



DOVER'S PRIDE



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King Lion

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President's Message:

Fellow Dover Lions,

Soon two Dover Lions will be in Emmitsburg for the second half of the leadership training. We wish Lions Rosemarie and Aundria enlightening experiences. We expect them to return and educate us.



Dover Lions continue to screen young children. It is more than gratifying to realize how many youngsters we have helped. To date, the Dover team has screened 563 pairs of eyes.

Be sure to attend the February meeting and increase your knowledge of hospice.

Lion Tee has arranged for us to have a speaker from the department of tourism. That will be very interesting as well.

Keep warm.

Web Page Address: www.doverlionsclub.org

Yours in Lionism, Rennie Q

Important Dates:

February

18 – 20 Leadership, Emmitsburg, Md
21 Regular Meeting, 6:30 P.M., Dover Sheraton

March

05 DLF Breakfast, Dover Sheraton
07 Board Meeting, Kiln Lion Rennie's house, 6:30 P.M.
12 Mid Winter Social
13 DAYLIGHT SAVING TIME BEGINS
19 District 22-B Social
20 SPRING BEGINS
21 Regular Meeting, Dover Sheraton, 6:30 P.M.
27 Bowling Tournament 22-D
28 Leader Dog North
29 Leader Dog South

Upcoming Dates:

DLF Walk, 4/2, District Convention, 5/12 – 5/15, LCI Convention, Seattle, 6/28 – 7/2

HAPPY BIRTHDAY:

February

08 Richard Ware
20 Donald Witmer
23 Patricia Webb
28 Rosemarie Milne

March

17 Harry Fillman

Latimer Lion:



Latimer Lion shares this:

A man went into the doctor's office. He told the receptionist he had shingles. She told him to have a seat and a nurse would be with him shortly. Soon the nurse took him in for some tests and told him that the doctor would be in soon. When the doctor came in, he asked the man what his complaint was. The man said: "Doctor,

I've got shingles."

The doctor replied: "Show me where they are."

The man said, "Outside in my truck. Where do you want them delivered!"

Diabetes Corner:

Should I tell a prospective employer I have diabetes?

This is up to you.



Job discrimination against people with diabetes has dropped over the years. According to current laws, you can only be denied a job if you can't perform the essential duties of the job even if the employer makes reasonable accommodations to help you (like providing breaks for you to check your glucose, have snacks, and go to the bathroom more frequently).

Unfortunately, the new laws only cover people who work for companies that employ at least 15 people, and proving hiring discrimination is tough. Still, employers can get into big trouble if they reject a person who has diabetes and then hire a less qualified person.

Many employers will not ask about your health. In fact, it is illegal to do so unless they ask all prospective employees the same question. If your employer does ask, you don't have to tell them. However, you could lose some of your legal protections against job discrimination if you lie about having diabetes before you are hired.

Many people say it is best to tell because work is less stressful when they aren't trying to hide something as important as diabetes. It is also easier to take better care of your diabetes at work when you can do it openly.

DUES:

Dues for the second half of the year are due.

CAMDEN-WYOMING:

Think February 26th - - It's OYSTER DINNER TIME!! The Camden-Wyoming 53rd Reily Brown Scholarship Dinner will be serving their famous OYSTER DINNERS! It's time to get your potential customers lined up. Take that list from last year and add ten new customers. Tickets are \$17 in advance, \$19 at the door. Menu includes fried oysters, turkey salad, sweet potatoes, turkey dumplings, green beans, drinks and ice cream (all you can eat of everything) Bring your large groups – we can seat them in one area.

GENERAL CLUB NEWS:

Club News and Notes:

JANUARY REGULAR MEETING

The Regular Monthly Meeting of the Dover Lions Club was called to order by King Lion Rennie Quible on Monday January 17th at 6:30 PM at the Dover Sheraton Inn. There were 21 of 37 members present. Our guest speaker for the evening was Lewes Lions Club Member Lloyd Schmidt who was accompanied by his wife Lion Kathleen and Leader Dog Zane. In addition we were visited by a team from the Marydel, MD. Lions Club. The normal opening was held:

Pledge of Allegiance	Lion Frank Jones
1 st Verse of America	Lion Dave Milne
Invocation	Lion Rosemarie Milne
Lions Toast	Lion Jerry Lawrence

KL Rennie welcomed all to the meeting.

Dinner of Salad, beef tips over noodles, and carrots was served. Dessert was cake.

Program:

Lion Lloyd Schmidt gave a presentation of what is involved in obtaining a Leader Dog and the freedom it brings to the user. He discussed the new GPS devices that enable a visually impaired person find their way around by providing turn by turn directions like the ones in our cars, only more detailed. Lion Lloyd told us that he works a dog for about 7 – 8 years before retiring them. Once they are retired, they no longer are put in the work harness. He said that one of the big issues facing dog users is the “quiet” cars that make no noise when running on electric. Even the dogs do not hear them like they could a conventional car.

Announcements and Correspondence:

- KL Rennie read a letter requesting assistance purchasing hearing aids. This was deferred to the Board of Directors for action.

Committee Reports:

- Lion Bill Daisy reported that we collected \$267.20 for the Salvation Army during our Bell Ringing event. He also stated that they were most appreciative of the toys we collected in December at our Christmas Party.

Old Business: None Presented

New Business: None Presented

A Marydel Lion won the 50/50 in the amount of \$18.

The meeting was adjourned at 7:53 PM after a motion by Lion Harry Fillman that was seconded by Lion Gary Stumpf and approved unanimously.

The next Board of Directors meeting will be on February 7th, 2011 at KL Rennie's home in Wild Meadows, beginning at 6:30.

The next regular meeting of the Dover Lions Club will be Monday, February 21st, 2011 beginning at 6:30pm at the Dover Sheraton Inn.

Respectfully submitted,

Ralph Schieferstein, Secretary

FEBRUARY BOARD MEETING

King Lion Rennie Quible called the meeting to order at 6:30 PM at KL Rennie's home. A Quorum of 10 of the 14 Directors was present as well as Lion Jerry Lawrence.

Treasurer's Report: Treasurer Bruce Marvel gave the Treasurer's Report.

- Treasurer Bruce reported that most of this half's dues had been received but there are three members who are very much in arrears. Membership Chair Tee Bell will contact these members in an effort to find out what their intent is. Secretary Ralph suggested that if they intend to drop out of the Club that they are asked to pay their back dues so they can be dropped as "members in good standing" and the Club made whole for district and international dues already paid. Lion Frank Jones made a motion to approve the Treasurer's Report that was seconded by Lion Pat Webb. It was approved unanimously.

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

- Secretary Ralph had nothing to report. All minutes were distributed in the newsletter.

Correspondence:

- KL Rennie read the following notices:
 - DLF Breakfast March 5th at the Sheraton
 - Anyone interested in attending should contact Treasurer Bruce ASAP
 - Mid-Winter Social March 12th at the Felton Fire Hall
 - Anyone interested in attending should contact Treasurer Bruce ASAP
 - District Bowling Tournament March 27th at the Milford Bowling Lanes
 - Lion Jerry Lawrence is interested in forming a team for this event. If you want to bowl, contact Lion Jerry as soon as possible.
 - Leader Dog Banquet March 29th in Laurel
 - Planning to attend Lions Rennie, Rosemarie, Ralph, Frank?, and Tee? Anyone interested, contact Treasurer Bruce
 - DLF Walk on April 2nd in Rehoboth
 - Discussion was held about taking an ad on the Walk Shirt. Lion Ralph made a motion to purchase a \$125 ad that was seconded by Lion Tee and approved unanimously. Secretary Ralph to provide the ad.
 - Request for ads in the HOBY booklet to help fund their program for high school students.

- Lion Pat made a motion to purchase a \$50 ad in their program book. It was seconded by Lion Gary and approved unanimously. Secretary Ralph to provide the ad.

Old Business/Committee Reports:

- Lion Tee reported on the potential fundraiser at Old Dover Days. Working with Lion Pat's son, we will sell food on Saturday May 7th. The agreed upon items were "chicken on a stick", "crab cake sandwiches", and "pulled pork sandwiches" along with water and sodas. Lion Gary made a motion to authorize the payment of the \$200 vendor permit fee and to proceed with the project. Lion Rosemarie seconded the motion and it was approved unanimously. The project will be presented to the Club at our February meeting.
- King Lion Rennie submitted a schedule for screening for the next two weeks and she is looking for more Lions to help out. If you are interested and can assist, please contact KL Rennie.
- King Lion Rennie discussed Emmitsburg Leadership School and VP Aundria stated that she intends to go. She was told that she needed to contact PCC John Lawrence that night to get on the list.
- IPP Gary reported that the Nominations Committee was hard at work and had a meeting scheduled that week.

New Business:

- KL Rennie announced that we will be holding our State Lions Day program at the Kent County Community School on March 22nd beginning at 9:30 AM. The program will consist of treats and stories for the children. If you would like to help out, contact KL Rennie.
- Secretary Ralph reported that he has the MD 22 trading pin for the year. The cost is \$2 each. Also, we have 50/50 tickets to benefit the MD 22 Convention for sale. We will have them at each meeting before the Convention. He also reminded us to put May 12 – 15th on our calendars for the Convention. It will be held in Salisbury, MD this year at the Civic Center. There will be a Shore Birds game available as well as some outstanding pre-convention entertainment – Karen Taylor-Good. Check her out at <http://www.karentaylorgood.com/>
- Lion Gary proposed holding White Cane Days the weekend of 4/29 – 5/1. The number of days worked will depend on how many Lions will sign up to help. Give Lion Gary a call if you can help out. Lion Tee made a motion to proceed with this fundraiser. It was seconded by Lion Pat and passed unanimously.

Round the Room Comments:

- Lions Bruce Marvel and Frank Jones presented another fundraiser for consideration. Lion Frank makes unique wooden tables. Lion Bruce suggested purchasing one of them and raffling it off over the next year. He proposes to begin selling as soon as tickets are printed and brochures made up and run the raffle through until the 2012 MD 22 Convention. He proposes to take the ticket for sale when we go on visitations as well as at the convention. He suggests selling the tickets for \$1 each and 6 for \$5. The tables cost between \$300 - \$800, depending on which table is chosen. Lion Bruce made a motion to proceed with the raffle. The motion was seconded by Lion Gary and was passed unanimously. Lions Bruce and Frank will start working on tickets and brochures and hopefully have them at our next meeting.

Being nothing further to discuss, King Lion Rennie adjourned the meeting at 7:51 PM.

The next regular meeting of the Dover Lions Club will be Monday February 21st at the Dover Sheraton Inn. Bring a potential member to our meeting.

The next Board of Directors meeting will be held at 6:30PM on Monday March 7th at a location to be announced.

Respectfully Submitted,
Ralph Schieferstein, Secretary

LYMAN LION



Lyman Lion reminds us that Lions have shared a “partnership” with the United Nations since the UN began. Past President Robert Uplinger once said that: “We work with the humanitarian agencies of the United Nations on such matters as world health, food, and learning.

District Governor’s Message:

Hope everyone had a great holiday and is looking forward to the New Year, I know I am. I can’t wait to start bringing in new Lions, forming new clubs and making 22-D stronger. We started off this year like gang busters- up by ten on September 30 but it has been all downhill since then. We are minus 19 at the end of December and I know of one club which is losing four this month. Last year we did great, had good retention and brought in lots of new Lions. I am challenging all Lions before the end of the year to ask at least one new person to join us in service to others. I know we can turn this around- we must turn it around. Think about it- when was the last time you brought in a new Lion? If you are a leader, let’s lead and show our clubs how it’s done. We are the ones who can make this happen and it starts with me. I’ll let you know next month who my new Lion is.



So, that’s the bad news but we have lots of positives, our Beacon of Hope burns bright. You are serving and making this world a better place to live. When I visit the clubs, read the activities reports and your club bulletins, it just blows me away that we do so much! Let’s celebrate what we do, and share this great thing called Lionism with others.

In December I attended all three parties for the Visually Impaired, all three totally different but so much alike as we all honor our guests and it was a great start to the Christmas season. As Governor, I had the honor on January 9th to install 28 new Leos and their officers for Cape Henlopen High School sponsored by all the clubs in region Three, Zone One. Job well done by all, especially the new Leos! What a great group, I wish them well and as I told them I hope that I installed a future District Governor, as they are our future. All five clubs working together should be a lesson in co-operation for what is best for Lionism.

As we move forward into the coming months, our task is simple- keep asking our friends and families to join us.

Please think about Emmitsburg in February! I would like to share with you a thought on Emmitsburg: it is not just for those Lions who are thinking about moving up, it is for all Lions. It is a weekend of fellowship and fun and just showing us ways we can shine our light of service. This is from Lions who shared their thoughts with me and it just hit the nail on the head! Remember- the district pays half.

Help! I need your help with the convention in Salisbury in May. Each district is responsible for different jobs at the Convention. I need these numbers of Lions to volunteer for the following jobs: Decorations 2, Golf 1, Merchandise 3, Resolutions 1, Rules 1, Sergeant at Arms 4, Song Leader 1, Tail Twister 3, Ticket Sales 2, & Elections Chair 1. Please let me know ASAP what job you would like. Please don’t make me sit here one night calling all you great Lions. Also when FVDG Mike asks you to serve next year, please be ready to show Mike the support you have given me- it is overwhelming!

As we move into this second half of this Lions year, let’s all rededicate ourselves to being a Beacon of Hope. Thank you for what you do every day as Lions.

YIL, D G Karl

EDUCATION CORNER

February is AMD (Age-Related Macular Degeneration)/Low Vision Awareness Month. This campaign was started to raise awareness about macular degeneration and other vision problems. Macular degeneration is the leading cause of vision loss and it affects over 15 million adults (40% of the population) over the age of 50. It is also the leading cause of blindness among the Caucasian population over the age of 65.



This year's campaign slogan is "Don't Lose Sight" and actress Jane Seymour is the spokesperson for the *Prevent Blindness America* site (http://www.preventblindness.org/news/releases/110206_1.html) and AMD/Low Vision Awareness Month. Jane Seymour, whose 92 year old mother has suffered from macular degeneration for more than two decades, is the spokesperson for *Prevent Blindness America*.

A recent study, conducted by *Prevent Blindness America*, found that while 96% of people believe that good vision is crucial to overall quality of life, only 60% of these Americans are aware of macular degeneration or that the illness causes vision loss.

Macular degeneration can develop so slowly that it's not until the vision is getting severely bad that the patient will notice. When someone gets macular degeneration, their sharp, central vision is destroyed.

The risk factors of macular degeneration include age, heredity, smoking, and poor nutrition. Important nutrients needed for good eye health are omega-3 and lutein. However, these are typically not found in even the healthiest of diets. *Prevent Blindness America* recommends supplements with these nutrients to keep vision sharp. There is no cure for macular degeneration. Having regularly scheduled eye appointments are crucial to eye health.

When someone describes their vision as "low vision," this means that they have partial sight and their sight is not corrected by contact lenses or glasses. Their vision is still considered functional, but their daily life and activity levels are affected by it. Some diseases or eye injuries that can cause low vision include glaucoma, cataracts, or diabetic retinopathy.

There is hope and help available and there are tools and devices available to give these sufferers some sense of normalcy.

Optical aides include microscopes, telescopes, magnifiers, and electronic magnifiers. High-tech aides include closed-caption television and reading machines. Non-optical aides include signature guides, large print, and audio CDs. Braille and talking book library services, vocational rehabilitation services, and independent living services are all available to aid those with vision loss as well.

There are two different forms of age-related macular degeneration (AMD). The most common form is dry macular degeneration. Dry macular degeneration damages the light sensitive cells in the macula (a small yellow spot in the middle of the retina (a membrane in the back of the eye that sends images from the lens to the brain via the optic nerve)). Once dry macular degeneration reaches an advanced stage, it becomes very difficult to treat. The National Eye Institute recommends a formula containing high doses of zinc, copper, lutein/zeaxanthin, along with vitamins C and E. This formula is available as eye vitamins. Just look for AREDS with lutein and zeaxanthin. It can reduce the potential for loss of sight.

The other form of macular degeneration is known as wet macular degeneration. Wet AMD occurs when the macula eventually becomes deteriorated when blood vessels grow abnormally. The effect from the abnormal growth of blood vessels is a blind spot and distortion of lines among other problems. Wet AMD frequently happens before dry AMD occurs.

For those suffering from Wet AMD, there may be hope in the form of two new drugs. Lucentis and Macugen are injected into the eye in order to block the development of abnormal blood vessels.

Present studies reported in the *New England Journal of Medicine*, stated that over 80% of the patients given monthly injections of Lucentis for two years, reported their vision as either unchanged, or significantly improved. The rare side effects that may occur include detached retina, infection, and inflammation. Lucentis and Macugen work better at the onset of AMD before any scarring has developed. The Lucentis and Macugen shots, priced at about \$2000 per eye injection, are covered by Medicare and most insurance.

Another drug that can be used is Avastin. Avastin, originally used to treat cancer, may not be covered by insurance because its use is off-label. However, it is less expensive.

Some of the underlying risk factors for getting AMD include family history, age, and blue eyes. Doctors suggest a diet with lots of leafy green vegetables and fish. Wearing sunglasses, the year-round also helps. Not smoking, or quitting smoking, is also a benefit. Make sure you get an eye exam every year. Diabetes and high blood pressure can cause changes in your eyesight.

The above information came from the 22-W Newsletter.



We Serve



*Dover Lions Club
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We Serve
