



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

Established 1955

June 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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**JUNE SPEAKERS  
PROGRAM DIRECTOR  
CHERI PERRY**

**June 2**

Bob Cavanaugh  
Council of the Blind Chair

**June 16**

TBA

Editor: Shelly Brown  
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503-887-4639



VOLUME 69 ISSUE 12



Queen Lion Cheri



Hello  
**JUNE**

And just like that- SUMMER IS HERE! Hello Fellow Lions; welcome to June. Traditionally this is the start of the BUSY SEASON- both personally, professionally and voluntarily speaking ☐.

As we head into the Sunshine here are a few things to think about:

**STAY HYDRATED:** Water is such an important part of summer (I know we complain about the rain) and it just happens to be about 60% of our body. When the temperatures rise, staying hydrated can really help us make the most of the summer. Fewer headaches, more energy, clearer thoughts- everything is better when you are well hydrated. If you are challenged with drinking enough H2O, try this little trick! First thing in the morning (before your feet hit the ground) drink your first glass of water. After the shower, grab another glass. Drink a glass with your breakfast and another before lunch. Add a glass with your lunch, a glass after and one more before dinner. Then try another glass with dinner and one before bed. Guess what you just did? YOU HYDRATED! (The first week or so- just make a little extra time for restroom breaks)

**GET CONNECTED:** When it is nice and cool inside it is not always easy to stay connected with people. I know I LOVE to find ways to keep myself busy and sometimes I end up feeling a little disconnected. Summer is the BEST time to

make sure we add a few dates to the calendar- dates that include friends and family. Whether it is grabbing a coffee, catching a movie or tossing your hat in the ring for the next great volunteering event, staying connected is an important part of your summer! There is a deep sense of satisfaction when we know that we have people in our lives who are looking forward to that special date on the calendar- WITH YOU.

**TRY NEW THINGS:** There is great comfort in a trusted routine! However, summer is the PERFECT TIME to spread your wings and try something new. Why not check out the Lions calendar and see if there is an event you have not participated in before! Find some new coffee house or possibly even check out that newly released movie in the theater! New things keep us on our toes and give us something to look forward to.

Staying hydrated, getting connected and trying new things is the PERFECT way to jump into the Summer Season!

Yours in Lionism,  
**Queen Lion  
Cheri Perry**



**Fort Vancouver Lions Club**

**Officers 2022-2023**

President: Cheri Perry  
 1<sup>ST</sup> VP - Fundraising: Martha Johnson  
 2<sup>ND</sup> 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](http://www.fortvancouverlions.org)  
 Our Facebook Members Group Fort Vancouver Lion Members  
 Our Facebook Public Page Fort Vancouver Lions  
 District 19G [www.19glions.weebly.com](http://www.19glions.weebly.com)  
 LCI MD-19 [www.lionsmd19.org](http://www.lionsmd19.org)  
 LCI [www.lionsclubs.org](http://www.lionsclubs.org)

**WSSB Track Meet 2023**

On Thursday, May 18, '23 Lions from Fort Vancouver Lions, Ridgefield Lions and Vancouver Lions Clubs gathered to support and encourage the success of the 120 students participating in the annual WSSB Track Meet. Volunteers timed students running, measured them jumping and throwing, serving lunch to all attendees, supervised the art room, and emceed the meet. All of these tasks helped to ensure a very successful day of competition, thrills, and a feeling of achievement in competitive sports.

Thank you to Helen and Terry Sutfin, Sandy Conroy, Nancy Brown, Michele Druschel, Bob Weller, Allen Rhyasen, Suzanne Day, Diane and Mike Cavanaugh, Lori Pulliam, Gay Enyeart, John Lyons, and Bill Shalaby! Thank you also to Shannon Schick, Marc Anderson, Dean Stenehjem, John Schroder and Roxanne Cortez from the Ridgefield Lions and Angie Roush, James Nordman and Gary Scott from the Vancouver Lions! Thank you for volunteering your time and energy!  
 Lion Shelly Brown



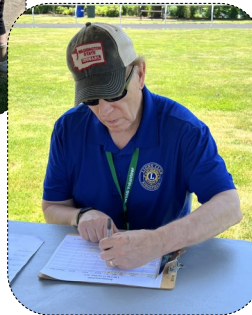
Advertising Lions



Running Long Jump



Lunch Servers



Art Room Supervision



Emceeding the meet



The Timers



# 2023 FROZEN BERRY SALE




**ORDER BY  
JULY 19TH!**

It is time for smoothies, homemade jams, and delicious desserts. Buying **berries** from the Fort Vancouver Lions is the tastiest way to **support your local community**. 100% of profits are returned to the community. This year's berries are locally grown and come either bags, or you can also order sliced strawberries.



**Raspberries**



**Blueberries**



**Three Berries**



**Sliced Strawberries  
with Sugar**

Each 18-pound box is just \$75 and has 12 containers (1.5 pounds each). Each container is sweetened with less than 4 ounces of sugar.

**EACH 15 POUND BOX IS JUST \$75 AND IS SEPARATED INTO 6 BAGS (2.5- POUND EACH)**

**1 SELECT HOW MANY ITEMS YOU WANT TO ORDER:**

RASPBERRIES \_\_\_\_\_ BLUEBERRIES \_\_\_\_\_

THREE BERRIES \_\_\_\_\_ SLICED STRAWBERRIES \_\_\_\_\_

**QUANTITY \_\_\_\_\_ X \$75 = \$ \_\_\_\_\_**

**2 SELECT YOUR PICK-UP LOCATION:**

- BATTLE GROUND - UMPQUA BANK, 601 W MAIN ST (NEXT TO FIRE STATION)
- SALMON CREEK – KAISER, 14406 NE 20TH AVE
- HAZEL DELL - UMPQUA BANK, 8015 NE HWY 99
- VANCOUVER MALL - RED LOBSTER, 8219 NE VANCOUVER MALL DR.
- FISHERS LANDING - MILL PLAIN UNITED METHODIST CHURCH, 15804 SE MILL PLAIN BLVD.
- CAMAS-WASHOUGAL – PARKING LOT 50 YARDS EAST OF BEST WESTERN MOTEL OFF A S

**BERRY PICK UP DAY IS SATURDAY JULY 22ND 10:AM-11:AM**  
**UNCOLLECTED ORDERS WILL BE DONATED TO A LOCAL CHARITY**

**3 ENTER YOUR CONTACT INFORMATION:**

NAME: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

MOBILE PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**GOT QUESTIONS?  
CONTACT AL RHYASEN AT  
360-721-6650**

**SCAN HERE TO  
ORDER ONLINE OR  
VISIT OUR WEBSITE**

Mail your check and order form before July 19, 2023 to:  
 Fort Vancouver Lions  
 7107 NE Fairway Ave  
 Vancouver, WA 98662



Click here to order online or visit our website: [www.FortVancouverLions.org](http://www.FortVancouverLions.org)



**Fort Vancouver Lions Club & Foundation Board Meeting**  
**Friday, May 5, 2023 1:10 p.m.**  
**Fiesta Bonita Mexican Grill & Cantina**

Queen Lion Cheri called the meeting to order at 1:15p.m.

**Board Members Present:** Queen Lion Cheri, Michele Druschel, Rick Giles, Michael Cavanaugh, Gay Enyeart, John Lyons, and Shelly Brown. Lions Sandy Conroy, Ken Serviss and Phyllis Robertson also attended.

**Member Wins:** Board members shared their wins for the previous week.

**Standard Reports to the Board:**

**Secretary's Report:** Lion John made a motion to accept the minutes from the April 7, 2023 Board Meeting minutes as presented. Lion Gay seconded the motion. The motion was approved.

**Treasurer's Report:** Lion Rick reported that we received almost \$2,200 for the paper shredding event, \$500 of that amount will go to the Salvation Army and the balance goes to the Foundation account.

Lion Rick will provide the Board members with his suggestions for providing funding to the charities by the June Board meeting. The Board will vote in June about where and how much to send to the charities. The Treasurer's report will stand pending observation.

**OLD BUSINESS:**

**New Officers:** We need to make sure that all members feel included in the process of helping to choose officers. We can count today's reading as the first reading. Queen Lion Cheri will send out an electronic version of the list, with a request for nominations, and the final reading will happen at the second May meeting.

**Shred Event:** The event was very successful. Lots of volunteers helped. We passed out 100 of the flyers.

**Spring Conference:** This is an important year for attending the Spring Conference as this is the last year we will be District G. Next year we will be part of District N-10.

**NEW BUSINESS:**

**New Officers Installed:** Lion Cheri will be trying to arrange the New Officer Installation and new member induction on June 16. Lion Rick will be calling Club Green Meadows to see if they have availability. Lion Sandy volunteered to induct the new members. Lion Shelly will be making arrangements for New Member packets.

Lion John will be making arrangements for getting new Lions pins.

**Board Member Retreat:** Lion Cheri will be making arrangements for a Board Retreat at her house on June 17.

The meeting was adjourned at 1:48 p.m.

Next meeting will be June 2, 2023 @ 1:10 p.m.

Respectfully submitted,  
Shelly Brown

**Please email newsletter  
 articles for the **July** newsletter to:  
 Shelly Brown at  
 Lsbrown65@comcast.net by  
**Sunday, June 25!** Thanks!!!**

**Membership Meeting Schedule**

Date	Time	Location	Notes
<b>Cheri Perry, Program Chair</b>			
Friday, June 2	12:00 Noon	Fiesta Bonita Mexican Grill	
<b>Friday, June 2</b>	1:00 P.M.	Fiesta Bonita Mexican Grill	<b>1:00 PM Board Meeting</b>
Friday, June 16	<b>TBD</b>	<b>TBD-Officer Installation and New Member Induction</b>	
Friday, June 23	6:00—8:00 P.M.	TMC 9415 NE Fourth Plain Blvd.	
<b>TBD, Program Chair</b>			
Friday, July 7	12:00 Noon	Fiesta Bonita Mexican Grill	
<b>Friday, July 7</b>	1:00 P.M.	Fiesta Bonita Mexican Grill	<b>1:00 PM Board Meeting</b>
Friday, July 21	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, July 28	6:00—8:00 P.M.	TMC 9415 NE Fourth Plain Blvd.	
<b>TBD, Program Chair</b>			
Friday, August 4	12:00 Noon	Fiesta Bonita Mexican Grill	
<b>Friday, August 4</b>	1:00 P.M.	Fiesta Bonita Mexican Grill	<b>1:00 PM Board Meeting</b>
Friday, August 18	12:00 Noon	Fiesta Bonita Mexican Grill	
Friday, August 25	6:00—8:00 P.M.	TMC 9415 NE Fourth Plain Blvd.	

**3-Month Activity Calendar**




Date	Activity	Comments
<b>June</b>		
Tuesday, June 6	Sight Committee Meeting	Zoom
Tuesday, June 6	Hearing Committee Meeting	Bennie's Bottle Shop
Tuesday, June 20	President's Council Meeting	Zoom
Wednesday, June 21	Share House 11:00-2:00	Nancy Brown, Chair
<b>July</b>		
Tuesday, July	Sight Committee Meeting	Zoom
Tuesday, July	Hearing Committee Meeting	Bennie's Bottle Shop
Tuesday, July 18	President's Council Meeting	Zoom
Wednesday, July 19	Share House 11:00-2:00	Nancy Brown, Chair
Saturday, July 22	Frozen Berry Pick-up	Allen Rhyasen, Chair
<b>August</b>		
Tuesday, August 1	Sight Committee Meeting	Zoom
Tuesday, August 1	Hearing Committee Meeting	Bennie's Bottle Shop
Tuesday, August 15	President's Council Meeting	Zoom
Wednesday, August 16	Share House 11:00-2:00	Nancy Brown, Chair



We Serve



# June 2023

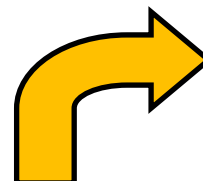
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Happy Birthday Diane Hadley	2 <b>Lions Hybrid Meeting 12 PM</b> Board Meeting 1:00 PM	3
4	5 Happy Birthday Penny Rich	6 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM (Zoom)	7 Happy Birthday Jeni Norman (6)	8	9	10 Happy Birthday Katey Newland
11	12	13	14	15	16 <b>Lions Hybrid Meeting 12 PM</b>	17 Happy Birthday Diane Cavanaugh
18	19	20 President's Council 6:30 PM	21 <b>Share House</b>	22 Happy Birthday Despena Varkados	23	24
25 Newsletter items due!!	26	27	28	29	30 Fourth Friday Games	



FVLC  
Original Pin



Dates in RED  
mark our regularly  
scheduled meeting:



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