

Dover Lions Club, P.O. Box 532, Dover, Delaware 19903
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DOVER'S PRIDE

VOLUME LXII NUMBER VII
January 09, 2009



King Lion
Rosemarie Milne

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President's Message:

Dear Fellow Lions,
Happy, Healthy New Year! The calendar shows a new year beginning but our Lions' year began in July. We are now in the middle of it. More exciting programs are ahead for us. For Lions who haven't attended lately, come to our meetings and discover what you've been missing. For you "regulars" come and continue to share Lionism.



Refer to the schedule in this newsletter. Note the interesting programs for the rest of the year.

What an outstanding evening we had Monday Night! Lion Frank Jones and his delightful wife, Helen, hosted the board meeting. Their home resembled Santa Claus's North Pole home. Christmas "lovelies" everywhere. Delicious things to nibble and drink. Truly they are the "Host and Hostess with the Mostest!"

Lions, please remember that all club members are invited to the board meetings. Come and let your ideas be heard.

Vision screening begins this week. If you want to participate, contact Lion Rennie.

Remember to bring your memberships.

Web Page Address: www.doverlionsclub.org

Yours in Lionism,
Rosemarie Milne

NOTICE:

Beginning with the **January** meeting the price of the meal will be **\$13.00**. **Also, starting in January we need to let Lion Norm know if you will be attending the regular meetings. This call needs to be made to him by 4:30 P.M. the Wednesday before our meeting.** This is so he can give a count to the Sheraton.

Important Dates:

January

- 10 Melvin Jones Breakfast, Dover Sheraton
- 12 Regular Meeting, Dover Sheraton, 6:30 P.M.
- 17 District 22-A Social
- 29 Third Cabinet Meeting

February

- 01 Polar Bear Plunge
- 02 Board Meeting, Lion Norm and Rennie’s House, 6:30 P.M.
- 06 Leadership, Emmitsburg, Maryland
- 07 Leadership, Emmitsburg, Maryland
- 08 Leadership, Emmitsburg, Maryland
- 14 Happy Valentine’s Day
- 16 Regular Meeting, Dover Sheraton, 6:30 P.M.

Upcoming Dates:

DLF Breakfast, 3/7; Delaware State Lions Day, 3/21; Fourth Cabinet Meeting, 4/19; District Leadership School, 5/7

HAPPY BIRTHDAY:

<u>January</u>	<u>February</u>
02 Johnny Johnson	20 Donald Witmer
17 Alan Kovitz	23 Patricia Webb
19 William Torbert	28 Rosemarie Milne
21 Lyle Dabson	28 Richard Ware
21 William O’Day	
22 Bryant “TEE” Bell	

Latimer Lion:



Latimer Lion explains that a lecturer on African wildlife was asked if it was true that if one carries a lighted torch, wild animals wouldn't bother him. The lecturer replied: "It depends on how fast he carries the torch!"

Program Schedule for January - June Meetings

- January - Lion Karl Gude’s campaign visit
- Display of and practice with vision screening devices
- February - Lion Cheryl Jones campaign visit
- Visitation by the Mayor of Dover, Carlton Carey
- March - Lion Lloyd Schmitz and his dog, Zane
- April - What Lionism means to me - All Lions participating
- May - Talent Night - (tentative)
- June - Installation of officers

Visitations

Return your visitation slips to the chairman. The visitation chairman is PDG and club secretary Ralph Schieferstein.

Diabetes Corner:

Why should I work so hard to improve my blood glucose level?



Because you'll feel more energy and a greater sense of well being when your blood glucose enters the normal range. In addition, you'll delay or prevent problems with your eyes, kidneys, and nerves as your blood glucose improves. It's also likely that any problems with heart disease, strokes, and hardening of the arteries will be delayed by good blood glucose management. If you do not develop any diabetes complications, you'll live a longer, healthier life.

DIABETES MYTHS

Myth #1 You can catch diabetes from someone else.

No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

Myth #2 People with diabetes can't eat sweets or chocolate.

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes, than they are to people without diabetes.

Myth #3 Eating too much sugar causes diabetes.

No. Diabetes is caused by a combination of genetic and lifestyle factors. However, being overweight does increase your risk for developing type 2 diabetes. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

Myth #4 People with diabetes should eat special diabetic foods.

A healthy meal plan for people with diabetes is the same as that for everyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and "dietetic" versions of sugar-containing foods offer no special benefit. They still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth #5 If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

Myth #6 People with diabetes are more likely to get colds and other illnesses.

No. You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any infection interferes with your blood glucose management, putting you at risk of high blood glucose levels and, for those with type 1 diabetes, an increased risk of ketoacidosis.

Myth #7 Insulin causes atherosclerosis (hardening of the arteries) and high blood pressure.

No, insulin does not cause atherosclerosis. In the laboratory, there is evidence that insulin can initiate some of the early processes associated with atherosclerosis. Therefore, some physicians were fearful

that insulin might aggravate the development of high blood pressure and hardening of the arteries. But it doesn't.

Myth #8 Insulin causes weight gain, and because obesity is bad for you, insulin should not be taken.

Both the UKPDS (United Kingdom Prospective Diabetes Study) and the DCCT (Diabetes Control & Complications Trial) have shown that the benefit of glucose management with insulin far outweighs (no pun intended) the risk of weight gain.

Myth #9 Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruit contains carbohydrate, it needs to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

Myth #10 You don't need to change your diabetes regimen unless your A1C is greater than 8 percent.

The better your glucose control, the less likely you are to develop complications of diabetes. An A1C in the sevens (7s), however, does not represent good control. The ADA goal is less than 7 percent. The closer your A1C is to the normal range (less than 6 percent), the lower your chances of complications. However, you increase your risk of hypoglycemia, especially if you have type 1 diabetes. Talk with your health care provider about the best goal for you.

**The Good Ship Elsie
The Good Ship Elsie with sails unfurled
Sailed out from our harbor; sailed out from our world.
She was a favorite there is no doubt.
A Yar ship, she could "come-about."**

**She brightened the lives of all on shore.
Someone cried, "She is no more."
But, that's not true; she sailed along
Fueled by the night-wind's sailing song.**

**On gentle waves, she made her way
Kissed by the water's salty spray.
Then, far across the mystic sea,
Voices shouted; "Thar she be!"**

**And the Good Ship Elsie tied up 'long side
Many fine ships brought in by the tide.
And there they cheer, far across the foam,
For the Good Ship Elsie has sailed on home.**

Our Dover Lion Elsie Heller "Sailed away" on December 12, 2008 at the age of 91.

Respectfully submitted by Rennie Quible.

Club News and Notes:

DECEMBER REGULAR MEETING

King Lion Rosemarie Milne called the meeting to order at 6:30 PM at the Dover Sheraton Inn. There were 18 of 42 Members present. We had a second visit by prospective member Isabel Stubbs in addition to Jordan Lawrence, son of Lion Jerry Lawrence. We also had 12 visitors from our members' families.

The traditional opening was held.

The 1st Verse of America was led by Lion Dave Milne

The Pledge of Allegiance was led by Lion Jennifer Marango

The Lions Song was led by Lion Rennie

The Lions Toast was led by Lion Harry Fillman

The Invocation was given by Father Lion "Pappy" Kosty

King Lion Rosemarie welcomed all guests and each was introduced.

The meal of Salad, Steak, mashed potatoes, and vegetables was served. Homemade desserts made by our members or their spouses finished off our Christmas Party meal.

After dinner, Lion Lyle conducted a quick raffle to benefit the Administrative Fund.

Lion Rennie conducted a group exercise to help Santa resolve the Trouble in Santa Land.

A certificate of appreciation was presented to Jordan Lawrence, our guest for the evening, for his help and assistance at the Chicken Fry. Jordan, just like Cody Scheers pitched in where needed, hauling in boxes of chicken and french fries, and cooking and serving the fries. Thank you Jordan and we hope to see you again next year.

Secretary Ralph reminded those in attendance about the Melvin Jones Breakfast to be held on Saturday January 10th at the Sheraton Inn. Reservations have to be turned in by January 5th if anyone plans to attend.

There being nothing further to present, King Lion Rosemarie adjourned the meeting at 8:30 PM.

The next Board of Directors meeting will be on January 5th 2009 at the home of Lion Frank Jones.

The next regular meeting of the Dover Lions Club will be Monday January 19th 2009 at the Dover Sheraton Inn.

Respectfully submitted,
RCS – Club Secretary

JANUARY BOARD MEETING

King Lion Rosemarie Milne called the meeting to order at 6:32 PM at the home of Lion Frank Jones. There were 9 Board Members present and two other Lions.

The meeting started off with Lion Lyle Dabson stating how disappointed in the ticket sales for the Hunt Family show. Treasurer Norm echoed his sentiment and stated that at this time we have made about \$125 on the fundraiser. Hopefully, there will be no more bills turned in. If anyone has any money to turn in, please do so as soon as possible.

Treasurer Norm read a card from Margaret Johnson, the late Lion Elsie Heller's daughter, thanking us for assisting in the funeral and helping her out.

Lion Bruce Marvel showed the Board an article that was in the Delaware State News discussing that the Greater Dover Foundation was making grants to charities and other non-profit organizations. He volunteered to contact the Foundation to see what was involved in applying for a grant.

Secretary Ralph had nothing new to report and stated that his report would be distributed in the next newsletter.

Secretary Ralph made a motion that the treasurer's report be approved as submitted, subject to audit. Lion Frank Jones seconded the motion and it was passed unanimously.

Treasurer Norm read a request for \$75 from the Frederica Spring Creek Lions Club to cover one half the cost of the cookies that were given away to the guests at the Christmas Party for the Blind and Visually

Impaired. There was much discussion as to why this is not included in the assessment to each club rather than each club supplying certain items. The Board members asked Zone Chair Pat Webb to bring this up at her next Zone Meeting to be considered for next year. The Board approved the additional expenditure of the requested \$75 in addition to the budgeted \$150. Lion Pat Webb made the motion and Lion Gary Stumpf seconded it.

Treasurer Norm pointed out our budgeted commitment remaining for the year and since our last two fundraisers have brought in less than budgeted, asked if we should cut back or eliminate them. Several others agreed that we may need to cut back or eliminate some of these items. It was suggested that we review these items before the next Board meeting and be ready to discuss their status.

Secretary Ralph asked if that was the best course of action. It was certainly the easy way out but it would be better for the community if we found a way to make up the lost funds by raising them another way.

Lion Lyle said he had another fundraiser that we could try that would not involve a lot of risk or expense but would require our members to sell tickets. He stated that Lion Dan Kirk has donated a balloon ride that we can raffle off. Lion Jennifer made a motion that we proceed with this fundraiser. Lion Pat Webb seconded the motion. After discussion about insurance and liability, the motion was passed unanimously. Lion Lyle will discuss this with Lion Dan and arrange for tickets to be printed. They may be ready for the next Membership meeting.

KL Rose reported that the only correspondence she had received since the last meeting was one piece about the MD 22 Leadership Institute at Emmitsburg, MD February 6 - 8. Anyone interested in attending should contact Secretary Ralph. The next item was a letter from DG Bob Daniels explaining the new 2nd Vice District Governor position that was approved by LCI at its last International Convention.

The floor was then opened for comments, reports, and questions.

Lion Rennie Quible reviewed her schedule changes for eye screening and the training to be held on Thursday morning.

King Lion Rose adjourned the meeting at 8:15 PM.

The next regular meeting of the Dover Lions Club will be Monday January 19th at the Dover Sheraton Inn.

The next Board of Directors meeting will be on February 2nd at a location to be announced.

Respectfully submitted,
RCS – Club Secretary

LYMAN LION



Lyman Lion says: Jordan Believes in Giving.

At a Salvation Army kettle the week before Christmas, one meets special people— people who are giving to others, giving with a smile. K.L. Rosemarie and Lion Rennie were by the kettle as we had promised Lion Bill Daisey we would be. Many, people had generously put money in the kettle, smiled and wished us Merry Christmas.

Then Jordan and his dad came along. Jordan's dad was carrying a small plastic bag. He looked at the kettle opening and shook his head.

Turning to Jordan, his 6 year old son, he said: "We'll have to unwrap them. It seems that when they had brought rolled coins previously to a Salvation Army "kettle", the opening would permit rolled coins to drop through.

Jordan and his dad began unwrapping coins that had been rolled. The process took a while: unwrap rolled coins, deposit them into the kettle and start on another roll. They fed coins from over a dozen rolls. All the while, Dad was praising Jordan for what was happening. It seems Jordan had saved the money all year. It seems, also, that he had done this before. Jordan's dad told his son that he was proud the boy was learning to help others.

Lions, many, many gifts of cash were received on Saturday. They all touched our hearts. But Jordan's belief in giving was special. Who knows, maybe he'll be a Lion one day.

District Governor's Message:

Lions of District 22-D,

December 6th was the District Governor's Ball. The DG Ball committee did an excellent job for Lion Regina and me. PCC Clyde Bragg and Lion Cheri and committee, did a marvelous job organizing and

coordinating everything.

ID Dana Biggs and PIP Bill Biggs were the guests of honor, for the ball. Lion Regina and I met ID Dana and PIP Bill Biggs at BWI on December 5. Their flight was a good experience. On the way back to Delaware, we stopped at Fishermen's Inn to have lunch, which was very enjoyable. That evening we went to Smith & Co. in Milford and had dinner with some of the cabinet members and DG Ball committee.

Saturday morning we all had breakfast at Bob Evans and were off to the Dover Air Base Museum. We didn't get to see everything at the museum but spent three hours looking and learning about the planes and the history of the men and woman who flew them.

The Clayton Lions Club hosted the hospitality room, which had an assortment of hors d'oeuvres and drinks. KL Velenda Courtney and Lion Joan Bestpitch organized the affair and Lions George Courtney and Bob Nagyiski with his wife Barbara assisted. I would like to thank everyone who helped for a spectacular job.

After dinner ID Dana and I gave out nine Hero Awards and two ID Dana Biggs banners. Hero Awards went to – PCC Clyde Bragg, Lion OJ Ashinhurst, PDG Ken Draper, Lion Morris Jones, ZC David Clendaniel, ZC Richard Merriweather, Lion Susan Griffith, Lion Jim Miles, and Lion Milton Draper.

ID Dana Biggs Banners went to Lion Jay Wheeler and Lion Tom Salerno.

ID Dana Biggs gave a brief but a powerful speech. I would like to thank everyone who came to the DG Ball, sold ads for the DG Ball Book, or tickets. All this would not be possible without your dedication to Lionism.

The Peace Poster Contest winner was Brianna Stevenson, an eighth grader at Talley Middle School. The club who sponsor Brianna was the Claymont Lions. I would like to thank all the participating clubs. This

is a great experience for the youth of the district.

MD 22 Basic Lions Leadership Institute School will be on February 6-8, 2009. All clubs, Region and Zone Chairs, will have this information the first week of January. The classes are open to Lions that are going for the first time. We have 20 slots for the District. The cost is \$150. The District will pay \$60 of the \$150 and Lions that attend will have to pay the rest. Lions that are planning on attending will need to send the paper work and a check to me. The address is 175 Oak Hill School Rd, Townsend, DE 19734.

Pre School Eye Screening: All Regions (3) have two Sure Sight Devices, and thank you Lions, for taking on this most worthy project. Please start using the Sure Sight Devices year round.

MD 22 Convention Survey will be sent out to all clubs in the district, by CS Don Erhart. If each club would please complete the survey and send it to PDG Joe Wood, it would be appreciated. All surveys come with instructions as well, please read them carefully.

At the last International convention, the Delegates voted on and approve Second Vice District Governor for all districts. The Constitution & By-Laws of the district must correspond with LCI Constitution & By-Laws. All clubs in the district will receive a copy of the updates in February. The district will vote on the updates to the Constitution & By-Laws, at the Convention in May. Any lion that would like to run for Second Vice District Governor can do so this lion year. The requirements are the same as First Vice District Governor. Please send your information to IPDG Bob Jones.

Unfortunately, with all the great things that the Lions are doing, we lack new members. We all need to attempt to recruit new members. We must be persistent in our search for individuals who are interested in becoming Lions. Membership is going down. If there are no members in the Lions Club organization there will not be an organization. I have asked a number of people to become members of a Lions Club all have said no. Maybe before the end of the Lion year, we can find someone who will say yes.

Until next time,
Bob Daniels District Governor

MD 22 Basic Lions Leadership Institute School

Feb.6-8, 2009 Classes are open to Lions that are going for the first time. Twenty (20) slots are available for the District. The cost is \$150. The District will pay \$60 of the \$150 and Lions that attend will have to pay the rest. Lions that are planning to attend will need to send the paper work and a check to DG Bob Daniels, 175 Oak Hill School Rd, Townsend, DE 19734.



We Serve

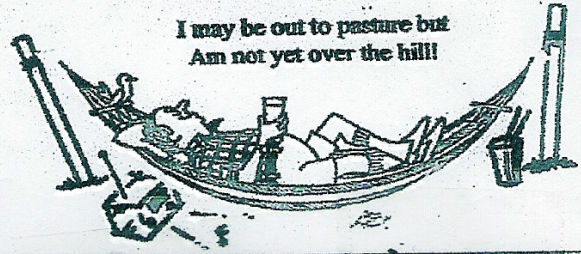


In Lasting Memory of
All Deceased Lions
They Served!

Lion Gary Stumpf

Compliments of P.D.G. Norman E. Quible

I may be out to pasture but
Am not yet over the hill!



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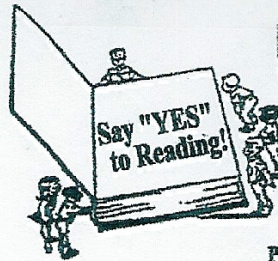
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