

THE FORT VANCOUVER LIONS

Formed in 1955, the Fort Vancouver Lions Club consists of active members who are organized to provide service to those in our community who need a helping hand.

Our primary service activities are Sight and Hearing. The Clark County Lions Sight Committee provides free eye glasses and surgeries to the vision impaired who are in need. The Clark County Lions Hearing Committee helps low income people who are hearing impaired.

The Fort Vancouver Lions Club also:

- Provides much assistance to the Washington Elementary School
- Supports the Lions Health Screening Unit
- Provides Scholarships to High School Seniors to attend Clark College
- Supports an annual track meet at the Washington State School for the Blind
- Provides help for disabled children to attend summer camps
- Supports organizations who provide guide dogs for the blind
- Supports the annual Walk and Knock Food Drive
- Serves meals at the Share House
- Supports the Vancouver Seafarers Center
- Supports the School of Piano Technology for the Blind (Piano Hospital)

The Club meets every Friday at Noon at Bill's Chicken and Steak House. If you would like to learn more about how the Lion's help serve the needy or give back to the community, all while having fun, please see our website at www.ftvancouverlions.org

Fort Vancouver Lions Foundation 24th Annual Fresh Strawberry Sale!



Stemmed, Cleaned, Sliced ready to use!!



Strawberry Freezer Jam

This jam is easy to make and delicious on toast, pancakes, PB&J sandwiches and even ice cream!

You will need

- 4 cups crushed Fort Vancouver Lions Strawberries
- 1 ½ cups sugar or SLENDA No Calorie Sweetener, Granulated
- 5 8oz. Freezer Jars or 5 8oz. Jelly Jars

This Recipe calls for the instant fruit pectin. There are a couple of brands out there, make sure you look for **INSTANT**, for the low sugar recipe (1.5 cups rather than 4 cups)

1. STIR sugar and pectin in a bowl
2. ADD crushed fruit. Stir 3 minutes
3. LADLE jam into clean jars and let stand 30 minutes.
4. Refrigerate or Freeze

Benefits of Eating Strawberries

Everyone knows that strawberries are delicious! However, did you know what a nutritional powerhouse they are? Here are some reasons to include strawberries in your diet.

Diet: One cup of strawberries contains over 13% of the RDA of dietary fiber, yet **only 43 calories**.

Other health benefits include:

**Antioxidants • Anti-Inflammatory • Anti-Cancer
Healthy Eyes • The Vigorous Vitamin C
Bone Health**

For more information please visit

<http://www.healthdiaries.com/eatthis/8-health-benefits-of-strawberries.html>



We Serve

It's Strawberry Time!

24th Annual Fort Vancouver Lions Foundation Strawberry Sale



Fresh Strawberry Sale!

**CLEANED
FRESH
SLICED !**

14 lb container only \$28

28 lb container only \$49

**NO SUGAR
ADDED !**

Order NOW!!! Use the Order Form Below!

Order by June 20th 2012

Pick up your locally grown fresh strawberries Saturday June 23rd, 10AM - 11 AM

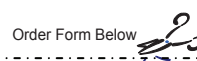
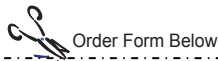
Please Be Prompt for pick-up

All Orders Pre-Paid

For More Info Call Len at 360-883-2843

Watch for Frozen Berries in August!

See our website www.ftvancouverlions.org



2012 Fresh Strawberry Sale Order Form

Please PRINT your information below.

Name _____ Date _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

14lb. @ \$28 X _____ = \$ _____
Quantity

28lb. @ \$49 X _____ = \$ _____
Quantity

TOTAL: \$ _____

Please indicate below which pick up location you prefer:

- 1 Battle Ground - 1st Independent Bank, 601 W Main St (Next to Fire Sta.)
- 2 Salmon Creek - Kaiser 14406 NE 20th Ave
- 3 Hazel Dell - 1st Independent Bank, 8015 NE HWY 99
- 4 Vancouver Mall - Red Lobster, 8219 NE Vancouver Mall Dr
- 5 Fishers Landing - United Methodist Church, 15804 SE Mill Plain Blvd.
- 6 Camas - Bank of America Parking Lot on 3rd

ALL ORDERS MUST BE PREPAID

Use PAYPAL to pay for your fresh strawberries! Available now!

Log on to www.fortvancouverlions.org & follow the link for Fresh Strawberries.

Click the PayPal button to process and pay for your order.

(You do not need a PayPal Account)

Checks should be made payable to **Fort Vancouver Lions Foundation**

Mail Check & Order Form To: Fort Vancouver Lions · 1816 SE 161st Place • Vancouver, WA 98683

A confirmation of your order and pick-up location will be mailed to you.

Berries not picked up at the time and place listed above will be donated to a local charity unless prior arrangements have been made.