



Lions Clubs International  
Lions District 19 - I  
**The Laughing Lion**  
Edition 8, February 2023



2023: I thought I had a plan, and the universe just laughed and laughed!

I use a daytimer and a calendar, and set reminders on my phone, and still things happen over which nobody has any control. I know this is true in many parts of life, not just in Lions. But it does teach us to be adaptable and resilient and flexible.



I am back to the drawing board for many Club visits after cancellations due to illness and other unforeseen events. It was lovely to visit with Malahat Lions and see how the demographic is changing in that Club to include younger women. More hands to do more projects!



January has been a whirlwind, and a few valued members of the Cabinet have had some enormous challenges, resulting in changing roles and expectations. I am grateful that so many experienced Lions will step up to give us all a wonderful (and final) Spring Conference. The illness of family members has left ZC James and ZC Lynne in need of our support and good wishes, and PDG Cec has asked to hand over the reins for Lions of Canada Dog Guides. We must know our limitations and capacity and I am proud of our Lions family in being able to say no or stop when necessary. Succession planning is vital in our organization as in life, and we must always be mentoring and training up new people to take on our roles. Clubs, too, need to start planning their leadership for next year, with nominations starting soon.

As we try to reinvent a C to Sea Club, we are so fortunate to have Lion Leaders who will help me dream big dreams for this geographic area. It is easier to revitalize than to start from absolutely nothing.

I am glad to see the Camp Shawnigan Improvement Committee has reorganized and rallied to help the new caretaker keep the grounds from further ruin. I am personally extremely skeptical that any campers will be at Camp this summer, but given that I do believe in miracles, will try to keep an open mind. In view of the long range plans to rebuild, I do not see the value in trying to forge ahead with the existing infrastructure. Rearranging the deck chairs on the Titanic comes to mind. However, I hope that I am wrong, and will keep an ear to the ground.

The Spring Convention is fast approaching, April 15. Actually it has now grown to a potential three day event, and more details will emerge soon. Given that this will be the last ever District I (legacy) Convention, I do hope it is a noteworthy one. A Past International Director has been invited from Regina, PID Marvin Chambers and Lion Lynne, and I am certain they will appreciate the green grass and flowers everywhere in April, and give us some powerful messages to inspire us.

The month wrapped up with a spectacular fundraising effort by the Chinatown Lioness Lions for the Year of the Rabbit! I was deeply honoured to win one of the raffle prizes, and will take our International Director and his spouse out for dinner in Victoria while they are here.



Snow fell on my house the last day of January, and I admit that I was a bit disappointed, but it won't be long now until we change the clocks, change the District, and change Lions for the better of everyone we serve.



Lia Versaevol **DG 19-I**

# Lions Club International - Our leaders 2022 - 2023



Brian Sheehan International President  
 Douglas Alexander Imm. Past Intern'l President  
 Dr. Patti Hill Intern'l 1st Vice President  
 Fabrício Oliveira Intern'l 2nd Vice President  
 A. P. Singh Intern'l 3rd Vice President

## District 19 - I Cabinet



**District Governor**  
**DG Lia Versaevel**  
 Ladysmith, BC  
 250-606-1515  
 versaevel.liamarie@gmail.com



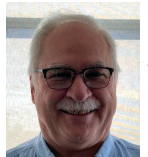
**Imed Past District Governor**  
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 pdglorne.bunyan@gmail.com



**1<sup>st</sup> Vice District Governor**  
**Michael Stanford**  
 Victoria, BC  
 250-213-3714 / 250-412-5260  
 lionmichaelvdg19i@icloud.com



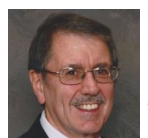
**2<sup>nd</sup> Vice District Governor**  
**Vacant—This could be you!!!**



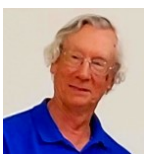
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 Sidney BC  
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 orchardr@telus.net



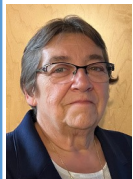
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**Evelyn Smith,**  
 Nanaimo BC  
 250-802-8105  
 esmithmd19i@gmail.com



**Zone Chairs**  
**ZONE 19 I-1 Chair**  
 Lion Kevin Borde (Renee)  
 Port Angeles, WA  
 Cell: (360) 460-5848  
 kevinborde.lions@gmail.com

### Clubs

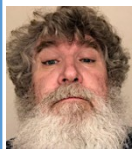
Clallam Bay-Sekiui Lions Forks Lions  
 Crescent Bay Lions Port Angeles Lions  
 Quilcene Lions Sequim Valley Lions



**ZONE 19-I-2**  
 Jackie Lawrence  
 Sooke, BC  
 Res: (778) 425-4227  
 Cell: (778) 533-0173  
 jackielawrence@shaw.ca

### Clubs

Esquimalt Lions Saanich Lions  
 Sooke Victoria Lions West Shore Lions  
 Sooke District Lioness Lions  
 Sooke Harbourside Lions  
 Victoria Chinatown Lioness Lions  
 Victoria Chinatown Lions



**ZONE 19-I-3**  
 Lion James Sikora  
 Salt Spring Island, BC  
 Res: (250) 931-7372  
 Cell: (250) 626-7372  
 james\_sikora@hotmail.com

### Clubs

Central Saanich Lions Galiano Island Lions  
 Mayne Island Lions Pender Island Lions  
 Salt Spring Island Lions Sidney Lions  
 Saturna Island Lions



## Zone Chairs cont'd



**ZONE 19 I-4 Chair**  
 Margaret Wall  
 Duncan, BC  
 Res: (250) 748-7784  
 Cell: (250) 715-5787  
 margaretrwall@hotmail.com

### Clubs

C to Sea Lions Cedar Lions  
 Cowichan Lake Lions Duncan Lions  
 Ladysmith Lions Malahat Lions  
 Mill Bay Lions



**ZONE 19 I-5 Chair**  
**Lynne Davidson**  
 Comox, BC  
 Res: (250) 702-6078  
 franklyn4741@gmail.com

### Clubs

Baynes Sound Black Creek Lions  
 Comox Valley Gold River Lions  
 Qualicum Bay Lions Tahsis Lions  
 Willow Point Lions  
 Comox Valley Monarchs Lions



**ZONE 19 I-6 Chair**  
 John Tidbury  
 Port Hardy, BC  
 (250) 902-7218/902-7218  
 johntidbury@gmail.com

### Clubs

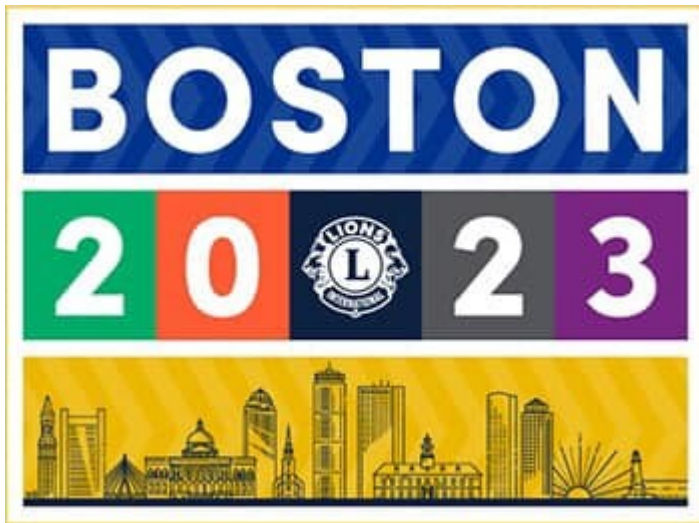
Malcolm Island Lions Port Alice Lions  
 Port Hardy Lions Port McNeill Lions



**ZONE 19 I-7 Chair**  
 ZC Betty Anne Herbert  
 Ladysmith, BC  
 Phone: (250) 245-7977  
 Email: [lionba@shaw.ca](mailto:lionba@shaw.ca)

### Clubs

Alberni Valley Lions Gabriola Island Lions  
 Nanaimo Lions Nanaimo Hub City  
 Nanoose Bay Lions Parksville Lions  
 Parksville Lioness Lions  
 Protection Island Lions



## LCIcon 2023 Boston

The Lions Clubs International Convention is happening July 7-11, 2023. Celebrate service with your fellow Lions and Leos in the city on the hill — historic Boston, Mass

**Website:** <https://lciicon2023boston.com/>

Register now:

[https://www.mcisemi.com/lci2023/#\\_ga=2.85564369.959691253.1671571306-1394264112.1635393836](https://www.mcisemi.com/lci2023/#_ga=2.85564369.959691253.1671571306-1394264112.1635393836)



The largest and best Lions Club leadership training event in the world, the USA/Canada Lions Leadership Forum is for you! With over 70 seminar training sessions related to developing quality Lions Clubs and thousands of Lion leaders sharing their experiences.

<https://www.facebook.com/events/1233863934125190/>



### USEFUL WEBSITES/FACEBOOK

**Lions International**

[lionsclubs.org](http://lionsclubs.org)

**Intl President Brian Sheehan**

<https://www.facebook.com/LionsPresident/>

**District 19 I / Facebook**

[lions19i.ca](http://lions19i.ca)

<https://www.facebook.com/LionsInternationalDistrict19I>

**Multiple District 19**

[lionsmd19.org](http://lionsmd19.org)

**Multiple District 19**

[lionsmd19.org](http://lionsmd19.org)

**Lions of Canada Fund for LCIF**

[lionsofcanadafundforlcif.ca](http://lionsofcanadafundforlcif.ca)

**BC Lions Society for Children with Disabilities**

[lionsbc.ca](http://lionsbc.ca)

**C.A.R.E. Project**

[lionsmd.org](http://lionsmd.org)

**Lions of BC Hearing Conservation Society**

[lionsofbc hearingsociety.org](http://lionsofbc hearingsociety.org)

**Leader Dogs for the Blind**

[leaderdog.org](http://leaderdog.org)

**Lions Foundation of Canada Dog Guides**

[dogguides.com](http://dogguides.com)

**Diabetes Awareness**

[diabetes.ca](http://diabetes.ca)

**Northwest Lions Foundation - restoring sight,**

hearing and hope [nlfoundation.org](http://nlfoundation.org)

**Lions Club International Foundation**

[lcif.org](http://lcif.org)

**Global Action Team (GAT)**

<https://www.facebook.com/groups/2236757789943562>



## PRESIDENT'S MESSAGE

### Together We Can with International President, Brian Sheehan



Hello, Lions!

When you love what you do with a team that you love, you can make every day a great day. That's what's so awesome about being a Lion. Because no matter how hard the work may be, we always have a great time getting it done.



There's really nothing that compares to the fun and fellowship of being a Lion except for inviting more people to be a part of it. So give your community the opportunity to join our team and discover what we've found. And let's keep working together to make the projects we love even bigger, better and more fun for everyone.

Make a Great Day!

*Brian E. Sheehan* International President, Lions Clubs International

### Five Ways to Make Serving Fun

Your club is changing lives every day through its enthusiastic and innovative service. Your success comes from rolling up your sleeves and getting to work to help your community, but success also comes from creating a great member experience for your Lions.

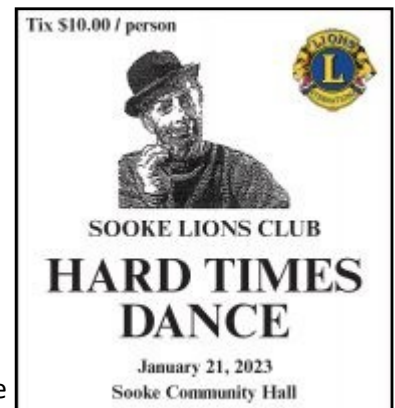
**Five Ways to Make Serving Fun** ([www.lionsclubs.org/en/blog/five-ways-to-make-serving-fun](http://www.lionsclubs.org/en/blog/five-ways-to-make-serving-fun)) and learn how to get your club and community excited about your next service project. Let's keep doing what we do best and make serving fun for everyone. Because that changes lives in more ways than we'll ever know



### Sooke Lions Club

And the winners for the Raffle calendar for December and the last winner of this Raffle Calendar is Randi Jonasson, a \$50 gift card to Sooke Home Hardware.

- The big \$500 December gift card winner, to Sooke Home Hardware, is Corrin Saad.
- The 3rd December for a \$50 gift card to Sooke Home Hardware is Leetah Begallie.
- Our 2nd December winner for a \$50 gift card for Sooke Home Hardware is Carole Bolger.
- Our 1st winner in December is Andrew Mackeen, a \$50 gift card to Sooke Home Hardware.
- And the last winner in November, a \$500 gift card to Village Food Market, is Erin Laur.



The hard times dance in Sooke was lots of fun



**District 19-I**  
**Our last big party as we say goodbye to**  
**District 19-I and welcome District19-L**

**SPRING CONVENTION UPDATE**

**RAMADA BY WYNDHAM ~ Duncan**  
**140 Trans Canada Highway, Duncan**

**Friday April 14th**

Registration (\$20.00) starts at 12:00 noon until 8pm  
Fun Night (\$20.00) door open at 6pm Theme is “Summer Camp”

**Saturday April 15th**

Opening session will start at 8:30 am  
Panels starting at 10:15 am  
Lunch at Noon (\$25.00) doors open at 1145 pm  
Dinner (\$60.00) at Arbutus Ridge Golf Course doors open 5pm (Bus provided to and from Arbutus Ridge) 125 seats available (no refunds available)

**Sunday April 16th**

Closing ceremonies with the Memorial in the morning doors open at 9

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**Registration** open through Evenbrite, click on the link and read the details on the first page before purchasing tickets .

[-cohttps://www.eventbrite.ca/e/19-i-springvention-2023-tickets-525186716607](https://www.eventbrite.ca/e/19-i-springvention-2023-tickets-525186716607)

~

**HOTEL INFORMATION:**

Best Western Cowichan Valley Inn ~ full  
Oceanfront Suites at Cowichan Bay ~ 11 rooms available  
\$235.00 per night 1681 Cowichan Bay Road 250-715-1000  
Wessex Inn Motel ~ \$169.00 per night  
1846 Cowichan Bay Road 250-748-4214 (Mixed Reviews)



**19 I SUMMER CAMP**  
**Keep the Fires Burning!**



**Lions Clubs**  
**International**

## District 19 - I Spring Convention Special International Guests



**Past International Director Marvin Chambers** joined the Fillmore and District Lions Club in 1971. He has been active at all levels in his club since then.

- On Cabinet he has been the chairperson of several committees and presently is the International Liaison for the 5SKS cabinet.
- PID Marvin served as District Governor 2005-2006, Council Chairperson for MD5 2006-2007 and Chairperson for the Long Range Planning in 2007-2008. He was very active in the MD5 redistricting efforts.
- PID Marvin has received many awards during his Lion's life, and holds the highest award given to a Lion, the Ambassador of Good Will.
- PID Marvin served as International Director for Canada 2011-2013.
- PID Marvin served as Co chairperson for Campaign 100 for Canada. Lion Marvin is also the Global Chairperson for the campaign to elect Dr Patti Hill as President for Lions Clubs International.
- PID Marvin is very active in the Fillmore community serving on Village council, holding the position of Mayor for 15 years and stepping down November 2021. His professional life has revolved around farming.
- PID Marvin and his wife Lion Lynne have a combined family of five, three daughters and two sons. They are the proud grandparents of seven, four granddaughters and three grandsons.

A member of the Fillmore District Lions Club since 1971, Marvin Chambers has been actively involved in working with the blind and visually impaired. He is a proud and dedicated supporter of CNIB Canada, the Canadian Diabetes Association, and other local/national sight-related causes.

PID Marvin was awarded the Sovereign's Medal for Volunteers on January 30, 2014. The medal recognizes the exceptional volunteer achievements of Canadians.



**Lion Lynne** joined the Fillmore and District Lions in 2010. Lion Lynne has been Club Secretary and Club President since joining.

- Lion Lynne has a progressive Melvin Jones award and a Marvin Chambers Fellowship Award.
- Lion Lynne's Lions activities mostly include accompanying PID Marvin on his travels to various meetings and conventions. This has been an extremely rewarding experience.
- Lion Lynne is a retired Registered Nurse whose professional career was in home care nursing and for many years being an Assessor/Coordinator for both Palliative Care and Home Care services in the Regina Qu'Appelle Health District. This was a very rewarding career being able to assist families in their stressful situations.
- Lion Lynne enjoys sewing [quilting mostly], looking after her flower beds and yard, camping and visiting with family and friends.

"Retirement has been a very busy time and I am so grateful to have had time to enjoy this chapter of my life."



**WE ARE LOCAL  
WE ARE GLOBAL  
WE ARE LIONS**



<https://lionsclubsinternational.myshopify.com/>



What I am looking for is not out there, it's in me.

~Helen Keller



### Memory From The Past

Comox Valley Lion Exec 2009. Lion Ernie, ZC Lynne, Lion Chick Giles, Lion Bud Smith, Lion Gerry Gallant, now past Lion members Teona Sparkes, Bob Eckdahl, Art Karpus, and others



### Cabinet Meeting Notice

District Governor Lion Lia Versaevel, has called for the District I Cabinet to meet as scheduled on Sunday, February 19th, 2023, at the Saltair Community Centre, 3850 South Oyster School Rd, @ 10:00 am.

Ladysmith South on Hwy 19, (across from Coronation Mall) left on Chemainus Rd 1A. Those from the South heading North, turn right on Henry Rd then on Chemainus Rd N. (Just North of Fuller Lake) Parking at rear of School.

Lunch will be delivered by Panago Pizza and that everyone planning to attend should bring \$15 if they would like to share in some pizzas and salads. Please let DG Lia or CS Marcel know if you want to share in the lunch, or will be bringing your own.

Please send in your reports by latest Friday February 17, to be distributed on time to: lionmarcel19i@gmail.com .



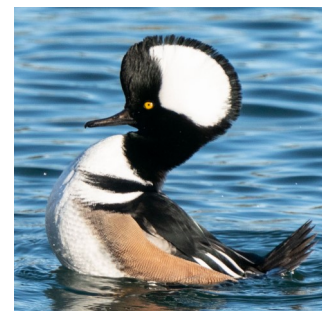
### Parksville Lions

Mid Island Co-op is a sponsor of the Lions Free Family Skate on Sundays, Oceanside Place Arena, Parksville, 12 PM to 1:30 PM....



### Photo of the Month

By Bob Orchard





## Wounded Warriors Run BC

February 2023 ~ 10th Anniversary

Be a part of our Celebrations! In This Together!  
Together We Can!!

Plan now, Act, Measure, Results, Report your Service and Celebrate with Public Relations. Let us know your fundraising efforts, we are here to help out!!

- **February 4, 2023**, Wounded Warrior Run BC Fundraiser Event at the Army Navy Air Force, Unit 302, 9831 4th Street, Sidney BC Canada. An Evening of Jazz with "Best Coast Big Band". Admission by Donation (\$20 or more receive a tax receipt). 7pm - 11pm. Doors open at 5pm. Come & Enjoy Dinner before the event. Silent Auction, 50/50 Draw, Swag, Purchase Wounded Warrior Run BC Gear! Wear it & Share It!!
- **February 5, 2023**, Wounded Warriors Run BC will be doing a one day running event between Sooke to Sidney BC. This will be an amazing opportunity for Lions in the area to come out, meet and greet the Team.
- **February 26, 2023**, WWRBC will commence their run down the Island from Port Hardy to Victoria. Their run stops will be posted to their Website. They will be in Victoria on Sunday, March 5, 2023 for their final day.

WWRBC Team Members and Organizers were very impressed with the Lions who came out to meet them at their Stops during February 2022. All they saw was Lions Vests at nearly every stop! They were very Thankful for the Donations given to them and appreciated the Support. It showed the WWRBC Team that the Community is their for them. The Community has their backs! The Community supports them! It's a lot more than just the financial donation. It's all about Mental Health. Together we can fight the Stigma of Mental Health. **Together We Can!!!**

If your Lions Club is considering a donation, you can **Sponsor a 5 Kilometre Section** either leading into or out of your Community. The **sponsorship is \$1000.00 for the section of roadway**. Your Lions Club will be recognized on the **WWRBC Social Media and named on the WWRBC Website**. It's all about Public Relations. You can also have the opportunity to give away Lions Swag, pins etc along the sponsored route. Also, display your Lions Clubs Advertising Signs (your cost to produce) along the specified Route Section.

For more information about Sponsorship, you may contact Lion Susan Marcotte, Victoria Lions Club, email: [susan@marcottemarketing.ca](mailto:susan@marcottemarketing.ca) It is the preferred method of contact. Lion Susan is a Member of the Wounded Warrior Run BC Team.

The Wounded Warrior Run BC Website: <https://woundedwarriors.ca/events/wounded-warrior-bc-run/> Please visit their site often.

Thank You for Supporting the Cause!

"In This Together" is the Wounded Warrior Canada slogan!

Respectfully Submitted;

Lion Michael G Stanford FVDG District 19-I  
District WWRBC Cabinet Chair

AN EVENING OF JAZZ WITH  
**Best Coast Big Band**

SATURDAY, FEB 4

IN SUPPORT OF  
WOUNDED WARRIOR RUN BC

ADMISSION BY DONATION  
(\$10 RECOMMENDED)

7 - 11 PM  
DOORS OPEN @ 5:00

ARMY, NAVY, AIR FORCE  
UNIT #302  
9831 4TH ST. SIDNEY, BC

For more information on the cause:  
<https://woundedwarriors.ca/events/wounded-warrior-bc-run/>





## Wounded Warriors Run BC cont

By Susan Marcotte

It is my honor to also be the point of contact person for the **Wounded Warrior Run BC team**. I am based in Victoria however the run encompasses Vancouver Island, Sooke to Sidney and Port Hardy to Victoria. This is the 10th year of the run and hopefully a fundraising high achievement of \$250,000.00. We have raised almost \$700,000.00 through our past events.

The money raised on Vancouver Island goes to programs right here on the island that are put on through Wounded Warriors Canada. (woundedwarriors.ca) WWC is a registered charity and a mental health service provider. The programs provide a range of clinically based programs specifically developed to support the unique needs of Veterans, First Responders and their Families so they can feel safe, supported and understood.

Please read Lion Michael Stanford's article in the current January edition of The Laughing Lion about the possibility of sponsorship of a leg of the WWRBC or other donations.

Please contact me, Lion Susan Marcotte at [susan@marcottemarketing.ca](mailto:susan@marcottemarketing.ca) for information about when and where we stop so you know where we are if you would like to come to give a donation or just cheer us on.

We will also activate a live run tracker during the event so you can see where we are at any given time.....

[www.inthistogether.run](http://www.inthistogether.run)

The wounded Warrior Run BC website is <https://woundedwarriors.ca/events/wounded-warrior-bc-run>

## Wounded Warrior Run BC 2023

### Media Launch and One-Day Run Sequence of Events - Sunday 5 February

The Start of the event will take place at the Sooke Legion Branch #54 ( 6726 Eustace Road, Sooke ) from 9:00 until the launch of the first runners between 9:45 and 10:00 am

The runners will head out from the legion and along to Sooke Road towards Victoria

The Lunch stop will be at The Langford Fire Department ( #1, 2625 Peatt Road ) From 12:00 to 1:00

The runners will head out down the highway continuing towards Victoria

Brief afternoon break will be at Saanich Police Station ( 760 Vernon Avenue ) From 2:00 to 2:45

The runners will head out down the highway towards Sidney

The finale is at The Sidney Fire Department ( 2245 Oakville Avenue ) From 4:45 until 5:30 pm

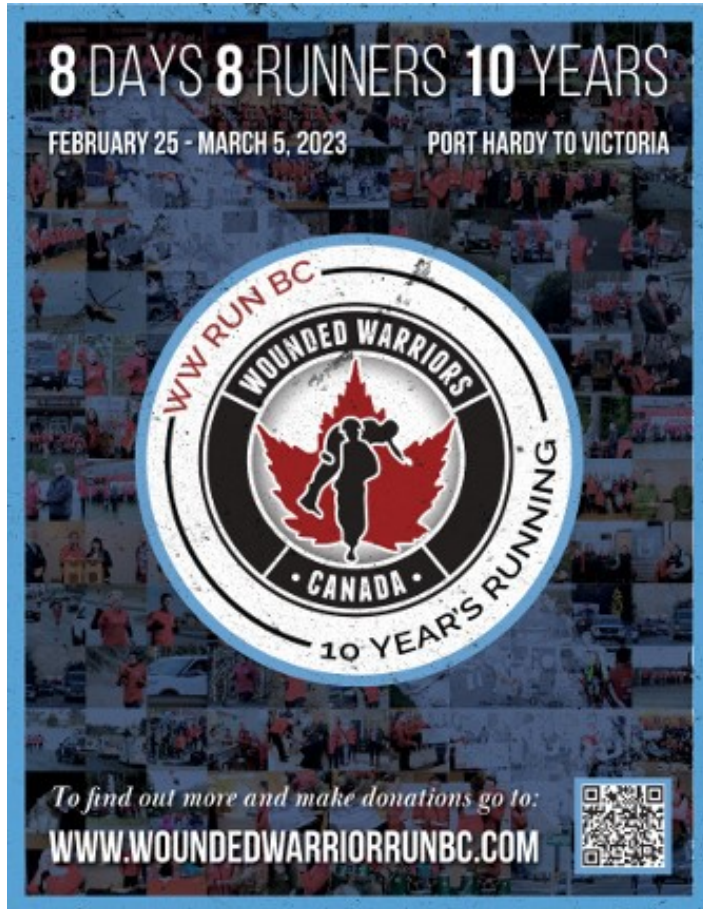
Please, watch for runners and support vehicles on the road, give us a honk and a wave of support.

We apologize ahead of time if we slow your commute in anyway.

The public is encouraged to join us at the start and finish line!!

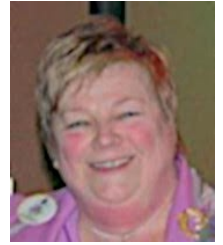
Hope to see you along the way and **THANK YOU!**

#InThisTogether. #TogetherWeCan.





PDG Georgia Medwedrich, MD19-I Diabetes Chair  
[gdalmaine@gmail.com](mailto:gdalmaine@gmail.com)



## Preventing Diabetes

When talk about preventing diabetes happens it is usually about preventing Type 2 Diabetes. Safe and effective ways to prevent Type 1 Diabetes have not yet been identified, despite the amount of research in this area happening.

Great news, Type 2 Diabetes, can be prevented or delayed for many. Here's how :)

**First**, Reduce your risk ~ How, by making lifestyle changes. These changes include eating healthy, moving more and losing weight if you are overweight. These are the most effective things you can do to reduce your risk of developing Type 2 Diabetes. You still have the chance to make changes that can delay or prevent Type 2 Diabetes even if you have already been told that you are prediabetes or that you are at high risk of developing Type 2 Diabetes.

**Second**, Eat healthy ~ Diet is the most important part of lifestyle change. Look at your food choices, small changes can make a big difference. First step would be to cut out highly processed foods, refined grains such as white bread, sugary food and sugary drinks. Plan your meals around vegetables, whole grains, dairy, lean meats, oily fish, nuts more plant-based proteins and healthy oils such as olive oil.

**Third**, Move more ~ Just a little extra activity each day can go a long way! Start with limiting the amount of time spent sitting, interrupt your sitting time by standing up and moving around every 20 to 30 minutes. Those in the District Fitness Challenge are accomplishing this by far!

**Fourth**, Lose weight ~ An eating and exercise plan that helps you lose just 5% of your initial body weight can delay or prevent Type 2 Diabetes from developing. Make an action plan and stick with it. Don't get discouraged if you don't have immediate results, remember it didn't go on in a day!

### LCIF Grants

Visit their site for more information.

<https://www.lionsclubs.org/en/start-our-global-causes/diabetes>



## HUMOUR

From Ken Beattie  
Willow Point Lions

**COBWEB** - The Old English word for "spider" was "cob".

**SHIP STATE ROOMS** - Traveling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered. Instead they were named after states. To this day cabins on ships are called staterooms.

**SLEEP TIGHT**- Early beds were made with a wooden frame. Ropes were tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

**HOT OFF THE PRESS** - As the paper goes through the rotary printing press friction causes it to heat up Therefore, if you grab the paper right off the press, it's hot. The expression means to get immediate information.



## The Difference Campaign

Lions you can now make a donation to The Difference Campaign on line by following this link

<https://www.dogguides.com/the-difference-donation>

Dear Lions, our District is lagging in "The Difference Campaign". Nation wide Lions Clubs have donated \$1,623,600 which is 36% of the Lions Clubs Goal of \$4,500,000.

I'd like to acknowledge and thank the Duncan Lions Club for their \$5000 donation. That is the only donation so far from our District.

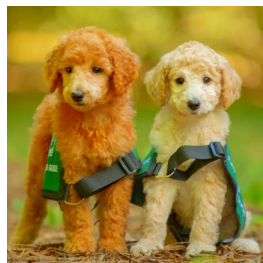
I encourage Clubs and individuals to donate to this worthwhile campaign. Every donation over \$20 will get a tax donation receipt.

At this time I would like to inform the members That due to my health concerns I will be stepping aside my position as District Chairperson for the LFCDG but I am pleased to announce that Lion Carol Martin, from the Gabriola Island Lions Club will be taking on the role.

It has been an honour to represent the LFCDG to the District 19 I, but I have to put my health recovery first.

### PDG Cec Specht

District 19-I Lions Foundation of Canada  
Dog Guides Committee Chair  
Comox Valley Monarch Lions Club



### How Your Donations Help

It costs \$35,000 to breed, raise, train and match one Dog Guide. Your gift can support their journey!

- **\$25** - buy dog treats for a dog in training
- **\$50** - will provide a training collar and leash
- **\$200** - will provide harnesses for 4 Dog Guides
- **\$500** - will fund 2 days personalized in-home training with an instructor
- **\$1,500** - helps pay for essential equipment and supplier for a training class
- **\$5,000** - covers the cost of breeding, whelping and care of one litter

### Assistance Dogs

Trained to perform specific tasks to help people with disabilities. Dogs can be trained in a variety of LFCDG programs including Canine Vision, Hearing, Service, Seizure Response, Autism Assistance and Diabetic Alert.

- Given public access and accommodation
- Used by a handler for personal use
- Working dogs, not pets
- Trained by Lions Foundation of Canada Dog Guides



### Facility Support Dogs

Trained to work with professional agencies (i.e. in courtrooms, police departments, counseling agencies) to assist people in traumatic situations.

- Access must be arranged and permission given in advance
- Used by several people
- Working dogs, not pets
- Trained by Lions Foundation of Canada Dog Guides



### Emotional Support Dogs

A dog that provides emotional support to an individual with a mental health or emotional disorder. No special training is provided to these dogs.

- Do not have guaranteed public access and accommodation
- Used by a handler for personal use
- Are pets
- Not affiliated with Lions Foundation of Canada Dog Guides



### Therapy Dogs

A dog trained to provide affection, love and comfort to many people in a variety of different settings (i.e. retirement homes, hospitals, schools) if arranged.

- Do not have guaranteed public access and accommodation
- Used by several people
- Are pets
- Not affiliated with Lions Foundation of Dog Guides



**Carol Martin**

**District 19-I Lions Foundation of Canada Dog Guides**

Committee Chair is now Carol Martin of the Gabriola Lions Club.

Her email is [carolmartin@telus.net](mailto:carolmartin@telus.net)

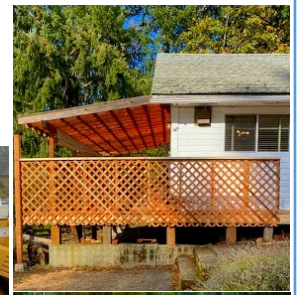
Thank you PDG Cec Specht for all your hard work.

## Malahat Lions

By Raye Pinder



We have been extremely busy over late fall and early winter. They replaced the porch on the old house at Camp Shawnigan, hauled away old furniture and refuse, chipped wind fall tree refuse at the camp after a storm, installed new railings, refinished the second gate at the Shawnigan cemetery.



We chipped Christmas trees at both Mason's store and Thrifty's store.

We inducted a new member, Zone Chair Margaret Wall did the honours. Terra Grant and her sponsor was Sarah Olsen,



## Ladysmith Lions

By Allen McDermaid

The Ladysmith Lions have been busy cooking up mini pizzas for the children, and staff at Ladysmith Family and Friends (LaFF). This is done on the last Friday of each month.

February 15th is National Child Day and the Lions have been asked to serve up mini pizzas for all attending.



Lion Allen making Pizzas



President Eric Mah

Congratulations to the following Ladysmith Lion Members who have been awarded for their achievements in Service; Ladysmith Lion President Eric Mah 30 Years, Lion Wayne Switzer 20 years and Lion Katherine Garvin 10 years. Well Done!

Some of our upcoming events are the children's Easter Egg Hunt at Transfer Beach on April 8th. This popular event has been in hiatus due to covid, and we look forward to see all the young ones gathering the mini chocolate eggs.

In May, the Vancouver Island Corvette Club will be having their Glass on the Grass event at Transfer Beach on May 7th. The Ladysmith Lions will have their "Snack Shack" serving up great food for everyone. This is the 2nd year for the event and features about 150 Corvettes from the across the Island.

The 2023 Wounded Warrior Run, starting on February 25th, and will be landing in Ladysmith on March the 4th at the RC Legion Ladysmith Branch 171. Our members will be there in full support and a donation for this worth while cause.

The FREE SWIM is happening every Wednesday at the Frank Jameson pool, from 1 to 2PM. A big thank you to our co-sponsors, McNab's Corn Maze and the Town of Ladysmith Parks, Rec., and Culture. So come on down and enjoy and have a splash!



Lions Dennis, John, Pres Eric, New member Brian and Jim, relaxing after cooking up mini pizzas at LaFF



# Sooke Harbourside Lions

by Deb Schenk



February....the month of love! In our world of volunteerism, this is what feels our heart! What better way to show your love, then for your community, people and your environment.

A great start to the year to do this was fellowship with our 2 other Lions club in Sooke; working together to help our town by chipping Christmas trees to give back to the earth and recycling all those bottles to give back to places in need in our community.



It turned out to be a rainy day, but cover kept us dry and the joy of giving back and volunteering together seemed to keep us all feeling warm and fuzzy....ok maybe the hotties in our pockets, coffee and hot chocolate helped too!

We will be taking part in Coldest Night of the Year walk this month, raising money for the hungry and homeless. We are fortunate to not experience cold like some places, however

this does not diminish the need nor the impact.

We will feel this month with as much love as we can give, whether a smile, a kind word or a group hug to anyone who will take it!



**SUPPORT NEEDED:** The Duncan Museum is endeavoring to obtain a grant from the National Trust for Canada "Next Great Save". It requires popularity votes. Visit <https://nationaltrustcanada.ca/what-you-can-do/nextgreatsave/competition2022> and register you vote.

It sure would be a great benefit if the Lions member would vote to help increase the number of votes. Thank you Norm Howri, Duncan Lions



**Come make a splash at the Frank Jameson Community Centre!**

Join us for a **FREE** swim,  
**WEDNESDAYS** from 1:00-2:00pm  
 starting September 7, 2022.  
 All ages welcome!

Special thanks to the sponsors, the Ladysmith Lions Club, McNab's Corn Maze and Ladysmith Grants-in-Aid program.



INFO / REGISTRATION 250.245.6424 | [ladysmith.ca](http://ladysmith.ca)

follow us /ladysmithPRC [prc@ladysmith.ca](mailto:prc@ladysmith.ca)



## BC Lions Society Quarterly Update January 2023

I am happy to share some updates regarding all the great programs and services that the BC Lions Society offers our communities.

### Easter Seals Camps

- Easter Seals has been offering summer camp to individuals with physical and cognitive disabilities since 1968.
- From day camps, to week-long overnight camps, there are options available for all interests, and for all children and adults with disabilities aged 6-49 years old.
- Trained counsellors bring out the fun and silly in every activity and event, creating experiences and memories that will last a lifetime.
- Our goal is to provide our Camper community with the self-esteem, self-confidence and sense of independence that is needed to help them live their best life.
- Overnight camps have a camper to staff ratio of 3:1 and a 24-hour medical team on-site. All camps, in-person and virtual, have counselors trained specifically to work with persons with disabilities.

### Updates

Camp registration opens Monday, February 13th, an exciting day for our Campers. We have started hiring for all Camp positions now.

- There will be an Easter Family Camp Weekend at Winfield this year, April 8 – 10.
- **Camp Winfield Overnight Summer Camp Dates.** Starting June 23 to August 13.
- **Camp Shawnigan Overnight Summer Camp Dates.** Starting June 23 – August 13.
- **Camp Squamish Overnight Summer Camp Dates.** Starting June 30 – August 20.

### Easter Seals House

- Easter Seals House is a home away from home, a place to stay when traveling to Vancouver for medical treatment and appointments.
- Suites are also available for respite to parents and families needing a place to stay to relax and recharge.

### Updates

- The House is averaging a 94% occupancy rate. We have seen our days of occupancy expand and now our busy times are Sunday to Friday, and sometimes our Saturdays are full as well.
- Guests are still enjoying the renovated Garden so much. When it snowed in December, we had some families out enjoying the winter fun. It is a wonderful respite area in all kinds of weather.
- Easter Seals House has recently started another room renovation thanks to a Vancouver Piano Concert put on by 5 Grade 10 boys. There are just a few rooms left to renovate. The main lobby has just had a refresh done including new paint and flooring and it looks great.

### Drop Zone

Registration is now open! Looking forward to great year of Drop Zone events. Victoria Drop Zone is back again this year.

#### **Here are our 5 locations and dates:**

Vancouver September 7th  
Surrey September 12th  
Burnaby September 14th  
Victoria September 19th  
Kelowna September 26th

Become a Superhero and register today! <https://p2p.onecause.com/dropzone2023>

Thank you for 75 years of service.

Lisa Beck  
President & CEO



Please support the Lions Quest District Challenge ~  
Q Bear Club Membership for \$100.00.



### Choice of Evening or Weekend!

Easy to Attend! From the Comfort of your Own Home!!!

It was requested by a few Lions in our Community!

Invite Everyone who is involved with Youth!!! You will not be disappointed with this Workshop!!

Word Of Mouth is the best form of Advertisement!!

We are the only Social Emotional Learning Program that involves the Community outside the School Environment!!!

Please click on the Link & Register!!!

<https://lionsquestcanada.online/Registration-Forum>



### Updated Website!

We have launched our new website - please check it out at [www.lionsquest.ca/](http://www.lionsquest.ca/)

The updated site had been in the works for a little while however, we were forced to launch it quickly due to a malware issue on our previous site. We'd love to have your feedback - does it have the information that you need? Is it easy to navigate? We will be continuing to refine it so please share any suggestions with us.



VDG Michael G Stanford, District 19-I Lions Quest Chair  
Chairman of the Board For Lions Quest Canada  
Victoria Lions Club  
[lionmichaelvdg19i@icloud.com](mailto:lionmichaelvdg19i@icloud.com)

Sponsored by:  
District 19I Lions



Date:  
Wednesday, March 1, 2023  
7:00 p.m. – 8:30 p.m. PST or  
Sunday, March 5, 2023  
1:00 p.m. – 2:30 p.m. PST

Location:  
Online – via Zoom

Who Should Attend?  
People who care about our children, their future, and the well-being of our community.

Click here to register:  
<https://lionsquestcanada.online/Registration-Forum>

For more information :  
Contact : Lion Betsy Banford  
Phone : 250-714-4939  
Email: [gabelionbetsy@gmail.com](mailto:gabelionbetsy@gmail.com)

Space is limited to 20 people – register early to avoid disappointment!

*Positive Practical Powerful*

## Do Your Part! It Takes a Village - You are a Villager!

A Community Forum in support of the Mental Well-being of our Children & Youth



Are you passionate about creating a caring "village" for children & youth in our community?

Join us for this interactive conversation that will educate and energize a small group in our community to rally for change.

#### Workshop Agenda & Highlights

- Explore why our relationships with young people are so important
- Identify Social Emotional Learning competencies (Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision Making)
- Learn how our simple actions can have an impact every day
- Commit to making a difference

It was a pleasure to present a Lions Quest Canada Certificate of Appreciated to Lion David Bulinckx, President of the Victoria Lions Club! His Company Lifeplan Financial Group assisted with Corporate Sponsorship two Lions Quest Community Based Workshops on Vancouver Island (Nanaimo & Victoria) during November 2022!!





PEACE

LIONS INTERNATIONAL  
CONTEST



## International Peace Poster Contest

2022 – 2023

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.

### Dare To Dream

To a young person, a dream isn't just a wish, hope or desire — it's a path, a goal, an ambition. But achieving that dream takes hard work. So this year, we're asking young people to show how they'll turn their dream of a peaceful world into reality.

### Peace Poster Contest Deadlines

Students ages 11, 12 or 13 as of November 15 are eligible to participate in the International Peace Poster Contest. Entries not meeting the following deadlines will be disqualified.

**January 15:** Kits go on sale from the Club Supplies Sales Department at International Headquarters.

**October 1:** Deadline to purchase kits from the Club Supplies Sales Department at International Headquarters.

**November 15:** Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor.

**December 1:** Postmark deadline for a district governor to send one winning district poster to multiple district council chairperson.

**December 1:** Postmark deadline for a district governor not belonging to a multiple district to send one winning poster to the Brand & Creative Department at International Headquarters.

**December 1:** Postmark deadline for a club not belonging to a district to send one winning entry to the Brand & Creative Department at International Headquarters.

**December 15:** Postmark deadline for the multiple district council chairperson to send one winning poster to the Brand & Creative Department at International Headquarters.

**February 1:** International winners notified on or before this date.



Jim Hoskins presenting Peace Poster Winners from Pacific Christian Academy.

Left 1st place winner  
Isaiah Asfar

Far Right 2nd place  
winner Indiana Steinman

Principal Laura Langley



## Central Saanich Lions

by Joan Adam

The Central Saanich Lions hosted the annual Community Christmas Tree collection and tree chip.



## Hub City

Our club is back doing meat draws every Saturday afternoon from 3 to 5pm. Come visit us at the Oxy Pub in downtown Nanaimo





## Esquimalt Lions

2023 opened with a very busy month and the promise of a very busy year. At the Lions first meeting in 2023, Zone Chair Jackie Lawrence inducted Susan Clarke, a new Lion, welcomed Sandi Best back to the Esquimalt Lions, and welcomed Gerry Willner, a transfer from local Lions Club. Zone Chair Jackie also presented 35-year chevrons to Gerry Webb, Bill Emery, and Daryl Driemel and 10- year chevrons to Mark Pownall and Rob Tanguay; PZC Lin McPhee received the Multiple District Nineteen Zone Chair of the Year Award for 20221-2022.



L: Lin McPhee, Gary Foster, and Alana Foster. Donna Ingram is also in the picture. Find Donna!

The first weekend in January saw the Lions at two events: the 33rd Easter Seals Collection of Christmas Trees for Chipping and a Bottle Drive. The weather was wet, windy, and cold, but the Lions performed their appointed tasks. Further on in January, the Lions helped prepare and served a luncheon feast at the Rainbow Kitchen, a local organization who feeds those in need, and cooked and served at a local school's Winter Festival. The Esquimalt

Lions run Kiosk at Bullen Park, and this month Lions cleaned the windows, walls, equipment, and floor to get it ready for the season ahead.

On the final Saturday of the month, the Esquimalt Lions will help celebrate the Chinese New Year with the Victoria Chinatown Lioness Lions. Although only one event, a Pancake Breakfast on Family Day is planned, one never knows and the Esquimalt Lions are always ready to help, work, and serve.



7 Jan 2023, amidst the rain, wind, and cold, we counted bottles and cans. The Lions who are visible are T to L. Ted Pincombe, Paul Turcotte, and Cory Carey.



Climbing is involved with cleaning. R to L: Helen Taylor, Susan Clarke, and Dee Ann Lemire

## Lions Clubs International and Special Olympics

As supporters of @SpecialOCanada, we believe in the power of inclusion. This Feb 3-5 @LionsofCanada will be purchasing the Special Olympics Donut at @TimHortons. 100% of proceeds will help athletes with an intellectual disability participate in Special Olympics daily community sport programs. #ChooseToInclude



The **Special Olympics Donut** features a chocolate cake ring donut with white fondant, coloured sprinkles and whipped topping. The multi-coloured design was inspired by the themes of diversity and inclusion that are central to the Special Olympics mission.

Fans can pre-order Special Olympics Donuts at their local Tim Hortons restaurants via a pre-order form, or they can visit a restaurant or order on the Tims app from February 3 through February 5, 2023 – with 100% of proceeds being donated to Special Olympics Canada

<https://www.lionsclubs.org/en/resources-for-members/resource-center/lions-and-special-olympics>



## Lions Rose Parade Float (<https://lionsfloat.org/>)

1. Learn about how you can HELP DECORATE the Float
2. Float decorating is open to non-Lions so this is a great way to introduced new people to Lions Club.
3. Learn about how you can donate to the Float
4. Find out how you can have the "Ride of Your Life"



### History of Lions and the Rose Parade



Lions first displayed a float in the 1948 Rose Parade. Since 1992 Lions Clubs International has continuously presented a float in the New Year's Day Tournament of Roses Parade in Pasadena, California. The parade is viewed by an estimated 400 million people in 85 countries around the world. The production price for the Lions float is a tiny fraction of the cost of purchasing television advertising of this magnitude. It serves as a message to the world that Lions are people who serve others.

Each year LCI's President and 1st Lady ride the float in the parade. Television commentary will once again highlight Lions' service and note the presence of these special units. There will also be four additional places on the float allowing seating for those who choose to purchase a "Ride of Your Life" Package.



The theme for the 2023 Rose parade was 'Turning The Corner'. The theme celebrates turning a corner, Whether that corner is actual or figurative like the unlimited potential that each new year brings — we all enjoy the opportunity of a fresh start.

Turning a corner means rising above — alone, or with family, friends and community. This year, as we turn the corner together, we share in the hope, beauty and joy of what 2023 will bring.



Left 2023 Float Drawing



Right Past float

Watch a video of parade <https://www.facebook.com/LionsFloat/videos/701001451467472/>

Watch a video of decorating <https://www.msn.com/en-us/sports/ncaafb/lions-clubs-international-volunteers-put-finishing-touches-on-float-before-rose-parade/ar-AA15TOEW>

## Qualicum Bay Lions

38 years of service to the Lions Club.  
Forever a member.



President Steve Beaman hard at work





Qualicum Lions Club  
**Pancake Breakfast**



Feb 12  
8am-12

**Sunday Market too**  
Lots of interesting vendors  
Come bring your favourite squeeze for a  
Valentines Day Breakfast

Lighthouse Community Hall



## Duncan Lions

by Margaret Wall

The Duncan Lions and The Cowichan Capitals at the Free Skate on January 21st.



Members of the Duncan Lions spent two days in the pouring rain for tree chipping, they raised over \$1000.00 which was donated to Easter Seals and Camp Shawnigan

Duncan Wheelchair recipient. This gentleman received one of the 233 wheelchairs raised by the Duncan Lions and The Knights of Columbus for Ukrainian refugees.



## Cedar Lions

By Betty Anne Herbert

Presenting a cheque of \$ 2000.00 to their local Community High school specifically to help with athletic fees for sport tournaments.



(left to right: Lion Karen St.Cyr , student athletes, VP Jim Pasco)

## Canadian Lions Eyeglass RECYLING Centre (C.L.E.R.C.)

Thank you to all the Lions Clubs and all the Collectors of used eyeglasses in the District. We have had a record year shipping to CLERC, 52,326 pairs from January 2022 to January 2023.

Thank you to Lion Pierre Le Gal in Nanaimo for the last shipment of the year 2,678 pairs and to Lion Leo Moreau from Duncan for his 1,650 pairs to start the year with Ladysmith and Victoria at 471 for 2,071 total shipped.



Don't forget a Club donation to CLERC in your budget!

Yours in Service , PDG Lion Marcel Deslauriers



Let's make it a Goal Date for District 19- April 29, 2023!!!

A goal without a plan is a wish!!

Plan!

Action!!

Celebrate!!!

Lions Worldwide Induction Day is a unique opportunity to celebrate our global membership and create a meaningful experience for new members. New members inducted on this day join thousands of like-minded individuals with a passion for service who are stepping into their roles as Lions - together. Start planning your special Worldwide Induction Day ceremony: <https://bit.ly/3179hTE>

Cedar lions pancake breakfast at Vancouver Island University were we feed about 900 breakfasts in the rain.



# Leadership is Service



## The Northwest Lions Leadership Institute

May 4-7, 2023

Ross Point Conference Center  
Post Falls, Idaho

[www.nwlli.org](http://www.nwlli.org)



"Leadership training at its best."

# Service is Leadership

*Are you ready to take the next step to build your leadership skills?*

**When:** May 4-7, 2023

**Where:** Ross Point Conference Center  
820 S Ross Point Road  
Post Falls, ID 83854

**Cost:** \$350 (deposit \$150 US/CAN at par)

*Applicants from Clubs in MD 19 can apply for a special fee waiver, which can reduce the cost of the Institute by \$200. See web site for details.*

The cost covers:  
- 3 nights lodging  
- 8 meals  
- All training materials



The application process includes several steps which must be complete and submitted by **April 1, 2023.**

For more information, visit our website:

[www.nwlli.org](http://www.nwlli.org)

Or contact:

Dave Risley  
[registrar@nwlli.org](mailto:registrar@nwlli.org)  
360-930-2751



PI Lions Club presents

## BEACON SUNDAY BRUNCH

Sunday, Feb. 5th  
11 am - 1 pm  
at Beacon House

Choose one from four delicious brunch menus

- #1 Bagels with cream cheese, lox, salad, sliced tomatoes
- #2 Scrambled eggs, cheesy GF hashbrown casserole with vegetarian and sausage option
- #3 Waffles, sweet & savoury made to order, maple syrup whipped cream and fruit tray
- #4 Perogies with sour cream, fried onions, bacon bits and salad

\$12 per person includes tea, coffee, orange juice, a selection of breads and muffins AND choice of one main dish

## Protection Island

We held a movie night fundraiser Jan 21<sup>st</sup> at the Beacon House. We had a round of trivia, popcorn and watched the classic movie "Back to the Future".

Feb 4<sup>th</sup> we are holding a Brunch.

PI LIONS FAMILY MOVIE NIGHT PRESENTS:

# BACK TO THE FUTURE

JAN 21 6 PM BEACON HOUSE  
JOIN US FOR A FUN ROUND

## Comox Valley Lions

Want to have a fun filled night of entertainment? Perhaps win some extra cash! Then look no further! Our BINGO run every Friday at the Lions Den, 1729 Rear, Comox Ave., Comox. Drop by for a fun evening of 28 games of BINGO. Doors open at 4pm card sales at 5pm and first game at 6:30pm.... Single cards can be purchased from the cashier. the Loonie Pot and Progressive continue to grow.

The canteen has chocolate bars, chips and pop. Coffee, tea and ice water are free. Please stay home if you are feeling unwell or have been in recent close contact with someone who has Covid. Masks optional. Lic. # 102226

**Come On Caller...**

**B I N G O**

**Make Me Holler!**



## Nanoose Bay Lions

by Pam Tremblett

Nanoose Bay Nanoose Bay Lions Club annual Tree Chipping fundraiser was held on January 8, 2023. Thanks to all the Lions that braved the cold and came out to assist with this event. We raised \$537.09.

### Donations made in January:

- \$500.00 to Diamonds Girls Softball Team
- \$500.00 to Kwalicum Secondary School for their Environmental Symposium
- \$3000.00 to Haven Society



## Comox Valley Monarch

by Cec Specht

This year, for the first time The Comox Valley Monarch Lions members and friends will be walking in the Coldest Night of the Year walk. The **Coldest Night of the Year** is a winterrific family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Join us on **February 25, 2023** - team up, fundraise, walk, and **gather for good...** because it's cold out there.

To join our team or donate to our team go to <https://cnoy.org/location/comoxvalley> and select Comox Valley Monarch Lions.



## Clallam Bay Sekiu Lions

by Nancy Messmer

by Karen Dukes



### Clallam Bay Sekiu Lions Host First Day Walk Along Little Hoko River

The first day of 2023 event invited the public to get outside, exercise, and enjoy a short level walk alongside a picturesque little river on the northwest side of the Olympic Peninsula. After weeks of snow and rain, Sunday, January 1, 2023 was sunny all day! Lions provided a warm welcome, healthy snacks, and informative guidance along the trail. Lions Nancy Messmer and Roy Morris were joined as hosts by Friends of Hoko River State Park Members, Tim Van Riper and Paul Bowlby. Tim and Board Member Bill Riedel are the Little Hoko River Trail monitors for the Friends group.

Tim, a lifetime resident of the area, has hiked this here since he was a boy. Lion Nancy led the hike and Tim was a knowledgeable guide offering information about geography, history and the local flora and fauna. Hikers came from Forks, Beaver, Lyre River and nearby to enjoy the sunny pleasant hike.

Friends of Hoko River State Park and Clallam Bay Sekiu Lions volunteer to support Hoko River State Park, encompassing the Cowan Heritage Area, Hoko River Estuary, and the Little Hoko River Trail.

This year, 43 First Day Hikes were hosted throughout Washington. All 50 states offered First Day walks in State Parks. First Day Walks are "fee free" days at State Parks across Washington State. For everyday visits, a Discover Pass is required for each vehicle. This New Year's Day, all participants received "First Day Walk" pins provided by Washington State Parks.

If you seek more information, view the Friends of Hoko River State Park Facebook page.

[www.facebook.com/FriendsofHokoRiver](http://www.facebook.com/FriendsofHokoRiver)

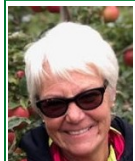




## Victoria Lions Club

by Lion Michael G Stanford

On January 21, 2023, between 9am to 4pm, the Victoria Lions Club set up a Bottle Drive Drop Off Project at Lumber-World located at the corner parking area near Quadra Street and Reynolds Road, Saanich BC Canada. The Project was chaired by Lion Terry Weber. A total of 18 Volunteers made up of Lions, Spouses and Family were signed up to a morning and afternoon shift. Advertising was word of mouth and Facebook.



## Gabriola Island

by Maureen Morgan

Generous donation of \$1185, presented to the Gabriola Island Lions Club by Marti & Keith, Owners of Ravenskill Orchards & Gabbies Premium Cider Ravenskill Orcha Rd. It was a cold January morning, but we all gathered around the heater and warmed up. Quickly into the store, we treated ourselves to cider tastings, loading up on our favourites complete with bags of salted caramels freshly made and bees wax candles. Thank you Marti & Keith. We'll watch for your orchard tours and u-picks in the coming months." Photo Credit: Lion Don Butt



## What do Lions do?



We believe in making a difference.



Become a Lion and make a difference  
[www.gabrielalions.org](http://www.gabrielalions.org)

The weather was rain showers and cool temperatures during the event. Everyone was well prepared for the weather. We worked in teams of 9 volunteers per shift and were busy sorting the Returnables into bags as per the Island Return It ~ Esquimalt recycling rules. Lions were well identified wearing our brand new Lions Vests and Hats. Business Cards were handed out to the Persons dropping off their donations which indicated the next Bottle Drive Project Date ~ April 22!!



A grand total of 58 Lions Hours for the day. Collected a grand total \$941.10. Money collected was designated to our Victoria Lions Club Charities.

Our Efforts were well documented on our Facebook Page using the Live Camera Facebook Feature and Photos. A few Lions from India and Nepal viewed our Lions in Action.

Follow us on Facebook! We have a following of 430 Fans from around the World. Our Fan Base is growing.

<https://www.facebook.com/victoriabc.lions>

We would like to thank LumberWorld for allowing us the use of their Outside Parking area and a huge Thank You to the Public contributing their Returnable Donations.

Lastly a Huge Thank You to our Spouses, Partners and Family for helping out!!

Our next designated date is April 22, 2023. Circle Your Calendar!!



# Victoria Chinatown Lioness Lions

By Amanda Mills

## Gong Hei Fat Choi! Sun Min Fai Lok! Happy New Year! Year of the Rabbit!

Our annual Chinese New Year Fundraising dinner was on Saturday, January 28, 2023 at Golden City. We were SOLD OUT a month in advance, with a waiting list! Thank you to all who came! We had a 9 course traditional New Year banquet, Raffle prizes of fantastic baskets of varied themes, stuffed with goodies; and exciting Live Auction items. The Lion Dancers opened the evening with Lions and drums! We started 2023 with BC Lions Tree Chipping, at our annual chipping spot at Save-on-Foods parking lot. Despite rain and cold weather, we collected a rec-



ord amount of donations for BC Lions. We also had a Bottle Drop on the Sunday, January 8th. Victoria's finest Firefighters joined us and added much needed height to get trees off car rooftops!

Our Club ended 2022 with our be a 'Santa to a Senior' by way of preparing 31 stockings for the residents of the Victoria Chinatown Care Centre. Lion Pat and Gayle filled the stockings with toiletries, socks, undershirt and sweater for the few residents who don't have family; plus the traditional mandarin orange!



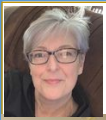
We also volunteer for Mustard Seed, wrapping Christmas presents at Mayfair Mall. For a donation, shoppers drop off their gift purchases and our creative Lioness

Lions wrap them up beautifully.

And we participated in the Purdy's Chocolates community chocolate ordering whereby we made a % of the chocolate orders we placed through Purdy's. Our Club generously ordered lots of boxes for gifts!

Our members are involved on several not for profit board of directors; volunteer at Government House Museum, Soap for Hope, school breakfasts, culinary events, church community programmes, Dragon Boat, Herowork projects and many other activities.





# Sooke District Lioness Lions

by Ailsa Wright



Our new year started off with helping the Sooke Lions with their bottle drive and tree recycling event. There was a great turn out, despite the cool, rainy weather. Nice work everyone! Pictured right is Lion Traci.



Our January general meeting saw two more new members inducted and four new prospective members attending the meeting. It's always exciting to see new faces at the meetings. Pictured left top is New Lion Theresa Richard. Left bottom is New Lion Valerie Strong.



We once again conducted the 50/50 draw at the annual Hard Times dance. The live music was rocking, and the dance floor was full. The 50/50 draw total was over \$1400.00 and a very happy winner said the windfall couldn't have come at a better time.



Catering planning continues for the Sooke Philharmonic Tea and Symphony in February. Tickets are selling fast.

The end of the month sees our club team walking in the Coldest Night of the Year fundraiser. We will bundle up warm and raise funds for the Sooke Shelter Society.

Coming up: Sooke Philharmonic Tea and Symphony, Coldest Night of the Year walk.



## Lions Serving Lions



Please Register & Donate to support our Lions Clubs International Foundation at Tell-A-Thon 3.0

Tell-A-Thon 3.0 is coming! Reserve your seat for the most inspiring, entertaining, and uplifting show in all of Lionism.

Register now: <https://www.Tellathon.org>

Watch this cute video of IP Brian and 1stVP Patti: <https://www.facebook.com/LionsVirtual/videos/585379506690443>

FaceBook page: <https://www.facebook.com/LionsVirtual/>

The show will take place on June 4th, 2023 at 10 AM CDT! Hosted by Lions Clubs International 1st Vice President Dr. Patti Hill, the show will feature dynamic stories of service from all around the world, it will have incredible musical performances, and there will be amazing surprise celebrity guest appearances.

This is a show and experience that should be shared with everyone you know! Help raise awareness about how Lions Clubs International Foundation empowers service globally and impacts the lives of millions through grants and humanitarian aid.

Invite your friends, family, and coworkers to watch the Tell-A-Thon.

Plan a watch party, host a community viewing!

Together we can share our story.

#LionsClubsInternational



VP Dr. Patti Hill invites you to support LCIF through Tell-A-Thon 3.0.

Whether you donate \$5 or \$50,000, every dollar will make a difference!

Donate by clicking the globe to the left of one of the buttons below.

Please use your area-specific button as appropriate.

All donations count towards Melvin Jones Fellow credit.



DONATE - AUSTRALIA



DONATE - CANADA (EN)



DONATE - CANADA (FR)



DONATE - INDIA





## Nanaimo Lions

by Larrie Taylor

**NANAIMO LIONS FREE SKATE** - Attendance at the Lions Free Skate increased substantially in the last few skates. On January 15 we had 362 skaters, the largest number for a single day in the 12 years we have provided the program. To date we have had 3,897 participants. On February 12, we will be sharing the event with the Canadian Parents for French, a national, volunteer-led organization that seeks to create and promote French language learning opportunities and resources.

**VISION SCREENING** - In conjunction with Nanaimo Hub City Lions and the Gabriola Lions we are in the process of completing the 28 schools in Nanaimo and on Gabriola Island the Vision Screening of all Grade 4 and 7 students in School District 68. In the next issue of the Laughing Lion, we will present the statics for this year's program. In general, between 8% and 10 % of the students screened need a complete eye examination.



**TREE CHIP UP** - The club completed the 60<sup>th</sup> Annual Christmas Tree Chip up on January 7 and 8. 7 members and volunteers volunteered 51 hours over the 2 day event. Although Lion Bob Rowledge's health did not permit him to attend in person, he was active in rganizing the event. There was an error in the last issue of the Laughing Lion, Lion Bob has chaired this project for 59 of the 60 years we have offered it. We raised \$1,527.80. We couldn't done it without Davey



Tree Co, who have supported us for at lease 55 years.

**DONATIONS** - \$1,000.00 to the Wounded Warriors project. \$200.00 to the Canadian Eyeglass Recycling Center in Calgary



## Sidney Lions

by Bob Orchard

The Sidney Lions Club did a bottle drive on January 7 and their annual Tree Shredding event on January 7th and 8th.

Our Cycling Without Age Tri-Shaw bikes that we helped sponsor are appealing to quite a few of the elderly people in Sidney.



## Mill Bay

By Earl Gregory

We had the pleasure of welcoming a new member to our fold.

Our Zone Chair Margaret Wall inducting him during our last meeting Please welcome Lion Dean Wiens.



## Global Action Team (GAT) Membership

Lions second half of our year has started. We are already at the middle point of our lions year. Our concept is every lion "ASK 1" to join our association.



Membership is growing one by one.. It is important to welcome our members, value them, train them, encourage them, mentor them and more.

"People don't care how much you know, until they know how you care." To reach our full potential, we have to give more effect in KEEPING our members. Retention is important so we don't lose lion. Remember a new members needs a mentor to help them with any questions you can guide them with.

GMT CHAIR ZC Betty Anne Herbert

## February is Childhood Cancer Awareness Month

**Facts: Globally, childhood cancer looks like this:**

400,000 children diagnosed

<30% of children with Cancer in low income countries compared to

>80% in high income countries

**LCIF Grants** - Several types of foundation grants are available to support childhood cancer service throughout the world.

**CHILDHOOD CANCER GRANT** - LCIF Childhood Cancer grants empower Lions to improve the quality of life for children receiving treatment and their families.

**MATCHING GRANT**- LCIF Matching grants provide equipment and construction for large-scale projects that address unmet humanitarian needs.

**DISTRICT & CLUB COMMUNITY IMPACT (DCG) GRANT** - Through the DCG program, 15 percent of unrestricted contributions to LCIF are transformed into grants that fund local projects on a club and/or district level.

Recent childhood cancer grants - From July 2022 to August 2022, LCIF has awarded 4 childhood cancer-related grants totaling US\$200,534.

Visit <https://www.lionsclubs.org/en/start-our-global-causes/childhood-cancer#facts> for more information.



## March is the 45th Annual Lions Day at the United Nations

Be an active part of our global partnership! With the theme "Hunger, Nutrition and Wellness," the 45th Annual Lions Day with the United Nations will take place on Friday, March 3, 2023 in New York City. This event and supporting materials will be offered in English only.

For questions or further information, please contact us at:  
[ldun@lionsclubs.org](mailto:ldun@lionsclubs.org).

To register: <https://web.cvent.com/event/9b3614c9-bc73-4910-8bff-1b0bd9de3e3f/summary>

Watch this video invitation from IP Brian Sheehan

<https://www.youtube.com/shorts/QZlcmSYJdwo?feature=share>



# Announcing the 45th Annual Lions Day with the United Nations

Save the Date!

Friday, March 3, 2023 in New York City

Be an active part of our global partnership! With the theme "Hunger, Nutrition and Wellness," the 45<sup>th</sup> Annual Lions Day with the United Nations will take place on Friday, March 3, 2023 in New York City.

For questions or further information, please contact us at [ldun@lionsclubs.org](mailto:ldun@lionsclubs.org).

## Join us.

LDUN is an exclusive opportunity for you to meet new Lions and Leos, interact with global diplomats, and celebrate Lions service around the world.



## Lions Day at the United Nations

<https://www.lionsclubs.org/en/start-our-approach/lions-advocacy/lions-day-united-nations/new-york>

## President Brian invites you to register for Lions Day at United Nations

(<https://www.youtube.com/shorts/QZlcmSYJdwo?feature=share>)

## DISTRICT ENVIRONMENTAL COMMITTEE

April is Environmental Awareness Month.



### Environment Chairs Help District C Clubs with Ideas and Planning Assistance.

Representing all 9 districts, one or two District Environment Chairs work closely with five Lions serving as MD 19 Environment Co-Chairs. We are an Environment Team that meets monthly on Zoom, hosted by CC Lyndon Harriman, PCC John Moralek or PCC Al Hedstrom.

We meet on the first Tuesday of each month at noon and invite interested Lions to join us. Our team increases in size and scope as we are joined by Lions from throughout our MD and from across the continent. **Please write to Nancy Messmer ([able@olyphen.com](mailto:able@olyphen.com))** if you would like to attend these meetings. We grow stronger as a helping team with more Lions onboard.

Learn and contribute on our Environment Team Facebook Page. District G Environment Chair, VDG Leslie Chasse, hosts a Facebook page to connect Lions as an active environment team. Active helpful Facebook pages require lots of participation so please post the great projects you do. **Join us at <https://www.facebook.com/Lions-MD19-Environmental-Committee-103269998770756>.**

Our District I Environment Chair is David Haynes. DG Lia was the Environment Chair for the last several years, following long-time Environment Chair Bob Orchard.

As your Club does Environment Service Projects, please send David or Nancy a couple of action photos and a couple of sentences describing the project, always mentioning your Club name and contact person. There are great projects happening in our District and around the Multiple District. We can inspire and inform each other by publishing short articles describing our service. Folks who report on MyLion are already preparing this information.

David Haynes [dhaynes922@gmail.com](mailto:dhaynes922@gmail.com) 250.468.9534

Nancy Messmer [able@olyphen.com](mailto:able@olyphen.com) 360.963.2442

Lia Versaevel [versaevel.liamarie@gmail.com](mailto:versaevel.liamarie@gmail.com) 250.606.1515

To learn about Environment grants visit <https://www.lionsclubs.org/en/give-our-focus-areas/environment>



# DISTRICT GOVERNOR Lia's CLUB VISITATION SCHEDULE 2022 - 2023

WILL BE BACK NEXT MONTH—SORRY FOR THE INCONVIENCE

FEBRUARY 2023

MARCH 2023

26\_\_ CABINET AND PDG MEETING - TBD

APRIL 2023

14-15\_\_ UNCONVENTIONAL CONVENTION

MAY 2023

7-9\_\_ NORTHWEST LIONS LEADERSHIP INSTITUTE

JULY 2023

7 – 11\_\_ INTERNATIONAL CONVENTION – BOSTON

MASSACHUSETTS

Please book you DG visitation now:

[versaevel.liamarie@gmail.com](mailto:versaevel.liamarie@gmail.com)

## THE DISTRICT DIGEST

### Assign Your LCIcon 2023 Voting Delegate

If you are planning to have a voting delegate attend LCIcon 2023 in Boston, they must be registered for the convention and assigned as a voting delegate by their club secretary or other duly authorized officer. For more information, please visit the voting section of the LCIcon webpage. Visit

<https://lcon.lionsclubs.org/experience/international-election/>

### See How LCIF Grants Are Providing Relief During the War in Ukraine

LCIF grants are ensuring that Lions can meet a broad spectrum of needs for those displaced by the war in Ukraine. Watch the video to see some of these life-saving projects in Poland. Watch video

[https://i.ytimg.com/vi\\_webp/m26i8SajLwE/maxresdefault.webp](https://i.ytimg.com/vi_webp/m26i8SajLwE/maxresdefault.webp)

### Hunger Is a Problem Without Borders

LCIF's Hunger Grant helps Lions support school-based feeding programs, food banks, feeding centers and similar facilities that provide food to people when they need it most. Learn more and see how to apply.

<https://www.lionsclubs.org/en/give-our-focus-areas/hunger>

CAMPAIGN | 100



### Fulfilling Campaign 100 Pledges and Commitments

Thank you to everyone who made a personal Campaign 100 pledge and to clubs that made Model Club commitments. As pledges and commitments are fulfilled, they help empower Lions service across the globe. Contact the Donor Services Department for assistance with completing your donation. Contact us [donorassistance@lionsclubs.org](mailto:donorassistance@lionsclubs.org)

## February 2023

Did you know February is:

Childhood Cancer Awareness Month

February 7-9 - 2023 FVDG/DGE Seminar

February 13 - 2023-2024 District Goals submission platform opens

February 15 - Int'l Childhood Cancer Day

## March 2023

March 3 - Lions Day at UN New York City

March 8 - Int'l Women Day

## April 2023

Environmental Awareness Month

Family & Friends Month

Leo Club Awareness Month

April 22 - Int'l Earth

April 25 - Lions Worldwide Induction Day

## May 2023

Strengthen Membership Month

## CABINET & COMMITTEE CHAIRPERSONS:

### BC Lions Society

PDG Robert Dalton - Port Alberni, BC  
(250) 724-0558 - [roblion@telus.net](mailto:roblion@telus.net)

### Camp Shawnigan Improvement Committee

Larrie Taylor - Parksville, BC  
(250) 927-1411 - [larriet@shaw.ca](mailto:larriet@shaw.ca)

### C.A.R.E.

PDG Jane Beddows - Sooke, BC  
(250) 642-3378 - (250) 744-0616  
[jbeds@telus.net](mailto:jbeds@telus.net)

### Conference Co-Chairs

PDG Brian Phillips Lion Joanne Phillips  
Sooke BC (250) 642-2408  
[lion.brian.phillips@telus.net](mailto:lion.brian.phillips@telus.net)  
[joanne-phillips@telus.net](mailto:joanne-phillips@telus.net)

### Contest & Awards

**Vacant**

### Constitution & Bylaws

PCC Larrie Taylor - Parksville, BC  
(250) 954-3814 - (250) 927-1411  
[larriet@shaw.ca](mailto:larriet@shaw.ca)

### Diabetes Awareness

PDG Georgia Medwedrich - Sooke, BC  
(250) 642-4969 - [gdalmaine@gmail.com](mailto:gdalmaine@gmail.com)

### Elections

IPDG Lorne Bunyan - Salt Spring Island, BC  
(250)-537-1647 / (250)-920-9059  
[pdglorne.bunyan@gmail.com](mailto:pdglorne.bunyan@gmail.com)

### Environment

David Haynes - Nanoose BC  
(250) 468-9534 [dhaynes922@gmail.com](mailto:dhaynes922@gmail.com)

### Extension Canada

PDG Alan Guy - Mayne Island, BC  
(250) 539-9876 - [af15tbs@shaw.ca](mailto:af15tbs@shaw.ca)

### Extension USA

**Vacant**

### GAT Facilitator

!st VDG Michael Stanford - Victoria, BC  
(250)-412-5260 - (250) 213-3714  
[lionmichaelvdg19i@icloud.com](mailto:lionmichaelvdg19i@icloud.com)

### GAT Leadership

**Vacant**

### GAT Training Coordinator

PCC Al Beddows - Sooke BC  
(250) 516-5084 - [abeds@telus.net](mailto:abeds@telus.net)

### GAT Membership/NAMI Champion

PZC Betty Anne Herbert - Ladysmith, BC  
(250) 245-7977 - [lionba@shaw.ca](mailto:lionba@shaw.ca)

### GAT Public Relations/Newsletter

Lion Evelyn Smith - Nanaimo, BC  
(250) 802-8105 - [esmithmd19i@gmail.com](mailto:esmithmd19i@gmail.com)

### GAT Service

Lion Allen McDermaid, Ladysmith, BC  
(250) 245-3445 [Canuk11@love.ca](mailto:Canuk11@love.ca)

### Heads Up Guys

PCC Al Beddows - Sooke, BC  
(250) 642-3378 - (250) 516-5084  
[abeds@telus.net](mailto:abeds@telus.net)

### Hearing & Speech

PZC Barb Wright - Victoria, BC  
(778) 966-2521 - [barbwright68@gmail.com](mailto:barbwright68@gmail.com)

### Honorary Chairperson

PDG Robert Dalton - Port Alberni, BC  
(250) 724-0558 [roblion@telus.net](mailto:roblion@telus.net)

### Information Technology/Website

PDG Ron Metcalfe - Port Alberni, BC  
(778) 419-4565 - (250) 731-9742  
[ron2lion@shaw.ca](mailto:ron2lion@shaw.ca)

### International Peace Poster Contest

Lion James Hoskins - Victoria, BC  
(250) 477-1435 - [autohos@shaw.ca](mailto:autohos@shaw.ca)

### LCIF Coordinator

IPDG Lorne Bunyan - Salt Spring Island, BC  
(250)-537-1647 / (250)-920-9059  
[pdglorne.bunyan@gmail.com](mailto:pdglorne.bunyan@gmail.com)

### Lions Foundation of Canada (LFC)

PDG Cec Specht - Courtenay, BC  
(250) 338-0509 - (250) 702-0248  
[cec.specht@shaw.ca](mailto:cec.specht@shaw.ca)

### Lions Quest

PZC Michael Stanford - Victoria, BC  
(250) 213-3714 [lionmichaelvdg19i@icloud.com](mailto:lionmichaelvdg19i@icloud.com)

### Leadership

PZC Eleanor Bawden - Sooke, BC  
(250) 642-6763 - Cell: (250) 858-7427  
[epbawden@shaw.ca](mailto:epbawden@shaw.ca)

### Nominations

PDG Robert Dalton - Port Alberni, BC  
(250) 724-0558 - [roblion@telus.net](mailto:roblion@telus.net)

### Northwest Lions Foundation

PDG Mike Dukes - Sekiu, WA  
(360) 963-2287 - (360) 640-5404  
[dukesmk@centurylink.net](mailto:dukesmk@centurylink.net)

### Parliamentarian

PCC Larrie Taylor - Parksville, BC  
(250) 954-3814 (250)927-1411  
[larriet@shaw.ca](mailto:larriet@shaw.ca)

### Pediatric Cancer

**Vacant**

### Spot Screener

Lion George Smith - Port Alberni, BC  
(250) 723-8557 - (250) 720-7556  
[pa\\_dweller@yahoo.com](mailto:pa_dweller@yahoo.com)

### Vision

PDG Marcel Deslauriers - Victoria, BC  
(250) 245-3445 - [marceldes1@gmail.com](mailto:marceldes1@gmail.com)

### Youth & Camp Exchange

PDG Lia Versaevel - Ladysmith BC  
(250) 606-1515 - [versaevel.liamarie@gmail.com](mailto:versaevel.liamarie@gmail.com)

~In loving memory ~



### PDG Bob Ayotte

December 19, 1950 - December 23, 2022 Bob grew up in New Westminster, BC and moved to Whitehorse, Yukon in 1978, then he moved to Kelowna, BC in 1989. He worked for the provincial and federal government. Following his retirement started his own building consultation business. Bob felt that service to the community was a very important part of being a part of that community; he lived this belief out by giving time to the Knights of Columbus and the Okanagan Mission Lions club. While with the Lions club, he went on to become the District Governor for District 19D from 2013-2014, as well as working with the Leos in Kelowna; the Easter seals Camp Winfield; and many other boards within the Lions community and Okanagan Mission community hall. Travel was very import to Bob and became more frequent in the last 20 years, he got to see much of the world and was always learning. Always having a joke or comment to brighten up the day. His open and welcoming presence was a joy to many. Memorial donations may be sent to Winfield Easter Seal Camp, [www.eastersealsbcy.ca/summercamp](http://www.eastersealsbcy.ca/summercamp), 1790 Davidson Rd, Lake Country, BC, V4V1J8.



### Greetings fellow Lions.

I would love to hear from you if you have something you'd like to share with MD 19-I Lions.

It's very important that we **ROAR** and tell the world what we are doing. Jokes, stories, successes, challenges or anything you think might be of interest.

Evelyn Smith, D 19-I Newsletter Editor  
Cell: 250-802-8105  
Email: [esmithmd19i@gmail.com](mailto:esmithmd19i@gmail.com)

**Please let me know if you find any errors or omissions. Yours in Lionism Evelyn**