



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

Established 1955

October
2025 ISSUE

Join us Fridays,
October 3rd and
October 17th at
Noon for our
regular meetings
at
Golden Corral

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Editor:
Shelly Brown
Lsbrown65@comcast.net
503-887-4639



Volume 72 Issue 4

2025-2026
King Lion
Sandy



Holy Moly, witches and goblins. Hello October! I am sitting here watching the first day of a weeks' worth of rain and thinking "This is it!" But what is IT?

For some, it is the end of summer and a time to start hunkering down into cooler weather and a slower pace. For Lions, it is FULL SERVICE AHEAD. There are so many things to do.

Many Lions clubs in the area are going to do "Wear It Wednesday". Each Wednesday Lions members will wear some type of Lions paraphernalia to show our involvement and help the community recognize us. Let's join this movement to get the word out that LIONS ARE HERE.

SUPER SHOUT OUTS to Lion Phyllis for her great Columbia Play Project presentation at the Zone 10 zone meeting. All but one club was represented, so her information was passed to all. From what I have heard, several clubs are showing support for this project. She will still be spearheading this to get it started. Let Phyllis know how you might help.

In addition to her presentation, Phyllis led a successful service project with CCP on September 14th, with Lions helping children explore life as non-sighted people then coloring great bookmarks. Another SHOUT OUT to the eight members of Ft. Vancouver that showed up for the meeting to show support. As the host club, it was great to see you all.

Continued on page 2.

Speaking of Halloween, please make sure you get online and reserve your tickets for the Headless Horseman train ride on October 25th. We plan on taking the noon train from Yacolt, so arriving by 11:30 AM would be the best. Make sure you have rain clothes just in case.

Coming up on October 18th, we will be hosting our Fall Shred Event. Please post this information to all your social media platforms. Monies raised from this will help the club reach our donation goals. Call Lion Allen if you are able to help.

In the summer edition of the LION magazine, there was a great article about 'Weeks of Service'. It shows three ways that each club in the community can connect through service.

October 4-12, 2025 will showcase Mental Health and Well-being. This could be something simple like painting rocks with positive sayings to help seniors (or others) get in the spirit of the holiday. January 3-11, 2026 will showcase Hunger. Helping serve at Share House (which we already do) might fit that bill. April 18-26, 2026 will showcase the Environment. Perhaps we can partner with Salmon Creek on one of their park cleaning days. The ideas are endless. They can be as small or large as our imaginations wish. Let's put our heads together and see what our next SERVICES might be.

King Lion Sandy



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

Can't make it to our meeting in person?

Join via Zoom!!!

FVLC Regular Meetings

First and Third Fridays, 12:00 PM Pacific Time

Join Zoom Meeting

<https://us06web.zoom.us/j/84289457357?pwd=QHWxtsSvt9gfLycFUZQI2fR9baR4OL.1>

Meeting ID: 842 8945 7357

Passcode: 19550415



One tap mobile

+12532158782,,84289457357#,,,,*19550415# US (Tacoma)

+12532050468,,84289457357#,,,,*19550415# US



October Programs

October 3

The focus will be on membership.

October 17**

The program will be presented by Silver Star Search and Rescue.

****King Lion Sandy wants to have everyone dress in some sort of Halloween item (t-shirt, wig, mask, etc. for this meeting**

We'll take a picture afterwards!

2025 - 2026 FVLC Officers

- **Sandy Conroy - President**
- **Aziz (Bill) Shalaby - 1st VP**
- **Mike Cavanaugh - 2nd VP**
- **Diane Cavanaugh - Secretary/Admin.**
- **Diane Cavanaugh - Treasurer**
- **Gay Enyeart - Membership, LCIF**
- **Jan Koenig - 1 yr Director**
- **Phyllis Robertson - 1 yr Director**
- **Wanda Slevin - 2 yr Director**
- **Mike Cavanaugh - Past President**
- **Tail Twister - Allen Rhyasen**
- **Dotty Scott - Webmaster**
- **Shelly Brown - Newsletter**

Jan Koenig, Phyllis and Terry Robertson and Michele Druschel served Otter Pops at Washington Elementary's back-to-school night in August from 4:00 - 5:10. It was lots of fun, the kids (and a few moms, dads, and siblings) enjoyed them.



Save the Dates

- **Friday, October 3** New Member Orientation
- **Saturday October 4** Dozer Days Volunteer opportunity
- **Saturday, October 11** ilani Oktoberfest Volunteer opportunity
- **Saturday October 18** - Shred Day
- **Saturday, October 25** - Chelatchie Prairie Railroad ride



Fort Vancouver Lions Club & F.I.S.H. Free Shred & E-Recycle Day!

What to Bring:

- Food for F.I.S.H.
- Donations to support Fort Vancouver Lions
- Documents (Personal and Business)
- Accepted media items: CDs, cassette tapes, hard drives, laptops, towers, and monitors (22" or larger)

Not accepted: 3-ring binders, hanging files, binder clips, plastic, metal, empty boxes, or cardboard, Televisions, Printers or Appliances of any kind



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.

JOIN US!

10:00 am – 1:00 pm

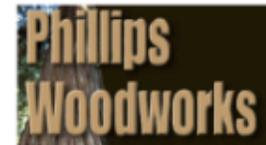
Saturday October 18, 2025

Mill Plain United Methodist Church

15804 SE Mill Plain Blvd, Vancouver, WA

Questions?
Call or text
Allen Rhyasen
360-721-6650

Special Thank You To Our Event Sponsors!



DONATE



www.fortvancouverlions.org

Chelatchie Prairie Railroad

Fort Vancouver Lions – You are invited to spend a fun spooky afternoon riding the Chelatchie Rail Road on Saturday, October 25, 2025 at 12:00 noon. This is called the Headless Horseman Halloween Run. Invite friends and family. I know some of our members have done this before and it really sounds like fun.

Tickets are available on line now.

<https://tickets.bycx.org/tickets/diesel/102525>

Lion Gay



Chelatchie Prairie Railroad
207 N. Railroad Ave YACOLT, WA 98675

FARES*	DIESEL	SPECIAL EVENTS
Adults	\$ 20	\$ 22
Military & Seniors (60+)	\$ 19	\$ 21
Youth 3 - 12	\$ 14	\$ 16
Lap Child under 3	Free	Free



*QR maps location of station



Please arrive 30 minutes prior to departure
For Info, Charter Rates, and Reservations
Go to www.bycx.com or call 360-686-3559

*Fares, Charter Rates, Schedules subject to change



We are an ALL-VOLUNTEER excursion railroad running in north Clark County, Washington. We operate from May through December. There are a variety of volunteer opportunities for railroad enthusiasts including track work, car and locomotive maintenance, serving as part of the train crew or working in the ticket office. The entire operation is run by volunteers, both men and women are welcome to join. We are always looking for new members who love railroads as much as we do!!! So if you want to come out and be part of an actual running railroad or if you want to ride on one of our runs, look us up!! We have more info at www.BYCX.com.



2025 Chelatchie Prairie Train Schedule

Date	Departure
Mother's Day Weekend	
May 10 & 11	Noon & 2:30pm
Here comes Summer Weekend	
May 31 & June 1	Noon & 2:30pm
Father's Day Weekend	
June 14 & 15	Noon & 2:30pm
End of June Weekend	
June 28 & 29	Noon & 2:30pm
Train Robbery Weekend	
July 19 & 20	Noon & 2:30pm
Mid Summer Weekend	
August 2 & 3	Noon & 2:30pm
Train Robbery Take 2	
August 16 & 17	Noon & 2:30pm
Late Summer Weekend	
August 30 & 31	Noon & 2:30pm
September Run	
September 13 & 14	Noon & 2:30pm
Fall Begins Run	
September 27 & 28	Noon & 2:30pm
Fall Leaves Run	
October 11 & 12	Noon & 2:30pm
Headless Horseman Halloween Run	
October 25 & 26	9:30am, Noon & 2:30pm
Patriot's Weekend Diesel Run	
November 8 & 9	Noon & 2:30pm
Christmas Special Trains	
November 29 & 30	9:30am, Noon & 2:30pm
December 6 & 7	9:30am, Noon & 2:30pm
December 13 & 14	9:30am, Noon & 2:30pm
December 20 & 21	9:30am, Noon & 2:30pm

*Please see Special Prices on Fare Schedule
*Fares, Charter Rates, Schedules subject to change

Zone Meeting September 17

Ft Vancouver Lions presented to the nine Clark County Lions clubs about the opportunity to join us as we create a partnership with Columbia Play Project. We asked them to let us know by October 15, if their club would like to participate. We are hopeful that this will become a Zone Project.



Ridgefield Lions Club September 24

Lion Terry was asked to induct a new member into Ridgefield Lions Club and we were asked to talk about Columbia Play Project.

Picture: Josh Olson, sponsor of new member; John Henick, new member; Past District Governor Terry Robertson induction.



Fort Vancouver Lions Club partnering with Columbia Play Project Grandparents Day, September 14, 2025

It rained; NO, it poured for two hours but Fort Vancouver Lions were there with twelve other nonprofit booths to greet children, parents and grandparents on Sunday September 14 to have FUN. The sun came out about noon.

Doug Wilson and Doug Jr. arrived at 9 am to help Diane Cavanaugh & Phyllis Robertson set up the Lions booth at Marshall Park in Vancouver. We were ready with bookmarks for coloring, an activity for children that gave a glimpse of what it is to be sight impaired and to showcase what Lions do.

Thank you, Doug Wilson and Doug Jr., for being there to get the cars unloaded, the canopy set up and come back for take down. Michele and Nancy, we appreciate you being there to greet families and visit with them. Diane your design work for the Lions bookmarks and QR code signs as well as being there for the first shift was wonderful. Sandy thank you for being with me for the last shift and helping pack up.

We also visited the 12 booths and gleaned information and future program speakers. Nancy commented that it was a good event for informing people of programs that help vulnerable children. She personally enjoyed meeting the Fosterful staff which she has supported since one of them gave a talk at one of our meetings many years ago. Fosterful is on our speakers list for November 21.

She also met the people from the CASA program. This is a much-needed program that needs to be publicized.

Phyllis Robertson



Fort Vancouver Lions Club
Serving Vancouver & Clark County

We serve:

- The sight & hearing impaired
- The disadvantaged, homeless & hungry
- At-risk students & families

🌐 We partner locally, regionally, and globally through Lions Clubs International.
💛 As a funding source of last resort, we help those who otherwise could not access better vision or hearing.
📄 Learn more: fortvancouverlions.org



Lions Sight Foundation of Clark County

👁️ We help visually impaired individuals by providing:

- Free eyeglasses
- Vision-related surgeries

Basic Requirements

- ✓ Clark County resident
- ✓ Low income
- ✓ No other source of funding
- ✓ Completed application
- ✓ Photo ID & proof of income

📞 Call: 360-750-9157

🌐 Apply online: lionsightfoundationofclarkcounty.org/application



Clark County Lions Hearing Foundation

We provide very low-cost hearing aids to low-income residents through three programs.

Requirements

- ✓ Clark County resident
- ✓ Low income
- ✓ No other funding source
- ✓ Current audiogram
- ✓ Photo ID & proof of income

📞 Call: 360-690-4388

🌐 More info: fortvancouverlions.org/hearing-committee



Lions & Kiwanis Harvest Together for Celebrate Community

On September 15, members of several local Lions Clubs joined forces with the Cascade Park Kiwanis Club at the 78th Street Heritage Farm to harvest fresh produce for the Clark County Food Bank. Volunteers from the Camas, La Center, Salmon Creek, Vancouver, and Fort Vancouver Lions Clubs worked side by side under sunny skies, gathering cucumbers, peppers, and zucchini.

The event was part of Celebrate Community (September 14–20), a global initiative that unites Lions, Kiwanis, Rotary, and Optimist clubs in shared service. Beyond providing healthy food for local families, the day highlighted the spirit of collaboration and fellowship.

“Why collaborate with other service organizations? To help even more communities and kids!” said Patty Downey of Cascade Park Kiwanis. Jason Rivers, La Center Lions President, added: “It was inspiring to work shoulder to shoulder. We plan to get together again soon to explore even more opportunities.”

Diane Cavanaugh



**Patty Downey,
Cascade Park Kiwanis**



Tim Eubank, Camas Lions



**Diane Cavanaugh,
Ft. Vanc. Lions**



**Tammie Coehlo &
Joan Keels, Camas Lions**



**Susan Nellor,
Vancouver Lions**

District Governor Visit

Our 2025-26 District Governor Donna Murr will be visiting our club on Friday, November 7th. This is Donna's second time as DG and it's great to have a seasoned leader who is willing and able to step up to serve when called upon to pick up where 1VDG Bob Johnson left off due to health concerns. Donna's theme for the year is "Imagine the Possibilities". Like our motto "We Serve" this is a phrase that invites each Lion to look around and dream what might be possible when we all work together.



Guest speaker at our September 5th meeting was Chef Debra Erickson, Founder of The Blind Kitchen!

Debra is blind (retinitis pigmentosa, with only a little vision in one eye), but that hasn't slowed her down one bit. She shared her journey through the Tod & Maxine McClaskey Culinary Institute at Clark College—including the time she became the only student to flip an egg without breaking the yolk... and without a spatula! She also never got a single cut thanks to her trusty Cut Glove.

After culinary school, Debra combined her degree with her love of teaching to become a meal prep instructor at the Oregon Commission for the Blind, helping adults learn to cook independently.

When COVID shut down in-person activities, she launched The Blind Kitchen, where she showcases adaptive culinary tools, strategies, and techniques for cooking safely with vision loss.

Learn more about Debra's amazing work at theblindkitchen.com and follow her at The Blind Kitchen!



MD19 STEP CHALLENGE

START
OCTOBER 6, 2025

A one-time \$5.00 participation fee, paid to your District Diabetes Chair, goes to Diabetes Camps in your area

30 Weeks of counting steps - submitted weekly

Last day to walk May 3rd, 2026

Updates posted in:
MD19 Diabetes Newsletter & Border Crossing

Open to Lions Members and Non-Members
(Family and Friends pay the one-time \$5.00 participation fee for steps to count)

All money raised
will send kids to
Diabetes Camps
in Canada
and USA

Winner announced at the MD19 Convention in Wenatchee, WA
weekend of May 23 - 24, 2026



CONTACT YOUR DISTRICT DIABETES CHAIR FOR MORE INFORMATION

District L: PDG Georgia Medwedich: gdalmaine@gmail.com

District I: Lion Linda Schaffrick: lindashaffrick@gmail.com

District O: Lion Michael Contreras: mikercv.nac@gmail.com

District N: TBD

District S: TBD



MD-19 Step Challenge

PDG Georgia Medwedrich, Multiple District 19 Diabetes Chair, is challenging every Lion—and their friends, family, and neighbors—to lace up for the 30-week MD19 Step Challenge!

Starting October 6, 2025, track your steps each week through May 3, 2026, using a Fitbit, pedometer, or phone app. You can also count other activities – just use the chart to convert minutes to steps! Each walker is asked donate a participation fee of \$5.00, which will go toward sending a child to a diabetes camp! Send your \$5 to PDG Jan Weatherly, Olympia Host Lions Club, 161 E Michelle Dr., Union, WA 98592. And family, friends, neighbors whomever can join up to the end of December!

Weekly totals can be sent to Diane at diacav.pnw@gmail.com and will be reported to PDG Georgia monthly. Progress updates will appear in the MD19 Diabetes Newsletter & Border Crossing to keep everyone motivated. The winning district will be announced at the MD19 Convention, May 24, 2026, in Wenatchee, WA—taking home bragging rights and their District’s name on the trophy!

So tune up your step counter... and let’s walk the walk for diabetes!



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, 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
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
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
Skeeball	52
Skiing (light to moderate)	109
Skiing (cross-country)	114
Sledding	158
Snow Shoveling	174
Snowboarding	182
Snowshoeing	181
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
Waxing Car	80
Weight Lifting (light)	67
Weight Lifting (moderate)	87
Weight Lifting (vigorous)	174
Wheelchair Use (manual)	101
Yard Work (light to moderate)	89-145
Yoga (light to moderate)	45-72
Zumba	148



Fort Vancouver Lions • Meetings • August 18, 2025
Golden Corral, 11801 NE Fourth Plain Blvd, Vancouver, WA 98682

Fort Vancouver Lions Club Meeting

Guests: Hazel Dell Lions Doug Hall, Larry Hansen and Janet Cantrell

Speaker: Jeff Fish, on the Future of Walk and Knock

The Walk and Knock food drive, launched in 1982 by the Vancouver Lions Club, has over the years collected nearly 4,864 tons of food worth \$14.35 million. Once powered by 3,600 volunteers, only 1,200 folks helped in 2024, causing record-low collections despite the county's population doubling since 1985. Contributing factors include reduced youth participation, sports conflicts, less school district support, and diminished traditional media reach. Aging leadership and fewer younger volunteers add challenges. To adapt, the board is moving forward with a "Drive and Drop" model needing just 150–200 volunteers. Grocery bags will be mailed to all Clark County addresses to encourage participation and sustain its status as the nation's largest one-day food drive.

Reports and Announcements

- Berry Sales – Allen/Wanda – about 40 boxes sold so far. Order deadline is Wednesday 8/20.
- Shred Event – Allen – Scheduled for October 18th.
- Chelatchie Prairie R.R. trip – Gay – "Headless Horseman Halloween Run" October 25th, noon. Tickets \$21. If you intend to go, contact Gay at s.eneart@comcast.net or 503-799-1099 to reserve a spot as soon as possible, as this is a popular event. Tickets to the general public will go on sale Oct. 1st.
- Back to School @ Washington Elementary – Michelle D. – Back to school night is August 20th from 4 - 5 p.m. FVL will hand out Otter Pops. 250 - 300 people are expected.
- Dinner in the Dark – Diane – no update
- Columbia Play Project – Phyllis – September 14, 2025 is Grandparents' Play Day at Marshall Park. This event will engage 1,000+ children and families in free, inclusive activities. A \$150 booth fee covers space, marketing, and volunteer support. The club would provide a tent, table, volunteers, a play activity, and promotional materials.
- FVLC will host the Zone meeting on September 17th 6-8pm at the Library.



Fort Vancouver Lions • Meetings • August 18, 2025
Golden Corral, 11801 NE Fourth Plain Blvd, Vancouver, WA 98682

Fort Vancouver Lions Club and Foundation Board Meeting

Call to Order 1:16

Board members present: Phyllis Robertson, Gay Enyeart, Jan Koenig, Sandy Conroy, Bill Shalaby, Wanda Slevin, Allen Rhyasen, Diane Cavanaugh, Mike Cavanaugh

Board members absent: none

Guest(s) attending: Terry Robertson

Secretary Report

- In July, 18 FVLC volunteers served 208 hours and about 3900 people.
- Motion made by Gay and seconded by Jan to accept the July minutes.
- Michelle D. and Gay will be picking up the mail from the post office.

Treasurer Report

- o Admin balance \$10,467.32
- o Foundation balance \$13,863.68
- o Bank account signatories have been changed
- o IRS 990-N form has been filed for year ending June 30, 2025
- o Discussion about purchasing Zoom (\$79.92 per year via Goodstack). Sandy moved and Phyllis seconded to authorize this. Motion passed.
- o Financial Review Report – Gay and Jan – Completed on July 30th.

Ongoing Business

24.25.32 Nametags – Sandy – no update

24.25.11 Columbia Play Project – Phyllis – After discussion Diane moved and Allen 2nd the proposal for FVL to have a booth at the Grandparents' Play Day. Motion passed. Sandy will pay the \$150 fee, to be repaid at the end of the year if we have the budget to do so.

New Business

25.26.34 Peace Essay Contest – Diane – The contest is open to students who are considered visually impaired, and will be 11, 12 or 13 years of age on November 15, 2025. Gay moved and Phyllis seconded that the FVLC sponsor this contest. Motion passed. Mike was asked to chair.

25.26.35 Foundation Credit Card Processing – after a brief discussion it was decided a committee made of Bill, Sandy, Jan and Gay would meet to make a recommendation.

25.26.36 Christmas party for foster kids 12/11 at the Elks club. Provide spaghetti dinner?
More discussion next meeting.

Next board meeting on September 19 will be chaired by Mike, as Sandy will be out of town.
Adjournment 2:11.

Diane Cavanaugh
Secretary

Walk & Knock is now Drive & Drop

Greetings Walk & Knock Family,

You may have already heard that earlier this year the leaders of Walk & Knock made the difficult decision to change from our long-time format of going door-to-door picking up food to a drive & drop model as we used during the pandemic. This decision was not made lightly, but over the past few years, we have seen our volunteer numbers decrease from over 4,000 drive day volunteers to under 2,000 the last couple of years. When you couple this with the growth Clark County has experienced, we just don't have enough bodies to properly cover our county. In addition to this, our society has changed, and many people do not feel comfortable going door-to-door at homes.

With those concerns, we are excited to move forward with our Drive & Drop model. We will still be mailing over 200,000 bags to every home in the county. We will ask people to fill those bags and bring them to one of our many locations across the county. We have tried hard to provide a large number of locations to drop your food off so that it is as easy as we can make it.

On Dec. 6, we will have 16 trucks parked around the county for people to drop their food off.

Drop Locations: From Dec. 1 - Dec. 15, we will have barrels across the county at all area McDonalds, Les Schwab Tire Stores, Riverview Bank branches, Cost Less Auto Parts stores and several other area spots.

Barrel Locations: The unfortunate reality to this change is that we will not need as many of the fantastic volunteers who have helped make Walk & Knock a success. That being said, we are working hard to find ways for people to volunteer who still want to be involved.

Drop Locations - Each of our 16 drop locations will need help unloading food from cars and loading it onto trucks.

Neighborhood Organization - While Drive & Drop will not be organizing door to door pickups, we are still encouraging groups to do their own neighborhood organization and pick up food on drive day and deliver it to one of the drop site locations. If this is something your group would like to do, we will provide flyers for you to place in your neighborhood before Drive Day.

Barrel pickup - With all the barrels we have across the county, we need help getting them picked up.

If you would like more information about any of these volunteer opportunities or our change to Drive & Drop, please feel free to respond to this e-mail or e-mail me at president@walkandknock.org

Thank you again for all your past support, and we all hope you are able to help us make Drive & Drop the best it can be.

Justin Wood, President
Walk & Knock / Drive & Drop



October 2025

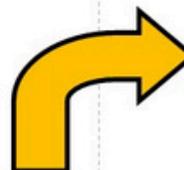
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Lions Hybrid Meeting 12 PM	4
5	6	7 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM WSSB	8	9	10 Share House	11
12	13 Happy Birthday Wanda Slevins	14	15	16	17 Lions Hybrid Meeting 12 PM Board Meeting 1:00 PM	18 Shred Day Event
19	20	21	22	23	24	25 Chelatchie Prairie Railroad 12:00 P.M.
26	27	28	29	30	31 Happy Halloween 	



FVLC Original
Pin



First & Third Friday
Noon meeting:



Golden Corral Buffet
11801 NE Fourth Plain Blvd.
Vancouver, WA 98682



November 2025

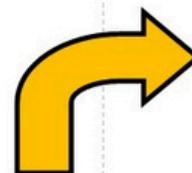
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM WSSB	5	6	7 Lions Hybrid Meeting 12 PM District Governor's visit	8
9	10	11 	12	13	14 Share House	15
16	17	18	19 Happy Birthday Michele Jensen	20	21 Lions Hybrid Meeting 12 PM Board Meeting 1:00 PM	22
23/30	24	25	26	27 	28	29



FVLC Original Pin



**First & Third Friday
Noon meeting:**



Golden Corral Buffet
11801 NE Fourth Plain Blvd.
Vancouver, WA 98682



December 2025

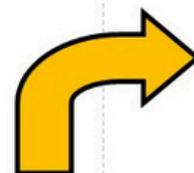
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM WSSB	3 Happy Birthday Ralph Harding (2)	4	5 Lions Hybrid Meeting 12 PM Happy Birthday Eva Halter	6
7	8	9	10	11	12 Share House	13
14	15	16	17 Happy Birthday Lori Pulliam	18 Santa Store	19 Lions Hybrid Meeting 12 PM Board Meeting 1:00 PM	20
21	22	23	24 Christmas Eve	25 	26	27 Happy Birthday Steve Enyeart Doug Wilson
28	29	30	31 New Year's Eve			



FVLC Original
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First & Third Friday
Noon meeting:



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