



Fort Vancouver  
Lions Club  
Vancouver, WA.,  
U.S.A.  
Established 1955

February  
2026 ISSUE

Join us Fridays  
February 6 and  
February 20 at  
Noon for our  
regular meeting at  
Golden Corral

IN THIS ISSUE

President's Corner.....1-2  
Save the Dates!.....2  
February Programs/Zoom  
Link/Contact info.....3  
Kenya Pad Project.....4  
Exercise for Heart Day at  
WSSB/Zone meeting.....5  
Green Bag project.....6  
I am REDDI training.....7  
We Survived Party pics.....8  
MD19 Essay Winner.....9  
Md19 Spring Conf.....10-11  
Guest Speaker .....12  
MD19 Convention .....13  
Meeting Minutes.....14  
Board Mtg Minutes.....15  
Calendars.....16-18



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



Volume 72 Issue 8

2025-2026  
King Lion  
Sandy



February marks the second half of our Lion's year, and we've already held several events: a club celebration, sewing sessions, two meetings, a board meeting, and a golf tournament planning session. So many things and so little time.

Members can get involved in many ways, even if they can't attend daytime meetings. Weekend opportunities include the upcoming Brewfest at Ilani on Feb 21-22 and our club planning retreat on Feb 28.

**Oh, what a time we had** at our first annual "I Survived the Holidays" party. Twenty-nine members and guests gathered at Old Spaghetti Factory on January 6 for a relaxing and fun-filled evening. We had an oral auction for the International Dinner hosted by Gay and Steve Enyeart. It was especially fun to see Lee and Chriss Denny and catch up on what they have been doing. Chriss was the lucky one to win the raffle. She even pulled the Joker! Congratulations to Lion Mike for the most correct answers to our Christmas game. I'm still not sure Die Hard is a Christmas movie. Should this be a new club tradition?

**Grab your steins** and prepare for a fun weekend helping at Ilani's upcoming BrewFest on Feb. 21-22. In order to work, you must have your MAST certificate. If interested, go to the Ridgefield Lions website to see what shifts are available ([https://www.ridgefieldlions.org/volunteer\\_opportunities/](https://www.ridgefieldlions.org/volunteer_opportunities/)).

*Continued on page 2.*

**A Club Planning Retreat** is scheduled for Saturday, Feb. 28 at Salmon Creek United Methodist Church at 12217 NE Hwy 99. We will start at 10AM and end around 2PM. Please make every effort to attend this as we will be planning our club's future. Please let Sandy know by Feb. 24<sup>th</sup> if you are planning on being there. We need a head count for food. Also, please let me know if there are specific topics you want to cover.

**Green Bags, Green Bags!** Ft. Vancouver Lions have voted to take on the Green Bag program. For this, members will bring non-perishable foods to our club meetings that will be turned over to Nancy Brown to deliver to FISH. Also, it might be best to only do first meeting of the month so won't be too much tussle going on before the board meeting. Nancy and I haven't connected via phone yet so have not confirmed.

**Queen Lion Sandy**



## Save the Dates

- **Monday, February 9<sup>th</sup> 10 am** - Pad Project Day #3 at Cavanaugh's
- **Tuesday, February 10<sup>th</sup> 9:45 am** - Grandpa's White Cane Day, Salmon Creek Elementary School
- **Thursday, February 12, 2026** - Exercise for Heart Day at WSSB
- **Wednesday, February 18 6:30pm** Zone Meeting #2- "Hey! Shut the Back Door!" Hosted by Ridgefield Lions.
- **February 21-22** - Ilani's BrewFest - volunteers needed!
- **Saturday, February 28<sup>th</sup> - Club Planning Retreat**
- **Tuesday, March 3 Noon** - Grandpa's White Cane Day, Lake Shore Elem. School
- **Saturday, March 7** - I am REDDI Emergency Preparedness Training
- **April 10-11, 2026** District 19-N Lions Convention Tacoma, Washington
- **May 23 & 24, 2026** (Memorial Day weekend!) MD19 Convention, themed "Celebrating the Fruits of Service" in Wenatchee, Washington.
- **Friday June 19<sup>th</sup>** - Third annual Fort Vancouver / Camas Lions Golf tournament!

## February Programs

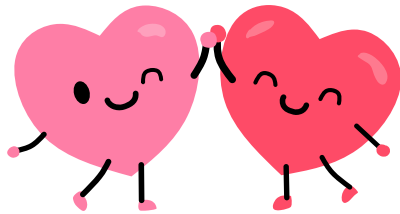
### February 6

Kathleen Piser,  
Salvation Army.

She will be talking about how  
SA got started and what is  
happening in Clark County.

### February 20

TBD



## 2025 - 2026 FVLC Officers

- Sandy Conroy - President
- Aziz (Bill) Shalaby - 1st VP
- Mike Cavanaugh - 2nd VP
- Diane Cavanaugh - Secretary/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

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](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



# Lions Pad Project Kenya

The Lions Pad Project Kenya is a project by the Lions and Leos of District 105CE in partnership with Kenyan clubs to keep girls in school by addressing period poverty and its impact on their education. The project provides girls with sanitary pads and underwear, but it also includes educational components like menstrual hygiene management, health, and relationship education to address stigma and build confidence.

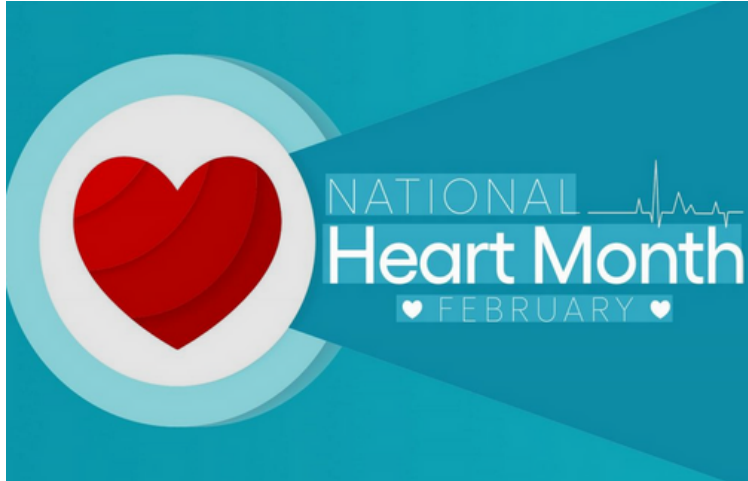


## Our 3rd day of sewing!

Fort Vancouver Lions are invited to help make reusable sanitary pads on **Monday, February 9th** at Diane and Mike's house. We'll start about 10 am. *Sewing skills are not required!* There is plenty of cutting, pinning, ironing and snap fastening to do.

Email Diane at [diacav.pnw@gmail.com](mailto:diacav.pnw@gmail.com) or text/call 206.375.1347 to RSVP so we know how many to expect for lunch!





February is National Heart Month! At WSSB, students will explore the anatomy and science of the heart, learn heart-healthy nutrition and lifestyle habits, practice movement and exercise routines, discover fun heart facts, and even have opportunities to earn lifesaving CPR certification throughout the month. Students will also join the American Heart Association in the fight against heart disease and stroke.

A highlight of the month is Exercise for Heart Day on Thursday, February 12, 2026, when our community will work together to beat last year's 9,000-minute exercise goal.

**Wear red to our meeting on the first Friday in February to celebrate National Heart Month and raise awareness about heart disease.**

Contact [jennifer.butcher@wssb.wa.gov](mailto:jennifer.butcher@wssb.wa.gov) if you would like to volunteer on February 12th, or to help a student become a heart hero by donating money to the American Heart Association in their name.

**FUTURE USA/CANADA LIONS LEADERSHIP FORUMS** – How about a junket in the early fall, during pretty much the best weather of the year, combined with some Lions learning and bonding? Here is the list of future scheduled USA/Canada Lions Leadership Forums through 2027:

Year	Place	Dates
2026	Memphis, Tennessee U.S.A.	September 3 to 5, 2026
2027	Huntsville, Alabama U.S.A.	September 16 to 18, 2027

**Zone Meeting Coming Soon: Wednesday, February 18, Ridgefield**

Join us from 6:30-8:00 PM at the Ridgefield Administrative and Community Center (RAAC), located at 510 Pioneer St. Ridgefield. Our hosts, the Ridgefield Lions, will provide light refreshments.

This meeting is focused on Membership Growth & Retention. We'll hear from a panel of local Lion leaders about how they are changing with the times and how it's helped their clubs change their trajectory from downhill to moving up and growing.

Presidents and secretaries should plan to attend to represent your club---but ALL Lions are welcome.

This is a great opportunity to network with other Lions and support each other with ideas and inspiration.

# the clark neighbors food project

## JOIN THE GREEN BAG TEAM!

...and bag hunger in our neighborhoods!



Clark Neighbors Food Project is a non-profit organization that collects non-perishable food and toiletries six times per year. The food we collect goes to local food pantries and school resource centers. 148,000 individuals, families, and children struggle with food insufficiency in Clark County, WA. We are concerned with those numbers and believe we can build a stronger community by neighbors sharing food with our neighbors.

**NEIGHBORS  
HELPING  
NEIGHBORS**

Since 2017, we have shared over 859,000 pounds of food with hungry neighbors in Clark County.

**PLEASE JOIN US!**



**IT'S EASY!**

**FVLC is becoming a neighborhood for the “Green Bag” team! Pick up a Green Bag at a meeting and bring it back full of non-perishable food and toiletries at the **first meeting of every EVEN month!** Our own Nancy Brown will take the bags to FISH of Vancouver!**

# I AM REDDI!

## 1-DAY PREPAREDNESS TRAINING CLASS

**Saturday March 7, 2026  
9am-4pm**

**LOCATION :**

**CRESA 710 W. 13<sup>th</sup> St.  
Vancouver, WA 98660**

**Topics covered will include:**

- The Realities of Emergencies
- The Family Emergency Plan
- What does Preparedness mean?
- Fire Safety
- The Mindset of a Disaster
- Emergency First Aid
- Is Your Neighborhood Reddi for a Disaster?



**Registration Link:**

<https://m.signupgenius.com/#!/showSignUp/5080A4EA4A72FA4FD0-58372759-iamreddi>



**Cost: \$10 per person**

**For questions, email:  
jodi.blackwood@cresa.wa.gov**



# We Survived the Holidays Party Fun!



## **Youth Essay Contest Winner for MD19**

### **World Peace**

**By: Meka Nordquist**

Imagine being stuck in a war because your country is fighting for land. Why is your country doing this? Because they may not know world peace. In my opinion, I think that world peace is all about equal rights and working together. World peace should be for everyone.

First, we should not have war because it can affect healthcare and education. War is not a way to help solve problems and conflicts. Instead, war is just making people suffer or even die. When there's a war, people have food shortages and many die of hunger. If war was really common, a lot of people including children would be scared and be at risk of sudden attacks. It makes me upset that during a war, the military bombed cities. Killing and injuring many innocent lives of families. If there was ever a conflict, we should talk about it instead of going to war.

Next, world peace can affect how we treat the environment. Different nations should work together on keeping the ecosystem healthy. We should all share resources and use them wisely. Having war damages forests and fields, killing wildlife and plants. We should not fight for land as it will damage it. Instead, countries can share land together.

Next up, everyone should have access to good healthcare. No one should get more or less healthcare than others. Everyone should get the amount they need. War also affects healthcare because a lot of people would get injured and suffer from trauma and disabilities. A lot of money is spent on military improvement, but we should focus on using the money to improve medical facilities like hospitals and medical research.

Finally, we need to fix the education system. Everyone should have the right to go to school. Girls used to not be able to go to school and can only stay home and have babies. While boys were sometimes drafted into the military and had to fight in wars at a really young age. This type of treatment can affect the kids mentally and physically in brutal ways. A lot of kids miss education and are really behind and get overwhelmed. I think that schools need to be more accessible to disabled kids. If schools don't give accommodations, people who are disabled may struggle understanding what their learning and some may be behind. I believe that everyone should have proper education no matter where they are from.

In conclusion, world peace can affect a lot of things. We need to work together to make it happen. A world with good education and healthcare is what everyone wants. Not being in constant war would also make the economy better.

Together, we can make world peace reality!



Celebrating Our Year Above Par! 🏌️

District 19N Annual Convention

April 10–11, 2026

La Quinta Inn & Suites | Tacoma

---

### 🎉 Friday Night Feature

#### “The Masters” Fun Night

Tee off the weekend with a night of fun and fellowship!

Enjoy golf-themed games, trivia, and contests, including **Best Golf Attire** (individual or team).

Sip on golfer-inspired beverages like **John Daly** and **Arnold Palmer**, and savor **Augusta National–themed food stations**.

Prizes, laughter, and great camaraderie guaranteed. Don't miss it!



---

### 🐾 Saturday Convention Events

- Memorial Service, Informative Seminars, District Elections, District Awards
- Featured Lunch Speaker from the **National Marrow Donor Program**
- **District Governor Banquet**

### 🌍 International Guest of Honor

**Past International President Justice Brian Stevenson**

Calgary, Alberta, Canada

International President **1987–1988**



---

Come celebrate service, leadership, and a year truly **Above Par** with your fellow Lions!



## Guest Speaker Spotlight: Baby Quilts for Children Born Blind

At our January 16th meeting, we welcomed guest speaker Phyllis Hyatt of the Ridgefield Lions Club, joined by her daughters. Phyllis shared how she started her Baby Quilts project, which provides handmade quilts for children who are born blind. Each quilt consists of twenty 10 inch squares, thoughtfully designed with a variety of textured fabrics, attached toys, and hidden pockets to encourage tactile exploration.

Over the past 10 years, Phyllis has created more than 300 quilts, which are distributed statewide through caseworkers. Members had the opportunity to experience the quilts firsthand by wearing blindfolds and feeling the different quilt blocks.

Phyllis is currently seeking donations of washable, textured cotton or cotton-blend fabrics such as denim, seersucker, terry cloth, or similar materials.

Those interested in supporting this project may contact Phyllis at 360-624-2881 or bring materials to a future meeting.





MD19 Annual Convention to be held in Wenatchee over Memorial Day Weekend

“Celebrating the Fruits of Service”

May 23<sup>rd</sup> & 24<sup>th</sup> 2026

Home of Fresh Fruit, Miss Veedol, Aplets & Cotlets Factory, Ohme Gardens,  
Wenatchee Super Oval, wineries and so much more!

Add an extra day to visit:

Leavenworth Bavarian Village or Lake Chelan as you come or go

**FREE BUS SERVICE:** Wenatchee to Leavenworth – Wenatchee to Lake Chelan – Stop in Cashmere at the Aplets & Cotlets store and watch candy being made. Downtown Wenatchee to shopping on both sides of the Columbia River. What better place to bring family for vacation AND MD19 Annual Convention over Memorial Day Weekend.

**All At a great price!!**

**FUTURE LIONS INTERNATIONAL CONVENTIONS** – Want to plan ahead, maybe for a future vacation that includes a Lions International Convention? Here is the list of future scheduled International Conventions (aka LCIcon) through 2031:

Year	Place	Dates
2026	Hong Kong, P.R.C.	July 3 to 7, 2026
2027	Washington, D.C. U.S.A.	July 2 to 6, 2027
2028	Republic of Singapore	June 23 to 27, 2028
2029	Minneapolis, Minnesota U.S.A.	June 29 to July 3, 2029
2030	San Antonio, Texas U.S.A.	June 28 to July 3, 2030
2031	Helsinki, Finland	June 27 to July 2, 2031



## **Fort Vancouver Lions • Meetings • December 19, 2025**

### **Golden Corral, 11801 NE Fourth Plain Blvd, Vancouver, WA 98682**

Our guest speakers were Julie and Sandy from the Clark Neighbors Food Project (also known as the Green Bag project) <https://www.clarkfoodproject.org/>, who explained their organization's model of collecting food from donors on the second Saturday of every even month, which is then distributed to various food pantries and school resource centers around Clark County. The project currently has 187 neighborhood coordinators and donates to 14 different school sites.

#### Secretary Report

- Total People Served 22,910 Total Volunteers 202 Total Volunteer Hours 1,183
- Thank you letters received from Pacific Foundation for Blind Children and Lions Eyeglass Recycling Center (LERC)
- Newsletters received from F.I.S.H. and Friends of the Carpenter

#### Treasurer Report

- Admin balance: \$9,667.80
- Foundation balance: Savings \$1,010.07 Checking \$11,328.43

#### Ongoing Business

- Bell Ringing – David provided a recap
- Washington Elementary Santa Store – Michelle and several others reported on the very successful Santa Store of 12/18. All toys donated by iQ were snapped up. Remaining inventory was packed into totes by 1:15.
- Holiday meetings/party January 6th – Let Sandy or Diane know if you are coming by December 30<sup>th</sup>.
- Peace Essay Contest – the essay from student we sponsored, Meka Nordquist, has been forwarded through District and Multiple District to Lions International!
- Sewing Project, Keep a Girl in School – Diane. Meet January 13th 10am at Cavanaugh's
- Children's Play Project – Phyllis reported that she has met with the new executive director and will be presenting to Hazel Dell Lions on January 7<sup>th</sup>.
- Tickets are now on sale for the Battle Ground Lions CRABAGANZA! February 7, 2026.

Fred Larson drew the joker in the 50/50 drawing!! He wins \$100+!



## **Fort Vancouver Lions • Board Meeting • December 19, 2025**

### **Golden Corral, 11801 NE Fourth Plain Blvd, Vancouver, WA 98682**

Call to Order 12:58

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

Board members absent: Gay Enyeart

#### Secretary/Treasurer Report

- Motion to approve minutes as corrected made and passed
- Surety Bond has been paid

#### Ongoing Business

- Foundation Credit Card Issues – Diane reported that Kari has created new pages for Golf sponsorships and general donations. Signer changes are in progress. Bill suggested that Diane follow up about possibly requesting donors to cover the fees. Allen recommended that we \*not\* request fees for the berry sale.
- Invitation to Partner on a Ball for All w/Camas Lions – Diane indicated that no meeting has been scheduled yet due to the holidays.
- Possibility of converting to the free Lions e-Clubhouse for our website – Diane has not talked to Dotty as she has been out of town. Among questions to be resolved: Would it connect to TMC?
- Partnering with Debra Erickson to teach cooking – Phyllis has not been able to connect with Debra as of yet.
- Possible Camas/FVLC partnership on Octoberfest next year – Diane still needs to talk to the chair of the Ridgefield Lions event for ideas before any decision is made.

#### New Business



- Northwest Lions Leadership Institute will be held June 4-7, 2026 in Chilliwack, British Columbia. Sandy would like to see someone from FVL attend. Applicants from Clubs in MD19 can apply for a fee waiver and FVL has budget for the registration fee, so the only cost to participants is transportation. Applications must be complete and submitted by May 1, 2026. Details at <http://nwlli.org/default.asp>.
- Discussion of selling frozen berries per bag instead of per box in 2026. After review of the challenges, the consensus was to continue to sell by the box but update our promotions to encourage purchasers to split boxes with friends/neighbors/relatives. Other fund-raising ideas were mentioned, including Give More 24 and Ilani grants.
- Allen proposed that FVL become a “neighborhood” for the Clark Neighbors Food Project. It was agreed that we should do this, presuming someone is willing to be the coordinator.

Adjournment 1:44pm. Next Board Meeting January 16<sup>th</sup>.

Diane Cavanaugh, Secretary



# February 2026

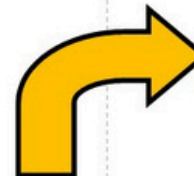
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM WSSB	4	5	6 Lions Hybrid Meeting 12 PM	7 Crabaganza  Happy Birthday Doty Scott
8	9 Pad Project	10 Grandpa's White Cane Day	11	12 WSSB Exercise for Heart Day	13 Share House	14 
15	16	17	18 Zone Meeting	19	20 Lions Hybrid Meeting 12 PM Board Meeting 1:00 PM	21
22	23	24	25	26	27	28 Club Planning Retreat
						



FVLC Original  
Pin



**First & Third Friday  
Noon meeting:**



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



# March 2026

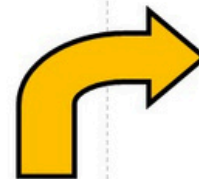
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Grandpa's White Cane Day (3)	3 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM WSSB	4	5	6 Lions Hybrid Meeting 12 PM	7 REDDI Emergency Preparedness Training
8 Happy Birthday Fred Larson	9	10	11	12 Happy Birthday Terry Sutfin	13 Share House Happy Birthday Sandy Conroy	14
15	16	17 	18	19	20 Lions Hybrid Meeting 12 PM Board Meeting 1:00 PM	21
22 Happy Birthday Rick Giles	23	24	25	26 Happy Birthday Mike Cavanaugh	27	28
29	30	31				



FVLC Original Pin




**First & Third Friday Noon meeting:**



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



# April 2026

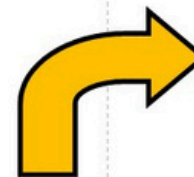
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Lions Hybrid Meeting 12 PM	4
5	6	7 Clark Co. Hearing 6 PM Clark County Sight 6:30 PM WSSB	8	9 Happy Birthday Suzanne Day Michele Druschel	10 Share House District 19-N Lions Convention	11 Happy Birthday Phyllis Robertson
12	13	14	15	16	17 Lions Hybrid Meeting 12 PM Board Meeting 1:00 PM	18
19	20	21	22	23	24 Happy Birthday Diana Olds	25
26 Happy Birthday Shelly Brown	27	28 Happy Birthday Cheri Perry	29	30		



FVLC Original Pin



First & Third Friday  
Noon meeting:



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