Remember Them
9/11/01 - 3/22/14

Steel beam from ‘Twin Towers’

Oso Mudslide

BUSY B E-MAIL DELAYED

Macy’s Holiday Parade
FRIDAY, NOVEMBER 28, 2014

Volunteer to be a Parade Marshall
Your club will receive $35.00 for every member that participates. Volunteers report to downtown Seattle at the Grand Hyatt Hotel 8th and Pine @ 7:30 AM. The parade starts at 9 AM. The parade route is 1.1 mile and takes approx. 1 hour. Rain Ponchos, and/or jackets and hats will be provided. Parking is on your own, suggest carpooling.

Contact Person: Ron Wilkie—206 724 9216 (Cell)
Contact Lion Ron ASAP

Northwest Lions Foundation
September 20, 2014

Fellow Lions of MD-19, it is with great pleasure, that I present some great news on the growth of SightLife and The Northwest Lions Foundation for year 2014.

SightLife continues to not only serve the Pacific Northwest with outstanding service, but has reached incredible growth of over 8,000 corneal transplants in the United States. In addition, we will provide 10,000 additional corneal transplants to needy people in our global program. SightLife was awarded a contract with Kaiser Permanente of Southern California and opened a processing laboratory on the campus of University of California Irvine. SightLife and The Northwest Lions Foundation will be moving to new offices in Seattle in 2015.

We are very pleased the Northwest Lions Foundation’s community service programs continue to screen well over 30,000 school children across the MD-19 service area. The Board has double the size of our Project Support Grants in 2014 to over $100,000. A special grant was given to Camp Leo in District C for critical supplies to improve the safety of the children this last summer.

Finally, The Foundation has launched its new hearing program this fall that will offer clubs in MD-19 and Montana brand new digital hearing aids, at less cost to the Lions Clubs than our prior Hearing Aide Bank program.

While this new hearing program is still a work in progress, we appreciate the patience of the clubs and Lions over this past year, as we made this complicated program transition.

In closing, The Board of Trustees of The Northwest Lions Foundation would like to thank all the Lions and Lions Clubs in MD-19 for their continued support of White Canes Days. Thank you for your support, as we continue to review and improve our services to your clubs and communities.

PID Roger Richert - Board of Trustees - Chairman
prepared to serve

Local Lions Clubs have a long tradition of serving as chartered organizations for Scouting units. Lions Clubs and Scouting are noted for their community service, so it’s not surprising that Lions Clubs support more Scouting units than any other civic or fraternal organization. In the United States, Lions Clubs charter nearly 3,000 Packs, Troops, and Crews, serving 95,000 youth. The relationship between Lions and the Boy Scouts of America goes back more than 80 years, and for good reason, says J. Frank Moore II, immediate past president of Lions Clubs International. “The two organizations have similar goals—the promotion of international cooperation, community service, citizenship, and leadership,” he points out. “Aiding one organization is a complement to the other.”

Because the goals are so similar, some adults who volunteer to be Scout leaders also find Lions Club membership appealing. We work together to ensure that young people have opportunities to achieve their full potential. Here are some examples:

1. Chartered Partnerships – Every Scouting unit is literally owned and operated by a community organization such as a service club, church, fraternal organization, public agency or other community group. These charted partners with Scouting have the specific responsibilities to select qualified adult leadership, see that the Scouts have a place to meet and make sure these young people abide by the core values of both Lions and Scouting.

LIONS NEED CLEAN AIR

Scouting

Guest speaker at the University Li-

cons Club on Oct. 1, 2014, was Renee

Klein, President and CEO of the West-

ern Region of the American Lung As-

sociation. Ms. Klein said the Associa-

tion began in the early 1900’s to deal

with tuberculosis. (Long time King and

 Snohomish County Lions might re-

member the Firland Sanitarium off 150th in Shoreline.) TB is now largely

a thing of the past. When it is here, it

is dangerous, and once its caught, a

person is likely to die.

The program is planned for at least the

next two years. The leaders are trained in program

management and recruits unit leaders and committee

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members.
September has been a fairly quiet month in B-6. DG John visited the Marysville club on the 4th and Arlington hosted our first zone meeting on the 10th. Both activities were well attended, and the zone meeting provided a very good platform for positive discussions about the Club Excellence Program (CEP) and Ask One and Strengthen the Pride, our president’s primary theme for this year.

IPDG Steve Brooks and I traveled North to B.C. to visit the Sasquatch Lions Club and present a program about the Oso/Darrington slide, and to thank that club for their sizable donation to help in the recovery efforts. A large contingent of Lions and local fire fighters attended and were very interested in the extent of damage and the recovery progress. The fire expressed its interest in the operation and formation of our District Alert Team, and wish to meet with our members in Ocean Shores.

The clubs in B-6, and all others in Snohomish County, (and a few in King) provided many man hours of volunteer efforts to make the annual Corn Booth at the Evergreen State Fair a resounding success. From late August to Labor Day, there was little else to consider than to work on time and selling lots of corn. Most did the first, and the sales were super so the event was very successful. The Snohomish County Sight and Hearing Foundation, sponsor of the booth, is very thankful for the assistance and dedication of our huge volunteer staff, and also that of the shift leaders who manage the daily activities.

On September 20th, the Lake Stevens Lions Club celebrated their 65th birthday. A large and happy group attended the party at Lake Stevens Park and enjoyed a great meal, and lots and lots of conversation. Lake Stevens shares the zones “Most Active” award with Stanwood and we appreciate all these two do for our zone. Congratulations to you both.

Stevens Lions Club has a little more to report this month, finally. We finished our wood raffle and I wish to thank all of you wonderful Lions that helped to make it a success. We made approximately $800 Sorry to report none of you won. It went to a non-Lion in Granite Falls. We also awarded 3 of the 4 scholarships that we chose in June. Two of our members attended the wonderful Lake Stevens Anniversary and had a real good time. One member will be attending Conference this weekend. I will be sharing a room with members from two other Clubs. Should be lots of fun.

Tulalip Activities 10/6/2014 8 bags of clothing, 2 lamps, a small square table were given to the Moyer Foundation (ARC of Washington) in the Clubs name. ARC’s focus is assistance to Blind people in area. On Saturday, 10/6, we gave the following to the Concrete Washington Food Bank via The Marysville Free Methodist Food Outreach Program.

Donation to the Concrete Food Bank
400 Bars of Soap, 400 shower Gels, 300 Vanity Packs, 100 Shoe Polish Packs, 250 Shower Caps
Donation to Marysville Free Methodist Food Outreach Program
400 Bars of Soap, 400 shower Gels, 300 Vanity Packs, 100 Shoe Polish Packs, 250 Shower Caps
Delivered 5 bags of clothing down to the Tulalip Tribes to be taken down to the Chief’sattle Club. There were also 4 walking canes that were included with that and 1 pair of clutches.

While there, a gentleman who was having problems walking, so I also gave him an adjustable cane and told him it was his from the Tulalip Lions Club, he was so thankful.

Thanks to Lion Sam Askew for the Amenity’s that were sent our way for distribution out into the community in the name of Tulalip Lions Club Service Programs.

Lion Linda Tolbert
ZC Jim Knight

Ruth Porter Munizza was honored at a breakfast on September 17, where she received her Lifetime Achievement Award from the Stillaguamish Senior Center. All of Ruth’s schooling was in Western Washington, including attending the University of Washington where she earned her degree in Physical Education. She came to Arlington High School in 1948. She met Lawrence Munizza and in 1950 they were married. They raised four children, all girls. Her love of Arlington began 66 years ago, when Ruth Porter began her new teaching position at AHS. She was very popular with her classes, always showing you “where to look” not “what to look.”

She taught at AHS only for 4 years, because back then, wives were not allowed to teach at a local high school. So she moved to theTahoma School District and was there for 45 years. Throughout the years, Ruth Porter Munizza was able to make a difference to the community of Arlington and surrounding areas who were her students spent as head of the Arlington Co-operative Preschool. In 1963, Ruth was hired to teach two classes of 12 children each, but the school was so successful that there was a waiting list to enroll. More than 2,000 children found friends and learned needed skills, including independence, cooperation and confidence through her dedication, excitement and passion for teaching of young minds.

Now, Lion Ruth Munizza is continuing to serve her community as a member of the Arlington Lions Club.

(excerpts from North County Outlook staff)

Hello All!
I am sure all of my clubs are working very hard in their communities. As we go into the holiday season I am sure things really pick up for all of you. With aiding families and food banks in the area and your own club party activities.

I have had a great month. I got to go up to the Skykomish Mountain Lions Club as they hosted a visit from the Leavenworth Lions. A great evening. I had the opportunity to present their President, Ted Cleveland with a pin from Lions International for his bringing in five new members. Way to go Ted! That’s the end of news we ALL like to hear!

Skykomish activities also include having seven students participating in the peace poster contest. They all located $100 for this. That covered the packets for the contest and left plenty to give each participant a treat (ice cream cone) and the winner of their contest a gift card for Fred Meyers. I can hardly wait to see these posters! Are any other clubs doing this? Please let me know.

I am going to let them share all of their other activities at my Zone Meeting. I am really looking forward to the meeting. All of you have been doing so many things that need to be shared.

Remember, the date for the Zone Meeting is October 20, 2014 at the Snohomish Lions, at the Collectors Choice restaurant in Snohomish.

The other exciting occasion was the Club Excellence Process Facilitator Training. That was a fun, very informative day. I came away with so much information. This process is amazing and is working already for the clubs that have begun to or have used it. They have increased membership, learned new ways to help the people in their communities and much more. If your club is interested, feel free to contact me and I would love to come to your club and introduce the CEP.

My contact info is: 425-333-5756 or 425-330-6904 (text also), and c1ottaway@frontier.com.

And remember everyone: Ask One. Thats all it takes to bring others to our clubs that we respect and enjoy spending time with. Respectfully Submitted

ZC Cyndy Ottaway

Busy, busy, busy B-6

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Busy, busy, busy B-6

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Busy, busy, busy B-6

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Serving Our Communities Together in Zone B2

One of many benefits of combining our service as Lions is the ability to do bigger projects, to partner with community-based organizations and the respective zones to raise awareness and encourage the neighborhood associations and even internationally to accomplish service we could never do alone or in a small group.

In zone B2, our designated service project is the Seattle Sensory Garden. Like many large projects, it takes years and many stakeholders in the community to bring the project to completion. Seattle Sensory Garden is an idea generated by the Lions in zone B2 and is broader in scope than most Sensory Gardens. Many Sensory Gardens focus on one sense. Seattle Sensory Garden is looking for people of all abilities to enjoy. Years have been invested in securing approvals, funding and investment of the zoo and the neighborhood associations and there is still much to do. Lions really need to demonstrate our emphasis and support for this project. We are "knights to the blind" but our service is where there is a need. A faithful group of Lions from 3 different clubs in zone 2 have been instrumental in this project from the beginning but many hands and hearts are now needed. Please contact the zone chair to find out ways you can become involved.

Yet another example of combining our service is to partner with other zones or clubs in other zones in the area. We do this when we schedule a work day, we head for the site at 8:30 AM and will end at 5 in the evening at Seattle Center. For this event we are co-branded with other local Diabetes Education and Awareness organizations to raise awareness and encourage a healthy lifestyle. This is an opportunity for education and networking that can lead to further involvement and cooperation. There is still room for about 15-20 more Lions to attend. Please contact the zone chair for details.

The Red Door Team
From the Seattle University Club bulletin, Oct. 15th

PROGRAM: Three members of "The Red Door Team" Teresa Barthol, Shari Hansen and Michelle Rafferty were introduced. All three gave us great information on Senior Living Options and Downsizing & De-cluttering as well as several informational handouts. One of the topics was "Questions to ask while De-cluttering": Do I really need it? When was the last time I used it? When will I use it again? And Will it fit in your new home? Teresa and Shari can be contacted at 425-876-8552 or e-mail: Teresa@reddoorcom.com. For Housing & Care Rafferty Michelle can be contacted at 425-208-5630 or e-mail: michelle@silveragecare.com. Another reference they told us about was hiring a Relocation Coordinator such as Moving Forward - for information: www.Movingforward.com or 206-789-7070. The Red Door Team usually gives us lots to think about.

Thank you, Bulletin Editor, Patty Minzel

Bright Ideas all around us!
Have a suggestion? or an idea to benefit the Lions? Pass it along to FZC Rob Schumer 425-481-0482 or robshumer@comcast.net

Did You Know About This?
All Lions Clubs may borrow the Busy B-owned PA system for events. The University Club has begun planning and procuring items for their annual fundraiser, the auction they host in the spring. The date is May 15, 2015. This club, like so many Lions clubs, have lost many members to death these past few months. Most of the Lions were very involved in planning and procuring items for the auction so it is going to take the contributions of all members to make this year’s event a success. University Club is hoping that members of other clubs will join them for the auction but also folks with possible auction items will continue donating. Some of the things they can use are services, a week or two at bshores or vacation homes and sports event tickets. The ultimate goal is working together in the District to promote this event. The auction is the largest fundraiser for University Club and allows them to fund projects like recently presenting a $24,500 check to the University of Washington Eye Institute to support ocular research. Contact the President of University Club or the Zone chair for more details.

“Changing Lives. One Pair of Eyeglasses at a Time”
Eyeglass Recycle Time
LERC – An important partner of “ICARE” 2014
Today (Friday, October 10), we completed the week-long “ICARE” Program which is a humanitarian project that is conducted annually in Jamaica. “ICARE” is a program of Great Shape! Inc. in partnership with the Sandals Foundation, Sandals Resorts, Lions Eyeglass Recycling Center (LERC), multiple VOSH Chapters, and the Jamaican Ministry of Health. The main purpose was not only to provide vision care but also to bond with the Jamaican youth and elderly. As “ICARE” Program Director Steven Stem said, “We are also Ambassadors of Goodwill as well as Caregivers!” I am honored to have participated again in this Mission. In fact this is my 3rd year as a volunteer. Our group of 36 volunteers from the United States and Canada are staying at the Sandals Resort located at Whitehouse, Jamaica. It is a one-hour plus scenic drive from the Montego air port. Sandals Whitehouse is a very beautiful and plush resort that is visited by many tourists especially newlyweds. It is indeed a "Honeymooner's Paradise"! The “ICARE” clinic was at the “Seaford Town” also known as “German Town” some one hour and fifteen minute drive from the Sight to See Church. The road is winding, narrow but very scenic. Every volunteer work day, we head for the site at 8:30 am, after an early breakfast every day. By the time we arrive at about 10 am, we are greeted by a large crowd of people who have been waiting patiently for almost an hour already at the Sacred Heart church. The church is built on a hill, with an old cemetery. The Parish priest, Father Luke, prepared and transformed the church into a clinic after Sunday’s service the day before, for our purpose. The young, middle age and elderly Kamacians are patient, quiet, cooperative and very respectful. This allowed us to do our work in a very timely manner. We normally are back at the resort by 6 – 6:30 pm.

During the five days, we served the following number of people: Day 1 = 250; Day 2 = 313; Day 3 = 420; Day 4 = 505 and Day 5 = 275 for a total of 1,763 people! At the end of Day 5, there were so many empty NW LERC Boxes visibly lined up with the Lions insignia, testifying to the many eyeglasses, reading glasses and sunglasses that LERC has donated to the “ICARE” program, that we gave to the jamaicans for free! As the NW LERC Director for 19-B, I was proud to see how LERC has been able to help in the yearly “ICARE” mission. Truly, as Lions, “WE SERVE!”

PDG Bert Caoli, District B Director

Lion Bert with Great Shape Executive Director "Papa" Joe

MARK DECEMBER 13th ON YOUR CALENDAR
Lions SCORE FOR SIGHT at the Everett SilverTips Game
Help us raise funds for the Snohomish County Sight and Hearing Foundation and collect used eyeglasses for LERC. The Everett SilverTips will be playing the Tri City Americans. Volunteers sell programs and Chuck-a-Pucks. A limited number of free tickets for participants are available. Reduced priced regular tickets are also available. This will be the third year for this special event. For more information or to volunteer contact Art Ruben at since1965@aol.com.
MEMBERSHIP LOSSES - ANALYZING THE NUMBERS

The District Membership team has taken on the task of reviewing the monthly membership statistics, and this year we’re focusing on the reasons that members are dropped. First, the not-so-news: We started out this Lions’ year with one less club, and in the first quarter (July-September) we dropped 45 members.

But there’s good news, as well: 15 of those Lions transferred to other clubs, so they aren’t really losses, plus we added 17 new Lions to our District in that same time frame. It’s hard to say goodbye, especially to our most hard-working friends, but what we can to minimize the losses. Does your Lions Club have a procedure to follow when a member is faltering? Who takes the initiative to talk to them so our clubs can keep thriving?

The Buzz in B-3

I have received a flyer from the MD 19 Lions Leadership Foundation. Their Mission Statement: “To provide education and leadership on the MD 19 B-3 level for the development of tomorrow’s leaders in schools, community, business and service organizations, such as Lions.” The Foundation sponsors: Leadership 101 Training; Membership 101 Training; and 201 Training: NW Lions Leadership Institute, and so much more. Foundation “grants” provide the opportunity for Leadership Training, and they need our help to continue providing and to expand this monetary assistance. The Foundation is asking the Clubs to put “The MD 19 Lions Leadership Foundation” in your annual budget.

Bothell Lions: Have been working on their Kanoke/Bingo night with the Northshore Senior Center. This is also a Halloween costume party and Bingo. Date is Oct 25th from 7 - 9 and over, please call for reservations 425-286-1076. Also the Club welcomed a new member on their Sept 25th meeting. Welcome Lion Karen Orsinger.

Edmonds Lions: Continue to sell tickets for the Foundation’s Eye Exam and glasses; two applications are outstanding. Working the Flag project. There is a group of Edmonds Lions who meet at the Waterfront Cafe (below Armys) that is becoming the place to be on Monday morning for Lion talk. The group meets from 10 – 11 a.m., all are welcome. The Club is also handing out braile menus to some of the Restaurants in Edmonds.

Lake City Lions: Has inducted two new members, restarted their Fea Market after their summer break, and working the Flag project.

Mill Creek Lions: Donated $300 to the Mill Creek Food Bank for Dog food. Held a Blood drive at Elizabeth Ann Church and are planning for their Craft Bazaar on Nov 15th at the Penny Creek Elementary School.

Terrace-Brier Lions: No activity this month. The Club is doing some long range planning for future projects.

Woodinville Lions: Have received three applications for eyeglasses, distributed 3 Peace Posters to schools and to Snohomish YMA after school program. Two work parties at Miner Park. Hearing Aids. Lion Mark Adams, CEO AP Lus hearing, will be presenting his thoughts and ideas on the Lions Hearing aid program at the 5 nohoshim Sight Savers meeting on the 16th of Oct. The Club has been working to coordinate with Marsha Rastatter, PCC jx Knight and others to develop something new, it easier in our Zone to provide Hearing aids to people in need. More Later. ZC Gordy Smith

AND THEN IT IS WINTER

You know... time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like. But, here it is...my friends are retired and getting grey; they move slower and I see an older me, their age is beginning to show and we are now those older folks that we used to see and never thought we’d be.

Each day now, I find that just getting a shower is a real task for today! And every day is not started off of the right foot. I have to take my time and it’s mandatory! Cause if I don’t on my own will I... just fall asleep where I sit! And so...now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!

But, at least I know, that though the winter has come, and I’m not sure how long it will last...this I know, that it’s over on this earth...it’s NOT over. A new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went and it’s really quite a distance to the hospital and cities in Washington State which was adopted as the MD 19 B-3 project.

The Earth Angels Project is busy more than ever. The SBLC is working in tandem with the Flight West volunteers. They (pilots) bring in patients and volunteers from Idaho, Montana, Oregon, California and cities in Washington State which is really quite a distance to the hospitals or clinic in King County. Members of the District Leadership Team call the patients from SeaTac Terminal, Renton Terminal and The Boeing International Airport. About every fifth day ambulances are picked up at these terminals and transported to the clinics or hospitals of their choice in King County and SBLC. The Community Committee of the Angels Flight West establishes protocols between the volunteer pilots and the transport team of the SBLC.

I visited the Fairwood Lions Club and they are focused on their projects and the fall weather appears to give the members extra boost to accomplish what they are planning. Not to be outdone is the Burien Lions Club. I was invited to their meeting at the Restaurant, which is very cozy and really ideal for a healthy meeting place.

PDG Enoch Rowland discussed a little bit of strategy that he uses for the case of the 400 Cedar Trees in the Discovery Park which was adopted as the MD 19 B-3 project.

Great news! It seems inevitable that a Seattle Britum Branch Club in a wonderful, perfect location in a reality. It is possible thru the dynamic leadership of PDG Art Raben and PDG Bert Carlson. The official meeting was presided by PDG Art. A good number of would-be members were present and the meeting was another informative application forms. PDG Bert is present in Jamaica so the Seattle Britum Lions Club (SBLC) president, Rolly Polintan, my wife, Luz, and I represented the SBLC. It was an evening of camaraderie, fellowship with family and atmosphere...
This report will reach you just days before the Mount Si Lions auction. This will be a fun pre-Halloween event complete with prizes for costumes. In addition the event is bound to have great food as it is being held at Boxley’s Jazz Club in downtown North Bend. Most importantly, the proceeds are going to assist needy individuals in the local community. What a fun way to support another club as they serve their community, while having a great deal of FUN! Fall is here and along with the changing of the leaves football is here. I am from Nebraska where everyone gathers together as a community to watch the high school games on Friday and the University of Nebraska Cornhuskers on Saturday. When I think about the clubs in our zone, I hope that we begin to think of the other clubs as part of a bigger community of volunteers that we can call upon to help with our projects. Think BIG, think what you could do with twice your clubs membership. One way to get twice as many volunteers is to work with another club. I have several ideas in mind about how we can help each other. I will share them as I come on my zone chair visits.

Here are some of the latest activities for the past month:

Our own DG John Clinton met with the Lions Club for November. We are working to coordinate times with Mercer Island Lions and Snoqualmie Valley Lions. The Mercer Island Club collected 35 pairs of glasses in September. What a great way to serve the community. I have recently been told that the bus system’s lost and found department could have a large collection of glasses lost on buses and never claimed. Your club might call the local taxi services or other transportation departments to check to see what they do with unclaimed glasses.

The Mount Si Leo’s club provided and served dinner at a homeless shelter just last week, once again demonstrating their service commitments to the community.

Finally, the Mount Si Lions had a great meeting in September. One of the activities involved each member bringing some old towels/blankets to donate to the local animal shelter/rescue facilities. It was surprising the amount that was collected with just a little from each of us. The Mount Si Lions have found that their club has been able to do more by meeting once a month on a rotating basis at member’s homes and using the second meeting date as a project work date. Remember, your club should do whatever works for your club members and your community.

I hope to see a diversity of ideas from the clubs in our zone as they serve their communities. Go and serve as only you can.

Shauna Balderson
Lynnwood, WA

RELELVING HUNGER, one of 4 Lions Centennial Service Challenges.
What will your club do to help fight hunger?

During December and January Lions Clubs International invites your club to join other clubs from around the world to help with the meet challenge of hunger. This is one of the four Lions Clubs International Centennial Service challenges. Many District 19B clubs already collect food or deliver holiday baskets, but there is so much more to be done. The need is real in our District. Your club can help!

Go to the Lions International website to view the challenge and learn ways your club can be involved. Be sure you include your efforts on the club service (SAR) reports as a Centennial Project and don’t forget to send a story to the Busy B. Below is a partial list of food banks.

KING COUNTY FOOD BANKS

Arlington 360-435-1631
Darrington 360-436-9003
Edmonds 360-520-5833
Edmonds Westgate Chapel 425-775-2776
Grant County Lion’s Food Bank 509-789-6231
Granite Falls 360-691-5290
Grantville 425-653-7652
North Seattle
Snohomish 360-658-1054
Marina 425-758-7846
Lake Stevens 425-334-3430
Lynnwood 425-745-1635
Mount Si Lions 360-629-2789
Mountlake Terrace 425-778-7227
Mukilteo 425-212-2653
North Bend VOA 425-882-5839
Snohomish 360-587-7993
Stanwood/Camano Island 360-629-2789

MISSY MANNERS SAYS:
Well, here I sit waiting for the next storm to blow in. Had some thunder and lightning at my place last Saturday night, did you? Guess fall is truly here along with flu season. Have you had your flu shot yet? By the time you read this we will have all been to Ocean Shores for convention, hopefully all psyched up and raring to go. Halloween decorations are showing themselves around the neighborhood and Christmas decorations are in the stores. Heard that there are only 10 weekends until Christmas. The merchants are salivating expecting us to spend even more this year than last. Several years ago at church we were encouraged to try going to a “minimalist” holiday. I know several families tried it and have continued the tradition. With so many people having financial woes it really is something to think about. Maybe instead of going overboard on family giving we could help out those “less fortunate” who we all seem to pray for. It always sets my teeth on edge when that expression is used in our prayers. It sounds so condescending to me. Anyone can need a helping hand sometime and after all, isn’t that what we do? I know some of our clubs give scarves and hats and gloves to the homeless. I found some extra yarn and am working on scarves. I really need to finish these before they freeze too.

I’m listening to the TV in the other room and the subject is of course, football. What a bummer last Sunday’s game was. Oh well, it’s early yet but the older I get the faster time seems to go and it will be Super Bowl Sunday before we know it.

Well, this column has gone on long enough for now. If anyone has any comments let me know. Just like our editor, I’m always looking for ideas and feedback.

Lovingly, Missy Manners

Thanksgiving Time

For crops of grain, for fruit and meat, The fragrance of the earth; the trees, Churches and schools and country lanes— I am thankful for all these.

For children in a hundred schools, For timid old folks bent and worn, Young mothers brave as knights of old, Waiting for babies to be born.

For old church bells that softly chime, A turkey at Thanksgiving time. Edna Jaques

Smokeys Cheesecake

2 cups graham cracker crumbs 1/3 cup sugar
6 Tbsp. butter, melted
1 pkg (11 ½ oz) milk chocolate chips
1 can (12 oz) evaporated milk, divided
3 pkg. (8 oz. ea.) cream cheese, softened
1 jar (7 oz) marshmallow crème
2 Tbsp. cornstarch
1 tsp. vanilla extract
3 eggs, lightly beaten
2 ½ cups miniature marshmallows

Preheat oven to 325°. In a small bowl, mix cracker crumbs and sugar; stir in melted butter. Press onto bottom and 1 in. up sides of a greased 9-in. springform pan. Place pan on a baking sheet. Bake 10 minutes. Cool on a wire rack.

In top of a double boiler or a metal bowl over barely simmering water, melt chocolate chips with 1/3 cup milk; stir until smooth. Pour into crust; freeze just until chocolate is set, about 20 minutes. In a large bowl, beat cream cheese until smooth. Beat in marshmallow crème, cream cheese extract and remaining milk. Add eggs; beat on low speed just until blended. Pour over chocolate layer. Return pan to baking sheet. Bake 65-75 minutes or until center is almost set. Sprinkle with marshmallows. Bake 6-8 minutes longer or until marshmallows are light brown. Cool on a wire rack 10 minutes. Loosen sides; remove from pan. Cool refrigerated, covering when completely cooled. Remove rim from pan.
Northwest Lions Foundation
Restoring Sight, Hope, & Hearing

Your Club Resource for these Community Service Programs

• Lions Health Screening Unit (LHSU)
• Lions Hearing Aid Bank
• Lions Patient Care Program
• Lions Project Support Grants

Staff Contact:
Marsha Rastatter
Lions Program Coordinator
206-838-4568
1-800-847-5786 ext. 148
Marsha.Rastatter@nlfoundation.org

Board of Trustees Chair:
Roger R. Richert
206-222-1700 (business)
roger@richtertnet.com

www.nlfoundation.org

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Please Support Lions Youth Programs

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Peace Poster Contest
LIONS-QUEST PROGRAM
The Lions Quest Programs teach young people skills needed for everyday living:
• Learning to accept responsibility
• Communicating effectively
• Setting goals
• Making healthy decisions
• Resisting pressure to use tobacco, alcohol and drugs
CALL: Lion Nancy at 206-439-8282
e-mail: NancySoren@aol.com OR
Lion Don at 206-362-2277

KCECC
(King County Eyeglasses Collection Center)
Seattle Rainier Lions Club

7-LERC
(Seven Lakes Eyeglasses Recycle Center)
Drop off boxes of used eyeglasses
Smokey Point Area
John McKeon & Associates
602 172nd St. NE
Take I-5 Exit 206 (Westbound)
(West over RR tracks, next to Shell gas station.)
ATTACH YOUR CLUB NAME & GLASSES COUNT
OR... for more information call:
Lion John Flesher
360-654-1332

Happy
Thanksgiving

November 2014  Page 7
Why do we have one World Diabetes Day when Diabetes is an everyday problem for those who have Diabetes... and those who don’t?

The Diabetic has to live with the disease every day with careful meal planning, diet, shots and/or pills, exercise and the worry that the disease may cause blindness (20% do go blind). They also may face possible kidney failure, heart damage or amputations plus many other health problems.

I didn’t expect a Lion with such passion for the issue to volunteer. I have asked everyone to make every November 14th, to the best of their ability, to respect that no one should have the Diabetes problem. For more information about Diabetes contact Lions:

ZC Kalie Martin at brighteyespsd@yahoo.com (King County) or Art Ruben at since1965@sailpoint.com (Snohomish County)

I want to thank Kalie Martin for her article on Diabetes in the last issue of the Busy B. When I requested a volunteer to help with Lions Diabetes Awareness, I didn’t expect a Lion with such passion for the issue to volunteer. I have asked her to write an article every other issue and to assist with clubs in King County.

PDG Art Ruben, District 19B Diabetes Chair

DIABETES AWARENESS CALENDAR

November... Lions Diabetes Awareness Month

A Lions worldwide event to promote awareness.

November 8... Juvenile Diabetes Foundation One Nation Summit. A Lions worldwide event to promote awareness.

November.... Lions Diabetes Awareness Month

A Lions worldwide event to promote awareness.

November 8, 2014... Tour de Cure... Woodinville

November 13, 2014... Juvenile Diabetes Foundation One Nation Summit. Redmond, WA

November 14th, 2014... World Diabetes Day

November 14th... is that so many people have Diabetes and don’t know it and that most people can avoid Diabetes with proper exercise and eating habits. There is a World Diabetes Day, a Lions Awareness month and others to remind people of this, but every day should be a World Diabetes Day. According to the American Diabetes Association one out of three people born today will end up with Diabetes.

We see through the cornea, which is the clear, central part of the front surface of the eye. Normally, the cornea has a dome shape, like a ball. Sometimes, however, the structure of the cornea is just not strong enough to hold this round shape and the cornea bulges outward like a cone. This condition is called Keratoconus.

What Causes Keratoconus?

Tiny fibers of protein in the eye called collagen hold the cornea in place and keep it from bulging. When these fibers become weak, they cannot hold the shape and the cornea becomes progressively more cone-shaped.

Keratoconus appears to run in families. If you have it and have children, it’s a good idea to have their eyes checked for it starting at age 10. The condition happens more often in people with certain medical problems, including certain allergic conditions. Its possible the condition could be related to chronic eye rubbing. Most often, though, there is no eye injury or disease that can explain why the eye starts to change.

Keratoconus usually starts in the teenage years. It can, though, begin in childhood or in people up to about age 30. It’s possible it can occur in people 40 and older, but that is less common.

The changes in the shape of the cornea can happen quickly or may occur over several years. The changes can result in blurred vision, glare and halos at night, and the streaking of light.

The changes can stop at any time, or they can continue for decades. In most people who have Keratoconus, both eyes are eventually affected, although not always to the same extent. It usually develops in one eye and then later in the other eye.

Can Keratoconus Damage Vision?

The changes to the cornea can make it impossible for the eye to focus without eye glasses or contact lenses. In fact, a corneal transplant may be needed to restore vision if the condition is severe.

Laser vision correction surgery—LASIK or PRK – can be dangerous for people with Keratoconus. Anyone with even a small degree of Keratoconus should not have LASIK surgery.

Leader Dogs for the Blind is celebrating 75 years of service for the community and the world. The Lions Clubs are a big part of keeping this corporation alive.

In 1960 the facilities for the leader dogs were remodeled, top of the service at that time. It is time for remodeling a new facility. It is called canine development center project campaign for the leader dogs. This will entail for veterinarians better access for the dogs.

Remodeling will require the males, and the female will be separated in their own quarters. There will be a separate breeding room for the dogs, to make it easier for the dogs to breed without stress. Before, they used to put the dogs together and the male dogs were too excited and could not breed the natural way. This is better if they breed naturally for this particular project.

There will be more room for veterinarians, assistants, and new equipment. The veterinarians in the center of the facilities with gates leading to the veterinarianian center. All the three new facilities will be connected as one. The cost for all remodeling 14 1/2 million dollars.

The puppies are brought back to the facilities at the age of 5 to 6 weeks, they are in the facility for 1 to 2 weeks, then are placed in a home or prison that will raise the puppies for 12 to 13 months. Then returned to the facility for more training. After all this is done, they are paired with the blind or the deaf person for another month of training. This is a long process until the time, now it is time for remodeling a new facility that will be very much appreciated. Always remember we have a lot of soldiers coming back from war and these dogs will be in great demand for a very long time.

We need the money and your help in supporting for these heroes.

Thank you for your support for these heroes.

WHOM DO I CONTACT?

Contact PDG Paul Wold or Lion Donna Knight.

Leader Dogs for the Blind

12537 Lake City Way NE

@ Elliot Bay Public House

Fairwood Caroline Forbe

November 13, 2014

Zones 1, 3 and 6- next regular meeting on Thursday, November 13, 2014

E Everett Lanes

YOUTH SERVICES

Beep Baseball

A Fascinating and Enlightening Pastime for the Blind and Visually Impaired

Beep Baseball is the modified version of America’s favorite pastime. The heart of the sport of beep baseball is a 16-inch softball that has been hollowed out and affixed with a chargeable beeping mechanism inside allowing the blind and visually impaired to play the sport. In addition, the sport features two four feet high softball bases that emit an audible sound for players to hear. There are two of these bases - first and third, and they are 100 feet from home plate.

Once the batter successfully hits the ball, one of the two bases will be activated by the umpire, alerting the batter to run to it as fast as they can. If the batter arrives prior to the outfields stopping and securing the ball, it is a run scored. If the outfields stop and secure the ball prior to the batter arriving to one of the bases, it is an out. In Beep Baseball, 6 innings are played, 4 strikes are given, one passed ball is allowed, and 3 outs just like in regular baseball.

For persons who play, it is a fascinating pastime. For those who watch, it is an enlightening experience.

Kevin Daniel, coach, South King County Sluggers