



**Fort Vancouver
Lions Club
Vancouver, WA.,
U.S.A.
Established 1955
January
2025 ISSUE**

**Join Us at
Golden Corral Buffet
11801 NE Fourth Plain
Blvd.
Vancouver, WA 98682**

**Check our meeting
schedule in the
calendar!**

IN THIS ISSUE

President's Corner.....1
 January 2 meeting.....2
 Care and Cover Drive...3
 Holiday Party Recap....4
 Amazing Lions.....5
 Scams Alert.....6
 MD19 Step Challenge..6-9
 Reminders.....10
 Calendars.....11
 Sponsors.....12



Volume 71 Issue 7

**2024-2025
King Lion
Mike**



Season's Greetings!

I hope everyone has had a chance to relax, recharge, and visit with friends and family over the last few, and upcoming days.

Twenty three Fort Vancouver Lions and friends enjoyed our annual Christmas Party at the Old Spaghetti Factory on December 16th. Over \$800.00 was raised on our silent auction.

A quick reminder: Our next meeting will be Thursday January 2nd, 2025 at FISH of Vancouver. Located at 906 Harney St, Vancouver, WA 98660. Meeting time is 7:00 pm. No food is allowed, but you can bring your own water bottle if you wish. Our topic will be Roles & Responsibilities of Club Officers. If you can't attend in person, a Zoom link can be found on the next page of this newsletter. And since we're still working out the logistics of our new meeting location, there will not be a 50-50 raffle drawing.

As we enter a new year, 2025 (WOW! I remember thinking as a kid that 1986 was way off in the future!) let us embrace friendship and caring about our neighbors and community. We may not be able to act Globally, but we can surely make a difference Locally!

May Peace, Love, Companionship, Friendship, and Kindness to All be our motto for 2025 and beyond! Let us show the Christmas Spirit all year long, and not just during the holidays that occur this time of year.

Yours in Lionism,
King Lion Mike Cavanaugh



January 2nd Program Information

Hello FVLC Members,

The first program for the New Year is about Leadership. Remember this program will be at FISH in downtown Vancouver at 7 pm. **No food or beverages** will be provided.

The idea of the program is to have each person holding a Board position speak about the responsibilities of that position. It was suggested at a Fall board meeting that Mike appoint a nominating committee after the first of the year. So, it seemed appropriate to have members learn about the Board positions.

This meeting will be **Thursday, January 2, 2024 at 7:00 p.m. at FISH**. The address for FISH is 906 Harney Street., Vancouver WA 98660. The entrance we will be using is in the middle of the loading dock.

Directions:

From I-5 northbound, exit to East Mill Plain Blvd and turn right. Turn right at the first light onto Fort Vancouver Way. At the roundabout, take the first exit onto East Evergreen Blvd. Follow to Harney St, turn left, then right into the parking lot at the back of the building.

From I-5 southbound, exit to East Mill Plain Blvd and turn right onto East 15th St. Then left onto Columbia St, then right onto East Evergreen Blvd. Follow to Harney St, turn left, then right into the parking lot at the back of the building.

The entrance door we will use is in the middle of the loading dock.

Join Zoom Meeting

<https://us06web.zoom.us/j/85881970418?pwd=lzkle4q2DoTdBjI0eGbbAVk8GaPI4D.1>

Meeting ID: 858 8197 0418

Passcode: 759881

One tap mobile

+12532050468,,85881970418#,,,,*759881# US

+12532158782,,85881970418#,,,,*759881# US (Tacoma)

Dial by your location

• +1 253 205 0468 US

• +1 253 215 8782 US (Tacoma)

• +1 669 900 6833 US (San Jose)



Join Our Care & Cover Drive: Supporting Share House

Let's make a difference in our community by hosting a "Care & Cover Drive". Share House serves as a vital resource for individuals and families in need, and your contributions can help provide comfort and dignity to those facing challenging times.

To support Share House's mission, we'll collect new personal care items and clothing essentials. Here's how you can help:

Personal Care Items

Items should be new and unopened or individually wrapped:

Shampoo, conditioner, body wash, soap

Shaving cream, razors

Toothbrushes, toothpaste

Menstrual products, personal wipes, toilet paper

First aid supplies: band-aids, anti-bacterial cream, compression rolls, gauze pads, isopropyl alcohol wipes/bottles, hydrogen peroxide

Warm Clothing

We're also seeking new items to help keep people warm this winter:

Coats and rain jackets

Hats, gloves, socks

Bras and underwear (all sizes)

Collection Details

Bring your donations to our club meetings on:

January 2nd

January 17th

February 7th

Contact **Diane Cavanaugh** at diacav.pnw@gmail.com or **206.375.1347** if you need to drop items off or want items picked up!



Together, let's fill this season with generosity and kindness. Your contributions can provide warmth, hygiene, and hope to those who need it most. Thank you for your support in making the Care & Cover Drive a success!

Holiday Party

The Fort Vancouver Lions gathered on December 16th at the Spaghetti Factory for their annual holiday party, and it was a festive celebration! All 23 members and guests embraced the spirit by sporting Christmas attire, with Lion Tracy winning the title of "ugliest sweater" of the night.

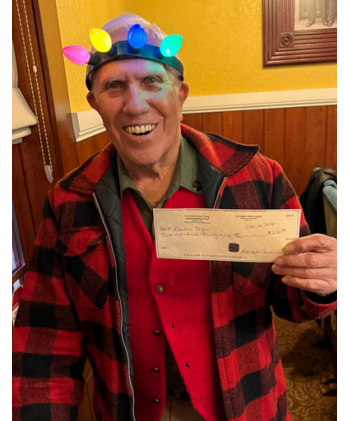
MC King Lion Mike kept the evening lively, entertaining everyone with Christmas trivia and dad jokes that had the room groaning and laughing in equal measure.

Terry S. drew the winning joker card in the first round of the annual raffle drawing. In a generous gesture, Terry donated the \$230 prize to Leader Dogs.

A highlight of the night was the silent auction, showcasing an array of delightful items. Attendees bid on beautifully knitted pieces, indulgent chocolate treats, delicious baked goods, and Gay's renowned Scotch Eggs. The auction was a huge success, raising over \$800 for the club's administrative fund.

Special thanks go to Sandy for chairing the event, Phyllis and John for running the auction, and Michele D. for handling the always-fun white elephant gift exchange.

It was a night of laughter, generosity, and community spirit—truly a holiday gathering to remember!

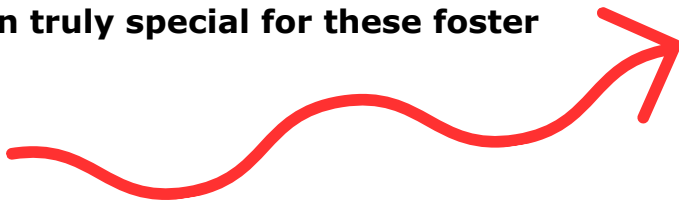
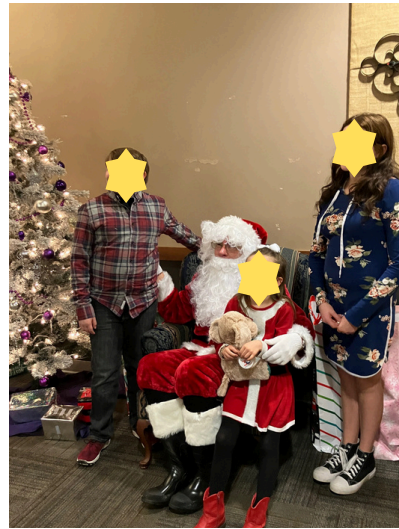


Supporting Foster Children

For several years, Lion Eva Halter has been dedicated to coordinating Christmas gifts for foster children, a tradition that continues to grow in impact. This year, nearly 130 children submitted gift requests—a heartwarming increase reflecting the program’s reach and importance.

Fourteen members of the Fort Vancouver Lions Club stepped up to provide gifts for 36 of these children, demonstrating their unwavering commitment to the community. In addition, Rotary members and other generous individuals contributed to ensure every child received a special gift this holiday season.

For Eva, shopping for the children is a source of immense joy and fulfillment. The excitement culminates at a festive party where Santa personally hands out the gifts, creating a magical and memorable experience for the kids. Eva’s tireless efforts and the collective generosity of the community make the season truly special for these foster children.



Flora and Fauna Friday

Lion Diane was inspired by Hailey Heath, Volunteer Coordinator for the City of Vancouver, who spoke to the Fort Vancouver Lions Club in October. She joined the "Flora & Fauna Friday" event on November 8 at The Downs Neighborhood Park.

During the event, nearly 50 pollinator-friendly coneflowers were planted, and staff and volunteers worked to clear weeds, improving the habitat for native plants. More outdoor volunteer opportunities can be found at City of Vancouver's Volunteer Calendar.



Beware of Recent Email Scams: Protect Yourself!

Please be aware of a concerning trend involving email scams targeting organizations like ours. Recently, fraudulent emails have been circulating, claiming to be from colleagues in urgent situations. These emails are designed to trick recipients into responding quickly without verifying the sender's identity.

Examples of Scam Emails:

Subject: Emergency Email Meeting "Hi [Your Name], can we have a quick email meeting? I need your help urgently."

Subject: Urgent request "Hi [Your Name], Are you available now? I need to talk to you by email as I'm in a meeting."

These messages often mimic legitimate email formats but include subtle red flags. The sender's email address may look slightly different from the real one (e.g., extra characters or a different domain), or have a title such as "president" in the address (for example, president71919@gmail.com) and the content aims to create a sense of urgency to bypass your usual caution.

What You Should Do:

Verify the Sender: Double-check the sender's email address. If anything looks suspicious, contact the individual through another trusted method, such as a phone call or direct message or even an email using a known address.

Avoid Clicking Links or Replying: Do not click on any links or reply to these emails without verifying their legitimacy.

Stay Informed: Scammers often evolve their tactics. Stay vigilant and follow our regular cybersecurity training updates to recognize the latest threats.

Remember: Scammers rely on urgency and fear to manipulate their victims. Taking a moment to verify the authenticity of an email can save you and our organization from potential harm.

Stay safe!



MD19 Step Challenge

Three FVLC members have signed up for the MD19 step challenge! Tracy Fortmann, Doug Wilson, and Diane Cavanaugh combined for 441,691 steps during the month of October, with Lion Doug providing nearly half of the total! Anyone who wants to add even a few steps to our club total, please let Diane know. Tune up your Fitbit, I watch, pedometer and/or apps on your phones! Steps can be counted from Monday October 7, 2024 through Sunday May 4, 2025. The winning District announced at the MD19 Convention on May 17, 2025. What the winning District will receive, BRAGGING RIGHTS. Yes, for one whole year the clubs in this District can brag that they are the fittest District in our Multiple District. And all those who participated will feel that much better for getting out for a small walk each day!

MULTIPLE DISTRICT 19 DIABETES CHAIR



Trying to get our clubs involved and motivated and thinking about Diabetes is a challenge, sometimes it works and sometimes it doesn't. As your MD Diabetes Chair, I hope to help you bring awareness to your clubs and communities about Diabetes. In doing so, let's take care of ourselves first! For the past three years the former District I and the new District L have worked at the "fitness" approach. I initiated a "Step Challenge" to all clubs. This was going along with my theme when I was District Governor "Step Up to the Plate", I asked clubs to join in and step up for Diabetes.

Step Challenge

So to continue along this theme, I am challenging each of the five districts to participate in this step challenge. This year I would ask that each walker donate a participation fee of \$5.00 which will go toward sending a child to camp in either US or CA. All monies donated will be split by where the majority of the clubs are located and sent to either the American Diabetes Assoc. or Diabetes Canada.

How it will work

This will be a 30 week challenge with the winning District announced at the MD convention in May.

Each District will need a coordinator who will receive the total steps from each club in their District and forward to me each Monday of the 30 week challenge.

So tune up your Fitbit, I watch, pedometer and/or apps on your phones, get ready we are about to start!

Start to walk on **Monday October 7, 2024** (all weekly steps are from Monday to Sunday) report your steps to your club or District Coordinator, or even straight to me on the following Monday October 14. You will continue on like this for 30 weeks, I will send your coordinators, or clubs or whomever is designated encouraging words to share with you. I will send reports to the Border Crossing and District Governors to be shared of each District is doing. Last day walking **Sunday May 4, 2025** reporting to me on Monday May 5, 2025. The winning District announced at the MD19 Convention on May 17, 2025.

What the winning District will receive, BRAGGING RIGHTS. Yes, for one whole year the clubs in this District can brag that they are the fittest District in our Multiple District. Plus all those who participated will feel that much better for getting out for a small walk each day!

PDG Georgia Medwedrich
Multiple District 19 Diabetes Chair
gdalmaine@gmail.com





Convert Activities to Steps

Multiply the number of minutes of the activity by the number of equivalent steps per minute.
For example, if you bicycled at a leisurely pace for 30 minutes,
multiply 116 X 30 to come up with 3,480 steps.

Activity	Steps per Minute
Aerobic Dance Class	127
Aerobic Fitness Class	181
Aerobics, low impact	125
Aerobics, step	153
Auto Repair (light to moderate)	71–91
Backpacking	195
Badminton (casual to competitive)	131–203
Ballet	120
Baseball	111
Basketball (shooting baskets)	174
Basketball Game	242
Basketball (playing by wheelchair)	164
Bicycling, leisurely	116
Bicycling, easy pace	130
Bicycling, moderate pace	170
Bicycling, vigorous pace	200
Bowling	87
Boxing, non-competitive	131
Boxing, competitive	222
Calisthenics	106
Canoe (light to moderate)	87–106
Circuit Training	232
Climbing (rock/mountain)	270
Croquet	76
Cross-Country Skiing	232
Curling (sweeping)	125
Dancing (light to lively)	109–131

Activity	Steps per Minute
Downhill Skiing	174
Elliptical Trainer	203
Fencing	182
Firewood Carrying/Stacking	145
Fishing	91
Football	199–260
Frisbee	91
Gardening (light to heavy)	116–174
Golfing (no cart, 18 holes)	131
Grocery Shopping	67
Handball	348
Hanging Laundry on Line	72
Hiking (general)	172
Hockey (field, ice)	260
Horseback Riding	116
Horseshoes	71
House cleaning	101
Ice Skating (slow)	84
Ice Skating (moderate)	122
Ice Skating (fast)	203
Judo/Karate	236
Jumping Rope (moderate)	250
Jumping Rope (fast)	300
Kayaking	152
Kickboxing	290
Lacrosse	242
Miniature Golf	91
Mopping	60
Mowing Lawn (push) — small to large lot	160–242

Activity	Steps per Minute
Orienteering	260
Painting a wall or room	78–131
Pilates	101
Ping Pong	116
Pool/Billiards	76
Punching Bag	180
Racquetball (casual)	181
Racquetball (competitive)	254
Raking Leaves	125
Rock Climbing	244
Roller-skating/Rollerblading	203
Rowing (light)	101
Rowing (moderate)	147
Rowing (competitive)	203
Running (5mph, 12 minute/mile)	232
Running (6mph, 10 minute/mile)	290
Running (8mph, 7.5 minute/mile)	391
Running (10mph, 6 minute/mile)	463
Sailing	91
Scrub Floors	71
Scuba Diving	203
Shopping (mall)	71
Skateboarding	152
Skee-ball	52
Skiing (light to moderate)	109
Skiing (cross-country)	114
Sledding	158
Snow Shoveling	174
Snowboarding	182
Snowshoeing	181

Activity	Steps per Minute
Soccer (competitive)	200
Soccer (recreational)	145
Softball	145
Spinning	200
Squash	348
Stair Climbing (downstairs)	71
Stair Climbing (upstairs)	181
Stair Climbing (machine)	200
Stretching	15
Surfing	91
Swimming (backstroke)	181
Swimming (butterfly)	272
Swimming (freestyle)	181
Swimming (leisure)	174
Swimming (treading water)	116
Tae Bo	250
Tae Kwon Do	290
Tai Chi	40
Tennis	232
Trampoline	101
Trim Trees/Shrubs (manually)	116
Vacuuming House	94
Volleyball (light to moderate)	87–121
Walking (slow)	68
Walking (moderate)	122
Walking (fast)	197
Wash car (small to truck)	71–87
Wash Windows (manually)	87
Wash/Dry Dishes by Hand	72
Water Aerobics	116
Water Skiing	174

January programs
2 Lions Leadership
17 TBD



Save the Date
 MD19N
 SPRING
 CONVENTION
APRIL 18-19,
2025
 at the **HEATHMAN**
VANCOUVER



Lions International Convention
July 13 to 17, 2025
Orlando, Florida U.S.A

USA/Canada Lions Leadership
Forum
September 18 to 20, 2025
Atlantic City, New Jersey U.S.A

Shout Out to Michele Druschel for chairing our Santa Store Committee!

What a great event!

- 2024 - 2025 FVLC Officers**
- Mike Cavanaugh - President
 - Aziz (Bill) Shalaby - 1st VP
 - Gay Enyeart - Secretary/Admin
 - Diane Cavanaugh - Treasurer
 - David Rich - Membership
 - Sandy Conroy - 1 yr dir
 - Richard Giles - 1 yr dir
 - Jan Koenig - 2 yr dir
 - Phyllis Robertson - 2 yr dir
 - Terry Robertson - Past President
 - Shelly Brown - Newsletter
 - Dotty Scott - Webmaster
 - Tail Twister - Allen Rhyasen

Facebook: FortVancouverLions
FVLC website: <https://fortvancouverlions.org/>
Lions International <https://www.lionsclubs.org/>
Multiple District 19: <https://lionsmd19.org/>
District N Zone 10 representative -
Shelley Staudinger, Battle Ground Lions Club

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day	2 Lions Meeting 7:00 PM FISH	3	4
5	6	7 Clark Co Sight 6:30 WSSB Clark Co Hearing 7:00	8	9	10	11
12 Happy Birthday Gay Enyeart	13	14	15 Share House 11-2	16	17 Lions Mtg. Noon Golden Corral Board Mtg. 1:00 PM	18 Happy Birthday Marcel Tingey (17)
19	20 M L King Day	21	22	23	24	25
26	27	28	29	30	31	

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Clark Co Sight 6:30 WSSB Clark Co Hearing 7:00	5	6 Lions Meeting 7:00 PM FISH	7 Happy Birthday Dotty Scott	8
9	10	11	12	13	14	15
16	17 Presidents' Day	18	19 Share House 11-2	20	21 Lions Mtg. Noon Golden Corral Board Mtg. 1:00 PM	22
23	24	25	26	27	28	



Rick Giles
360.696.3696

Proud Sponsor - Starkey Hearing Foundation

Hear Better...Live Better...Life is Beautiful



TMC
Total Merchant Concepts, Inc.

360-253-5934

Integrity, Excellent Service, Competitive Rates

**CREDIT CARD ACCEPTANCE
GIFT CARD PROGRAMS
CHECK VERIFICATION, CONVERSION & GUARANTEE**

ASK FOR CHERI PERRY

CLARK COUNTY'S ONLY LOCALLY OWNED AND OPERATED CREDIT CARD PROCESSING COMPANY!!!



**OFFICIAL PUBLICATION OF
THE FORT VANCOUVER LIONS CLUB**
PO BOX 701
VANCOUVER, WA 98666-0701

RETURN SERVICE REQUESTED