



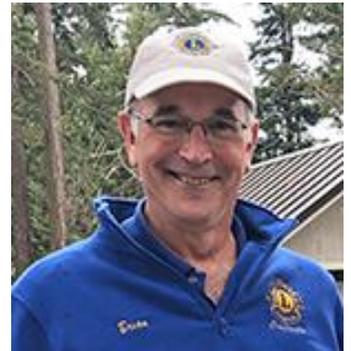
Cagey Comments

Coupeville Lions Club

Coupeville, WA

President's Message

I had the pleasure of representing our Club at the MD19 Convention in Wenatchee. There are over 500 clubs in MD19 from Washington, British Columbia, and northern Idaho. MD19 has 9 districts, 19A thru 19I. We are part of 19H. 19H has 7 zones and we are part of Zone H-7 (Whidbey, Anacortes, and the San Juans). Will there be a test later? Unlikely.



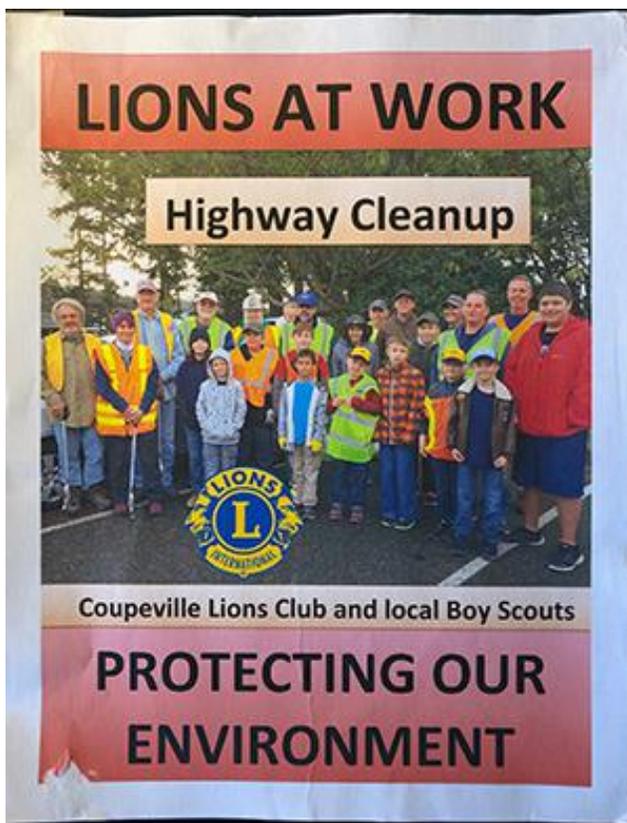
I am looking forward to next March when our District Governor Patty Allen (left) comes for a visit. I will let her know that I liked her right from the start with the distinctive District entrances to the General Session. Each District's Governor, 1st Vice Governor, and Zone Chairpersons entered with their District banner, one District at a time. Our District's leaders were distinctive in their lime green shirts. That's our Zone Chair Jack Peebles in lime green alongside our Past District Governor Gord Graves in traditional attire—quite a contrast.



The first seminar I attended had to do with publicizing environmental projects. Several example posters were passed around, each displaying a Club environmental project. There were about 10 to 20 examples from the 500 clubs. One was our Club doing Highway Cleanup along with our sponsored Boy Scout troop. I recognized several of you in that photo! Publicizing what we do was the message of this seminar.

continued on p. 2

The Coupeville Lions Club meets Wednesday evenings 5:50 pm Fellowship-Networking/6:20 pm Dinner/6:50-8:00 pm meeting & program. We meet at the Coupeville United Methodist Church (North Main and 7th Street). For information call 360-678-4105.



In each time slot there were several seminars to choose from. The first two I chose had to do with spreading the word. The second of these covered marketing of service projects. We call it public relations, and it reminded me of the importance of getting our message out to the community. Three categories of information targets were discussed: recipients of our services, non-Lion partners, and potential new members. When should we be spreading the word? Before, during, and after! It was suggested that we have a marketing committee that views every event as a public relations opportunity.

An innovative way to feed a hungry pride of Lions was the baked potato-bar luncheon, which was a great idea to customize potatoes with as many tasty toppings as could be thought up.



After lunch, it was difficult to choose from four seminars that focused on MD19 Foundations. There was the NW Lions Foundation, which, by the way, is different from LCIF. There was the MD19 Lions Service & Leadership Foundation that also encompasses the NW Leadership Institute. There was the BC Lions Society. I chose to attend the CARE seminar. MD19 partners with CARE by funding CARE projects

continued on p. 3

November Events

- 1 - Commodities Distr.** Cam-Bey Apts. 9:30 am (POC Marilyn Pulk).
- 5- Woodcutting,** Recycle Center, 9:30 am (POC Gary Youngs).
- 6- Board & General Dinner Meeting,**
Program: Students of the Quarter, Shopping Spree drawing, New Member induction.
- 9 - Barn Sort,** Boyer Barn, 9:00 am (POC Gary Youngs).
- 13 - General Dinner Meeting,**
Program: Rick Castellano, Island County Museum.
- 15 - Highway Cleanup,** 9:00 am. Meet at Coupeville Elementary School by the highway (POC Hugh Hedges).
- 16- Shopping Spree,** 9:00 am Prairie Center.
- 20- Board & General Dinner Meeting,** Program: Canine Companions for Independence.
- 21 - Blood Drive.**
- 27 - No Meeting**

December Events

- 3- Woodcutting,** Recycle Center, 9:30 am (POC Gary Youngs).
- 4 - Board & General Dinner Meeting.** New member induction.
- 6 - Commodities Distr.** Cam-Bey Apts. 9:30 am (POC Marilyn Pulk).
- 11- Christmas Party,** Coupeville Rec. Hall, 6:00 pm.
- 14 - Barn Sort,** Boyer Barn, 9:00 am (POC Gary Youngs).
- 18 - Board Meeting,** 5:00 pm.
- 21 - Highway Cleanup,** 9:00 am. Meet at Coupeville Elementary School by the highway (POC Hugh Hedges).
- 25 - No Meeting**

chosen by MD19. The current two-year project is School Gardens in Honduras, where the malnutrition rate exceeds 90% in children. Lions presented a check to CARE for \$41,000 to cover about one-half of the two-year cost. The mission is to build 40 gardens and serve 1600 children. Much like our Farm-to-School Program, students will learn about growing food and healthy diets that can start to make a difference in that malnutrition rate.

The convention was a very interesting window into a broader Lions world beyond our Club. The beauty of the Lions organization is that each Club, like ours, is autonomous and sets its own priorities and agenda. We focus almost exclusively on serving the Coupeville-area community. That's a win-win for us and for the people of the community. However, for any one of you who is interested in the far-reaching world of Lions, you can find so many opportunities to serve this world through the Lions organization. Lions serve in so many capacities both locally and in so many places and causes throughout the world. So many choices equal so many benefits, both for those who serve and those who are served.

Lion Brian

Need Help With Medicare?

Washington state's SHIBA (Statewide Health Insurance Benefits Advisors) provides free, unbiased, and confidential help with Medicare and health care choices. This state-funded program is administered locally by Island Senior Resources. Trained volunteers are available to provide you with objective information about insurance options that may be right for your circumstances. Help is available at three sites on Whidbey Island: Island Senior Resources at Bayview, Oak Harbor Senior Center, and WhidbeyHealth Medical Center. To schedule a SHIBA appointment or if you have any questions about SHIBA, call the Senior Resources Center at 360-321-1600 Ext. 0. Further information is available at: <https://www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba>
<https://senior-resources.org/shiba/>

Membership Moments

By Membership Chair Sandra Johnson



OWNERSHIP

The definition of ownership is *the ultimate and exclusive right or title to enjoy an item of property*. There are a few things in my life I claim ownership of such as my home, car keys, and secret stash of chocolate mini chunks. Will I share these items with anyone? Of course! Well, except the chocolate chunks. Ownership is the ability to own and control an item, yet share the rewards.

When I first joined the Coupeville Lions Club I barely knew anyone nor had ownership of anything except where I sat during meetings. Fast forward six months and I was suddenly the Membership Chair, owner of this awesome responsibility of meeting our newest members and opening the gates to our club. Ownership of the Membership Chair has allowed me to apply my thoughts, ideas, and knowledge of the club, as well as desire to give our new members a successful start. However, ownership of this position requires me to share it with my friend Marilyn Pulk (who likes chocolate as much as I do) as we team up with the Membership/Retention Team to keep members active, creative, and informed.

Another example of sharing ownership of the Membership Chair position is the ability to interact with every Service Project Chair or Fundraiser Lead. Each one of the Chairs or Leads has their own ownership needs to formulate a goal or request assistance for a successful turnout, as well as the pride of knowing that the needs of the project or fundraiser have been met. Without someone chairing a service project or taking on the responsibility of being a lead for a fundraiser, there would be no Coupeville Lions Club, no giving back to the community.

Remind yourself of why you joined Lions. Did you join to pay your yearly dues to attend an occasional meeting, eat a good meal, and chat with a few folks then go home? There is no ownership in just attending a meeting and sitting in your favorite chair. Take a few minutes and ponder the idea of signing up for a Service Project you have never worked on or join a committee under the Garage Sale or Scholarship Auction Team - those teams are always looking for fresh ideas and new management.

Ownership, the ultimate and exclusive right to enjoy an item and, in our case, a position in the club. Who knows, you might enjoy bagging groceries at Cam-Bey apartments for Commodities, or the challenge of raising more money than the previous shift during the

Shopping Spree ticket sale or White Cane fundraiser, or the rewards of driving for the Meals on Wheels Team. Take a risk, join a project, sign up for a committee. Remind yourself of why you joined Lions - to make new friends, meet people, and give back to your community. Ownership, the opportunity to enjoy the possession you take responsibility of and share a mini chocolate chunk when necessary.

GARY YOUNGS WALKS THE ISLAND

Whidbey Island is the perfect place to learn about native and non-native plants growing here in the Pacific Northwest. This exercise is possible during a guided tour and adventurous hike through various trails located on Whidbey Island, lead by Lion Gary Youngs.

I joined Gary's Central Whidbey Trekkers for their October hike at South Whidbey State Park. With eight of us under Gary's guidance, he led us on several trails that meandered past small creeks, down wooden staircases, across a few wooden bridges, and close to the edge of a cliff shielded by thick tree growth, stopping to point out the variety of plant life growing along the trail from ferns to fir trees. Do you know there are five fern varieties growing at South Whidbey State Park? The sword fern is the most common variety, with bracken, deer and lady fern coming in at second, third and fourth. The fern variety I was most intrigued with was the

licorice fern, which grew right out of the trunk or limb of a tree! Another hiker and I spotted this fern growing 50 feet off the ground from the limb of a bigleaf maple tree.

Gary's hikes are not to be missed! He is very careful to ensure every hiker's level of mobility is attended to. Most of us stepped carefully over roots and downed tree trunks, whereas a few needed the assistance of a walking stick or two. No one was left behind and Gary made a



point of stopping at the top of a hill for everyone to catch their breath, get a drink, or blow their nose!

The Trekkers hikes are scheduled for the third Tuesday of each month starting at 9:00am. Gary chooses a new location, providing an opportunity to explore the south, central, and northern terrain of Whidbey Island. So lace up your hiking boots, dig out your walking sticks, pack a water bottle, and be prepared to make a few new friends by joining Gary and his team of walkers, which takes about an hour, for an adventurous and educational trail hike.

NEW MEMBER INDUCTIONS!

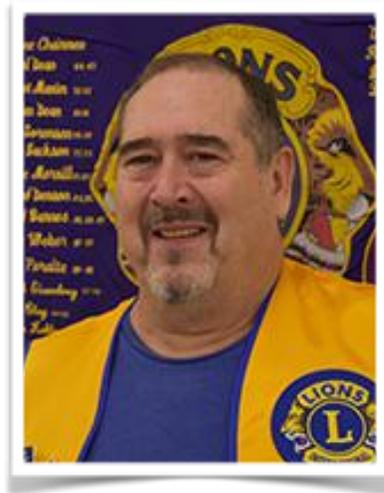
September and October 2019 brought the Coupeville Lions Club five new members. A dynamic couple, an energetic go-getter, the wife of one of our own, and a good neighbor of another Lion! Please feel free to introduce yourself to our new members at any upcoming Lions gathering. These five are self-starters and eager to get involved in all our club offers.

Charles “Chuck” Barrett, was born in Pensacola, FL, graduated from Juanita High School in Kirkland, WA, then earned an Associates Degree from Cascadia Community College. After working for 38 years as a Tool Maker for Boeing, Chuck retired in 2017. Chuck is happily married to his wife, Vicki, who shared in becoming a Lion on the same day. The Barretts found their way to Coupeville because of the water, wildlife, privacy, and serenity of their five wooded acres, and the quaintness and charm Coupeville has to offer.

Tinkering on house projects or in his shop and his motorhome keeps this mechanical-loving man very busy. When he’s not tinkering on the motorhome, he enjoys traveling in it or visiting tropical locales. New to the “community service” world but not to Boy Scouts as Chuck spent 12 years as an adult leader.

Connecting with the community, meeting new people, and giving back are a few reason Chuck decided to join the Coupeville Lions Club. (We won’t disappoint him, will we folks!?) A little

interesting fact about Chuck: he has been scuba diving for 25 years and spent about 10 years traveling around the world doing under water photography!! Wow!!



Vicki Barrett was born in Kirland, WA and attended Kentridge, Concrete, and Lindberg High Schools. As an Administrative Assistant for the City of Bellevue Parks and Community Services District, Vicki gave 30 years of dedication and hard work.



The Barretts have a son named Casey, daughter-in-law Danielle, and three grandchildren. In 2017, Vicki and Chuck decided to retire and move to the island they fell in love with! In Vicki’s leisure time she enjoys horses, traveling, mentoring, assisting with infant care, and boating. The Coupeville Lions Club is where Vicki feels she will meet new people, make friends, and give back to her community. (Again, we will not disappoint the Barretts with our easy-to-make friends kind of group). A little tidbit about Vicki: she enjoys muscle cars! She also loves fishing and animals, especially her two Bengal cats named Jasmine and Moki. Welcome Vicki!!

Ellen Walton was born in Portland, OR, and graduated from South Eugene High School and the University of Oregon. In her professional life she worked in Medical Administration at three small clinics in the Eugene area. In addition, she was a church choir director and vocal instructor. With two daughters and three grandchildren, Ellen has her hands full! Ellen has a family member who lives just off Whidbey Island and encouraged her to move here for a “permanent vacation” in July 2017. Ellen’s interests and skills are many with singing, gardening, walking, traveling, reading, occasionally drawing, painting, writing, crocheting, and attending concerts - what a busy and creative lady! In Ellen’s spare time she sings with the Whidbey Community Chorus. Joining the Coupeville Lions Club was easy - she was already hooked by working at the 2019 Garage Sale indicating “everyone was so nice.” A little tid-bit about Ellen . . .she loves to swim!



Barbara Walck was born in Columbus, OH and lived in Atlanta, GA from 1983 until 2014. She graduated from Upper Arlington High School and Ohio State University. Prior to retiring she worked in real estate development and corporate real estate consulting for large corporations like Microsoft, Coke, etc. Barbara comes from a large family, with three sisters and one brother making family functions exciting! She also has two sons who live in Atlanta, GA. When Barbara entered the empty-nest job, she moved to Oak Harbor in 2014. She is interested in marketing, management, real estate strategies, and elder care (medication management and overall medical care). Currently, Barbara’s community service is with elder care and now with the Coupeville Lions Club. Her desire to continue community service and her husband Joe were the influences she needed to join our club. Find out more about Barbara as she attends weekly meetings, but in the meantime here’s a little info you might not know . . . she likes fishing, camping, hiking, cooking, animals, boating, swimming, traveling, and football!



Welcome to the club!

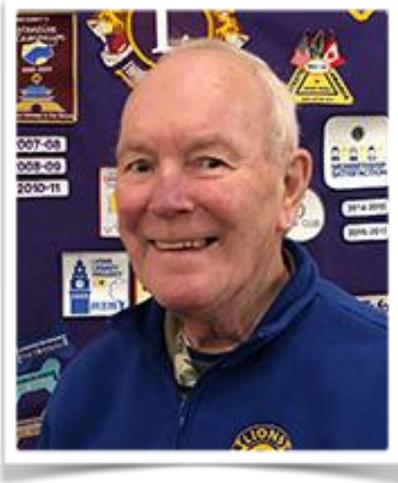
COUPEVILLE LIONS CLUB OFFICERS:

*Brian Pulk, President; Sue Hartin, Secretary; Gary Youngs, Treasurer;
Rick Walti, 1st Vice President; Janet Burchfield, 2nd Vice President; Sandee Allen, 3rd Vice President*

Editor—Gary Parker; Photos by Bob Pettis, Sandy Johnson & others

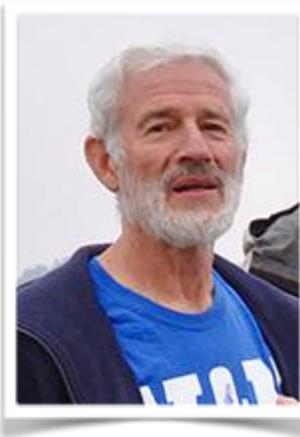
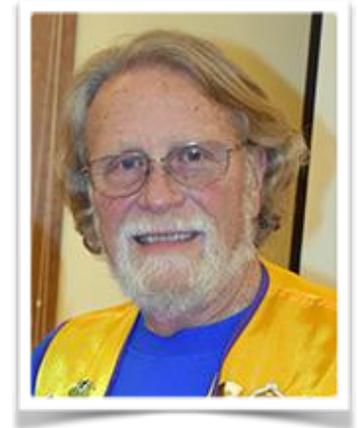
MEMBER TALKS – OCTOBER 2019

Lion Bob Clay enlightened the members on October 9, 2019, beginning with his birth place of Portland, OR. He played football at Oregon State College and earned his degree in



Forestry, which took him to Memphis, TN. I don't remember Bob talking like a hillbilly! Fortunately, his wife encouraged him to move back to Whidbey Island where he inserted himself ever so diligently in community service. The Planning Commission and Town Council kept him busy for many years before he set his foot in the door of the Coupeville Lions Club. Bob became a huge advocate of the Boys and Girls Club, which is just about ready to break ground on their new location south of the high school. Ask Bob how many times he has been President of the Coupeville Lions Club?!

Lion Joe Walck advised the CLC members he was born in 1948. As an eight year old he participated in Cub Scouts, but it wasn't until he became a Boy Scout that he really understood what it was like **To Serve** and how good it felt! Joe continued on this Scouting path and became an Eagle Scout. Vietnam called Joe into service where he faithfully served our country with the Navy, retiring as a Senior Chief. Ask Joe how many parachute jumps he made while serving! In 2004 Joe joined the Coupeville Lions Club and worked his way into the position of President for the 2009-2010 calendar year.



Lion Vin Sherman presented his Member Talk on October 23, beginning with how his Lions journey began with the Mt. Vernon, WA Lions Club. As a Coupeville High School graduate, his Lion dad insisted Vin receive a scholarship, which happened way before the Coupeville Lions Club established a Scholarship Program. Although Vin traveled all over the world and lived in many places within the USA during his military career, he habitually avoided becoming a Lion! Please ask Vin to share his very detailed and dedicated life of serving our country.

Coupeville Lions Club Annual Christmas Party



Be sure to attend our very festive last meeting of 2019, the Coupeville Lions Club Annual Christmas Party on Wednesday, December 11th at wonderfully decorated Coupeville Rec Hall. You will enjoy a delightful catered dinner by Serendipity for \$25 each with wine, beer, and soft beverages available for purchase. The evening will be all social and, to top it off, there will be entertainment by a very special group, who you will recognize. You get to dress up (a little) and take your favorite date out (or fly solo) for a very “Christmassy” evening. Watch for the email soon.

-Lion Deanna Rogers

Scholarship Auction Procurement Team Needs You!

The new format for the Scholarship Auction means that we will need fewer items, since we are not doing a silent auction. The only fundraising of the evening will be the Dessert Dash, the Live Auction, and Raise-The-Paddle for donations. The



*Comedian/Magician J.R. Russell
will entertain us at the auction.*

challenge is to come up with about 10 high-value items or experiences for the live auction. Ticket sales (managed by Ginny Munn) and sponsorships (procured by Janet Burchfield’s team) will provide the funds to cover our expenses.

Vicky Reyes has volunteered to manage the Procurement Team and is looking for volunteers to help with that. We are also asking if any of you Lions can provide an item or an experience of your own or procure an item or experience. Contact Vicky with any ideas you may have, so she can be sure we don’t have multiple contacts with the same donors. She will also provide you with a

procurement form to fill out and return to her when you have it completed.

Scratch your heads, be creative and help us come up with a selection of enticing live auction items for the Seniors’ scholarships!

-Lion Vicky Reyes

Haunted Coupeville!



The night before Christmas was a Nightmare at the corner of Main Street and Highway 20. This was our Lions scarecrow contest entry. The theme was a scary movie character (not horror).

Each year the Coupeville Chamber of Commerce promotes the Scarecrow Corridor and awards a prize to the entry that had the most votes. A new twist this year was voting by texting.

This year's creative team comprised Marilyn & Brian Pulk, Sandy Johnson, Sandee Allen, Vicky Reyes, and Harold Hertlein. Harold was a great addition to the team and invited us to create the scarecrow display in his garage shop. Anything we needed - Harold had on hand! He also welded a metal base for the house front we used as a background and welded a body for Jack!



-Lion Vicky Reyes

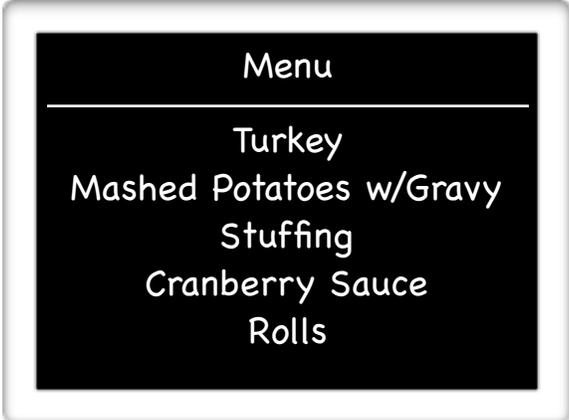
According to National Geographic, every day more than 100 million plastic utensils are used in the United States. These utensils, which are designed to be used only once, can take up to 1,000 years to decompose. Please help the planet and help our club reduce costs by bringing your own silverware to meetings if you will be eating dinner. Real silverware (well, you'll probably bring stainless) makes for more enjoyable dining--unlike plastic, it doesn't break when you try to spear a lettuce leaf.

GOODBYE KNEAD AND FEED

We enjoyed our last Knead and Feed meal service, aka “The Last Supper,” on October 9th as the iconic Coupeville mainstay has sadly closed its doors. And what a great sendoff dinner it was, sort of an early Thanksgiving affair.

You can see what a special menu we enjoyed and how much our servers, Sandy Johnson, Marilyn Pulk, and Diana Walti, enjoyed tempting our taste buds. Deanna Rogers’ teams of kitchen servers also include Bob Allen, Sandee Allen, Robin Bernardy, Noel Hansen, and Bill Johnson, who have all enjoyed working with the Knead and Feed team, headed by our own Lion Doug Kroon.

We also say goodbye to our friend, Lion Doug Kroon. Doug is leaving for his new home in California but he knows where his roots are and the friends he leaves behind. I suspect we will see him often. We will miss his weekly bakery CARE packages, especially those cinnamon rolls and of course, those great catered meals. But mostly, we will miss Doug. Enjoy sunny California!



-Lion Brian Pulk

POT PARTY!

or Fall Digs - Who Will Stop the Rain?



With the threat of drenching October rains, our hard-working Plant Sale Dig Team—**Joan Chochon, Karen Fletcher, Jean Neal, Marilyn Pulk, Paddy Roberts, and Deanna Rogers**—worked an efficient assembly line process of dig, divide, and pot up of some crowded perennials at Marilyn's garden. Look for some great ground covers (pachysandra, St. John's wort, and pink knotweed-*right*), sweet dark purple dwarf iris and "Great Plant Picks" Corsican hellebore (*below*) to add to our bottom line. Billed as a "pot" party, we managed to rustle up 100-



plus gallon babies that have now been put to sleep for the winter in the hopes of providing lush spring growth for next year's Garage Plant Sale supply. And as far as those rains go....looks like the Lions ladies-plus-one dodged the rain bullet by noon in time to enjoy coffee, clafouti, and chat time. Thanks to **Karen Fletcher** and **Dave Fish** for soil storage and to all plant pirate troopers who showed up, got dirty, and still managed to have loads of fun. After hard work by all, the consensus was "done and dusted" at this site until spring. If you'd like the dig team to plunder, erhhh...divide perennials at your site, get in touch with either Lions **Karen Fletcher** or **Marilyn Pulk**. We stand ready with tools in hand, soil and pots. Clafouti (and rains) optional.

-Lion Marilyn Pulk