



**POSITIVE CHANGE**

2008---2009

DECEMBER NEWSLETTER

VOLUME 1 ISSUE 6

District Web Page: [www.Lions19f.org](http://www.Lions19f.org)

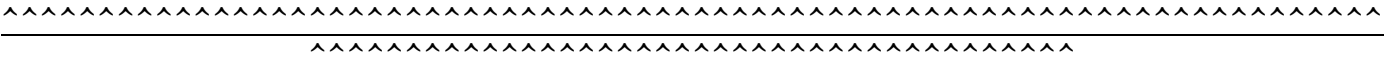
**DG MELBA FUJIURA**

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**DG MELBA'S MESSAGE**

With all the hustle and bustle of preparing for your holiday and serving your communities, I would like to think each of you would reflect on the miracles that you and your Lions Club created. During your Christmas Lions meeting I hope you discussed what you have accomplished in 2008, and share those accomplishments with others.

I am continuing my official visitations and I am continually impressed with the accomplishments and diversity of projects throughout the district. Your generosity is fantastic, both with your hard work and financially.

**HERO OF THE MONTH**

You might have seen her on some of my official visit, **PZC Julia Hart**. In addition to serving as a traveling companion to the DG, she is currently serving as Diabetes Awareness Chairperson for the district. She is also secretary of the Sunnyside Lions Club. Julia recently became Executive Director at the Lower Valley Crisis Center. She credited her attendance at the Northwest Lions Leadership Institute last year for giving her the confidence to make the change from her former work in public relations and 30 years of newspaper reporting to this leadership position.

If you are interested in sampling what the leadership institute is all about, Leadership 101 will be offered at the spring conference, March 20. Contact PDG Paul Kauzlarich

**DIABETES AWARENESS-PZC Julia Hart, Chairperson**

Traveling around District F this month with District Governor Melba has resulted in a few speaking engagements on the issue of diabetes. I was on hand for the mayoral proclamation of November as Lions Diabetes Awareness month at the Sunnyside City Council on Nov. 10. It turns out the Sunnyside mayor is one of the more than 1.6 million new cases of type 2 diabetes reported in the past year in the United States. I was able to share that diabetes is now listed as one of the seventh leading causes of death in the United States. According to the Centers for Disease Control, there are more than 23 million Americans dealing with diabetes. On Nov. 24, the Naches Sunshine Club invited me to be their guest speaker on the issue of diabetes. The young Lion who requested the programs told me her entire family either had diabetes or is at serious risk for diabetes.

I just want to urge all Lions to check out the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org) for the diabetes personal risk calculator. There is still time to plan a Lions Strides Walk at your local mall or even at the local fitness center. January would be a great time to plan an awareness walk- especially if like me; you're suffering holiday eating remorse.

Merry Christmas to all and remember to pass on the second helping of goodies and walk it off instead.

## **PUBLIC RELATIONS-PZC Marty Close, Chairperson**

### MARTY'S PR MOMENTS

#### ***A GREAT PR IDEA FOR THE MONTH....***

It's not too late for your club to make a large community Christmas card (half or whole sheet of plywood, an old door, etc.). This Christmas card could say something like "Merry Christmas and Happy New Year from the \_\_\_\_\_ Lion's Club. We thank you for your support. This sign could be placed in a high traveled area in your community. ***GREAT PR.***

**Merry Christmas & Happy New Year**  
**From your PR Chairman**  
*Thank you for your support.*

## **LEADERSHIP-PDG Paul Kauzlarich, Chairperson**

### LEADERSHIP – LEADERSHIP – LEADERSHIP – LEADERSHIP

Now is a good time to make your New Year's resolution to send at least one member of your club to the Leadership 101 training in March; and to hold an open house for membership in the coming year.

**Merry Christmas & Happy New Year**  
**From your leadership chairman**

## **DISTRICT F PEACE POSTER WINNER**



“Peace begins with me.”

The District F Peace Poster winner this year is Amlan Barik an 11 year old 6<sup>th</sup> grader at West Valley Middle School.

“If I think about peace, I can spread peace. My poster reflects the theme by showing a young boy thinking of peace from his heart.”

## **EYEGLOSS RECYCLING**

The Pasco Lions are willing to clean and box up any used eyeglasses to ship to the LERC facility in Olympia...they have the room to sort and store. Contact ZC Sam Clayton for more information.

Northwest Lions Eyeglass Recycling Center  
9013 Mullen Road  
Olympia, WA 98513

Web site address: <http://www.lionsnwlerc.org>

**Naches Sunshine Lions Club “20<sup>th</sup>”**  
**Naches Lions Club “60<sup>th</sup>”**

Invite you to join them for their anniversary celebrations on Saturday, February 21, 2009.

Cost per person \$19  
Social starts at 5:30 p.m.  
Buffet dinner at 6:00 p.m.

Speaker, PDG Mike Gayda  
Door prizes

Location: Lower Naches Grange Hall  
1800 Old Naches Highway  
Naches, WA

Contact Person: Lion Marty Close  
9031 South Naches Road  
Naches, WA 98937  
509-949-9848

Registration deadline: February 10, 2009

## 2008-009 DISTRICT F CABINET

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F-8			

### COMMITTEE CHAIRPERSONS

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Youth Outreach/Peace Poster		

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