

Ok Falls Lions Club

Volume 1, Issue3

www.okfallslionsclub.com

November 2005

OK Falls Lions Club Christmas Party

- When December 12, 2005
- Where Royal Canadian Legion upstairs
- Time Attitude adjustment 6:30
Dinner is being served at 7:00 PM
- What to bring. Well to start with yourself plus your spouse (partner) and if you wish other family members.
- Incidentals Bring a wrapped gift marked male female for each person attending. Keep the value low about \$5.00 Have fun purchasing the gift, as we will have fun giving it out.
- There will be fun fellowship and service. Plus as many raffles as we can manage. Let's emphasize the fun.
- You will receive a call about your attendance to the party. Please try to be able to say "YES I and my spouse/guests will attend."
- For other Lions clubs please contact Lion Dave Wilding at 497 7125 as per your attendance to our Party

We Serve - Nearly 1.35 million Lions members in 196 countries and geographic areas answer the needs that challenge the communities of the world. Lions tackle tough problems like blindness, drug abuse prevention and diabetes awareness.

Global neighbors - Lions members—men and women—provide immediate and sustained relief in time of disaster and offer long-term assistance to those in need. Lions collect and recycle eyeglasses for distribution in developing countries and treat millions of people to prevent river blindness.

Community Leaders - Lions improve the quality of life in their local communities by building parks, supporting hospitals and establishing water treatment programs.

For nearly 90 years, whenever there is a need at home or around the world, Lions members are there to help—We Serve.

Lions Website

INSIDE THIS ISSUE

- | | | |
|----------|--------------------|-----------------------------------|
| 1 | Christmas Party | Lions |
| 2 | YEP | Scheduled events for District "D" |
| 3 | Calendar of Events | Dr. Ashok Mehta |
| 4 | Heart attack | Interesting Information |



We Serve

Youth Exchange Program

PDG Ron Silver has asked me to advise you of the following:

The MD 19 Youth Exchange Program will be receiving a number of youths in the winter exchange program, as follows:

Australia two girls arriving December 4th 2005. Hosting dates are Dec 4th-Dec 26th and Dec 26th-Jan 15/2006.

New Zealand Two girls arriving December 19th 2005 Hosting dates Dec 10th-Dec 28 and Dec 28-Jan 15/2006.

Peru Two girls arriving December 18th 2005. Hosting dates are Dec 18-Jan 8 and Jan 8th- Jan 29th.

Brazil One boy arriving Jan 15/2006. Hosting dates are Jan 15-Jan 30 and Jan 30-Feb 15th

Hosting a youth from a foreign land is an enjoyable and rewarding experience. If you would like to be involved in Youth Exchange, contact YEP BC District Chair Steve Cline 250-427-3596 or YEP US District Chair Robert Ekler 208-443-7039.

Forms and information are available from our website at

<http://lionsyouthexchange.org>

Submitted Dave Wilding Zone Bulletin Editor

District Governor Greg Littlefields visits for November, December 2005

November 28	Soap lake	D-5
December 1	Osoyoos	D-9
December 6	Revelstoke	D-1
December 7	Lake Country, Winfield	D-1
December 8	Kettle River	D-9
December 15	Leavenworth	D-2
December 28	Armstrong	D-1
January 3	Kelowna Orchard City	D-7
January 4	Sicamous	D-1
January 5	Vernon	D-1
January 9	O. K. Falls	D-9
January 10	Princeton	D-9
January 11	Westbank	D-7
January 12	Keremeos	D-9
January 14	LEMPR Half Time Meeting	
January 18	Moses Lake	D-5
January 19	Lake Chelan	D-2
January 19	Mansfield	D-2

Events for the year 2005 2006 for Lions of District "D"

District "D" Cabinet Meeting February 4 2006
Osoyoos B.C.
Winter Council of Governors meeting Jan 28
2006 Rosario Resort
District "D" Conference March 31 April 1,2 2006
Mosses Lake WA.
MD 19 Annual Convention May 24-28 Pasco
WA
Lions International Convention July 10-14 2006
Boston

Bulletin Editor: Lion Michael Livingstone
Box 437
Okanagan Falls B.C. V0H 1R0
Phone 250 497 8486
Okanagan Falls Lions Club
Email mickstone@canada.com

CALENDAR OF EVENTS

SPECIAL EVENT

PLACE ELEMENTARY SCHOOL

TIME 6:00AM DECEMBER 1, 2005

Breakfast at the elementary school

SPECIAL EVENT

PLACE OKANAGAN FALLS LEGION

TIME 7:00 DECEMBER 5 2005

Special very busy must attend meeting

SPECIAL EVENT

PLACE OKANAGAN FALLS LEGION

TIME 7:00 DECEMBER 12 2005

OK Falls Lions Christmas Party

SPECIAL EVENT

PLACE OKANAGAN FALLS ELEMENTARY SCHOOL

TIME 6:00 AM DECEMBER 15 2005

Breakfast at the Elementary School

SPECIAL EVENT

PLACE ROYAL CANADIAN LEGION

TIME 10:30 JANUARY 9, 2006

DISTRICT GOVERNOR VISITATION

SPECIAL EVENT

PLACE THE WORLD

TIME DECEMBER 25 2005

DETAILS CHRISTMAS DAY

Dear Governor Greg,

The unprecedented series of natural disasters over the last 10 months beginning with the tsunami is disturbing to us all. But these troubling times also bring out the best in people and the best in our own organization. Presently, thousands of Lions in the affected areas are providing hands-on assistance to local relief efforts, and Lions from all corners of the world have generously donated to LCIF's disaster relief funds.

Thanks to Lions, entire villages devastated by the tsunami are now being rebuilt, thousands of victims from Hurricanes Katrina and Rita are receiving clothing and help with rebuilding, and many of those suffering from last week's earthquake in Pakistan are receiving life-saving supplies and assistance.

I am indeed humbled by the generosity, noble hearts and the Passion to serve being demonstrated by Lions around the world. I hope you will share these sentiments and my gratitude with your fellow club members.

Sincerely, Dr. Ashok Mehta
International President

International President Ashok Mehta's Logo

We would like to wish all OK Falls lions clubs members the very best of the season. We hope your Christmas will be happily spent in the company of family and friends, and may the New Year bring good health and happiness.
Lion Michael and Valerie Livingstone



Lion/Lioness Linda Shafferick noticed at the last cabinet meeting that 8, plus the Zone Chairperson, out of 33 cabinet positions were filled with Lions from our Zone, Zone D9 that means that out of the 9 Zones, Zone D9 is obviously building a reputation of excellence unsurpassed in our District "D". There are 65 clubs in our District, OK Falls Lions Club has 3 District Cabinet members, Lion Richard Bennett Information and Technology, Lion Michael Livingstone District Bulletin Editor, and Lion Dave Wilding Sight Conservation North. Way To Go Lions.

Lion Brian Chadsey for Vice District Governor

Lion Brian Chadsey PZC would like to announce his candidacy for the position of Vice-District Governor for the Lions year of 2006/2007. Lion Brian has given this careful thought for some time, realizing that he could not do the job while working. However he has retired and now feels that he can devote the required time to the job. Lion Brian in his announcement says "Now the decision has been made I am really looking forward to the job, actually I am getting rather excited." Lion Brian Chadsey



Is It A Heart Attack? A cardiologist says if everyone who gets this e-mail sends it to 10 people,

You can bet that at least one life will be saved. Read this... It could save your life!! Let's say it's 6.15 PM. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset, and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many people as possible about this. It could save their lives! BE A FRIEND AND PLEASE SEND THIS ARTICLE TO AS MANY FRIENDS AS POSSIBLE.