



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

Established 1955

March 2023 ISSUE

Join Us at

Fiesta Bonita Mexican Grill
4708 NE Thurston Way
Vancouver, WA 98662

Check our meeting
schedule in the calendar!

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**MARCH SPEAKERS
PROGRAM DIRECTOR
PHYLLIS ROBERTSON**

March 3

Kathy Rohrer,
Volunteer, Ridgefield
Wildlife Refuge

**March 17
TBD**

Editor: Shelly Brown
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503-887-4639



VOLUME 69 ISSUE 9



Queen Lion Cheri



HappYness

We just finished the MONTH OF LOVE- it seems natural that we take a quick look at what BEING HAPPY means to you! As a member of the Fort Vancouver Lions, it is pretty easy to assume that contributing or giving back to the community in some way adds a measure of happiness to your life (I know it does for me.). But when we look around at our world today, there is an obvious void of happiness and contentment. Over the past week or so, our company has been focused on looking at happiness and some of the things we can do to maintain a certain level of happiness regardless of what life tosses in our direction. Here are a few things we talked about:

GRATITUDE- there is always room for improvement but pausing and counting our blessings definitely increases my happiness! I am also thankful for a group of individuals that loves to support and give back-(more on community in a second!).

MUSIC- great music (the louder the better) has always been a GOTO for me. I have multiple playlists on my phone for times when I need to drown out any challenges or negative voices. Motown, Christian, Jazz, Classical and YES- Country music-there is just something about letting your mind get lost in a song that elevates your inner peace/happiness.

COMMUNITY- the people we surround ourselves with remind us of our strengths and our values. They remind us of our purpose & our Passion & their voices/support increase happiness for sure!

Our Lions Community is certainly a place where you can experience HAPPY- because GIVING BACK and working with the people you enjoy just fills us with a sense of peace and accomplishment. Thank you Fellow Lions- for being a HAPPY SPACE!

P.S. In case you are wondering about the SPELLING of my article title- it is a reminder to watch an EXCEPTIONAL movie that truly delivers a powerful message on Happiness: The Pursuit of Happiness is definitely worth watching (and AGAIN if you saw it some time ago!)

Yours in Lionism,
Queen Lion Cheri Perry



**Fort Vancouver Lions Club
Officers 2022-2023**

President: Cheri Perry
 1ST VP - Fundraising: Martha Johnson
 2ND VP Service: (Vacant)
 Secretary: Shelly Brown
 Treasurer: Rick Giles
 Membership Chair: Cheri Perry
 LCIF Chair: David Rich
 Past President: Gay Enyeart

Directors:

1-year Mike Cavanaugh
 1-year Michele Druschel
 2-year John Lyons
 2-year (Vacant)

Ceremonial Officers:

Tail Twister: Allen Rhyasen
 Lion Tamer: (Vacant)

Social Media:

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



Share House

Our ever faithful volunteers who help at Share House every month are Nancy Brown, Diane Cavanaugh and Michele Druschel. They work to make sandwiches, pack lunches and serve them.



CRESA TRAINING

Several Lions from clubs across Zones 2 & 6 met at the CRESA center to learn about emergency preparedness, taught by Jodi Blackwood, Volunteer Management Coordinator.

In the event of a "big" emergency, many volunteers will be needed to assist with the recovery and care for people affected. Those trained in the various aspects of helping during a catastrophe will be in high demand. There are several levels of training and Jodi introduced the importance of individual preparation as most important. Often, helping during a catastrophe requires that one's home base is secure and safe.

Lions in attendance agreed to be CRESA "point of contact" for their clubs.

For those who may be interested, information about CERT classes is available at CERTClarkCountyWA.com, along with additional information about preparedness and on-line resources. This seems to be a great way for Lions to fulfill WE SERVE.

Helen Sutfin



Fort Vancouver Lions Club & Salvation Army Free Paper Shred Event



10:00am – 1:00pm
Saturday, April 22nd, 2023
Mill Plain United Methodist Church
(15804 SE Mill Plain Blvd, Vancouver, WA)

Protect yourself or your business by shredding important documents that are no longer needed and free up valuable space in your home, business, or storage spaces.

Special Thank You To Our Event Sponsors!



All funding proceeds and food donations will benefit the Salvation Army & other local Charities in our community!

For more information about Fort Vancouver Lions Club, please visit:
www.fortvancouverlions.org

Service Opportunities - Year Round

FISH Food Pantry - 906 Harney 360-947-2368
Contact: meganb@fishvancouver.org

Call before you go for details and times needed.
Nancy, Diane and Mike, all help at FISH on a regular basis.

.....
Washington Elementary - need "**Readers**". People who will read and be read to by 2nd and 3rd graders one-on-one. Once a week, Friday looks good.
About an hour. Contact: Elizabeth Owen Elizabeth.Owen@vansd.org

Eye Glass Pick-up

Are you willing to pick up used eyeglasses from various places around Vancouver? Pick up is usually every 4 - 6 weeks. Contact Ralph Harding or Nancy Brown

.....
Do **YOU** have or know of someone that needs our help? Tell us about it. Just send their name, phone, address, and service need to anyone on the board. We will contact them and match our abilities to their needs.

Just Serve

.....
Many opportunities around our area to serve in just about any capacity you are interested in. Some, even from home. Contact to get started: JustServe.org or Renee Rhyasen for more information.

.....
Lions Care
Lions Roar
Lions Serve

Lion Martha Johnson - martha6290@comcast.net

Service Projects Chairs

I am writing this to remind the chairs of service projects of the importance of reporting your project to the club Secretary.

The information needed includes:

- Name of Project
- Dates of project
- A brief 2-3 sentence description of the project.
- If it was a fundraiser, how much money was earned. Was the money shared with another organization? If so, the name of that organization.
- How many volunteers worked the project? (Including planning time)
- How many volunteer hours were involved in the project? (Includes planning time, phone calling, etc.)

Lion Shelly Brown,
FVLC Secretary

Membership Meeting Schedule

Date	Time	Location	Notes
Phyllis Robertson, Program Chair			
Friday, March 3	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, March 3	1:00 P.M.	Fiesta Bonita Mexican Grill	1:00 PM Board Meeting
Friday, March 17	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, March 24	6:00—8:00 P.M.	TMC 9415 NE Fourth Plain Blvd.	
Martha Johnson, Program Chair			
Friday, April 7	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, April 7	1:00 P.M.	Fiesta Bonita Mexican Grill	1:00 PM Board Meeting
Friday, April 21	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, April 28	6:00—8:00 P.M.	TMC 9415 NE Fourth Plain Blvd.	
John Lyons, Program Chair			
Friday, May 5	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, May 5	1:00 P.M.	Fiesta Bonita Mexican Grill	1:00 PM Board Meeting
Friday, May 19	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, May 26	6:00—8:00 P.M.	TMC 9415 NE Fourth Plain Blvd.	

3-Month Activity Calendar



Date	Activity	Comments
March		
Tuesday, March 7	Sight Committee Meeting	Zoom
Tuesday, March 7	Hearing Committee Meeting	
Wednesday, March 15	Share House 11:00-2:00	Nancy Brown, Chair
Tuesday, March 21	President's Council Meeting	Zoom
April		
Tuesday, April 4	Sight Committee Meeting	Zoom
Tuesday, April 4	Hearing Committee Meeting	
Tuesday, April 18	President's Council Meeting	Zoom
Wednesday, April 19	Share House 11:00-2:00	Nancy Brown, Chair
Saturday, April 22	Shredding Event 10:00-1:00	Allen Rhyasen, Chair
May		
Tuesday, May 2	Sight Committee Meeting	Zoom
Tuesday, May 2	Hearing Committee Meeting	
Tuesday, May 16	President's Council Meeting	Zoom
Wednesday, May 17	Share House 11:00-2:00	Nancy Brown, Chair
Thursday, May 18	WSSB Track Meet	Shelly Brown, Chair



Fort Vancouver Lions Club & Foundation Board Meeting
Friday, January 6, 2023 1:00 p.m.
Fiesta Bonita Mexican Grill and Zoom

Lion Martha called the meeting to order at 1:13 p.m.

Board Members Present: Martha Johnson, Mike Cavanaugh, John Lyons, Rick Giles, David Rich, Allen Rhyasen, Shelly Brown and Helen Sutfin.

Standard Reports to the Board:

Secretary's Report: Lion David made a motion to approve the minutes from the December 2, 2022 meeting as presented. Lion John seconded the motion and the motion was approved by the Board.

Treasurer's Report: Lion Rick sent out the Profit & Loss for the first half of the year. Lion Allen moved that the money earned by the baskets \$275 at the Christmas party be moved from the Administrative account to the Foundation account for the Washington Elementary Santa Store. Motion was seconded by Lion John. The motion was approved by the board. Lion Rick recommends we stay with Quicken as opposed to QuickBooks. There are member dues still outstanding. Lion David made a motion that the club credit John Caldwell's dues for this Lion year. Lion John seconded the motion. The motion was approved by the Board.

Lion Rick will check with Lion Cheri about adding a space for an identification of what a payment is for when people are making a payment on the website.

OLD BUSINESS:

Game Night: Lion Cheri was taking on the game night for January 27. She offered to host this at her office. More information will be sent out to the club.

Santa Store: Lion Helen said that the Santa Store was very successful! She and Lion Martha are planning to re-evaluate this project with all the staff and students. They will have a report back to the Board at the April meeting.

Bell Ringing: Lion David reported that the Bell Ringing was successful! The third door was very busy, which was a new assignment. We will receive information about our collection amount at a later date.

Melvin Jones: There are 9 nominations for Melvin Jones Fellows. We will be giving out 3 Melvin Jones Fellowships in the early spring at the end of the year banquet.

Amazon Smile: We talked again about having a focused campaign to get members signed up for this great way to support the club financially while having fun shopping. Fred Meyer and Safeway also have programs to financially support our club.

CRESA: Lion Helen reported there will be information for this at the Zone Meeting on Tuesday, January 17. The training will happen in February or March.

Sunshine Committee: Lion Martha will oversee coordinating needs of members.

NEW BUSINESS

New Members: Lion Allen made a motion that we accept Kari and Jeff Frabel as new members. Lion John seconded the motion. The Board approved the motion.

Calendar: Share House on the 3rd Wednesday of the month. FISH Thursdays from 12:00 – 2:30 Shred event in April, Frozen Berries sale in June, "a berry good time to do that" said David Rich!!

The meeting was adjourned at 2:05 p.m.

Next meeting will be Friday, February 3, 2023 at 1:00 p.m.

Respectfully submitted,
 Shelly Brown



community CARES for Share



Share
Every 28 Days
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*Because Menstrual Products
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You can help!

Throughout the month of February, drop off a donation of menstrual products during our **Open Warehouse Drop-off Hours** at the Share Fromhold Service Center, 2306 NE Andresen Road:

- Tuesdays 10:00 a.m. to 12:00 p.m.
- Thursdays 2:00 p.m. to 4:00 p.m.

Or, host a donation drive! We call this drive "Every 28 Days," as these products are needed every month. To host a drive, contact Maggie Bernetich at mbernetich@sharevancouver.org.

Support our club!



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Please email newsletter articles for the **April** newsletter to:
Shelly Brown at
Lsbrown65@comcast.net by
Saturday, March 25! Thanks!!!

PREPARE NOW!

Why should I prepare. What are you talking about!

We never know when we might be taking care of ourselves, by ourselves.
No, I'm not talking about senior citizens in care centers or assisted living.

Disasters have far too many bad surprises. Don't be complacent, Be ready!
Or as the Boy Scouts say, "BE PREPARED".
The recent CRESA workshop reminded me to get busy again and check my equipment and supplies.

If you have been watching the news lately, perhaps you've noticed the snow fall in San Bernardino, California?

I grew up in Southern California, and it never snowed that much in those foothills. Those people are stuck; their cars are covered, their homes buried. Even though the San Bernardino County Roads Dept. are working tirelessly to clear some of those roads, help those residents dig out- what did they find....stores that have caved in roofs. Only takes a little bit of time and snow to slow down the highway of goods received at your local Fred Meyer, Safeway, or Winco stores. Without electricity you won't have heat for very long. Sad for those that never thought snow-fall would be the problem for them.

In the next few newsletters I plan to help us "Be Prepared". I need to get busy again and not be complacent.

Month one:

Kits- Got to have your stuff in one or two places.

Get a weekend bag, or better yet a strong backpack. Something you could pull or wear if you have to Bug Out.

Preparing for a disaster is a process, not a race. Starting is the biggest hurdle. After that you're just adding to it and modifying it. Prepping is a very dynamic process. You can always reevaluate and change things. It doesn't have to be done by a certain date.

You don't have to break the bank to be prepared. You probably have many things you need in your home already (camping gear, etc.) Garage sales and second hand stores are our friends! You don't have to go out and buy all new stuff.

Remember- Don't put it in your kit unless you've used it, worn it, operated it, tasted it, tried it or eaten it (not necessarily all of those for everything). If it's technology of any kind make sure you know how to use, have used it, and you can power it and recharge it. If it's food, make sure it's something you can eat, have eaten, and would want to eat. If it's something you wear, make sure it fits and does what it's supposed to do.

Disasters have far too many bad surprises. Don't make your equipment one of them!

To start you will need:

- Go kit**- grab and go- clothes, snacks, cash - one for each family member.
- **Bug-out Kit** - 72 hours - complete but portable - may need to go with you to a shelter
- **Long term supplies** - Start with 72-hour kit, but aim for two weeks minimum
- **Car kit** - You might not be home. Have supplies for at least 24 hours.
- **workplace kit** - Don't forget, you might be at work if something happens.
- **Commercial vs homemade kits** - *Beware of items in pre-made kits.* Homemade kits are much more specific to your personal needs, and you know the quality of the items.

Funny story.....When I was much younger and preparing my storage room for my family of 7, the list of items included wheat, corn, powdered milk, water, as well as many other items.

Later, my kids told me they hated powdered milk, not too keen on grinding corn or wheat and we should get some fun stuff. I threw out the corn in a nearby empty field, the wheat also and some months later enjoyed a beautiful crop of corn and wheat. That stuff had been hermitically sealed for a couple of decades and was still active. I didn't even have to add the yeast! We added peanut butter, jelly, and fruit cocktail to the store room, instead. Happy family.


Next time we will talk about a storage room, shelf, area to work on for yourselves. Items you should have as a senior citizen or empty-nesters.

Martha

We Serve



March 2023

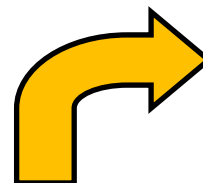
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Lions Hybrid Meeting 12 PM	4
5	6	7 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM (Zoom)	8 Happy Birthday Fred Larson	9	10 Board Meeting 1:00 PM	11 Happy Birthday John Caldwell
12 Happy Birthday Terry Sutfin	13 Happy Birthday Sandy Conroy	14	15 Share House	16	17 Lions Zoom Meeting 12 PM	18
19 Happy Birthday Bruce Armstrong	20	21 President's Council 6:30 PM	22 Happy Birthday Rick Giles	23	24 Happy Birthday Ray Casey Fourth Friday Games	25 Newsletter items due!!
26 Happy Birthday Mike Cavanaugh	27	28	29	30	31	



**FVLC
Original Pin**



**Dates in RED
mark our regularly
scheduled meeting:**



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 THE FORT VANCOUVER LIONS CLUB
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