



Fort Vancouver Lions Club
Vancouver, WA., U.S.A.

Established 1955

January 2019 ISSUE

Join Us Weekly
at

China Cook Restaurant
2200 St Johns Blvd,
Vancouver, WA 98661
Check our meeting
schedule in the calendar!

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**JANUARY SPEAKERS
PROGRAM DIRECTOR
LEN**

January 4

Pat Jollota, Clark County
Historian & Author

January 11

Natalie Powell, Partnership
Coordinator,
iTech Preparatory School

January 18

Anne McEnery-Ogle,
Vancouver Mayor

January 25

Tamara Kerr,
Program Director,

Editor: Shelly Brown
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VOLUME 65 ISSUE 7



King Lion David

**David's Ramblings
What a Year**

Welcome to 2019. We, the members of the Fort Vancouver Lions club have just completed another wonderful calendar year of events that have helped us give hope to those less fortunate that we are. Many hands and many hours of work have been put into both raising money for our service projects and executing the service projects to help so many.

We sold fresh and frozen berries by the ton and we held several dinner pay back events and used this money to help many causes. We have given money to and helped so many causes. Among the service projects we had hands on projects at Gales Creek, performed health screenings, helped at Tour de Cure, collected money for white Cane Days, hammered and painted for Habitat for Humanity, Rang bells for the Salvation Army, volunteered at Share House and FISH, donated money to Bridge the Gap, helped the athletes at the Washington State School the Blind track meet, sponsored and put on ice cream socials, Thanksgiving dinner, literacy nights, health screenings and managed the Santa Store at Washington Elementary School. If that wasn't enough, we folded bags, distributed barrels, and

**Happy
New Year!**

helped with the distribution and collection of food for Walk and Knock.

I think that every member of our club who participated knows that what we do is important. Where would our community be if it were not for service clubs like ours stepping up and helping the less fortunate.

As we start this new calendar year, I am looking forward to another stalwart year of giving.

King Lion David



**Fort Vancouver Lions Club
Officers 2018-19**

President: David Rich
 1ST VP - Fundraising: Terry Robertson
 2ND VP Service: Martha Johnson
 Secretary: Carol Bisbee-Cooper
 Treasurer: Bill Shalaby
 Membership Chair: Gay Enyeart
 Past President: Chriss Denny

Directors:

1-year Phyllis Robertson
 1-year Steve Seymour
 2-year Tim Ragland
 2-year Ken Milligan

Ceremonial Officers:

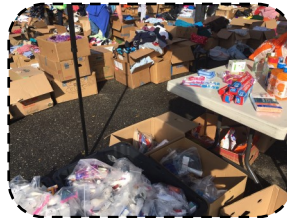
Tail Twister: Lee Denny
 Lion Tamer: Jerry Jacobus

Social Media:

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 Our Facebook Public Page Fort Vancouver Lions
 District 19G www.19glions.weebly.com
 LCI MD-19 www.lionsmd19.com
 LCI www.lionsclubs.org

**FORT VANCOUVER LIONS HELP
VICTIMS OF PARADISE,
CALIFORNIA "CAMP FIRE"**

Thanks to the Fort Vancouver Lions Club, victims of the recent "Camp Fire" disaster that burned most of Paradise, California, received some needed support. Sarah Smalley, a graduate student of Doug Wilson's, took down \$170 that the club raised at the Friday meeting before Thanksgiving. This was donated at Chico, California, to "Youth With a Mission" that was providing aid to the victims. The pictures show some of the donated items and Sarah meeting with the volunteer coordinator. Thanks Lions for your generosity!



It's A Parade

The Lions Club International entry to the Rose Festival Parade in Pasadena, CA on January 1, 2019!



Lions Club International

"ROCKIN' THE VEST"



Fort Vancouver Lions Celebrate Holidays!

On Thursday December 13, 63 members of the Fort Vancouver Lions club and their guests gathered at Club Green Meadow to celebrate the holiday season. The festivities started with a social time during which members were given extra raffle tickets for each jar of peanut butter donated. Over 66 jars were collected and delivered to FISH, a local foodbank which provides needed nutrition and clothing to people in need. This effort was coordinated by Lion Lee Denny who came dressed as one of Santa's elves. He continued his role by using Christmas trivia to decide which tables would be first to go to the buffet. It was lots of fun and some frustration. Catrina Galicz, also dressed as an elf, distributed candy canes to everyone. The buffet consisting of prime rib, salmon, vegetables and many salads. It was outstanding.

After the meal, Vice District Governor, Steven Staudinger inducted Katie Zimmer into our club. An auction for the International Dinner donated annually by Steve and Gay Enyeart was conducted by Roy Pulliam. The winning bid netted \$1,000 for the club's admin fund. Many thanks to the Enyeart's for their generosity and creativity in presenting an enjoyable and highly sought after event.

Everyone checked their raffle tickets as Fred Larson and Chriss Denny set up a table with 25 cards for the Joker Draw, which had a prize of \$200. After 5 or 6 attempts to pick the joker, the crowd gasped - Oh-No!. Jenny Leger's number was drawn. She had won this contest twice before and she won it again!! Congratulations Jenny!

The evening closed with the Ukulele Ladies, led by Lori Pulliam, performing several Christmas songs which the audience was encouraged to sing along. It was a highlight of the evening Before leaving people purchased the wonderful centerpieces made by Eva Halter. We all agreed this party was a wonderful way to kick off the holiday.

The Christmas party committee consisted of Eva Halter, Chriss and Lee Denny, Jenny and Len Leger with lots of help from many others.



Santa Store 2018

It's Thursday, December 20, 2018 and the Ft. Vancouver Lions are ready for the students at Washington Elementary to come through the Media Center into the Santa Store. Each student will bring his/her list of siblings and parents for which to shop. They will find something special for those on their list to wrap and take home. A picture will be taken of each student with Santa today and on Friday, before the Holiday break, it will be included in their take home bag containing their gifts. All free! All fun! Everyone is excited!

And, we love giving. The shopping starts months before the store opens. Star shopper Linda Licata, with help from Eva Halter and others, makes a list and check it twice, three and sometimes four times to make sure we have more than enough quality gifts for the students. We're also thankful for places like Kazoodles, and Peace Health staff for their help with providing items for the store. Many 'elves' gather after school the day before to get the store set up. This entails gathering up all the gifts from various locations, preparing the tables on which the gifts will be displayed, and setting up Santa's special picture nook. The following day we Lions, friends and relatives, are there early, ready and waiting to help them shop.

This year's store helpers, shoppers and all around wonderful Lions were: Nancy Brown, John Caldwell, Chriss Denny, Lance Ebarb, Gay Enyeart, Barbara Fey, Ralph Harding, Gretta Hegewald, Amy Hegewald, Ron Nielsen and his grandson Andy, Eva Halter, Dixie Hotaling, Georgi Jackson, Jerry Jacobus, Martha Johnson, Linda Licata, Catrina Galicz, Len Leger, Jen Leger, Nancy Preece, Bruce Preece, Roy Pulliam, Phyllis Robertson, Terry Robertson, Steve Seymour, Gail Seymour, Bill Shalaby, Steve Staudinger, Helen Sutfin, Terry Sutfin, and Doug Wilson.

Washington liaison, Elizabeth Owens, tells us that this is the "best thing in the world for them. If it weren't for the Santa Store, most or all of these students would not be able to shop for members of their family. It makes them feel good to give back to their loved ones". Thanks everyone for another very successful year in the Santa Store at Washington Elementary.

Submitted by Co-Chairs Martha Johnson and Chriss Denny – filling in for Chair, Linda Licata.



Please email newsletter articles for the **February newsletter to: Shelly Brown at Lsbrown65@comcast.net by **Thursday, January 24!** Thanks!!!**

Lions Sight Foundation of Clark County December 4, 2018 Meeting WSSB Board Room

Attending: John Caldwell, Jeff Fish, Ralph Harding, Kay Hust, Jenny Ledger, Bill Lundin, Mark Miller, Susan Nellor, J D Nellor, David Page, Steve Seymour, Marilan Anderson, and Mary Jarson.

Called to order at 6:30 by Steve Seymour
November minutes accepted as presented. Motion made by Jenny Ledger, seconded by David Page.

Treasurers report and endowment fund presented by Ralph Harding. Accepted as presented. Motion made by David Page and seconded by Jeff Fish.

New Business: David Page presented a fund raising opportunity called "100 Men Who Care" and a second group "100 Women Who Care". David explained that these are two groups who meet quarterly and then make a monetary award to a winning non-profit group who has submitted a funding request. More discussion will happen in January.

Old Business: None

Patient Care: Patient Care Coordinator, Jenny, reviewed, then Presented 31 Applications for assistance.

8 Denied: one was too soon, one not financially Qualified (too much money), six residency issues.
23 Approved by Foundation members

January meeting will be on January 7, 2019 at 6:30, normal location

Adjourned 7:15



SAVE YOUR SIGHT BLOCK SUNLIGHT

Of the 7.1 billion people on earth, more than half suffer from some level of vision loss and would benefit from prescription eyeglasses. Many need glasses due to genetics, injuries, diseases, cataracts, and so on, but in addition, hundreds of millions of people need eyeglasses, or stronger glasses, to correct for **preventable** vision losses caused by the sun's damaging ultraviolet (UV) rays.

As Lions know, a large percentage of those needing eyeglasses are poor. They have no access to vision care and cannot afford glasses. As a result, many see poorly -- ranging from blurred vision to total blindness.

Since 2009 Lions from Oregon and Washington have partnered with Lions clubs in Lambayeque, Peru to help alleviate vision problems by conducting eyeglass clinics. During that time frame over 4,500 people have given much needed glasses.

While this number is significant, it is a mere drop in an ocean of need. Lions' eyeglass clinics and similar projects by other volunteer groups will never be able to provide enough glasses to assist the majority of people in the area who need vision help. A solution for improving vision must be much broader than passing out eyeglasses. In northern Peru and among the poor in all equatorial regions, **UV-light induced eye damage is the number one cause of preventable vision impairment**. Because UV damage to eyes can be prevented, an obvious way to minimize the need for eyeglasses is to prevent UV-light induced vision loss.

Pterygium is both the most prevalent and the most readily evident form of UV-radiation caused eye damage that affects vision in Piura. It thus provides a suitable general indicator of UV caused eye damage that can be studied to build and develop a pilot prevention program in Piura. Peruvians have the highest incidence of pterygium in any country tracked by the World Health Organization. Pterygia are so evident that Peruvians have a word for the disease; they call it 'Carnosadid' which loosely translated means "fleshiness". This term quite accurately describes the fleshy growth that progressively covers the eye to distort and impair vision.

The progressive development of pterygium and the resulting damage, and vision loss are illustrated in the figure here.

As illustrated, the amount of pterygium growth and related vision loss progress steadily from minimal impact among the young, to moderate and severe levels with major visual impairment and on to total blindness with increasing age.

How many people in Peru have pterygium?

Conservative estimates indicate that over 50% of the population in Peru has pterygium (approximately 18 million people). Half of these (about 9 million) have pterygium growths that currently cause vision impairment. (Pterygium caused vision impairment is in *addition* to vision loss from other factors.) Among people over 50, as many as 70% have their vision damaged by pterygium, and this damage will steadily worsen as they age. These alarming statistics do not fully describe the reach of pterygium's

devastating impact. The majority of young people, who as yet display no visible indications of pterygium, have already received enough UV-radiation damage to eventually, and inevitably, result in vision impairment as the pterygia grow. And, it must be emphasized that pterygium is only one of several UV related maladies that affect vision in this area with this same prognosis.

Currently, the number of people with UV induced vision problems continues to grow in Peru, even as local and volunteer surgeons from Lions and other organizations attempt to help with the most severe cases of vision loss. Surgical treatment of eyes to reduce blindness caused by UV light is currently analogous to attempts at clean-

ing up a flooded city while the flood continues to rage. The flood gates need to be closed. And, they can be closed! Pterygium and other UV-light induced eye damage are largely preventable. To make progress against the flood of new victims and allow more effective treatment of those with *unpreventable* vision loss, the number of people with *preventable* eye damage must be minimized.

While working at eyeglass clinics, members of the Lambayeque and Oregon/Washington Lions Club recognized this need for prevention and that it is possible, over time, to nearly eliminate pterygium as a major cause of vision loss. They started a sun-damage awareness and prevention program designed to protect eyes from UV damage. Widespread implementation of this program could prevent vision impairment due to pterygium in hundreds of millions of people around the equatorial belt. Moreover, the same awareness and prevention program needed to stop the development of pterygium will also prevent induc-

(Continued on page 7)

Typical Timeline and Consequences of Pterygium Growth

0 to 20 Years

Latent cell damage. Initial sun (UV) damage to eyes has begun, even though there are only minimal or no symptoms or effects evident.



20 to 40 Years

Pterygium become evident, size increases with time, early stages of vision loss and need for eyeglasses. Cosmetically unattractive, irritated w/ ateryeyes, increased secondary eye infections.



40 to 70 years

Grow this very evident extending progressively over iris, causing work and activities to become limited due to severe vision loss, major astigmatism become common, inflammation and secondary infections are common.



70+ Years

Grow this cross over iris and advance to cover the optical path. Eyeglasses required for vision aid. Eyeglasses now may provide little or no benefit. Inflammation increases further, infections common, and pterygium surgery is the only option to restore vision. (This is both expensive and frequently unsuccessful)



tion of many other forms of UV light induced diseases. Eyeglass clinics and medical missions will continue to be critical for correction of vision problems that arise from genetics, injuries, diseases, many cataracts, and so on. But, the huge number of people needing medical services due to UV-light damage can be all but eliminated.

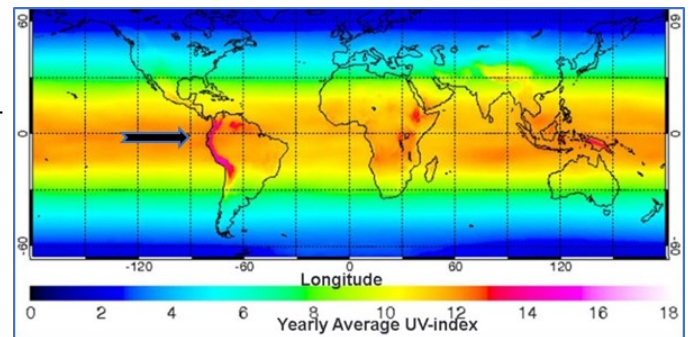
Why is there so much pterygium in Peru and throughout the equatorial belt?

Regions near the equator (indicated by red, orange and yellow) in the adjoining figure have the highest UV-Index (damaging ultra violet rays), while regions farther from the equator have lower UV levels (green to blue to purple colors). UV levels also increase in areas of high elevation. The extreme frequency of sun related eye damage in Piura, Peru, is directly related to the UV radiation intensity at that location (See pointer arrow in the image), making Lambayeque among the worst locations for sun related eye damage in the world. All people living across the areas noted by red, orange, and yellow colors are at high risk of UV induced vision loss, unless they proactively take steps to shade their eyes.

Why haven't local authorities promoted Pterygium prevention? There is a general lack understanding of its cause.

What makes pterygium so insidious is the lack of a simply observable correlation between cause (unprotected exposure to sun) and effect. Since pterygium typically takes 17-20 years to manifest, most people in Peru, even the educated, don't know what causes it. Among those surveyed, respondents commonly said the cause of pterygium was (a) my mother (meaning genetics), (b) watching too much TV, or (c) just a consequence of getting old, like getting wrinkled skin. Virtually no one identified sunlight as the cause.

When there is no understanding of cause, simple preventative measures are not taken. But, when authorities were made aware of the disease and its cause, there was overwhelming support for education initiatives; they just needed the information and support to get these initiatives underway and sustained. The adage, "an ounce of prevention is worth a pound of cure" is well understood. An ounce of prevention is worth even more *when there is no cure* - as is the case with pterygium and other sun related eye diseases.



Once again, Lions pave the way

To address the information gap, the Oregon/Washington and Lambayeque Lions initiated a Sun-Damage Awareness and Prevention Program and combined their eyeglass distribution clinics with eye-health education about cause and effect of sunlight related eye damage. Teaching materials were developed for use at eyeglass clinics, school classes, health services or any other groups. These materials are available to anyone who wishes to develop pterygium awareness and prevention program.

Long after the Oregon/Washington volunteers returned to the U.S., Lambayeque Lions continue to conduct regularly scheduled eyeglass clinics, to help with current vision problems, combined with instruction at eye-health fairs to preserve the vision of future generations, and slow the disease progression in those whose eyes are already damaged. The themes are simple and universal: "Protect your sight, block sunlight." "Wear sunglasses and a brimmed hat to block the sun." "Take care of your eyes and your eyes will take care of you."



Including prevention education in vision clinics will never eliminate the need for eyeglass clinics or surgery, as even the best UV damage prevention doesn't address the myriad of other reason for vision damage and loss. The inclusion simply recognizes that to meet the goal of saving sight; preventative measures must be included. Fortunately, Lions understand the value and effectiveness of prevention. It has been the guiding principle in Lions efforts to eliminate diseases such as river blindness and measles-related blindness. Now it is time to expand this proven tactic to make prevention the guiding principle in eliminating UV damage.

When the Oregon/Washington Lions members recently complimented the Lambayeque Lions on their work in making the program a success and their continuing conduct of the eyeglass clinics and prevention education, one Lambayeque Lion club member simply responded: "We are the arms and legs of the project; you are the soul" - true Lions graciousness, and a tremendous example of putting in practice the vision Lions around the world share to preserve the eyesight of millions.





January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2	3	4 Lions Meeting 12 PM	5
6	7 Clark County Sight 6:30 PM	8 Clark Co. Hearing Blind Onion 6 PM	9	10	11 Lions Meeting 12 PM	12 Happy Birthday Gay Enyeart
13	14	15	16 Share House	17 Happy Birthday Marsel Tingey	18 Board Meeting 11:00 AM Lions Meeting 12 PM	19
20	21	22	23 Happy Birthday DeLores Milligan	24 Newsletter items due!!	25 Lions Meeting 12 PM	26
27	28	29	30	31		

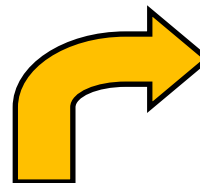


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Original Pin



Dates in RED
mark our regularly
scheduled meeting:

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