

District 19L

# NEWSLETTER DISTRICT GOVERNOR ELAINE LUK

November 2023 ISSUE



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## DISTRICT L EXECUTIVE



DG Elaine Luk



IPDG  
May Ho



IPDG  
Lia Versaevel



Cab Secretary  
PDG Grace Hwo



Cab Treasurer  
PZC Teresa Ng



1st VDG  
Kevin Borde

## DISTRICT GOVERNOR'S MESSAGE

Happy November!

I hope you are having a great Lions year! As I continue my "official" visits to the clubs, I continue to be amazed (and humbled) by all you do. The Lions of District 19L have been wonderful and welcoming. I enjoyed hearing about community partners and club projects that have made our communities and the world a better place. What a legacy!

Welcome the newly approved Vancouver Sunshine Leo Club sponsor by Vancouver Sunshine Lions Club. Eric Hamber Leo Club sponsor by Vancouver Diamond Lions Club has submitted their application form to LCI recently, stay tune for the process.

November is Diabetes Awareness Month which is a global initiative to raise awareness and address the diabetes epidemic.

Do you know :

- \* There are more than 11.7 million Canadians living with diabetes or prediabetes undiagnosed, 5.7 million diagnosed. If left undiagnosed and unmanaged this develops into Type 2 diabetes.
- \* Diabetes complications are associated with premature death.
- \* Diabetes can reduce lifespan by 5 to 15 years.
- \* People with diabetes are over 3 times more likely to be hospitalized with cardiovascular disease, 12 times more with end-stage renal disease, almost 20 times for non-traumatic lower limb amputation compared to the general public.
- \* Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% kidney failure requiring dialysis, 70% of all non traumatic leg and foot amputation.
- \* Diabetes is also a leading cause of blindness.

District 19L Lions Day : Diabetes Awareness "Walk 10K Steps Per Day" will be held on November 12 (Sunday) at Aberdeen Center in Richmond.

Objectives of the Project :

- 1) To arouse Diabetes Awareness (World Diabetes Day on November 14)
- 2) To cultivate the habit of Daily Walk of 10K steps by the community members
- 3) To educate the public how to prevent diabetes (2 workshops will be hosted if it takes place in Aberdeen Centre).
- 4) To advocate healthy living and diet

I promise that it will be a wonderful Lions Day to let the community know what it means to be a LION, what Lions do, what are the inspiring services projects .....

Also please mark down on your calendar for the very first Spring Convention of our district on April 12 & 13, 2024. Your participation is important to us. Let's celebrate together.

Elaine Luk  
District 19L District Governor 2023-2024

**DISTRICT L Cabinet  
Members**

**DG VISITATION SCHEDULE**

**Schedule Confirmed 2023:**

**CABINET CHAIRPERSONS**

**GAT Coordinator:** DG Elaine Luk  
**GLT Coordinators:** PDG Rita Fok  
 PCC Al Beddows  
**GMT Coordinators:** PDG Kenneth Liu  
 PZC Betty Anne Herbert  
**GET Coordinators:** PZC Sherman Lo  
**GST Coordinators:** PCS Clara Chow  
 PDG Georgia Medwidrich

**COMMITTEES UNDER GST**

**Vision:**  
**Diabetes:** PDG Georgia Medwidrich  
**Hunger:**  
**Childhood Cancer:**  
**Environment:** PZC Pollyanna Lui  
**BC Lions Society Chairpersons:**  
 (Mainland) PZC Sharon Hansen  
 (Island) PDG Rob Dalton  
**CARE Chairperson:** PZC Jocelyn Wan  
**Convention Chairperson:** PCC  
 Polly Voon  
**Constitution & Bylaws Chairperson:**  
 PCC Polly Voon  
**Contests & Awards:** PZC Kitty Lo  
**Cultural & Com Activities Chairperson:**  
 PDG Peter Cheng  
**District Administrator:** PZC Sherman Lo  
**District Marketing Chairperson:**  
 IPDG May Ho  
**District Newsletter Chairperson:**  
 Evelyn Smith  
**LCIF Coordinators:** PDG Shella Keung  
 PDG Lorne Bunyan  
**Leo Liaison Chairperson:**  
 PDG Grace Hwo  
**LFC Dog Guide Co-chairs:**  
 PDG Simon Yau  
 Carol Martin  
**Lions Quest Chairpersons:**  
 PZC Vivian Lo  
 Betsy Banford  
**Parliamentarian:** PCC Polly Voon  
**Peace Poster Co-Chairs:**  
 Amy Tam  
 James Hoskins  
**Youth Exchange Co-chairs:**  
 PZC George Sim  
 IPDG Lia Versaavel

November 7th Esquimalt Lions Club (L-12)  
 November 8th Vancouver Legacy Lions Club (L-A1) (Joint ZC & DG visits)  
 November 9th Ambleside Tiddlycove Lions Club (L-A2) (Joint ZC/DG visits)  
 November 13th Vancouver Granville Lions Club (L-A7)  
 November 14th Vancouver Gateway Lions Club (L-A8)  
 November 15th Vancouver Yaletown Lions Club (L-A9)  
 November 16th Gibsons & Sunshine Coast Lions Clubs (L-A6) (Joint ZC/DG visits)  
 November 19th Vancouver Point Grey Lions Club (L-A7)  
 November 23rd Vancouver Templeton New Century Lions Club (L-A1)  
 (Joint ZC/DG visits)

December 11th Victoria Chinatown Lioness Lion Club (L-12)  
 December 12th Victoria Chinatown Lions (L-12)  
 December 12th Saanich Lions Club (L-12)  
 December 13th Victoria Lions Club (L-12)  
 December 13th Sooke Harbourside Lions (L-12)  
 December 17th West Shore (L-12)  
 December 18th Vancouver Northern Star Lions Club (L-A1)

**Schedule Confirmed 2024:**

January 11th Vancouver Cathay Lions Club (L-A1)  
 January 22nd Gabriola Island Lions Club (L-17)  
 January 25th Nanoose Bay Lions Club (L-17)  
 February 12th Cowichan Lake Lions Club (L-14)  
 February 12th Ladysmith Lions Club (L-14)  
 February 13th Sooke District Lioness Lions Club (L-12)  
 February 14th North Vancouver Deep Cove Lions Club (L-A2)  
 February 15th Malahat Lions Club (L-14)  
 February 20th Duncan Lions Club (L-14)  
 February 22nd Mill Bay Lions Club (L-14)  
 March 6th Pemberton Lions Club (L-A2) (Joint ZC & DG visits)  
 March 7th Squamish Lions Club (L-A2) (Joint ZC & DG visits)  
 March 11th Cedar Lions Club (L-14)  
 April 25th Sooke Lions Club (L-12)  
 May 20th Nanaimo (L-17)



TICKET NO. KF 001

溫哥華鑽石獅子會  
VANCOUVER DIAMOND LIONS CLUB  
Presents

**KARAOKE FUNDRAISING NIGHT**

NET PROCEEDS TO 幸運海鮮酒樓  
Continental Seafood Restaurant  
11700 Cambie Rd., Richmond, BC V6X 1L5  
November 17, 2023 FRIDAY  
RECEPTION 6:00PM DINNER 6:30PM

TICKET NO.  
KF 001

Ticket printing  
sponsored by:

\$90

E-Transfer email:  
diamond.lions@outlook.com  
Please specify ticket no. &  
club name

**Friday November 17th**

# 2023 - 2024 LCI LEADERSHIP



Lions Clubs International

LEADERSHIP DEVELOPMENT DIVISION

## Learn. Lead. Grow.

### Advanced Lions Leadership Institute (ALLI) - Vancouver, Canada on January 12-14, 2024

This is the **final offering** of the Advanced Lions Leadership Institute (ALLI) in CA1 and CA2. ***The deadline to apply to attend was September 29, 2023.***

[www.lionsclubs.org/en/resources-for-members/resource-center/leadership-development-institutes](http://www.lionsclubs.org/en/resources-for-members/resource-center/leadership-development-institutes)

**Polly Voon PCC GAT CA1 Area Leader**



### ALLI - What's next?

Effective **July 1, 2024**, the ALLI will no longer be offered and will be replaced with the new **Second Vice District Governor Training Program**. Learn more about the new program in the **Vice District Training Program Updates FAQ**

[https://cdn2.webdamdb.com/md\\_o4YUmenxCl63AAG5.jpg.pdf?v=1](https://cdn2.webdamdb.com/md_o4YUmenxCl63AAG5.jpg.pdf?v=1)

LCIF

### STORIES OF PRIDE

### Lions Stories of Pride

Lions and Leos accomplish amazing things that inspire and encourage others to do the same. Read our Stories of Pride and share how your club has made an impact!  
<https://lcifpride.org/>

Be a part of the pride. Create an account now:  
[https://lcifpride.org/#sop\\_share\\_story](https://lcifpride.org/#sop_share_story)

Stories of Pride are accounts of service from the frontlines that share how Lions are changing lives in ways both great and small. Sign up to share your LCIF grant service story. Once you do, you can participate in the Achievement Experience for a chance to be featured on the Lions Clubs International Foundation (LCIF) Facebook page.  
[www.facebook.com/LCIFLions/](http://www.facebook.com/LCIFLions/)

### Welcome New Lions



Welcome to 2 new Lions Clubs approved by LCI on October 3, 2023:  
**Vancouver Milestone Lions Club** sponsored by Vancouver Cathay New Century Lions Club and **Vancouver Regency Lions Club** sponsored by Vancouver Metropolitan Lions Club

# INSTALLATION & VISITATION HIGHLIGHTS

## VANCOUVER SUNSHINE LIONS



## VANCOUVER CAMBIE LIONS

District Governor and Zone Chair Official Visitation



# INSTALLATION & VISITATION HIGHLIGHTS

## VANCOUVER PACIFIC LIONS



District Governor, 1st Vice District Governor and Zone Chair Official Visitation and induction of new member.

## QUILCENE LIONS



It's my great pleasure and new experience to visit Quilcene Lions Club - my first cross border club official visitation. Welcome two new members to join our big Lions family. Thanks for the big turn out and hospitality. I enjoy the evening very much.



# INSTALLATION & VISITATION HIGHLIGHTS

## SEQUIM VALLEY LIONS

Another cross border official club visitation - Sequim Valley Lions Club.

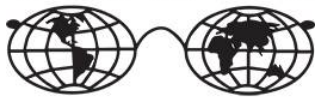
Two new members are inducted and make this club up to 60 members.

Thanks for the warm welcome and hospitality to me and my GET chairperson. This club is awesome!



## VANCOUVER BURRARD SERVICE PROJECT

T. W. E. C. S.



We had our sorting event October 23 attended by Vancouver Pacific, Vancouver Burrard, and Vancouver Sunshine Lions clubs. We brought with us 300+ donated eyeglasses to the event. Attached are photos. We are holding another sorting day November 27th 2023, 7-9PM. Anyone can reach out to me if they would like to volunteer. Eye care and glasses to the worlds poor – 100% Volunteer Registered Canadian Charity [www.twecs.ca](http://www.twecs.ca)



# INSTALLATION & VISITATION HIGHLIGHTS

## MOUNT SEYMOUR LIONS



## ENVIRONMENT



So happy to see lots of Lions from District 19L come out to participate in the environment planting tree project of District 190. This shows our Lions spirit - working together without border.

You guys are super



## Vancouver Burrard Lions Ocean Wise Shoreline

In honour of Canadian Thanksgiving and of Indigenous Peoples' Day in the United States, Vancouver Burrard Lions Club hosted our first 2023-24 Shoreline Cleanup at Jericho Beach Park. We provided gloves, a picker and a garbage. Thanks to all who came out including the many Kitsilano Secondary School Leo club members.



# VISITATION HIGHLIGHTS

## BURNABY LOUGHEED LIONS



**Lest We Forget!**

**November 11th  
Remembrance Day -  
Memorial Day**

# INTERNATIONAL, NATIONAL AND DISTRICT CALENDAR

## NOVEMBER

November 11 Remembrance/Memorial Day  
November 14 World Diabetes Day

## DECEMBER

**December 1** Peace Poster/Essay deadline for a DG to send their winning piece to the multiple district council chairperson.

**December 5** International Leo Day

**December 15** Postmark deadline for Multiple District Council Chairpersons to send their winning Peace Poster and/or Peace Essay to Brand & Creative at Lions Clubs International

## 2024

### JANUARY

*January Hunger Awareness Month*

*January Advanced Lions Leadership Institute (ALLI)*

**January 13** Melvin Jones Birthday

**January 27** 3rd Cabinet Meeting Mainland

### FEBRUARY

February Childhood Cancer Awareness Month

**February 01** - LCIF grant application deadline for consideration in May 2024 by the LCIF Board of Trustees for Childhood Cancer, Diabetes, Hunger, Matching and Lions Quest grants.

**February 07-08** - MISSION 1.5 Worldwide Reporting Day

**February 15** International Childhood Cancer Day

**February 27-29** FVDG/DGE Seminar (Days 1-3) •St. Charles, IL (USA) - FVDGs/DGEs gather for three days of in-person classroom

### MARCH

**March 1** Lions Day with the United Nations (New York City, NY, USA)

**March 14** 1 LCI Board Meeting

### APRIL

*April Environmental Awareness Month*

*Family & Friends Month*

*Leo Club Awareness Month*

**April 12** 4th Cabinet Meeting

**April 13** District L Convention Sheraton Airport in Richmond

**April 27** Worldwide Induction Day (WWID) membership celebration to unite clubs around the world in welcoming new members.

### MAY

May Strengthen Membership Month

**May 16-19** MD19 Convention Silver Reef Casino near Bellingham

**May 08-10** LCIF Board of Trustees meeting •Oak Brook, IL (USA)

### JUNE

**June 2** LCIF Tell-A-Thon

**June 03-04** MISSION 1.5 Worldwide Reporting Day

**June 6th** 107th LCI Anniversary

**June 21** - FVDG/DGE Seminar (Day 4) •Melbourne, Australia DGEs June

**June 21-25** 106th Lions Clubs International Convention •Melbourne, Australia



# VANCOUVER METROPOLITAN LIONS 25TH ANNIVERSARY HIGHLIGHTS



Prizes galore! Lions club executives and film, television and music celebrities, boss of Continental restaurant & politician all draw as our winners. Door Prizes, table prizes. Raffles prizes, everyone returns home with a prize.

There is also a unique auction! In addition to the diamond-encrusted Jade Guanyin donated by our member Stella, there are also two suits that Ruco Chan performed at his Seattle concert last month! We would also like to thank Sister Winnie from Seattle for donating \$1,000 to support our fundraising gala even though she wasn't able to attend! Exciting!



# THE NORTHERN ROAR

**Editors Note: Communities in the northern regions do not have the opportunity to put on large fundraising events or activities, but their work is just as important as more urban centres. "The Northern Roar" focusses on clubs in more northern rural communities in Zone 19L-A4 and Zone 19L-16**



Here is a report from Ken Copping MD 19L-A4 Zone Chair:

The PR Lions Club recently purchased a "lift" chair for the Prince Rupert Hospice Society for people with mobility issues. Chair funds come from the Blue Knuckle fishing derby held annually Dec 27.

New clothing purchased by Lions Club Prince Rupert valued at cost over 10000 ten thousand dollars providing for the less fortunate.



Let it Rain In Prince Rupert Lions have it under control placing Lions umbrellas around the city newest location in the sunken gardens. More news to come in the upcoming days following up with outlying clubs. Enjoy the sites of Lions Roaring from



the North.



**Dear MD19L team,**

You are cordially invited to join our zone social on Nov 11th, 2023 at 2 pm at the Canadian Flower Winery. This is a great opportunity to meet and mingle with fellow Lions from within and outside our zone, as well as to enjoy some delicious wine and cheese.

The cost of the event is \$68 per person, which includes wine tasting, cheese platter, gratuity, lots of fun and networking. Please RSVP soon to Jackie Lee, the zone Chairperson of Lions 19LA7, at [Lions19LA7@gmail.com](mailto:Lions19LA7@gmail.com), scan QR code on e-Poster, or call (604) 773.3824. Space is limited, so please book your spot as soon as possible.

We look forward to seeing you at this fun and festive event. Let's celebrate our Lions spirit and friendship together!

**Sincerely, Jackie Lee Zone Chair of Lions 19LA7**

# DISTRICT L FUNDRAISING EVENT

## COPS FOR CANCER - Tour de Rock, Tour de North and Tour de Coast

For those who may not be familiar - Cops for Cancer Tour de Rock, Coast and North are annual events where law enforcement and emergency services personnel embark on remarkable cycling journeys across the province. Their aim to raise funds for childhood cancer research and support services. The events take place:

**Tour de Rock:** Sept 26 – Oct 6 (Vancouver Island) raised \$1,027,559.46

**Tour de Coast:** September 15-22, 2023 (Lower Mainland northwest to Powell River and northeast to Pemberton) raised \$510,603

**Tour de North:** Sept 15 – 21 (Prince Rupert) raised \$85,397

*If your club was involved and not represented here, please let me know so I can include it in the next newsletter.*



Below and right are some pictures from Tour de Rock—Vancouver island clubs that made donations.



**Sooke Lions raised \$4,135.**



**Ladysmith Lions donated**



**Comox Valley Monarch Donated**



## District 19L-A2 Zone Meeting



Attending District 19L Zone A2 zone meeting this morning. Congratulations to ZC Mike having 100% of club representatives show up on this cold Saturday morning. Job well done.



# DISTRICT L NEWS



**Empowerment – Mobility – Independence – Safety – Quality of life. This is The Difference.**

**Lions Foundation of Canada Website:**  
[www.dogguides.com/](http://www.dogguides.com/)

**Facebook Page:** [www.facebook.com/LFCDogGuides](http://www.facebook.com/LFCDogGuides)

## MD19 Convention – Lions Foundation of Canada Dog Guides Oct 12 – 14 2023

Getting more than 250 Lions from our MD19 and into one place at one time, is a feat in itself. Surrey, B.C. Canada became our destination.



The highlight was Emily Hammersmark who came all the way from Chilliwack, B.C. with Yazzie, Dog Guide for Autism. Emily's son, Noah, has Autism and now through knowing and living and learning with Yazzie at his side since June of this year, Noah's life has improved immensely. Emily was so grateful for the Lions and the Lions Foundation of Canada Dog Guides.

Another highlight was the presentation of a \$75,000 cheque from a generous donor to Lion Polly Voon towards The Difference Campaign with sights on our new training centre for Dog Guides in Canada. What a huge donation!!

Primarily, I set up a Dog Guide presentation giving out information and encouraging everyone to enter the free draw for some awesome prizes, sponsored by Simon Yau, Chairperson for LFCDG (Mainland), and Yukon & BC Director

Richard Simonson and his home club, Coquitlam River Lions who came and helped out. I also donated 2 Puppy Calendars as Chairperson for LFCDG (Vancouver Island). Saturday night I had the pleasure of announcing the winners of the draw, six of them, from the podium giving a brief and heartfelt message of thanks to all for a tremendous Convention.

Leos from the local area were amazing, organizing the Carnival Fun Night and helping with the Memorial Service.

True dedication to a great global organization. In the words of IP Dr Patti Hill, we are "Changing the World".

Respectfully submitted,

**Submitted by District 19L Co-Chair, Lion Carol Martin**

**Lions Foundation of Canada Dog Guides (Vancouver Island)**

**[carolmartin@telus.net](mailto:carolmartin@telus.net) 250-668-2297**

**[www.dogguides.com/lions-clubs-members/lions-club-ways-to-donate/memberships-fellowships/](http://www.dogguides.com/lions-clubs-members/lions-club-ways-to-donate/memberships-fellowships/)**



**The Annual General Meeting is scheduled for Saturday, November 4th, 2023 from 2:00 pm – 3:00 pm EDT.**

**To register and attend virtually, please see the link below:**

**[https://us02web.zoom.us/webinar/register/WN\\_8X090TMRRlitaP0DOG0bfA](https://us02web.zoom.us/webinar/register/WN_8X090TMRRlitaP0DOG0bfA)**

**Questions can be submitted through the meeting Q&A**

## CARE Proposal #2 for Multiple District 19 Lions



### Country: Honduras

**Project Location:** Northern Honduras

**Project Name:** Support Families with Production of Natural Fuel for Cooking

**Requested Amount:** \$40,000 Goal for Year 1 (\$80,000 goal for 2 years)

**Fundraising Period:** July 2023 - June 2025

**Project Implementation:** Jan. 2025 - Dec. 2026

**Contact:** Dana Tseng

### Introduction

Honduras has one of the highest rates of deforestation in Latin America, [losing 10% of its forests in just over a decade](#). While the new government that took power in 2021 has put in place measures to combat climate change and preserve forests, the damage will last a long time. Deforestation and related environmental degradation play a major role in climate-related stresses including flooding, contamination of water, heat waves and droughts – all of which pose a threat to the livelihoods of rural agricultural areas and are driving high rates of migration.

One such area is Northern Honduras, including the departments of Cortés, Santa Bárbara and Yoro, where small-scale farming families face extremely high rates of poverty, limited economic opportunity and gender inequality. Marginalized populations like women, small farmers, micro-entrepreneurs and their families face enormous barriers to improving their livelihoods, exacerbated by the COVID-19 pandemic and ongoing economic crisis – and particularly by climate change and related natural disasters.

An important contributor to deforestation in rural Honduras, as elsewhere in Central America, is the [burning of wood for cooking and other household purposes](#). Traditionally, open fires are used not only to cook staple foods such as tortillas, but also to heat water, keep insects away, provide light when there is no electricity, and heat clothes irons.

It is vitally important to introduce and promote the use of sustainable alternatives to wood as a household fuel. Fortunately these exist, including the production of [biogas from waste products](#) such as pig manure – readily available in small-scale farming communities. Pig manure can be converted into safe gas for cookstoves through a process known as anaerobic digestion, during which bacteria break down organic material in a sealed vessel called a biodigester – a relatively simple and low-cost technology that has been demonstrated to be feasible in rural agricultural communities. However, in Northern Honduras, the vast majority of small-scale farmers do not use pig manure for productive

# DISTRICT L C.A.R.E. continued

purposes, but rather deposit these residues in the environment, generating pollution and wasting a potentially important resource.

To capture this missed opportunity, CARE now proposes to partner with MD19 Lions to **construct biodigesters to produce natural fuel**. Our objective is to reduce the use of firewood in kitchens, helping address deforestation and contamination of water sources, and protecting the health of the population and the ecosystem. In addition, products such as organic fertilizers will be obtained.

The project will be implemented in three municipalities in northern Honduras (Santa Cruz de Yojoa and Villanueva in the department of Cortes, and Siguatepeque in the department of Comayagua) and four communities (Agua Salada, Terreritos, Casitas and El Guiral).

The project will have two phases, each lasting 12 months, starting in early 2025 and ending in late 2026. The MD19 Lions-funded project will complement the ongoing work of a larger project in the region known as Nutriendo el Futuro (Feed the Future), where CARE works to improve access to inclusive markets and productive resources with a strong focus on inclusion, adaptation and climate change mitigation.

With the support of MD19 Lions, CARE intends to implement the following activities:

- Construction of 20 biodigesters with their respective ovens that will be installed in the selected homes.
- Carry out an environmental education campaign involving households that are part of the Nutriendo el Futuro, Schools and children project.
- Carry out reforestation campaigns involving the population in the selected communities, using native plants from each region.
- Conduct training for the families that will be building the biodigesters.
- Raise awareness about the experience and make the main impacts visible.

## Conclusion

Creating better opportunities for rural farming families in Northern Honduras urgently requires addressing the causes of climate change. That is a complex and long-term challenge, but a relatively simple step is to reduce the burning of wood as a household fuel, substituting biogas. Experience has shown that rural communities can readily produce clean biogas by processing organic waste such as pig manure using biodigesters – a simple, sustainable technology. With support from Multiple District 19 Lions we will be able to introduce this technology to four communities in Northern Honduras, not only bringing immediate benefits to the selected families but also showcasing the technology in a manner that we hope will promote its wider adoption. We hope you will consider this important project.

June 2023



*Lion Jocelyn Wan, IPZC  
CARE Chairperson, 19L*



CARE works around the globe to save lives, defeat poverty and achieve social justice. We seek a world of hope, inclusion and social justice, where poverty has been overcome and all people live with dignity and security.

**Care – send Donations from Canadian Clubs to:** MD19 Lions, PO Box 1621, Aldergrove, BC, V4W 2V1



LIONS INTERNATIONAL  
PRESENT

**INTERNATIONAL  
LEO DAY  
CELEBRATION**

<b>DEC 5</b>	<b>ZOOM WEBINAR 985 8486 7759</b>	<b>11 AM CENTRAL TIME</b>
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Scan for Registration 

**Hosted by**

<b>Leo-Lion Board Liaisons</b>	<b>Leo Advisory Panel Chairs</b>
 <b>AKSHITH BAGLA</b>	 <b>ALICIA KIRI</b>
 <b>NICHELE SMITH</b>	 <b>MUHAMMAD ARSLAN</b>



**Congratulations to**  
LCI newly approved  
Alpha Leo Club:  
**Vancouver Sunshine Leo Club**  
(school based)  
*Sponsored by*  
**Vancouver Sunshine**  
*Lions Club (19L-A8)*  
**Leo Advisor**  
**Lion Jeff Guo**

Stay tuned for  
Nomination & Election of Leo District Officers  
& 19L Leo Convention  
~19L Leo Chairperson Grace Hwo, PDG~  
[liongracehwo@gmail.com](mailto:liongracehwo@gmail.com)

## MULTIPLE DISTRICT NINETEEN LIONS CLUBS INTERNATIONAL

**2024 INTERNATIONAL BOARD MEETING HELP WANTED** — PID Allan Hunt is requesting help from the Lions in MD19 for the Lions International Board of Directors Meeting that will be held in Vancouver, B.C. between March 14 and March 20, 2024. MD19 is the Host for the event. Help is needed for funding a reception, greeters at the Vancouver International Airport for arriving dignitaries, and for a concierge desk for the International guests each day of the board meetings.



We need help from Lions to meet arriving Board Members at Vancouver International Airport, we will know who is arriving and when. Once they are all in Vancouver, we won't need help at the Airport. We will need to provide Lions at the Host Desk inside the hotel each day of the board meetings. If anyone wishes to assist with any of these opportunities, please contact me via email.

Our biggest ask though is support for a Host night where we can meet and greet the Executive Officers, International Directors, Spouses and staff. We have no budget provided for this; this is something we need to figure out ourselves. We have asked each District to assist with \$500 which will be helpful but will not cover our anticipated costs. We are asking each Lions Club and Lions in MD19 to assist us with a contribution of \$25 dollars or more. These funds can be sent to MD19 Lions Office with the Host Night Contribution on the memo line. Lions in the USA can send the check to the MD19 Office in Bellingham, Canadian Lions can send the check to the MD19 Box 1621, Aldergrove BC V4W 2V1. PID Allan Hunt, Host Committee Chairperson  
[allanhunt47@gmail.com](mailto:allanhunt47@gmail.com)

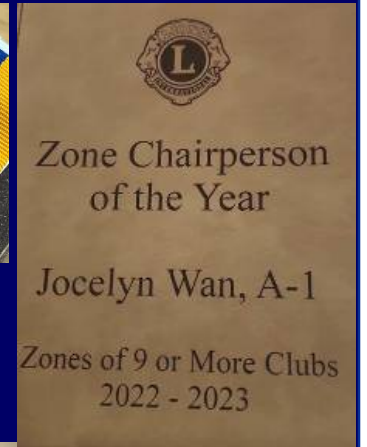
# GLT HANDS-ON WORKSHOP

The Vancouver East Lions Club hosted the GLT Hands-on Workshop at our den yesterday. The workshop was for Club President, Secretary, Treasurer, Membership Director, Service Chairperson, LCIF Chairperson, and Marketing Chairperson. "Unveil the Secrets of My LCI and My LIONS. Featuring highly experienced Lions as presenters/guest speakers, training sessions were well planned and delivered. It was a great turnout having plenty of club officers and new members from district L attending in person and on Zoom.






# MD 19 CONVENTION HIGHLIGHTS



# MD 19 CONVENTION HIGHLIGHTS - cont'd




# INTERNATIONAL GLOBAL CAUSE - DIABETES



Organizer : District 19L, Lions Clubs International

## District 19L 國際獅子會 19L區 LIONS DAY - Diabetes Awareness 獅子日 — 提高糖尿病意識 "Walk 10K Steps A Day" 「日行一萬步」



**Date 日期:**  
November 12, 2023 (Sunday 星期日)

**Registration Time 登記時間:**  
10:00am to 11:00am

**Location 地點:**  
Ground Level, Aberdeen Centre, 4151  
Hazelbridge Way, Richmond, BC  
列治文市時代坊地下

**Routes 步行路線:**  
Anywhere in the City of Richmond, In a park,  
Inside a Shopping Mall, or any areas nearby  
the Aberdeen Centre  
列治文市的地方、任何公園、購物中心內或  
時間代坊商場附近的任何地方

**Registration Fees 參加費用:**  
Individual 個人: \$5  
(Lions & Public 獅子會員或公眾)  
Lions Club 獅子會: \$50  
\*All proceeds go to Diabetes Canada  
\*所有善款捐贈加拿大糖尿病協會

**Workshops Schedule 工作坊時間:** 11:45am and 1:00pm

**Lucky Draw 現場幸運抽獎**

**Individuals 個人獎項:**  
1st, 2nd & 3rd The Fastest and  
The Most Steps Achieved  
頭三位當天最快完成及步數最多

**Lions Clubs 獅子會:**  
1st, 2nd & 3rd The Most Steps  
Achieved  
頭三位獅子會當天總步數最多

**Prize Presentation 頒獎典禮**  
at 12:45pm



**November 14 is National Diabetes Day;** the month of November is Diabetes Awareness month. Hopefully your club has something planned to bring awareness to your community.

Is your club involved in the **District Step Challenge?** How about your club challenging each other to go an extra kilometer each day, that's about 1,400 steps a day! This is particularly important not just because of the extra steps undertaken, but the fact that Lions are walking i.e. taking exercise for Diabetes they are at the same time reducing their own risk of developing Type 2 Diabetes!

Diabetes rates in Canada have almost doubled over the past decade and will continue to rise. Unless action is taken now, one in three people will be living with diabetes or pre-diabetes by the end of the decade.

Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% of kidney failure requiring dialysis, and 70% of non-traumatic lower limb amputations and is a leading cause of vision loss. (Risk of blindness being 25 times higher than those without diabetes).

PDG Georgia Medwedrich  
MD19-L Diabetes Co-Chair



Venue Sponsor 場地贊助:	Media Sponsors 媒體贊助:	Gold Sponsors 金贊助:	Printing Sponsor 印刷贊助:	Gifts Sponsor 禮品贊助:



**Lions Quest**  
*Canada*  
The Centre for Positive Youth Development

At the Toronto Lions Quest Conference

MD19 Past District Governor Lions of 2021-2022 honored Past Council Chair John Moralek with gift to LCIF and an International Presidents Certificate of Appreciation presented by Past International Director Al Hunt. PDG's in attendance, left to right Tom Smarsh, Joyce Stevens, Lorne Bunyan, Marilyn Patterson, PCC John, and Ken Ball.



## LCIF LEADERSHIP



**Let's Celebrate  
Our 1st District 19L  
Annual Convention  
April 12-13, 2024**



**at  
Executive Hotel Vancouver Airport  
7311 Westminster Highway  
Richmond, BC**

**April 12, 2024 (Friday)  
Cabinet Meeting  
Fun Night**

**April 13, 2024 (Saturday)  
Opening Session, Memorial Service,  
Lunch, Contests,  
Appreciation Banquet & Awards**

**Convention Chairperson  
Polly Voon, PCC  
Phone: 604-290-7756  
Email: [polly\\_voon@telus.net](mailto:polly_voon@telus.net)**



**"SAVE THE DATES. MORE DETAILS TO COME"**



## Leos Video Contest

The theme for this year's International Leo Day Video Contest

is....

## LeosGoGreen!!!

Leo clubs can create a video that shows how #LeosGoGreen in their club highlighting the ways they help the environment. Videos should be two-minutes or less and are due

## November 1.

Get more info and submit your video here:

[www.lionsclubs.org/en/resources-for-members/resource-center/leo-day-video-contest](http://www.lionsclubs.org/en/resources-for-members/resource-center/leo-day-video-contest)

# INTERNATIONAL NEWS

**LCICON 106th International Convention - 2024 Melbourne Australia: June 21 - 24, 2024**

**Interested in Volunteering:**  
[www.melbourne2024.org.au/volunteers-and-supporters](http://www.melbourne2024.org.au/volunteers-and-supporters)

**Registration information**  
[www.melbourne2024.org.au/](http://www.melbourne2024.org.au/)



## USA Canada Leadership Forum 2024

The 2024 USA Canada Forum will be held in Louisville Kentucky September 5 - 7 2024



**Friends of the Forum** group is an excellent way for individuals to actively contribute to the success and continuity of the Lions Leadership Forum. With just a small donation, members not only ensure that the forum continues its legacy of imparting invaluable leadership skills and insights but also play a role in enhancing its quality and reach. As a token of gratitude for this generous support, donors receive special recognition at the event, giving them a sense of belonging and showcasing their commitment to the community. By becoming a part of the Friends of the Forum, individuals can take pride in knowing that they are championing a cause that nurtures leaders and drives positive change in the broader community.

Visit this link to find out more: <https://lionsforum.org/friends/>  
Website: <https://lionsforum.org/>  
Facebook: [www.facebook.com/usacanadalionsleadershipforum](http://www.facebook.com/usacanadalionsleadershipforum)



REGISTER AT [LIONSFORUM.ORG](http://LIONSFORUM.ORG)

# PEACE POSTER CONTEST

## Lions International Peace Poster Contest 2023-2024

<https://www.lionsclubs.org/en/start-our-approach/youth/peace-poster>



To a young person,  
a dream isn't just a wish, hope or desire  
— it's a path, a goal, an ambition. But achieving that dream takes hard  
work. So this year, we're asking young people to show how they'll turn  
their dream of a peaceful world into reality.

### Peace Poster Contest Deadlines

Students ages 11, 12 or 13 as of November 15 are eligible to participate in the International Peace Poster Contest. **Entries not meeting the following deadlines will be disqualified.**

**November 15: Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor.**

**December 1: Postmark deadline for a district governor to send one winning district poster to multiple district council chairperson.**

**December 1: Postmark deadline for a district governor not belonging to a multiple district to send one winning poster to the Brand & Creative Department at International Headquarters.**

**December 1: Postmark deadline for a club not belonging to a district to send one winning entry to the Brand & Creative Department at International Headquarters.**

**December 15: Postmark deadline for the multiple district council chairperson to send one winning poster to the Brand & Creative Department at International Headquarters.**

**February 1: International winners notified on or before this date.**

If you need more information, please feel free to contact me Lion Amy Tam at [lion2223peaceposter@gmail.com](mailto:lion2223peaceposter@gmail.com) or Lion Jim Hoskins at [autohos@shaw.ca](mailto:autohos@shaw.ca)

[www.lionsclubs.org/en/start-our-approach/youth/peace-poster](https://www.lionsclubs.org/en/start-our-approach/youth/peace-poster)

## USEFUL WEBSITES/FACEBOOK

### Lions International

Website: [lionsclubs.org](http://lionsclubs.org)

Facebook: [www.facebook.com/lionsclubs](https://www.facebook.com/lionsclubs)

### Intl President Patti Hill

[www.facebook.com/LionsPresident/](https://www.facebook.com/LionsPresident/)

### District 19 L

Website: [www.district19L.org/](http://www.district19L.org/)

Facebook: [www.facebook.com/profile.php?id=100094341687345&mibextid=LQQJ4d](https://www.facebook.com/profile.php?id=100094341687345&mibextid=LQQJ4d)

### Multiple District 19

Website: [lionsmd19.org](http://lionsmd19.org)

[www.facebook.com/groups/2366674192](https://www.facebook.com/groups/2366674192)

### Lions of Canada Fund for LCIF

Website: [lionsofcanadafundforlcif.ca](http://lionsofcanadafundforlcif.ca)

Facebook: [www.facebook.com/LCIFLions](https://www.facebook.com/LCIFLions)

### BC Lions Society for Children with Disabilities

Website: [lionsbc.ca](http://lionsbc.ca)

Facebook: [www.facebook.com/EasterSealsBCY/](https://www.facebook.com/EasterSealsBCY/)

### C.A.R.E. Project (click on "Affiliations" tab)

<https://lionsmd19.org>

### Lions of BC Hearing Conservation Society

[lionsofbchearingsociety.org](http://lionsofbchearingsociety.org)

### Leader Dogs for the Blind

[leaderdog.org](http://leaderdog.org)

### Lions Foundation of Canada Dog Guides

[dogguides.com](http://dogguides.com)

### Diabetes Awareness

[diabetes.ca](http://diabetes.ca)

**Northwest Lions Foundation** - restoring sight, hearing and hope

Website: [nlfoundation.org](http://nlfoundation.org)

### Global Action Team (GAT)

Facebook: [www.facebook.com/groups/2236757789943562](https://www.facebook.com/groups/2236757789943562)

**Lions Global Causes:** [www.lionsclubs.org/en/explore-our-clubs/our-global-causes](http://www.lionsclubs.org/en/explore-our-clubs/our-global-causes)

### Leo Clubs

Website: [Lionsclubs.org/leos](http://Lionsclubs.org/leos)

Facebook: [www.facebook.com/leoclubs](https://www.facebook.com/leoclubs)

## Greetings from your District L Newsletter Editor.



Please let me know if you find any errors or omissions.  
If you have something to contribute, please email it to me.  
Yours in Lionism  
Evelyn Smith, D 19-I Newsletter Editor  
Email: esmithmd19i@gmail.com

## CYBER SECURITY - PHISHING AND MALWARE

**Phishing** (sounds like Fishing) is a type of attack that attempts to trick users into giving over sensitive data such as usernames and passwords, bank account information, Social Security numbers, and credit card data.

Typically hackers send out phishing emails that seem to come from trusted senders, such as PayPal, eBay, financial institutions, or friends and co-workers. The bogus messages try to get users to click on links in the emails, directing users to fraudulent websites that ask for personal information or install malware on their devices.

**Subject:** Shaw: Update E-Mail Now

**Shaw)**

Dear user,  
Welcome to Shaw Webmail  
Sign in with your Shaw Email:  
Please kindly click [this link](#) to update your Shaw Webmail account now.  
Failure to do so may cause closure to your E-mail.  
Shaw Webmail Administrator.  
Thank you.

© 2015 Shaw Communications. All Rights Reserved.

Here's an example of a Phishing that looks like it comes from Shaw.

If you get an email like this - **NEVER CLICK ON THE LINK**. It will take you to a website that may ask for the following information:

Date of birth	Social Insurance number
Phone number	Home address
Credit card details	Login details
Password (or other information needed to reset your password)	

Cyber criminals use this information to impersonate you and apply for credit cards or loans, open bank accounts, and commit other fraudulent acts. Opening attachments can also install malware or allow hackers to control your devices remotely.

**Malware** - The most common cyberattack is malicious software, more commonly known as malware. Malware includes spyware, ransomware, backdoors, trojans, viruses, and worms.

- **Spyware** allows attackers to obtain information about your computer activities by transmitting data covertly from your hard drive.
- **Ransomware** blocks access to files on a device, rendering any files (and the systems that rely on them) unavailable. Usually, malicious actors demand a cash ransom in exchange for a decryption key.
- **A backdoor** circumvents routine authentication procedures to access a system. This gives the attacker remote access to resources within an application, such as databases and file servers, and allows malicious actors to issue system commands and update malware remotely.
- **Trojans** are malware or code that acts as a legitimate application or file to trick you into loading and executing the malware on your device. A trojan's goal is to damage or steal your organization's data or to inflict some other harm on your network.
- **A computer virus** is malicious code designed to spread from device to device. These self-copying threats are usually intended to damage a machine or steal data.
- **Worms** are malware that spread copies of themselves from computer to computer without human interaction. They do not need to attach themselves to a software program to cause damage.

**RESEARCH SHOWS THAT ALMOST 45% OF EMAILS ARE SPAM/PHISHING/MALWARE**

# District 19 L Clubs by Zone

## Zone L-A1

### Zone Chair: **MICHAEL CHENG**

Vancouver East Lions Club  
Cell: 604-889-2166  
Email: michael@mikecheng.ca

Vancouver Arbutus Lions  
Vancouver Cambie Lions  
Vancouver Cambie Jr. Branch  
Vancouver Cathay Lions  
Vancouver Cathay New Century Lions  
Vancouver Chinatown Lions  
Vancouver Chinatown Leo  
Vancouver Churchill Leo  
Vancouver East Lions  
Vancouver Legacy Lions  
Vancouver Midas Lions  
Vancouver Northern Star Lions  
Vancouver Pacific Lions  
Metro Vancouver Leo  
Vancouver Pioneer Lions  
Vancouver Pioneer Leo  
Vancouver Shaughnessy Lions  
Vancouver Templeton New Century Lions  
Vancouver Templeton Leo

## Zone L-A2

### Zone Chair: **MIKE JENSON**

Ambleside Tiddlycove Lions Club  
Cell: 604-848-5299  
Email: mjenson605@gmail.com

Ambleside Tiddlycove  
Lynn Valley Lions  
Mount Seymour Lions  
North Vancouver Deep Cove Lions  
Pemberton Lions  
Squamish Lions

## Zone L-A4

### Zone Chair: **KEN COPPING**

Prince Rupert Lions Club  
Res: 250-624-8278 Cell: 250-624-1363  
Email: spr@citywest.ca

Granisle Lions  
Prince Rupert Lions  
Skidegate Inlet Lions

## Zone L-A6

### Zone Chair: **BILL CONWAY**

Email: 5122wac@telus.net

Gibsons Lions  
Sunshine Coast Lions

## Zone L-A7

### Zone Chair: **JACKIE LEE**

Vancouver Diamond Lions Club  
Res: 604-773-3824 Cell: 604-773-3824  
Email: jackielee.richmond@gmail.com

Vancouver Broadway Lions Club  
Vancouver Burrard Lions Club

Vancouver Kitsilano Lions Club  
Vancouver Kitsilano Leo  
Vancouver West Leo  
Vancouver Diamond Lions Club  
Vancouver Diamond Campus Lions Club  
Vancouver Fraser Lions Club  
Vancouver Fraser Leo  
Vancouver Granville Lions Club  
Vancouver Marpole Grandview Lions Club  
Vancouver Point Grey Lions Club  
Vancouver Point Grey Leo  
Vancouver Queen Elizabeth Lions Club  
Vancouver South Lions Club  
VSNH Leo

## Zone L-A8

### Zone Chair: **MICHAEL LOU**

Vancouver Metropolitan Lions Club  
Cell: 604-726-2185  
Email: lou.kc.michael@gmail.com

Vancouver Gateway Lions Club  
Vancouver Imperial Lions Club  
Vancouver Metropolitan Lions Club  
Vancouver Sunshine Lions Club

## Zone L-A9 Vacant

Burnaby Edmonds Lions Club  
Burnaby Byrne Creek Leo  
Burnaby Lougheed Lions Club  
Burnaby North Leo  
Vancouver Evergreen Lions Club  
Vancouver Renfrew Lions Club  
Vancouver Yaletown Lions Club

## Zone L-1

### Zone Chair: **ELLIOT MANN**

Forks Lions Club  
Res: 360-640-2994  
Email: elliot.f.mann@gmail.com

Clallam Bay Sekiu Lions  
Crescent Bay Lions  
Forks Lions  
Port Angeles Lions  
Quilcene Lions  
Sequim Valley Lions

## Zone L-12

### Zone Chair: **GARY FOSTER**

Esquimalt Lions Club  
Cell: 250-889-5644  
Email: gdfoster065@gmail.com

Esquimalt Lions  
Saanich Lions  
Sooke Lions  
Sooke District Lioness Lions  
Sooke Harbourside Lions  
Victoria Lions  
Victoria Chinatown Lions  
Victoria Chinatown Lioness Lions  
West Shore Lions

## Zone L-13

### Zone Chair: **JAMES SIKORA**

Salt Spring Island Lions Club  
Res: 250-931-7322 Cell: 250-626-7372 G9  
Email: james\_sikora@hotmail.com

Central Saanich Lions  
Galiano Island Lions  
Mayne Island Lions  
Pender Islands Lions  
Salt Spring Island Lions  
Saturna Lions  
Sidney Lions

## Zone L-14

### Zone Chair: **MARGARET WALL**

Duncan Lions Club  
Cell: 250-715-5787  
Email: margaretrwall@hotmail.com

Cedar Lions  
Cowichan Lake Lions  
Duncan Lions  
Ladysmith Lions  
Malahat Lions  
Mill Bay Lions

## Zone L-15

### Zone Chair: **Vacant**

Baynes Sound Lions  
Black Creek Lions  
Comox Valley Lions  
Comox Valley Monarch Lions  
Gold River Lions  
Qualicum Bay Lions  
Tahsis Lions  
Willow Point Lions

## Zone L-16

### Zone Chair: **ETTORE TAMBURINI**

Port Alice Lions Club  
Email: tamburinia@hotmail.com

Malcolm Island Lions  
Port Alice Lions  
Port Hardy Lions  
Port McNeill Lions

## Zone L-17

### Zone Chair: **BETSY BANFORD**

Gabriola Island Lions Club  
Res: 250-247-9232 Cell: 250-714-4939  
Email: gabelionbetsy@gmail.com

Alberni Valley Lions  
Gabriola Island Lions  
Nanaimo Lions  
Nanaimo Hub City Lions  
Nanoose Bay Lions  
Parksville Lions  
Protection Island Lions