



19- I Newsletter



www.lionsdistrict19-i.org

DISTRICT GOVERNOR'S MOTTO: "TEAMWORK"

November
2009



Fellow Lions and Lioness,

Were on the end of October already, the time flies so fast!!

Thank you to the 3 Lions that went to the Canada/USA forum in Memphis, Tn. The experience was unsurpassed and the seminars, the good times. – Graceland (Elvis House),

There were also 21 Lions in Spokane, WA. for the MD 19 Fall Forum. Thank you so much for the support shown. PDG Hal Palmer, (19-G, Longview Pioneer) is putting his name in for Vice Council Chairman, 2010-11. The Multiple District is losing too many Lions Members and Clubs.

The Club Membership Excellence Award went to PDG Stan Sage. We had 3 Zone Chairs Excellence Awards; I-2 PZC Gerry Webb, I-3 Grant Tocher and I-7 Leslie Smith.

Congratulations to all Zone Chairs for your hard work during the year. The Secretary Excellence Award went to Lion Nancy Messmer, Clallam Bay-Sekiu I-1, and Lion Georgia Medwedrich, Sooke Lioness Lions, I-2, who where in Spokane for the Fall Forum and the other 12 you will be surprised at your Clubs or Zones meetings. Congratulations to you all.

The new MD 19 - Sponsor Rewards Program - has some fine prizes for you. When you sponsor a new Lion your name goes into a draw, and you could win an M&Ms T-Shirt and or M&Ms Tie and a chance for the grand prize of a "Nascar" style M&Ms Jackets in Olympia, WA. MD 19 Annual Convention, May 13-16. One jacket per District. When you sponsor more than one member, then your name is added again to the draw each times.

The BC Lions Society for Children with Disabilities has moved into the Easter Seals House Building in Oak Bay, at 2095 Granite Street in Victoria. Stop by and visit. **Notice to all Clubs:** Manager Cookie Robinson, 250-595-6060, toll free; 1-877-718-3388, would like to see the grounds around the building cleanup before winter as well as some windows that needs be washed , please contact her and make arrangements for times and materials. Take it as a Club project and for other Clubs further up Island as well to get involved !!

Thank you to all Clubs for your hospitality and your tremendous work that you do in your Communities, as I am moving to some Islands and to the North Island this month, as well there are a couple of Clubs that seems indifferent to sending their reports in and on time, thank you to those that send it in. Keep up the good work. Nominations for Zone Chairs are due!! And for Second Vice District Governor for 2010-11. Come on board, step up to the plate!! Its fun!!

Yours in Service

DG Marcel Deslauriers, 19-I.



Alert Bay Lions, I-6; Corey E Hamilton
Baynes Sound, I-8; Terry J Giblin
Clallam Bay-Sekiu, I-1; Courtney H Sollars and
Scott M Sollars
Duncan, I-4; Sylvia Peacock
Gold River, I-5; Dale Jones
Parksville, I-7; John Winkelman

ROSTER UPDATES

Remove (Port Hardy) Andre Shurben
ashurben@telus.net . He is still the secretary
but his computer is not working. Please
email Lynn Davey stelyn@telus.net.

Re-Instated

Baynes Sound, I-8; Charles W Morrow
Campbell River, I-5; Wilfred Gagnon Sr.
Port Angeles, I-1; Christy E Casey

Transferred-In

Duncan, I-4; Inez Tucker from Cedar, I-4.
Nanaimo Hub City, I-7; Michael Counsell from Fergus,
A-15.

District Governor

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Zone Chairpersons:

Zone 1: Chris Zook
Zone 2: Mari Hall
Zone 3: Carol Green
Zone 4: Wayne Switzer
Zone 5: Dick Chellew
Zone 6: Pierre Le Gal
Zone 7: Duane Round
Zone 8: Mary Donner

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NOVEMBER IS LIONS DIABETES AWARENESS MONTH

World Diabetes Day is celebrated every year on November 14 and was established by the International Federation of Diabetes and The World Health Organization in 1991. Lions are encouraged to facilitate diabetes community awareness events on this day.

Lions Diabetes Education Month is celebrated during the month of November. All Lions clubs, districts, and multiple districts are encouraged to work with healthcare professionals to implement diabetes awareness and action projects in their communities.

8 Diabetes Myths

Myth 1: You can “catch” diabetes from someone.

FACT: Diabetes isn't contagious, like a virus. The major risks that lead to diabetes are obesity, physical inactivity, heredity, and older age.

Myth 2: A sugar-rich diet triggers diabetes.

FACT: A stronger link to type 2 is weight gain from sedentary living and overeating. The excess calories can come from protein or fat as well as sugar and carbohydrate-rich foods.

Myth 3: People with diabetes should not eat sweets.

FACT: Limited sugar and sweets are OK as part of an overall plan for balanced nutrition and regular exercise.

Myth 4: Special foods are recommended for people with diabetes.

FACT: Not necessary – people with diabetes derive the most benefit from meals low in fat, moderate in salt and sugar, and rich in fruits, vegetables and whole grains.

Myth 5: Starchy foods are a “no-no.”

FACT: Reasonable amounts of starchy foods – typically 3-4 servings daily – are part of a healthy meal plan for diabetics. These include whole-grain breads, cereals, pasta, rice, potatoes, yams, peas and corn.

Myth 6: People with diabetes are more susceptible to colds and flu.

FACT: The risk is no different, but getting sick can elevate blood sugar levels. Getting flu shots and other necessary vaccines offers protection.

Myth 7: High blood sugar kills most people with diabetes.

FACT: About 80% of people with diabetes die from heart disease; their cardiovascular risk is 2-4 times higher than those without diabetes. Nerve damage can also lead to leg amputations, blindness and kidney disorders.

Myth 8: The best time to start treatment for diabetes is when symptoms are obvious.

FACT: Only about half of people diagnosed with diabetes have obvious symptoms; the rest are found during routine screenings or unrelated exams. Early detection can help limit or prevent complications.

Everyone should be screened for diabetes by the age of 45, or sooner depending on personal risks. Consult your doctor, especially if you are overweight and have a family history of diabetes.

Notice - Lions Foundation Of Canada

The Lions Foundation Of Canada is accepting applications for the position of Director for British Columbia/Yukon.

This position on the board is for the 2011 – 2014 term.

Candidates who are not members of the current Council of Governors and meet the qualifications for Provincial Director on the Board of Directors of the Lions Foundation of Canada, must submit a written declaration of candidacy accompanied by the candidates resume of his/her qualifications including business experience, community activity, lions record and current lions involvement and any other information the candidate wishes to submit in support of his/her candidacy, to his/her District Governor and the sitting Provincial Director from British Columbia/Yukon.

The written Declaration of Candidacy must be submitted by December 31, 2009

PDG Ray Moyle, LFC Director BC/Yukon
PO Box 5423, Squamish BC. V8B 0C2

rgmoyle@msn.com PH # 604-892-5074

Coming Soon - Plan to Attend

Lions International Convention

July 4, 2011 – July 8, 2011
Seattle Washington USA

A host committee has already been formed, and is currently setting things in motion.



Lions from across the globe have gathered together annually since 1917 to celebrate the international convention.

The International Convention is the association's premier event for all worldwide members. The convention brings together Lions from all over the world to celebrate, fellowship and learn.

The next closest International Convention will not be until the year 2014, when it is scheduled to be held in Toronto, Canada.

MORE INFO TO COME AS AVAILABLE. MARK THE DATE ON YOUR CALENDAR!

NOTICES

November 11th 2009 Remembrance Day is a time to reflect on all those we truly would like to thank.

**Cabinet Meeting:
November 15th 2009 Camp Shawnigan
Time: 11:00 am**

PZC Grant Tocher, District Extension Chairman, is stepping back from all District activities and of his Club functions for the coming year, on doctors orders. Wishing him well and hoping to see him around soon.

If you have any candidates that you could bring to my attention, and the LEMPRR Team members. **DG Marcel Deslauriers, 19-I**

Membership Tips

Well it that time again and I have been looking on Web site of Lions International about Year-Round Growth. I will be sending out to everyone three pages information. Every time I go to the web site I find More information and feel I need to past this along to lions members. Now more then ever, we need resources and promotional programs to stimulate membership growth.

Run club contests. Creating a competition out of "Who can Invite the most new members?" is often a favorite and Successful activity of Lions clubs. Will it work for your club?

Participate in Lions Clubs International awards

Programs. Make the most of the awards programs developed By Lions Clubs International by planning a special event and Motivating people to participate. Award programs include: the Year-Round Growth program, the President's Retention Campaign program and the Membership Key Awards

Place an information table at your next project. When Attending a service project, people can see first hand the work you do and at the same time, can inquire about membership, read about Lions and look into serving.

It's up to your club to unlock itself to the Community. It's up to you to share your Lions Pride.

***Is your club keeping its service a secret?
Share your successes!
We want to hear from YOU!***

Every club needs members in order to achieve its service goals. New members provide clubs with fresh ideas, new projects and additional ways to make a difference in the community.

PZC Jenny Fossum

Fellow Lions,

In a couple of weeks at Camp Shawnigan, the second District I Cabinet Meeting will come to order.

We will have another very busy agenda and on that note, at the last meeting you where all asked to report on your goals for the year. Well now for this one I would like to know on how your goals are being implemented and how it is working , this far in the year.

Our Multiple District 19 guest Council Chairman Jim McCown has requested to have a time after the LEMPRR reports. As you all know, LEMPRR and Membership are is "Life". It would be so for me as well with sponsoring 94 New Members and organizing 12 New Clubs that have a combine membership of over 400 members!! So he wants to hear your Zone Reports and LEMPRR Reports and make comments after. We are one of the 9 Districts that he has to visit.

There could be a small delay in the opening call as PDG John Higgs is picking up from the Coho ferries our 1st Vice DG Gary Reidel, ZC I-1 Chris Zook and MD 19 CC Jim McCown coming from the States side. On that I will have the two others speaker to do their reports ahead of the agenda, and to go about their business before the Cabinet call to Order. by that time our guests should have arrived. If they are not there by 11.15, will start without them.

Dinner will be provided at a minimal cost (Normally a donations of \$10.) to the Camp is appreciated. Make sure that you send in your reports to District Secretary Jim long before the dead line so that he can forward them to the rest of Cabinet on time for you all to review before the meeting. Print yourself a copy or two. If you are to be late with your reports, be sure to print out a dozen copies for the District Officers.

Trying to make your reports to the point (be concise), and keeping in mind that we will have guests that will need to leave earlier to meet ferry scheduling and Northern travels. With all of your co-operation , we will do fine and on time. Offer to car-pool.

District Governor, Marcel Deslauriers, 19-I

Suggested changes to 19-I By-Laws

4.73 The Voting Process

The voting process shall be supervised by Returning Officers appointed by the Election Committee. On the day appointed for the voting, the voting station will be open for the purpose of casting ballots. Time to be set by the Conference Committee and approved at the second Cabinet meeting. Voting to take place from 2:00 to 4:00 pm on the Saturday of the Convention. Voting time to be distributed to all the clubs in District 19-I within 7 days after third cabinet meeting.

Red Add
Blue remove

The reason for this change is the Convention committee sets their program and time and this is the second convention where the committee has asked to change the voting time.

Respectfully submitted, PDG Steve Morey Constitution and By-Laws Chairman.

Membership Growth: Stay Above the Curve

The law of diminishing returns is that a "success" curve flattens out at the top. Regardless of the amount of extra work you put in, you just can't expect to get the same proportionate result. But have you ever thought about the declining curve? When an undertaking begins to slip over the edge, you will find the curve tends to plunge. The further along you go, the steeper the slope and the harder the recovery.

So, be warned! If your club's membership remains at a low level, you may be on the beginning of such a curve. If it's declining, you're on the slippery slope. Don't ignore it or delay your plan to rectify it. There's no time like the present to implement a plan. Act rather than react and you'll get better results!

Membership growth is not a long-range goal. It's an immediate need! It's known that people will join a club because they have a keen interest in what it stands for and how it will benefit them. Generally, this includes community involvement and building relationships. Consequently, they will leave the club if they fail to achieve this purpose. Basically, the reconstruction process involves three simple factors: an analysis of the problems impeding your club, the establishment of goals and improvement strategies, and sheer effort.

To determine what factors are hindering your membership efforts, take a look at where your club falls short. The most prevalent problem is weakness in club programming. Good programs aren't presented with the charter. They must be developed and maintained by dedicated club officers. Here is an action drive that can get your club back on the road to excellence:

1. Focus on the needs of individual members by presenting the different opportunities that the club can offer. These opportunities are not just limited to what you may think are the main goals of a club. Perhaps some members are seeking the social aspects of joining a club, or enjoy the networking exposure, or perhaps they simply enjoy belonging to various types of groups. Have information regarding membership readily available. This may be in the form of a club brochure, a guest invitation card, or simply your "elevator speech".

2. Seek Information. Find out what does the member wants, their long and short range goals and how can the club help to achieve these purposes? Do this via a club survey, an impromptu meeting or perhaps you can assemble a team to call on each member. Remember, sometimes the answers are clearly out there, it's just a matter of asking!



club membership issues and will be able to offer personalized, real-life advice on how to improve your club.

Establishing goals and improvement strategies is easier said than done, but it isn't impossible. First things first - it must be determined what are the goals to be accomplished. Keep this list as specific as possible; remember that goals are specific milestones you work to achieve. Once a list has been compiled, the next action item is to figure out how this will be done. You shouldn't be afraid to have a brainstorming session and encourage open communication among members. Perhaps you want to have a cluster meeting to boost membership in your area or region. Chances are, other clubs in your area may be facing the same challenges, and having a cross-club membership campaign may be a project to consider. Working with other clubs also keeps the creative juices flowing and cultivates new and exciting opportunities for your club. Strategies must be realistic and easily able to be implemented. Club officers must also keep in mind that these strategies should be items that all club members will agree upon and will have no problem executing. This will allow the desired goals to be easily attainable and your club will continue to engage in team and relationship building along the way.

As life is so busy for the majority of club members, taking on the responsibility of a leadership or officer type role adds to the load. An "A" for effort simply isn't adequate anymore as everyone could honestly say that amongst the full and hectic schedule they possess that "they tried". **Putting forth effort** requires dedication, hard work and excitement for the cause at hand. It is the responsibility of club leaders to make sure that they are always positive, encouraging, ready and willing to lend time and effort to ensure the club's success. These attributes are contagious and it's known that a troop is only as good as its leader!

In the end, it is important to pinpoint what factors are preventing your club from growing. The need to establish goals and create strategies presents a wealth of opportunity for enhancing your club's image and increasing your membership roster. Although this requires a great deal of effort, it will yield strong rewards in the end and perhaps your club will be the model for all others in your district as a success story!

Adapted from Toastmasters International

This is from Esquimalt newsletter by John Higgs and I found it interesting to read so I decide to send it out to all the clubs.

DISTRICT I - 40TH SPRING CONFERENCE

April 16 - 18, Courtenay, BC Canada



**PIP Judge
Brian
Stevenson**

The guest speaker for the District I's 40th Spring Conference is none other than Past International President Brian Stevenson. PIP Lion Brian is a founding member of The Lions Foundation of Canada. Judge Stevenson of Calgary, Alberta was elected to serve as President in 1978 at the Lions 70th International Convention.

A Lion since 1966 and currently a member of the Calgary (Northeast Eyeopener) Lions Club, Past President Stevenson has held numerous offices in the association. These include terms as district governor, a member of the association's board of directors from 1977-79 and as a presidential appointee to the international board from 1979-81 and again from 1998-1999. There will be more information about the Spring Conference in future bulletins and on our website:

<http://www.lionsdistrict19-i.org/>

MD 19-I District Governor's Visitation Schedule 2009-2010

November

- 3 Sidney
- 4 Galiano Island
- 9 Gabriola Island
- 10 Alberni Valley
- 12 Sooke Lions
- 15 *2nd Cabinet Meeting, Camp Shawnigan*
- 16 Port Alice
- 17 Port Hardy
- 18 Malcolm Island
- 23 Alert Bay
- 24 Port McNeill Lions and Lioness
- 26 Mill Bay
- 30 Comox Valley Monarch *11.30*

December

- 1 Comox Valley
- 7 Ladysmith
- 8 Qualicum Bay
- 9 Sooke Lioness Lions
- 15 Cedar
- 16 Royal Oak
- 18 Victoria Imperial

January 2010

- 5 Duncan
- 6 Mayne Island
- 7 Malahat
- 14 Royston – Cumberland
- 16-17 *AHI LEM/PRR, Half Time Meeting, Victoria.*
- 19 Saanich
- 23-24 *Council of Governors, Osoyoos.*
- 26 Parksville Lioness
- 28 Nanoose Bay

February

- 2 Parksville Lions
- 3 Willow Point
- 4 Black Creek

February cont'd

- 8 Campbell River
- 11 Central Saanich
- 16 Pender Island
- 21 *3rd Cabinet Meeting, Sooke's Lioness and Lions*
- 22 Saturna
- 24 Gordon Head
- 25 Salt Spring Island

March

- 2 Sooke District Lioness
- 8 Quilcene
- 9 Crescent Bay
- 10 Sequim Valley and Port Townsend Lighthouse Lions Club Branch
- 15 Baynes Sound Lions and Lioness
- 16 Tahsis
- 18 Gold River

April

16-18, District I - 40th Spring Conference, Courtenay

May

1-2, DGE and VDGE School, Bellingham.
13-16, MD 19, Annual Convention, Olympia, WA.

June

June 28-July 2 Lions Clubs International Convention, Sidney, Australia

LIONS BELL & GAVEL

BE IT KNOWN THAT I, DICK COLES PRES. OF THE GORDON HEAD LIONS WILL BE SENDING OUT A SEARCH PARTY TO THE FOLLOWING CLUBS WHO ATTENDED OUR FANTASTIC 29TH CHARTER NIGHT; COMPLETE WITH BEAUTIFUL DECORATIONS, GOURMET MEAL, AND MUSIC BY HAWGS:

ESQUIMALT LIONS KNOWN FOR THEIR ACTS OF PIRECY AND THIEVERY. ALONG WITH ZONE CHAIR MARI HALL WHO WE ALL KNOW WILL STOP AT NOTHING;

SIDNEY LIONS SENDING A DELEGATION OF UNKNOWN CULPRETS. ALSO ZONE CHAIR CAROL WHOM I TRUSTED;

FORKS LIONS FOR THE POSSIBLE TEACHING OF OUR DISTRICT GOVONOR MARCEL TO THE ART OF PILFERING. AFTER HE DESCRIBED THE FUN MEETING HE HAD ON HIS VISITATION TO THEIR CLUB. I KNOW WHAT GOES ON;

LADYSMITH LIONS WITH WHOM OUR ELUSTRESS DISTRICT GOVONER IS HEAD OF HIS DEN;

SAANICH LIONS OUR LEARNED FRIEND PDG JOE KAMPMAN BETTER KNOWN AS SNEEKIE PETE.

NO ONE IN ATTENDANCE AT OUR CHARTER NIGHT WILL BE OVER LOOKED.

OUR BELL AND GAVEL ON THE HEAD TABLE WAS MISPLACED, SWIPED, SCOFFED OR WAS STOLEN.

WE WILL FIND THE SCOUNDREL OR SCOUNDRELLS WHO DID THIS DASTERLY DEED. UPON FINDING THESE CULPRETS THE PENALTY WILL BE A VISITATION TO OUR CLUB BY NO FEWER THEN TWO AND AN APOLIGY.

Recipes from the
Lions Den



Sooke Lioness Lions Club
Sooke, British Columbia

Support the Sooke Lioness Lions

Purchase a cookbook today!

\$12.50 each

All proceeds going toward the
numerous charities that the
Sooke Lioness Lions
support:

- | | |
|--|--|
| <ul style="list-style-type: none"> Alzheimer's Bursaries Canadian Diabetes Drop Zone Heart & Stroke Foundation Juvenile Diabetes Research Sooke Crisis Center Sooke Seniors Center Toy's for the Kids | <ul style="list-style-type: none"> Breast Cancer Run for the Cure Camp Shawnigan Cops for Cancer Easter Seal House Huntington's Disease |
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Contact Georgia at 250-642-4969