



# DOVER'S PRIDE



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**President's Message:**

Fellow Dover Lions,

For 10 days, yours truly cruised the Atlantic seaboard stopping at Portland, Maine; Bar Harbor, Maine; St John, New Brunswick; Halifax, Nova Scotia; and finally Boston, Mass. I had the good fortune to travel with my precious daughter-in-law, Linda Quible.



The trip, for many of us, was a fund raiser for Lion Saving Kids Sight. A total of \$2,470.00 was raised by Lions and friends occupying 15 cabins. This is the second annual cruise fund raiser. Next year's cruise will probably be a 7 day cruise to Bermuda. What a way to have a vacation and support a wonderful cause at the same time.

Lions Saving Kids Sight is the organization that supports the Preschool Vision Screening Program in the multiple. Unfortunately, not many Delaware clubs belong to PSVSP. and I wonder why! It is free! It is a means of tracking the accuracy of our equipment and our screening as well as acquiring many supplies. I hope other clubs in District 22-D will begin to support LSKS and PVSVP.

Returning from the cruise, I was devastated to learn that the leadership retreat at Camp Merrick had been cancelled. What a lost opportunity for leadership training and Lionism togetherness.

Looking at the positive, let's support with diligence, two enterprises in Dover's immediate future, namely, our membership invitational at the Agriculture Museum on Oct14th from 5:30 to 8:30 and our annual chicken fry fund raiser on Nov. 13<sup>th</sup> and 14<sup>th</sup>. We need all Dover Lions to support these two projects. If you take your Lion's pledge seriously, you will. Lion Don Kirk announced at the board meeting that all Dover Lions will receive chicken fry tickets in the mail. He added: "Sell them!"

Many thanks, to you Dover Lions who participated in the Coastal Clean-up on Saturday, Sept.25th.

Our Habitat for Humanity Project is Oct.16th from 8:00 a.m. to about 2:00 p.m. We'll be working on a house back of Modern Maturity. Call Lion Tee for the exact location.

Many thanks to Lion Frank and Helen for hosting the October board meeting. Thanks, also, to Lion Rosemarie for so many goodies. Thanks, also, to Lion Frank for his interesting fund raising project.

District Governor Karl Gude and cabinet members will attend our October meeting on Monday, October 18<sup>th</sup>. Dover Lions, be sure to attend the meeting if at all possible. Show DG Karl that Dover Lions appreciate his leadership.

Web Page Address: [www.doverlionsclub.org](http://www.doverlionsclub.org)

Yours in Lionism, Rennie Q

## Important Dates:

### October

11 Columbus Day (Observer)  
14 Dover Lions Open House, Agriculture Museum, 5:30 to 8:30 P.M.  
16 Habitat for Humanity, 8 A.M. to 2 P.M., Call Lion Tee for Location  
18 Regular Meeting, Dover Sheraton, 6:30 P.M., District Governor's Official Visit  
24 DLF Auction  
27 Eye Bank North  
28 Eye Bank South  
**31 Happy Halloween**

### November

01 Board Meeting, King Lion Rennie's House, 6:30 P.M.  
02 Second Cabinet Meeting, Dover Sheraton  
02 Election Day, remember to vote  
07 Daylight Saving Time Ends  
12 Chicken Fry Set up  
13 Chicken Fry,  
14 Chicken Fry  
15 Chicken Fry Clean Up  
15 Regular Meeting, Dover Sheraton, 6:30 P.M.  
25 Happy Thanksgiving

### Upcoming Dates:

Vision Impaired Party Region 2, 12/2, Governor's Ball, 12/04, at Dover Sheraton, Melvin Jones Breakfast, 1/11

## HAPPY BIRTHDAY:

### October

04 Michael McConnell  
08 Aundria Hicks  
20 William Daisey  
20 Ralph Schieferstien  
24 Joshua Ott  
31 Gary Stumpf

### November

06 David Milne  
10 Tracey Marshall Underwood  
16 Jennifer Marango  
24 Lance Underwood

### Latimer Lion:

#### Latimer Lion offers 3 nuggets of nonsense.



present.

1. Consciousness is that annoying time between naps.
2. King Arthur to Merlin: "What is an unemployed jester?" Merlin: "Nobody's fool!"
3. The nice thing about holidays is that you can make people forget the past with a

## Diabetes Corner:

What should my A1C be to avoid complications?

There is no magic A1C number that guarantees you will not develop complications. However, the lower your A1C level, the less likely you are to get diabetes complications. It now seems that even slightly elevated A1C levels carry some increased risk for complications like heart disease and stroke. Unfortunately, very few people can get their A1C levels as low as they are in people who don't have diabetes; we don't have the tools to achieve this goal, and the amount of work and the increased risk of low blood glucose make it impossible for most people to manage. So all people with diabetes carry some increased risk of developing complications.



Trying to be realistic, the American Diabetes Association says people with diabetes should aim for A1C levels of 7% or less. That's the equivalent of a 150 mg/dl average blood glucose. The ADA suggests that you take action and talk with your health care provider about changes in your treatment if your A1C is higher than 8% (the equivalent of a 180 mg/dl average blood glucose). The most important thing to keep in mind is this: Any improvement in your A1C reduces your risk of getting diabetes complications. A small improvement reduces your risk a little, and a big improvement reduces your risk a lot. But every improvement reduces your risk.

## GENERAL CLUB NEWS:

### Club News and Notes:

#### SEPTEMBER REGULAR MEETING

The Regular Monthly Meeting of the Dover Lions Club was called to order by King Lion Rennie Quible on Monday September 20<sup>th</sup> at 6:30 PM at the Dover Sheraton Inn. There were 16 of 42 members and 3 visitors in attendance. The normal opening was held:

Pledge of Allegiance  
1<sup>st</sup> Verse of America  
Invocation  
Lions Toast

KL Rennie led the introduction of visitors and guests and welcomed all to the meeting.

Dinner of Salad, Sliced Turkey w/ stuffing, vegetables, and mashed potatoes was served. Dessert was apple pie.

Announcements and Correspondence:

- A report was given by Lions Tee Bell (Membership Chair) and Rosemarie Milne about the Membership Meeting that was held on August 25<sup>th</sup>. Items discussed were holding a Membership Open House, working with Habitat for Humanity on their latest project, working on the Coastal Clean-up, and providing food baskets for Thanksgiving.
- **District Governor Karl Gude will be making his official visit to our Club on Monday October 18<sup>th</sup>. Please make a special effort to attend this meeting.**
- The MD 22 Lions Retreat at Camp Merrick will be held on October 8 – 10<sup>th</sup>. Anyone interested in attending should contact King Lion Rennie.
- Delaware Lions Foundation Auction will take place on October 24<sup>th</sup> at Dover Downs Ballroom B as in past years. Anyone wishing to make a donation for the auction, please contact King Lion Rennie. Lion Bruce Marvel has made and donated some wooden bowls that he made.
- The Frederica Spring Creek Lions Club will be putting on a Vera Bradley Longaberger Basket Bingo on October 22<sup>nd</sup> at the Milford Elks Lodge. For more information or to purchase tickets, contact Secretary Ralph or any member of the Spring Creek Lions Club.

Program:

Immediate Past President, Lion Gary Stumpf, gave us a presentation on the importance of a healthy diet for diabetics. "A healthy diet for anyone is a healthy diet for a diabetic". If you know you are

going to have a “rich” meal for dinner, watch what you eat for the other meals of the day in order to not overdo it. He also stressed the importance of having your blood sugar levels tested at least twice a year, especially if you are almost diabetic or have a family history of diabetes.

**Committee Reports:**

- Car Raffle tickets and money needs to be turned in as soon as possible to either Lion Jerry or Treasurer Bruce.
- Lion Don Kirk had tickets for the Chicken Fry available and distributed them to the members that were present. Please get out and sell your tickets!
- Lion Frank Jones reported that the trailer will need some repairs and a good cleaning. One of the windows was opened and left open and the trailer is full of dust and dirt. He will head up a team to clean it before it is moved.

**Old Business:**

- Plans have changed for the School in a Box project that was approved at the last meeting. We cannot order a kit and have it shipped to a specific location. It was decided to purchase school supplies from Walmart of similar store and ship them to Lion Rosemarie’s daughter in Afghanistan.
- Still waiting for more information about the plant selling fundraiser. On hold at this time.
- Committees are not filled. We need all Lions’ help.

**New Business:**

The meeting was adjourned at 7:44 PM.

**The next Board of Directors meeting will be on October 4<sup>th</sup>, 2010 at Lion Frank Jones’ home in Wild Meadows.**

**The next regular meeting of the Dover Lions Club will be Monday, October 18<sup>th</sup>, 2010 at the Dover Sheraton Inn. This is the District Governor’s Official Visit!**

**Respectfully Submitted,**

**Ralph Schieferstein, Secretary**

**OCTOBER BOARD MEETING**

King Lion Rennie Quible called the meeting to order at 6:30 PM at Lion Frank Jones’ home. A Quorum of 10 of the 15 Directors was present.

**Secretary’s Report:** The Secretary’s reports were submitted in the newsletter.

- Secretary Ralph reported that Lions Camp Merrick Retreat has been cancelled for this year due to lack of participation. It will come back next year revamped and refreshed.
- He reported on the Harrington Lions Club Night at the Races on October 20<sup>th</sup>. Our Club will receive a visitation as we have a full visitation team in attendance.

**Treasurer’s Report:** In the absence of Treasurer Bruce Marvel, Secretary Ralph gave the Treasurer’s Report.

- Treasurer Bruce requested that all those who have not paid their dues please do so immediately. We have several members who are way behind in their dues.

**Correspondence:**

- Frederica Spring Creek will be holding a Longaberger Basket Bingo on October 22<sup>nd</sup>. Tickets can be obtained from any FSC member.
- The LVRF Rally will be held on November 13<sup>th</sup> at Johns Hopkins University in Baltimore, MD. RSVP is due by October 23<sup>rd</sup>.

- The Eye Bank Meetings will be held on Wednesday October 27<sup>th</sup> in Claymont and Thursday October 28<sup>th</sup> in Laurel. Anyone wishing to attend should let KL Rennie know.

**Old Business/Committee Reports:**

- King Lion Rennie has nothing to report on the plant sales fundraiser since Lion Gary was not in attendance.
- **Chicken Fry** - Lion Frank Jones reported that we have received permission from the Food Lion on Rt. 10 to store our French fries. He also reported that he received permission from Harbor Freight for us to use their restroom rather than walk over to the bowling alley. Lion Ralph reported that Sharp Energy will provide the propane for the fryers and the City of Dover will provide the dumpsters and trash disposal. Much discussion was held regarding how to get more members to attend the fry and help with the work. Lion Frank proposed cleaning the dirt out of the trailer on Monday 10/11. Several Lions volunteered to assist.
- **Car Raffle Ticket Sales:** - Lions Jerry and Rosemarie let us know that so far 1,963 tickets had been sold for a profit of \$1,697. Treasurer Bruce will turn in the tickets and money to the Milford Club this week.
- **Membership Committee** – Lion Tee Bell submitted the following report:
  - We will be holding an Open House on October 14<sup>th</sup> at the Delaware Agriculture Museum from 5:30 to 8PM. There will be an ad in the paper inviting the public to attend. Lion Tee asked that all members attend and bring prospective members with them. He has invited many dignitaries from the area to attend.
  - The Coastal Clean Up was Sept. 25th at Pickering Beach. He showed a photo of the Lions in attendance and said that it was in the Dover Post.
  - Our Habitat for Humanity Project is Saturday, Oct. 16th. We will be rehabilitating a house with a family here in Dover. Our work day should run between 8 a.m. - 3 p.m. Please send me an e-mail if you can volunteer.
  - A New project will be Baskets for the Holidays. We will be producing and delivering six to ten holiday food baskets for needy families in the Dover area for Thanksgiving. We will begin by collecting canned food at our Open House. Lion Lyle made a motion that the Board approves this as a project. The motion was seconded by Lion Frank. It was passed by the Board.

**New Business:**

- The Christmas Party for the Blind will be held on December 2<sup>nd</sup>. More information will be available soon. Past President Gary was attending a meeting of the committee instead of our Board Meeting.
- Lion Jerry brought up a small project that involved a woman from his work. She is in desperate need of new shoes. Lion Ralph made a motion to purchase a gift certificate for \$50 at a shoe store or some similar store to be given to the woman. Lion Frank seconded the motion. It was passed unanimously by the Board.
- Lion Frank Jones showed a new fundraiser for the Club - custom made tables. He will offer them for sale and the Club will get 25 percent of the proceeds.

**Round the Room Comments:**

Being nothing further to discuss, King Lion Rennie adjourned the meeting at 8:13 PM.

**The next regular meeting of the Dover Lions Club will be Monday October 18<sup>th</sup> at the Dover Sheraton Inn. District Governor Karl Gude and his Cabinet will hold their Official Visitation on Monday October 18<sup>th</sup>. Please put this on your Calendar as an event NOT TO MISS!**

**The next Board of Directors meeting will be held at 6:30PM on Monday November 1<sup>st</sup> at a location to be announced.**

**Respectfully Submitted,**

**Ralph Schieferstein, Secretary**

## LYMAN LION



Lyman Lion says dogs for the deaf are just as valuable as dogs for the blind. They help the hearing impaired by alerting them to common sounds like a doorbell, telephone, smoke burglar, clock alarms, or a baby's cry. Hearing dogs look after their owners every minute of the day. They are truly the "ears" for the deaf.

### District Governor's Message:

#### **Fellow Lions,**

As I sit down to write the September Nail Points, it is one of those nights that you just feel good to be alive and to be a Lion—WOW! There's a hint of fall in the air, and all the Lions in 22-D who have had the summer off are ready to get back to meeting and growling for more food! No— growling for new ways to serve their communities and those less fortunate than ourselves. The number of Lions who attended the PSTM Dinner was overwhelming to say the least. Thank you to all who came and all that you do every day as LIONS.



We have started our club visits. It is good to get out and see old friends and meet the new Lions. We are spreading the word on how we are Beacons of Hope and what a great message from International President Sid. To do all these things we will need more hands but we are going in the wrong direction—we are dropping more than we are bringing in. We need to look at why. Please do not drop Lions without finding out why.

If a Lion is moving, find out where and find out about the clubs in their new home. We may lose one but Lions overall will not. If you need help, call on your MERL Team or PCS Cheryl Jones, she is our Rebuilding Lion this year and wants to help! Please use her knowledge and ask before you have a problem. Let's nip this loss of membership thing in the bud and start growing NOW. Then we can come up with new and more ways to serve.

We have many exciting events coming up. These events are for all Lions not just your club leadership. In October we have Camp Merrick Oct 8 to 10, a good time for Lions to enjoy each other and learn about making us all better Lions. I encourage all Lions to come. You must hurry, the cut off date is fast approaching— see application in your bulletin. On September 23 we have the LVRF Shoot for Sight, and we need shooters and clubs to step up with ads in the program books or as a sight sponsor (just like a hole sponsor in golf). The very next day is the DLF Auction at Dover Downs Ballroom A — the perfect time to start your Christmas shopping— and bring a friend. Clubs, please remember your items for the auction. This helps **your** foundation, the Delaware Lions Foundation. To end October we have the two Eye Bank nights. You always leave one of those events knowing why you're a Lion — a great time to bring a perspective member. As we move into November, we look forward to the LVRF Rally on the 13th . It's also time to start thinking about the Governor's Ball and your ad in the program book, and to make plans to attend. We are back at the Sheraton, and looking forward to having a good time with lots of dancing, fellowship and fun.

You see that the Bulletin is out early this month so Lion Jay and Lynn can go to the USA Canada Forum and not have the Bulletin be late. If you like it at this time please let me know I think it will give you more time to plan your schedules, and get the news sooner. Depending on the feed back we will look at changing the deadline, so please if you have a thought share it with me or Jay and Lynn. I too am looking forward to the Forum. I hope to bring back lots of new ideas to share with all.

Again, any ideas or new service projects, please share them with us. What is the best way to get a new Lion? Share what we do and just ASK. Thank you one and all for all you do every day. We are all **Beacons of Hope**.

YIL DG KARL

**DO YOU KNOW:**

**Maintaining Our Mission – and Global Impact**

Lions Clubs International develops leaders. Our leaders serve at every level of our organization and oversee everything from local membership to the organization's international direction.



- Our members have the opportunity to get involved in leading small projects and large initiatives.
- We organize Lions clubs into districts, and each district has a governor.
- Leading all of our clubs is our [international president](#), who works with a dynamic [group of officers and directors](#).

These leaders meet our commitments, maintain [our mission](#) and ensure our [global impact](#). And, because they are Lions, *all* of our leaders are volunteers.



**We Serve**



*Dover Lions Club  
P.O. Box 532  
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***We Serve***

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