



Serving Lions Clubs in British Columbia, North Idaho and Washington Since 1922

# The Border Crossing

September - October 2020

Bi-Monthly Newspaper

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## Something to Look Forward To

By PDG Wanda Carisse, MD19 GLT Leadership Coordinator

Well, the start of October usually means I'm getting ready to attend the MD19 Annual Convention.

As we all know, 2020 means we should expect things to be a little different. But I'm so excited. I still get to "attend" the MD19 Annual Convention. It will be virtual; it will be on November 7<sup>th</sup> and it will be fun, informative and I'll get to connect with my lions friends/family and make new friends.

Here's some of the live and on-demand learning sessions that we have planned:

1. An auditory tour of Helen Keller Artifacts
2. Rap sessions or meet-ups for Zone Chairperson, President, and Secretary.
3. The Money Machine – Doing it the Correct Way for Club Treasurers
4. A reading by Dick Cathell – The Gift of Becoming: Fulfilling 9 Basic Needs for Enhanced Living
5. Doing Lions Service in Australia
6. C.A.R.E
7. BC Lions Society for Children with Disabilities
8. Internet Safety
9. Leader Dog
10. LCIF
11. Greenscapes – a specialty club and the Lions Foundation of Canada Dog Guides
12. Laughing Matters
13. Self-defense from the Darkside
14. Environmental Projects
15. North American Membership Initiative
16. Northwest Lions Foundation
17. LEO Roundtable Discussion
18. How to create and use a 3 minute Video for Lions
19. The ABC's of Public Speaking
20. Old pin, New pin, My pin, **Continued on page 12**

## Link to More Information

MD19 Convo2020 The Lions Journey <https://lionsmd19.org/convention-2020.php>

LCI Responds to COVID-19  
<https://www.lionsclubs.org/en/coronavirus>

USA/Canada Lions Future Forums:  
<https://lionsforum.org/future-forums/>

Having a challenge with MyLION/MyLCI? Spend some time at this website <https://mylion.zendesk.com/hc/en-us>

Wondering about the future? Look here  
<https://lionsmd19.org/calendar.php>

Wondering about everything? Some answers here  
<https://lionsmd19.org/index.php>

## 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 as a virtual event, November 7<sup>th</sup>, 2020.

/s/Al Hedstrom, Council Chairperson, & J.D. Nellor, Immediate Past Council Chairperson, Multiple District 19, Lions Clubs International

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## MD19 Council Chairperson

### Al Hedstrom



It has been said that a jazz drummer and a philosopher share one thing in common: they both perceive time to be an abstract concept. Anyone who knows me knows that I have a great appreciation for music and humor. Some might even say my appreciation for music is better refined than that of my appreciation for humor. But I use that old joke to bring up the topic of time.

Time can be an asset or a liability. For some of our Lions Clubs, time is an asset because they use it effectively to pursue their goals. For others, the liability of time is causing difficulty because they're realizing that their activities have stopped and find they can't restart as easily as they shut them down.

- PDG Art Ruben in District B finds time to be a great asset. He is working with several Lions and non-Lions to form the Knights for the Blind committee whose goal is to assist those in our communities with eyesight issues. In just a few weeks he's put together a committee of ten (maybe more by the time you read this), established goals and realistic plans to achieve those goals. They're moving quickly and we can expect great results for many years to come.
- Lion Bill Lundin of the Northwest Lions Foundation has found time to be a liability because he is bumping against deadlines to submit large-scale grant requests to expand their health screening programs throughout the MD.
- PDG Jan Weatherly finds time on her hands to work on the Northwest Lions Leadership Institute, now set for June 2021.
- The Bremerton Central Lions have used their excess time to create a new service project and fundraiser, that of providing a paper shredding service.
- The B.C. Lions Society and Easter Seals Camps are not just active – they're hopping (get it? Easter Seals? Easter? Hopping?)
- District E received an emergency grant from Lions Clubs International Foundation of over \$9,000 for preventive materials for the spreading of the Covid-19 virus. Four facilities were provided, for serv-

Continued on page 11

## How I Became a Lion

By Donna Murr,  
District Governor 19-C



When I was asked to join the Lacey Sunrise Lions Club in Lacey, Washington, I had heard of the Lions' organization, but didn't know anything about them. It was because of my love of sushi that I met Lions Jan & Terry Storey at our local sushi establishment, who invited me to attend their Lions Club meeting. I attended my very first meeting in 2007, where I met several wonderful people – the Kelley's, Pinson's, LaBelle's, Bucknell's, Reed's, Murphy's, Bergvall's - and the list goes on and on.

I had just started a new job and the financial markets had just crashed, so I didn't have much time to get acquainted with my new club. That truly happened when I was asked to co-chair our annual pancake fundraiser in 2008/2009. This became my favorite fundraising project and the start of becoming totally immersed in the club's activities and my lifelong commitment to Lions.

However, it wasn't until 2010 when I got involved in our Christmas family support program, that I really became a Lion! I had the privilege of supporting a local woman who took care of many foster children. That Christmas I, along with another Lion, took her Christmas shopping where we were able to buy toys, clothes and much needed supplies she so desperately needed. It was very rewarding and I was humbled by her love, support and generosity for these children.

Lions has afforded me so many wonderful opportunities and I am truly amazed at the selflessness of our members and am proud of our commitment to serve others.

I pray you and your families stay safe and healthy!

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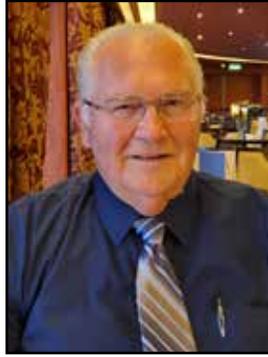
Donna was born and raised in Seattle, Washington and has spent her entire life in the Pacific Northwest. She began her banking career in 1981 with Peoples Bank, which later became U.S. Bank National Association. She was a vice president when she left banking in 1998 to begin her second career as Executive Director of a Washington State agency dedicated to lowering the cost of capital improvements for nonprofit health care providers. She earned her bachelor's degree from Saint Martin's University in Lacey, Washington.

She currently resides in Olympia, Washington with her husband, Ilias Murr, and their two dogs – Bo and Buckley. A member of the Lacey Sunrise Lions Club since 2007,

Continued on page 12

## Back Pack - School Supplies Project

By Orson Christensen,  
District Governor 19-H



The North Whidbey Lions seek to serve all those in need in our community, but the club seems to lean toward contributions to our youth and our school district in general. We are proud of their accomplishments and often seek ways to enhance the experience of Oak Harbor students. With that as a backdrop my favorite North Whidbey Lions project is our school supplies collection program which we call the "Backpack Project".

Though our school district is not very large we have found we have many youth with significant personal challenges. In the 2017-2018 school year the Oak Harbor School were found to be serving 285 homeless students. 75 were identified as unaccompanied. This meant they had no parents or adults being responsible for them. 33 of these youth had no shelter, so they had to find a way to survive within their circumstances. Obviously, these young people needed support in order to have any chance for success in our schools. Through supporting the local Opportunity Council, the North Whidbey Lions have engaged in a school supplies collection program. With coordination with the Opportunity Council and our local Walmart we set up a school supplies collection. We have found the citizens of Oak Harbor are very willing to donate and when we are finished, we are able to put together about 350 back packs filled with appropriate school supplies.

As a retired teacher this program is my favorite. After collection of the supplies and distributing to all the back packs I have a very warm feeling knowing that we are contributing to at least a few students having a better chance to gaining a good education.

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Orson was born and raised in Oak Harbor, Washington and graduated from Oak Harbor High School in 1957. He received his BA in Education from Pacific Lutheran University and his Masters in Education from Seattle University. Orson became a teacher and coach with 14 years at the High School level and then 26 years as a college football coach and teacher. In 1959 Orson married Diana Allison. His family began with two daughters, joined by an adopted son, and later two foster daughters. Diana and Orson have been blessed with seven grandchildren and 13 great grandchildren.

Orson's Lions experience began In 1977 when he became a member of the Bremerton Central Lions. When he moved to Nebraska to teach and coach in 1981, he

## Back Pack - School Supplies Project cont

dropped out of Lions. In 1997 he moved back to Oak Harbor in Washington State, and later in 2004 joined the North Whidbey Lions. As a North Whidbey Lion, he served as Tail Twister, board member, secretary, and president. He moved to Wapato, Washington and dropped out of Lions in 2012. In 2013 he returned to Whidbey Island and became a member of the Coupeville Lions where he served as Scholarship Chairman. In 2015 he transferred back to the North Whidbey Lions and served as secretary from 2015-16, and 2016-2017. He has received the Secretary Excellence Award three times. During the Spring of 2017 he was elected Zone Chairman. He has enjoyed working with all the H7 Lions clubs to carry out our mission to serve our communities. Orson has a Melvin Jones Fellowship and has served in many community projects to aid needy people. He served as faculty member at the Northwest Lions Leadership Institute and has enjoyed his experience as a choir member on the Christmas Ship. He considers it as a privilege to have served as 1st and 2nd Vice District Governor and at the District 19 H Spring Conference Orson became District Governor.

**Shelton Centennial Lions Club**  
Is **LOO**king for **Lions with talent**  
*to have a video in the fundraiser by the name of*

Let's **KICK 2020** to the **GUR Party**



The Party will start at 11:00 (EST) on  
December 31st, 2020, all on Zoom



We need your talent on a YouTube video, to play during the party, also on the video we would ask you to share "why you are a Lion".

Deadline for your submission is October 24, 2020 so we can get some videos into as many Facebook posts as possible to promote this fundraiser for our Food Banks here in Shelton Washington.

So, get crakin' and send that special video to

**billscholl134@gmail.com**

For questions call Bill Scholl at 360-520-6802



## Lioness News September/October 2020

By Linda Schaffrick, MDLL

Fall is in the air and we are coming into the cooler part of the year and hopefully, "The Bug" will cool down too. Even though we are not as active with our projects and activities we can still meet the needs of others who require help - even with just a hello or a smile.

At this time, we can give the expression of gratitude for survival. It will hopefully be a time of healing, and being that it is "witches" month, maybe we can cast a spell to help find strength and hope in the world around us.

As Lioness (for a little while longer) we have many purposes - Friendship, Fellowship and to do service in our communities, Zone, District and worldwide.

### **Kelowna D-7 20 Members Hours: 151**

Helping at the Gospel Mission; Freedoms Door; Hospice house and SPCA. Assisted with meals on wheels. Held an "old fashioned" picnic at Lions park. Checking out for volunteering at safe venues.

### **Moses Lake D-5 17 Members Hours: 108**

This club has been meeting in the park. Held a drive-thru Spaceburger Fest to benefit the Cancer Foundation and the Boys & Girls Club. They sold 3800 space burgers for the one-day event.

### **Oliver D-9 7 Members Hours: 31 Donations: \$700**

Keeping in touch with members and seniors. Hosted the Cops for Kids riders (with social distancing) and raised a total of \$2100.00. Donations made to the Parks & Rec Sun Fun Day Camp, the Big League Baseball Day Camp and Cops for Kids.

### **Parksville I-7 16 Members**

Keeping in touch with each other on a regular basis. They miss being able to be out in the community and doing their good work and services and are hoping for better times soon.

### **PORT McNeill I-6 16 Members** Continuing to serve.

### **Priest River E-11 35 Members** (no report)

### **Toledo G-4**

Have been unable to have meetings - waiting to be able to do service again.

### **Vancouver Chinatown A-1 23 members**

Keeping in touch with each other with some of the members enjoying the outdoors and weekly hikes. Held their September meeting outside in a park with a take-out dinner

### **Williams Lake D-10 17 Members Donations: \$8,100**

Have held an outdoor meeting and are now able to resume meetings at the Seniors Centre. The gals have been spending some time cleaning out their cupboard and deciding what to do with past minutes, photo albums etc.

Donations have been made to: Seniors Activity Centre, S.P.C.A., Community Living, Women's Contact Society, Boys and Girls Club, Jubilee Care, Ronald McDonald House, Camp Winfield, Easter Seal House, Camp Kakhamela, Cariboo Children's Festival, Hospice Society, Gavin Lake Forestry Camp, and the Salvation Army.

### **Winlock G-4** (no report)

**Rivers don't go in reverse, so try to live like a river. Forget the past and focus on the future and always be positive.**

**We Serve Too!**

## 2020-21 Peace Poster

For over three decades, Lions clubs around the globe have been sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity. This year's theme is "Peace Through Service".

To sponsor the Peace Poster Contest, Lions clubs can order a contest kit from January 15 to October 1. The kit is available in 12 of our official languages. A kit is needed for each contest sponsored. Each kit contains:

- Official Club Contest Guide and Rules
- Official School or Youth Group Contest Guide and Rules
- Participant Flyer to duplicate and give to participating students to take home
- Sticker to place on back of winning poster
- Certificates for contest winner and school or youth group

Order Your Kit here <https://lionsclubsinternational.myshopify.com/collections/kits/products/ppk1>

\*To order a kit by phone, call Club Supplies Sales at (630) 571-5466 or 1-800-710-7822 (U.S., Puerto Rico, U.S. Virgin Islands and Canada only).



**Lions International  
Convention**  
June 25-29, 2021  
**Montreal, Canada**

MD19 Lions, come join in the fun in Montreal.....

- Attend an International Convention
- Learn new things about Lionism
- Meet new people from all over the world
- Make new friends that you will see at future conventions
- Experience the French culture of Quebec
- Contact PZC George Sim for more info...  
[georgesim@shaw.ca](mailto:georgesim@shaw.ca)

**Register now:**

<https://www.mcisemi.com/lci2021/>

**"LIKE" our Facebook page:  
MD19 visits Montreal**



## MD19 PDG (2008-2009) Reunion 2020

Attendees at this reunion were PCC Polly Voon, PDG John Doyle and Lion Marlene Doyle, PDG Melba Fujiura and current DG Ray Fujiura, PDG Mel Stokes and PZC Irene Stokes, PDG Steve Somerset, PDG Dori Somerset and PDG Terry Ostlund and his new wife, Sue. Congratulations Terry and Sue!

Missing, but their thoughts were with us were PDG Dale Jacobsen, PDG Dave Wilding and PDG Cecil Fung and Lion Angela Fung.

This year was the first without our beloved and so very missed, PCC Jerry Flood. AKA—El Patriarch. We miss his wise council and tremendous singing voice. This MD19 group of PDG's has been meeting annually since 2008! Yes, 2008! Not a year has been missed, nothing has stopped this group of PDG's and partners from getting together once a year to see how everyone is doing. Of course we all agreed that we look just as young and vibrant as we did 'back then'. With the multiple restraints and restrictions it was decided to have a Zoom reunion, which was set up for the group at 2:00 on Saturday, August 15, 2020.

We had a great visit and got caught up on everyone's lives and what's going on. We shared many wonderful memories and stories from our years together as a special group.

A lovely virtual bottle of scotch was raised in honour of PDG Jerry, the PDG's in absentia and other departed family members of this group. The next reunion date has been set for 2021. Our tradition continues on.....  
Respectfully Submitted by PDG Dori Somerset August 2020

## Annual Tax Filing Information

Please remember that all Lions clubs, districts and multiple districts with annual gross receipts less than US\$50,000 who are not otherwise required to file Forms 990 or 990-EZ must file the e-Postcard (also known as 990-N). If your Lions club, district or multiple district has a foundation, which is a separate legal entity, the appropriate form will need to be filed as well.

Please click the link below and review the document for important information regarding your annual tax filing obligation. Thank you!

[http://app.e.roar.lionsclubs.org/e/er?utm\\_source=Eloqua&utm\\_campaign=LGL\\_EN\\_990N%20Tax%20Reminder%20US\\_Email\\_2020&utm\\_medium=email&s=94443966&lid=8209&elqTrackId=685BB6CBE9E10D06B8A2FADA45CB37CE&elq=43b6715f2134434bb447e20d50ffd578&elqaid=16134&elqat=1](http://app.e.roar.lionsclubs.org/e/er?utm_source=Eloqua&utm_campaign=LGL_EN_990N%20Tax%20Reminder%20US_Email_2020&utm_medium=email&s=94443966&lid=8209&elqTrackId=685BB6CBE9E10D06B8A2FADA45CB37CE&elq=43b6715f2134434bb447e20d50ffd578&elqaid=16134&elqat=1)

## Multiple District Nineteen Lions Clubs International

4141 West Maplewood Avenue, Bellingham, Washington U.S.A. 98226 • 360-733-4911 • [www.lionsmd19.org](http://www.lionsmd19.org)



09/22/2020

*Re: Musings to be shared*

Dear Lions:

Don't forget October 16th pre-council meeting that evening, and Saturday October 17th 9am is the fall Council of Governors' meeting. Both will be held via Zoom; watch for the invite a few days prior.

We are getting closer to the MD19 Annual Convention. You can now register via Eventbrite when you follow the link at our website [www.lionsmd19.org](http://www.lionsmd19.org). Your opportunity is:

- MD19 Annual Convo via Zoom, beginning November 7th at 9am
- Only \$20 registration.
- First 300 registered get a convo pin
- That registration gives you access to 50, yes, I said 50, sessions and seminars!
- Your access code will let you view those 50, yes, I said 50, for 30 days after the Convo.

You can also go directly to our EventBrite convo ticket page and make your purchase here <https://www.eventbrite.com/e/md19convo2020-tickets-120313351473>. Buy that ticket and sign up for the free convo pin if you want, answer some questions and then you're almost set! On or about November 4th you will receive an email from [md19convo2020.hubb.me](http://md19convo2020.hubb.me) with a link to create a password and log in to the Saturday convo.

The Eventbrite ticket purchase can be done by credit/debit card, and will be processed as US\$ funds. Please join me, and many other Lions this November 7th as we do things that we've always done, but just a little differently.

Sincerely,

Peter Anderson, Executive Director  
Multiple District 19  
Lions Clubs International  
360.733.4911 (work) 360.450.8272 (cell)

## COVID-19 and Type 2 Diabetes

In March, Tom Hanks disclosed he had COVID-19. He was especially lucky to make a full recovery, since he has Type 2 diabetes. That precondition makes folks more likely to develop serious complications from the virus.

A study of 200 COVID-19 patients with existing diabetes suggests that diabetes presents a “fertile ground for the virus’ inflammatory surge.” That then knocks diabetes out of control and results in “severe insulin resistance and severe hyperglycemia.” That in turn makes COVID’s complications, such as renal failure and low blood pressure, more likely to lead to persistent problems or even death.

Another study of COVID patients that included 952 with diabetes found those folks had higher rates of in-hospital death (1.1% without diabetes versus 11% with), acute respiratory distress syndrome (7.1% versus 21.4%) and heart injury (1.4% vs. 9.9%). Those with poorly controlled glucose levels also had higher rates of septic shock, kidney dysfunction and stroke.

That’s why it’s important to get your diabetes under control, to protect yourself from infection and, if infected, to be aggressive about managing your glucose level. We urge you to make and keep appointments (telemedicine and/or in person) with your diabetes doctor; monitor your blood sugar regularly, take your medication as prescribed, and push to get your A1C below 6.4%. In addition, aim for 60 minutes of exercise five days a week and avoid highly processed foods and red meats. Also, stockpile two months’ worth of diabetes medications, insulin, and supplies. If you get sick, you’ll need them.

Mehmet Oz, M.D. is host of “The Dr. Oz Show,” and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into “The Dr. Oz Show” or visit [www.sharecare.com](http://www.sharecare.com).

### COVID-19 May Cause Sudden Diabetes

It was once considered primarily a respiratory illness, but COVID-19 has consistently surprised doctors by the sheer number of body systems it can affect, including the brain and the heart. Now, researchers say, the coronavirus may even attack cells in the pancreas, causing diabetes.

In the Sept. 2 issue of the journal *Nature Metabolism*, scientists reported on the case of a 19-year-old German man who developed coronavirus after a family vacation. He had no traditional symptoms of COVID-19, until he ended up in the hospital with a 26-pound weight loss inside a few weeks, frequent urination and pain in his left side.

Doctors found his blood sugar level was more than three times the normal range. They suspected the patient had Type 1 diabetes (which is usually diagnosed in early childhood), but he tested negative for genetic variants and antibodies normally associated with Type 1.

Both diabetes and COVID can cause immune overreaction

People develop diabetes when the pancreas stops producing enough insulin, an enzyme that ushers sugar from the blood into cells, where they can use it for energy. Excessive blood sugar can damage the walls of blood vessels, which can lead to heart disease, stroke, blindness and amputation.

In the case of the 19-year-old German patient, researchers theorize that the coronavirus caused his immune system to attack beta cells in the pancreas, which process insulin. Those cells contain many neurotransmitters known as ACE2 receptors. Coincidentally, those receptors are where the spiked surface of the coronavirus attach to cells. (Type 1 diabetes is also believed to be an autoimmune disorder, in which the body attacks healthy beta cells and shuts them down.)

Reprinted from and article in:

By: Michael Martin 9/6/2020



## COVID-19 Message from Dr. Bonnie Henry, Provincial Health Officer for B.C.

A voice of reason for those who may think they've become a tad paranoid...

Dr. Bonnie Henry is the Provincial Health Officer for British Columbia, the first woman in this position.

She is also an associate professor at the University of British Columbia.

She has a background in epidemiology and is a specialist in public health and preventive medicine.

She is from Prince Edward Island.

Dr. Bonnie says:

1. We may have to live with COVID-19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.
2. You can't destroy COVID-19 viruses that have penetrated cell walls, by drinking gallons of hot water . . . you'll just go to the bathroom more often.
3. Washing hands and maintaining a two-meter physical distance is the best method for your protection.
4. If you don't have a COVID-19 patient at home, there's no need to disinfect the surfaces at your house.
5. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.
6. COVID-19 is not a food infection. It is associated with drops of infection like the 'flu. There is no demonstrated risk that COVID-19 is transmitted by food.
7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of COVID-19.
8. Once at home, you don't need to change your clothes (iron it) urgently and go shower! Purity is a virtue, paranoia is not!
9. The COVID-19 virus doesn't hang in the air for long. This is a respiratory droplet infection that requires close contact.
10. The air is clean, you can walk through the gardens and through parks (just keeping your physical protection distance).
11. It is sufficient to use normal soap against COVID-19, not antibacterial soap. This is a virus, not a bacteria.
12. You don't have to worry about your food orders. But you can heat it all up in the microwave, if you wish.
13. The chances of bringing COVID-19 home with your shoes is like being struck by lightning twice in a day. I've been working against viruses for 20 years — drop infections don't spread like that!
14. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are for immunity not a cure.
15. Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds.
16. Wearing gloves is also a bad idea; the virus can accumulate into the glove and be easily transmitted if you touch your face. Better just to wash your hands regularly. Immunity is greatly weakened by always staying in a sterile environment. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/ spicy/sugary/high carb foods.

Be smart and stay informed! Live life sensibly and to the fullest.

Be Kind, Be Calm and Be Safe!

## Border Crossing Ordering Options

The *Border Crossing* is automatically emailed by AWeber as a link to all club, zone, district and multiple district officers. Those wanting a hard copy of the newspaper, including the above listed officers, will need to purchase a subscription.

2020-2021 Lions Year:

**Border Crossing:** 6 issues in hard copy format. Subscription begins with the August issue. \$16.00 to U.S. Addresses; \$20.00 to Canadian Addresses.

**Roster and Border Crossing:**

2020-2021 MD19 Roster Only: Cost is \$6.00 U.S. Funds plus shipping and handling.

Add \$4.00 S/H for U.S. Addresses and \$5.00 for Canadian Addresses.

2020-2021 MD19 Roster plus Hard Copy of *Border Crossing*:

Mailed to U.S. Addresses: Border Crossing \$16.00 plus Roster \$10.00 = \$26.00 USD

Mailed to Canadian Addresses: Border Crossing \$20.00 plus Roster \$11.00 = \$31.00 USD

Send form below with your check or money order to cover all items ordered to MD19, 4141 West Maplewood Ave., Bellingham, WA 98226. No Credit Cards Please. All orders are pre-paid only. Questions: 360-733-4911 or [md19lions@lionsmd19.org](mailto:md19lions@lionsmd19.org)

Print Name on Line Above \_\_\_\_\_

Phone Number / Email Address \_\_\_\_\_

Print Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

Zip/Postal Code \_\_\_\_\_

**Border Crossing Link! IMPORTANT!** All club, Zone, District and Multiple District Officers and Email Border Crossing subscriptions will receive an email from Peter Anderson, via our AWeber email communications system sometime in late July with the Subject: "Confirm You 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.



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

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 & Announcements sent to MD19 Lions)**

**2020-21 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

**CLUB DUES:** MD19 First Half Dues for 2020-21 are past due. If the Treasurer or Secretary/Treasurer did not receive a dues statement, please contact the MD19 Office.

**ANNUAL CONVENTION:** This will be a virtual convention. Information for registering is found in this issue of the Border Crossing.

**CLUB OFFICER CHANGES:** Please inform the MD19 Office right away when there is a change in your club President, Secretary or Treasurer. The new officer information will be included in the Cut-n-Paste section of The Border Crossing and the master mailing list will be updated for future mailings from the MD19 Office. We do not receive the information from LCI when you only post a change on the LCI website.

**SUBMITTING THE CLUBS' WMMR:** Club Secretaries need to be aware that if no membership changes have occurred in the month of the report they STILL NEED TO GO ONLINE and indicate that nothing has changed by clicking on "Report no Membership Changes for (current month)" under the 'task' section on their clubs' MyLCI site. Otherwise they will not be given credit for submitting a report for that month.

Backdated information for the previous two months submitted during the next month will not be considered the missing months' report. Submitting the information is good for keeping accurate membership records. That is important and encouraged, but you won't receive credit for submitting the MMR that was not submitted by the last day of the specific month.

When submitting your report for the month it is better to submit earlier in the month in case there are internet issues with LCI on the last day of the month.

Recently we've been having issues with Chrome. It has been suggested using a different browser. We've been informed by LCI that clearing your cache (browsing history) will clear up the issue with Chrome.

**ZONE MEETINGS (District Governor Advisory Meeting):** You probably have attended your first zone meeting for the 2020-21 year. And more than likely it's been a Zoom Meeting. Zone Chairpersons are required to report which Presidents and Secretaries (and Alternates if applicable) attended the meeting. It is important that you also record your club's attendance at the zone meeting on your Club's Monthly Visitation Form, indicating that the President and Secretary were in attendance. This is in case the Zone Chairperson does not send in the required report.

**The Border Crossing:** Officers of MD19, which includes Club Presidents, Secretaries, Zone Chairpersons, etc., who have supplied the MD19 Office an email address are automatically added to our AWeber communications system and sent a link for The Border Crossing when a new issue is uploaded to our MD19 Website. If you do not receive any AWeber messages from this office and you would like to be informed when the new issue is available then you will need to sign up for The Border Crossing through our website. On the main page of the site ([www.lionsmd19.com](http://www.lionsmd19.com)) click on the Border Crossing icon and on the next page fill out the form and hit submit. You will receive a confirmation email that you need to give permission in order for AWeber to send you messages.

## YEP Update

Long time Youth Exchange Program (YEP) advocate and exchange arranger Lion Bob Kelley of the Lacey Sunrise Lions has died. Although Bob gave up the job 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 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 Foundation c/o Lion Tammy Allan, 312 S. 1st Street, Selah WA 98942.

## MD19 Council Chairperson - continued from page 2

ing staffs caring for patients ranging from 35 to 100. And congratulations to District 19E for achieving 100% service reporting by all clubs in August!

- President Tom Watson of the Bonney Lake Lions and Lion Jan Barber from the Federal Way Lions Club submitted and received an LCIF Grant for \$10,000 to assist with the relief efforts. Great team work!
- The Gig Harbor Lions hosted a virtual open house. They've just increased their membership from within the confines of their homes.
- Lions across this Multiple are continually helping local food banks and shelters. They meet online routinely.

Moral of this story, my fellow Lions, is that the need for community service is continues. Therefore, we must continue.

## Northwest LERC Happenings

By President Suzanne Gayda

The Northwest Lions Eyeglass Recycling Center (NWLERC) has had many changes this year. We are waiting for our final inspection on the new warehouse. The drainage ditch is in place and the county mandated landscaping on the side of the building due to a new housing development that will be coming soon to the neighborhood. Lion Roberta Pinson (Lacey Sunrise Lions) has done a wonderful job getting the trees and shrubs planted with a work crew from Lacey Sunrise Lions and is watering the grounds nearly every day in this heat.



NWLERC had to close the doors in the spring due to the pandemic. Our VP of operations, Lion Ike Ikari (Lacey Sunrise Lions), and his partner in crime, Lion Marty Ikari (Yelm Lions) have implemented new safety guidelines so we can slowly reopen for volunteers. We have to limit the number of volunteers at any one time. If you would like to bring down a group please call first and discuss this with Ike or Marty. Through their leadership the space has been altered to allow 6 feet of separation at workstations. On entering with a mask already on, Site Managers, will take your temperature and request that you wash your hands.



Currently there is one mission request that has been on hold since March and no new requests for the past six months. During this down-time we have built up our supply of all types of glasses and also have a large back up of glasses needing to be read on the lensometer. We also have tens of thousands of glasses still waiting to be inspected, washed and polish thanks to our friends Ridwell (a recycling company in Seattle) that sent us 64 boxes to process.



You have helped collect over two million pair of glasses since we opened. We have sent glasses on about 350 mission trips. You have helped about 300,000 people see better- most in places that are so remote glasses were just a dream.

If you are ready to volunteer please give Lions Ike or Lion Marty a call (360) 923-2075 or send them an e-mail ([mission-support@nwlerc.org](mailto:mission-support@nwlerc.org))

**"Friends of the Garden"** donations are always welcome from individuals or Lions Clubs. The Garden at MD19 office can't exist without contributions. Encourage your Club to budget annual support (\$1.00 per member would be spectacular!)

For more information, contact the MD19 Office at 360-733- 4911

## MD19 Needs You!

Every year the incoming Council Chair has opportunities to appoint Lions to serve on committees like Budget/Finance, Election, Governance, Contest and awards. Many others, look at our webpage <https://lionsmd19.org/committees.php> for the complete list. In some cases, we try for a representative from every district, and in the case of Budget/Finance, it is for 3 years. This coming July, if you would like an opportunity to serve as committee members, please contact us at [md19lions@lionsmd19.org](mailto:md19lions@lionsmd19.org) for more information about:

Budget/Finance: Need District A. B. & C. 3 year term

Governance: Need District A. B. & C 3 year term

Contest & Awards - A 3 year term, advance to Chairperson in your final year

The following are all 1 year appointments, and can be renewed by each incoming Council Chair.

- Canadian LERC
- Building
- CARE
- Diabetes Awareness
- Conventions
  - o USA/Canada
  - o LCIcon
- Election/Certification
- Environment
- Information/Technology
- International Relations
- Leader Dogs
- LEO Clubs
- Lions Quest (B.C.)

When you're ready to serve beyond your current horizon, lets talk.

## Something to Look Forward To - from pg 1

21. Your pin

22. GAT Roundtable hosted by the MD19 GAT Team

And many more..... We even have a session planned on creating quilt blocks.

In the virtual world, it's amazing how many sessions we will be able to provide. AND the best news is, even if you can't attend all of them, you will have a month after the November 7<sup>th</sup> date to watch all the session at your own pace. How cool is that!

I'm excited to attend and see everyone there.

### Register Now!

Link through our MD19 website <https://lionsmd19.org/convention-2020.php> and that takes you to Eventbrite, \$20 and a few minutes later you will be registered!

## How I Became a Lion continued (pg 2)

Donna has held many offices within the association including club secretary, club president, club membership chair, zone chair, vice district governor, retention chair for the District and member of the strategic planning committee at the Multiple District level. She is a Melvin Jones Fellow and received an International President's Leadership Medal in 2015 for her work with The Lions Journey Retention Program. Donna is a graduate of the Northwest Lions Leadership Institute and has received numerous awards including Secretary Excellence, International President's Membership Achievement and Zone Chair Excellence.

In addition to her Lions activities, Donna is active in numerous professional organizations including the Washington State Hospital Association, the Health Care Financial Management Association and the National Association of Health and Educational Facilities Finance Authorities, where she served as president in 2016-2018.

## Additional Recognition of Excellence

### Secretary:

E-8 Nelson Lions Club

Jennifer Edgar

H-3 Fort Langley Lions Club

Wendy Canessa

### Zone Chairperson:

I-3 Lorne Bunyan

**"Friends of the Garden"** donations are always welcome from individuals or Lions Clubs. The Garden at MD19 office can't exist without contributions. Encourage your Club to budget annual support (\$1.00 per member would be spectacular!)

For more information, contact the MD19 office at 360-733-4911

# MD19 ANNUAL CONVENTION VIRTUAL STYLE



*Our First Ever Online  
Convention! Come join us as  
we celebrate our 99<sup>th</sup> Annual  
Convention!*

For our Sponsors

**\$500:**

- Your logo branding on the front page
- A Seminar Session
- Primary Placement in the Vendor/Sponsor Hall
- Five registration entry codes

**November 7, 2020**



**MULTIPLE DISTRICT 19 LIONS INTERNATIONAL**

4141 W Maplewood Ave

Bellingham WA 98226

360.733.4911 | [ExecutiveDirector@lionsmd19.org](mailto:ExecutiveDirector@lionsmd19.org) | [lionsmd19.org](http://lionsmd19.org)

EXPERIENCED  
FACILITATORS



VIRTUAL  
LEARNING  
ENVIRONMENT

# Come to our Winter Picnic *for Guiding Lions!*

JANUARY 16, 2021

TIME 10:00—2:30 PDT

## CERTIFIED GUIDING LION LEARNING

A VIRTUAL LEARNING EVENT  
*for Lions in GAT Areas 1-H and 2-A*  
and Beyond

**ALL LIONS WELCOME**

REGISTER NOW TO SAVE YOUR SEAT  
RSVP by email to Lion Anne Smarsh, PID

[t.smarsh@att.net](mailto:t.smarsh@att.net)

Deadline January 13, 2021

Sponsored by Global Area Team Leaders

PCC Polly Voon and CC Al Hedstrom



*Virtual treats will be served!*



**Your Article Could Be Here!**

We want to hear from you!

What are your clubs doing right now? How are virtual meetings working for you? What are your future plans? How has the state of things changed what you're doing to do as a club as you move forward? What other news do you have to share with our MD19 Lions community?

If you have an article or article idea, please send to [bordercrossing@lionsmd19.org](mailto:bordercrossing@lionsmd19.org)

We can't promise every submission will be printed, but we would love to include more articles submitted from our Lions community.

☆☆☆ **NEW ARRIVALS** 

**Victoria Chinatown Lioness Lions, I-2**

**President:** Lily Yee  
8147 Lochside Drive  
Victoria, B.C. V8M 1V1  
Email: 4lilyyee@gmail.com

**Secretary:** Donna May  
3923 ShorneCliff Road  
Victoria, B.C. V8P 3X8  
Email: donna.may@shaw.ca

**Sponsoring Club:** Lioness to Lions Club  
Charter Night: October, 2020

**Vancouver Pioneer, A-1**

**President:** Winnie Huang  
1891 W 63rd Avenue  
Vancouver, B.C. V6P 2H9  
Email: winnie.2005@hotmail.com

**Secretary:** Echo Wang  
8640 Deagle Road  
Richmond, B.C. V7A 2A1  
Email: gwbike@vip.163.com

**Sponsoring Club:** Vancouver Legacy Lions Club  
Charter Night: TBD

**Vancouver Point Grey, A-7**

**President:** Vivian Lo  
11983 Cottonwood Court  
Delta, B.C. V4E 3K5  
Email: knlo@dccnet.com

**Secretary:** Gloria Yu  
123 3333 Brown Road  
Richmond, B.C. V6X 0P6  
Email: glotiayu@hotmail.com

**Sponsoring Club:** Vancouver Broadway Lions Club, A-7  
Charter Night: TBD

**Memorials for August 2020**

A 9	Burnaby Edmonds	Raj Chouhan
A 9	Burnaby Edmonds	Paul McDonell
E 9	Spokane Valley	Elywn G. Ellison
E 10	Golden District	Ron Tabbert
G 1	Peninsula	Brad Bauman
G 3	Aberdeen	Allen E. Waters
G 3	Ocean Shores	Arnold D. Samuels
G 6	Skamania County	Fred L. Cloe
H 2	Mount Vernon	Charles E. Moffatt
H 3	Fort Langely	Josephina T. Van Limbeek

**Memorials for September 2020**

B 3	Edmonds	Edmond Soper
C 2	Hood Canal	Kathy W. Roberson
C 6	Lacey Sunrise	Bob H. Kelley
D 7	Westbank	June Carter
E 1	Spokane Central	Ronald J. Clark
E 2	Wilbur	Keith Haden
E 10	Wasa	Bev Rauch
E 11	Sandpoint	Keith E. Leiber
G 4	Vader	Richard Brice
H 1	Bellingham Central	Clayton D. Richards
H 2	Sedro Woolley	Lloyd Brown
H 7	San Juan	Laurie W. Brown
I 1	Crescent Bay	Benedict J. Palzer
I 4	Malahat	George Pinder
I 6	Malcolm Island	Robert Calvert

**Percentages of WMMRs received for month of September 2020 and First Half Dues Paid for 2020-21**

	WMMRs	DUES
19-A	67%	58%
19-B	67%	90%
19-C	77%	88%
19-D	69%	80%
19-E	96%	89%
19-F	33%	56%
19-G	56%	79%
19-H	83%	81%
19-I	88%	82%

**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 2019 - 2020

## 2020-2021

Fall Council of Governors	<i>Virtual via Zoom</i>	October 16-17, 2020
99th MD19 Annual Convention, Penticton, B.C.	<i>Virtual</i>	November 7, 2020
Winter Council of Governors	Virtual Via Zoom	Feb 5-6, 2021
Spring Council of Governors	TBD	May 19-20, 2021
ZCE & DGE Learning Center	TBD	May 20-22, 2021

## Spring Conferences 2021

District 19-D Kelowna Ramada Hotel & Conf Centre, Kelowna B.C.	March 5-6, 2021
District 19-H Four Points Sheraton, Bellingham, WA	March 12-13, 2021
District 19-F Stay tuned for more details, Tri-Cities WA	March 19-20, 2021
District 19-B Bothell Hilton Garden Inn	March 26-27, 2021
District 19-C LaQuinta Inn & Suites, Tacoma, WA	April 9-10, 2021
District 19-I Mary Winspear Centre, Sidney B.C.	April 16-17, 2021
District 19-A Delta Hotels Burnaby Conf Centre, Burnaby B.C.	April 23-24, 2021
District 19-E Red Lion Hotel Templins on the River, Post Falls ID	April 30-May 1, 2021
District 19-G Red Lion, Kelso WA	May 14-15, 2021



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!**