugh
B 2	Seattle University Ballard	Atef A. Azzam
B 3	Seattle Lake City	Randy Taylor
C 5	Spanaway	Charles H. Overaa
D 2	Wenatchee Central	Jay Bean
D 8	North Kamloops	John Warsimage
E 1	Spokane Central	R.E. Shanks
E 3	Osburn	Norman Archie Radford
G 2	Salmon Creek	PDG Donald H. Holly
H 1	Everson	James Noteboom
H 5	Burquitlam	Albert Kennedy
H 5	Burquitlam	Ruth Muldoon
I 1	Crescent Bay	Benedict J. Palzer
I 2	Victoria Chinatown	PDG Edward G. Chow
I 3	Gordon Head	Fred Ross Mabey

Memorials for May 2018

A 2	Mount Seymour	John P. Pavlik
B 1	Snohomish	John T. Moss
B 5	Burien	Marliana Lieberg
C 3	Fife	Frank Mizukami
C 5	Spanaway	Marianne Overaa
C 6	Lacey Mid Day	Arthur H. Corwin
C 6	Lacey Mid Day	Gary H. Harder
D 2	Leavenworth	William J. Funke
D 5	Quincy Valley	Austin R. Durfee
D 7	Peachland	Glenn Platts
D 7	Westbank	Pierre R. Dumas
D 8	Clearwater Vavenby	Lorraine Davison
D 9	Kettle River	Noreen McAuley
F 3	Waitsburg	William Dawes
G 1	Longview Kelso Earlybird	Gordon W. Sondker
G 1	Longview Pioneer	Barry A. Morrill
G 1	Longview Pioneer	Charles Price
G 1	Longview Pioneer	Jan M. Searing
G 3	Hoquiam	Gerald Vanderlinden
H 2	Concrete	Conrad Claybo
H 4	Tsawwassen Bounday Bay	Jack A. McQueen
H 6	Agassiz Harrison	Margery Carson
H 6	Hope	R. Hasell
H 7	Coupeville	Freeman E. Boyer
I 5	Royston Cumberland	Donald R. Vance

Membership Reporting to LCI

Dear Club Officer,

Starting on June 30, 2018, **dues credits for membership drops will not be issued** after the release of the semi-annual billings on July 1 and January 1.

In the past, Lions Clubs International has given clubs a grace period in January and July to adjust their club rosters and receive a credit for unreported membership drops. This practice has been a courtesy extended to clubs by Lions International despite rules governing the practice in Board Policy. The board of directors recently decided that enforcement of existing policy is necessary in order to be in compliance with Board Policy.

Semi-annual dues are billed based on our records on January 1 and July 1 of each year. This means that clubs must update their membership rosters by June 30 and December 31 respectively to ensure they receive an accurate billing statement that reflects their club's membership. Members dropped after the release of the semi-annual dues billing will no longer be credited.

Here are a few best practices that can help you prepare for your July billing:

- Update your club roster online using MyLCI or your regional reporting system.
- Submit your updated membership roster to MyLCI or your local reporting system by June 30, 2018 CDT.
- Inform current and incoming club leaders that membership dues credits will no longer be issued.

Please contact Accounts Receivable and Club Account Services at membershipbilling@lionsclubs.org if you have any questions. And thank you for all of the kindness and tremendous service that you bring to your community.

Sincerely,
Tony Benbow
International Director
Chairperson Finance & Headquarters Operation Committee
Lions Clubs International

Whistler Convention Update...Registration Information

The following is the information needed to book hotel rooms for the 2018 MD19 Lions Annual Convention in Whistler in October....please share with all of your clubs.....

Host Hotel: **Hilton Whistler Resort and Spa**

Phone: 1-800-515-4050 or direct 1-604-932-1982

Reservation link: https://secure3.hilton.com/en_US/hi/reservation/book.htm?spec_plan=MD19&spec_plan_desc=MD19%20LIONS%20CLUB&ctyhocn=YWSVRHF

Email: reservations@hiltonwhistler.com

Website: www.hiltonwhistler.com

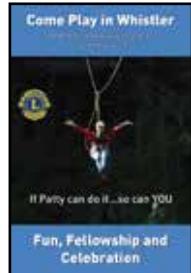
The room rate is \$143 (Canadian\$) for a deluxe room with two double beds or a room with a King or Queen bed. If you phone the hotel, tell them you are with the MD 19 Lions Convention in October to get this rate. For those wanting to extend their stay to enjoy Whistler, the hotel will honor this rate three days before and three days after the convention.

If you want to upgrade to a larger room these upgrades are available....

- A Spa Room or a Premium Studio, it is an additional \$30/night. (\$173)
- A one bedroom suite is an additional \$50/night (\$193)
- Or upgrade to the Blackcomb Suite or the Harmony Suite for an additional \$70/night (\$213)
- Or try an Alpine Two Bedroom Suite for an additional \$130/night (\$273)

If you have any questions, please contact:

PZC George Sim, H 604-987-8203, C 778-838-8727, E georgesim@shaw.ca



Useful Tips to Better Manage Diabetes - continued

2. Get plenty of fiber:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

3. Go for whole grains

It's not clear why, but whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Make at least half your grains whole grains. Many foods are made from whole grains, ready to eat, look for the word "whole" on the package and among the first few items in the ingredient list.

4. Lose extra weight

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight, around 7 percent of initial body weight, and exercised regularly reduced the risk of developing diabetes by almost 60 percent.

5. Skip fad diets and just make healthier choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first. But their effectiveness at preventing diabetes isn't known, nor are their long-term effects. And by excluding or strictly limiting a food group, you may be giving up essential nutrients. Instead, make variety and portion control part of your healthy-eating plan.

When to see your doctor

If you're older than age 45 and your weight is normal, ask your doctor if diabetes testing is appropriate for you. The American Diabetes Association recommends blood glucose screening if:

- You're age 45 or older and overweight
- You're younger than age 45 and overweight, with one or more additional risk factors for type 2 diabetes, such as a sedentary lifestyle or a family history of diabetes

Share your concerns about diabetes prevention with your doctor. He or she will applaud your efforts to keep diabetes at bay, and perhaps offer additional suggestions based on your medical history or other factors.

This month I am including some up to date happenings in Lions MD19 & Lions District 19B

Recently, I contacted Diabetes Canada to work jointly with them because we are an "across the border" Lions Multiple District. My contacts are Shelia Kern, Krista Constantineau, and Michaela Eaton. They are willing to work more closely with us and even attend some of our Lions Conferences to help in our new Global Initiative, DIABETES. Look for an information table at your next District Conference. They are also making themselves available to do informative presentations at Lions Zone or Club meetings. This joint effort across the border should produce greater results in our fight against Diabetes.

19B Diabetes Chairperson, PDG Art Ruben reports the following:

I offered a table to the American Diabetes Association at 19B's Convention and they will allow us a table to promote Lions at the ADA Tour de-Cure on May 5th. I also explained that we may have a doctor specializing in diabetes at our convention. We are using the ADA brochures and have a large Diabetes Awareness sign on the 44ft. Health Screening Van. I set this up some years ago. I explained that we will have five new smaller vans throughout the state that may have room for brochures and poster. The ADA was invited to join Lions with a table at Project Homeless Connect in July and Fly Day for Disabled Kids in August. Both events are in Everett, WA. The ADA is offering speakers to visit clubs. I have worked with the ADA on Lions Diabetes projects over many years and have found them to be a tremendous resource and friend of Lions.



Funding of MD19 Border Crossing:

The salary for The Border Crossing editor is partially funded by a grant from the MD19 Lions Service and Leadership Development Foundation. This is an example of your leadership dollars at work in the Multiple District.

MD19 Calendar of Events 2018

Cheney Centennial Lions Charter Night	Cheney, WA	June 23
Shelton Centennial Lions Charter Night	Shelton, WA	June 23
Camas Lions 80th Charter Night	Camas, WA	June 23
LCICon	Las Vegas	June 28 – July 3
Memorial Garden Dedication, MD19 Office	Bellingham, WA	August 18
USA/Canada Lions Leadership Forum	Columbus OH	September 20-22
MD19 Fall Council of Governors	Whistler, BC	October 24-25
MD 19 Annual Convention	Whistler, BC	October 25-27



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!**