



DOVER'S PRIDE



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July 13, 2011

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1st Vice President: Aundria Hicks
2nd Vice President: Pat Webb
3rd Vice President: Dr. Lance Underwood

Two Year Directors: Jerry Lawrence
William Daisey

One Year Directors: Tony Lee
Harry Fillman

Tail Twister: Frank Jones

Lion Tamer & Chaplain: Rosemarie Milne

Immediate Past President: Rennie Quible

Editor: Gary Stumpf

Important Dates:

July

18 Regular Meeting, Dover Sheraton, 6:30 P.M.
19 District 22-D Turnover
27 Banner Transfer, Claymont, Waterfall, cost \$20 per person

August

01 Board Meeting, 6:30 P.M., TBD
14 First Cabinet Meeting
15 Regular Meeting, Dover Sheraton, 6:30 P.M.
30 Pres., Sec., Tres., & Memb.

Upcoming Dates:

USA/Canada Forum, 9/22-24

Happy Birthday

JULY:

09 Donald Kirk
26 Rhonda West

AUGUST:

13 Richard Watson
23 Nathaniel Parker

President's Message:

I Believe!

This is the theme of our new International President Wing-Kun Tam from Hong Kong. He said, "***I Believe*** is the attitude I hope that you and all Lions have toward our ability to change the world. Together, the 1.35 million Lions club members around the world make up the world's largest network of caring individuals. That makes us capable of great things. It is also a personal statement from me. I believe in *you*. I believe that every Lion makes a difference."

I also believe in the Dover Lions Club Members.

- I believe we can add at least 10 new members this year.
- I believe we can add at least one new community service project this year.
- I believe we can enjoy each other's company and have some social outings to increase fellowship and friendships.
- I believe we can get a Leo Club started in the Dover Middle or High School.
- I believe we can collect more used eyeglasses than ever.
- I believe we can be a 100% Club this year. Want to know how? Ask me.

I returned from the International Convention last week pumped up and ready to go. I wish more of you could have joined Lions Rennie, Rosemarie and me to see PDG Ted Reiver elected as an International Director, to see President Sid Scruggs raise the flag of LCI on top of the Space Needle, to see the Lions Parade, and the Parade of Flags at the opening session. It is really something that all Lions should put on their bucket list to do at least once. Of course if you do it once, you hopefully will do it again and again.

Another opportunity that is coming up in September is the USA/Canada Lions Leadership Forum. It is being held this year in Anchorage, Alaska. I have visited Anchorage twice and it is a great place to go. The scenery is spectacular and the salmon doesn't get much fresher. Oh, yeah, the seminars are great at the Forum too. If Anchorage is out of your budget, next year the Forum will be in Florida so that will be a lot closer. You can sign up online or I will get you a registration form.

I look forward to working with everyone this year and remind you that many hands make the tasks easier. We have some hard working Lions but even they can use some help. If you haven't been around for a while, come on back. We have missed you and can use your help.

Web Page Address: www.doverlionsclub.org

See you Monday at the Sheraton.

Latimer Lion:



After a boy attended a wedding for the first time. His cousin asked him how many women a man can marry.

"That's easy. Sixteen." was the reply,

"Sixteen? How come," The cousin asked.

"I heard the preacher say, 'four better, four worse, four richer, four poorer.' That adds up to 16!"

Diabetes Corner:

What kinds of eye problems are caused by diabetes?



Diabetes is a leading cause of blindness. Fortunately, many eye problems are treatable if they are identified early. One of the most serious eye problems caused by diabetes is retinopathy. In this disease, fragile blood vessels grow in the back of the eye and can bleed easily. Such bleeding can cloud the vision and lead to permanent scarring of the back of the eye (the retina).

People with diabetes can also develop cataracts (a permanent clouding of the lens), "floaters" that temporarily interfere with vision, and a swelling of the eye nerves that can cause permanent damage to your sight (macular edema). Abnormal function of the nerves that control the eye muscles can result in double vision.

All people who develop double vision should see an eye doctor as soon as possible to rule out other possible causes, such as a small stroke. Cataracts can be corrected surgically. Laser therapy helps stop retinopathy or macular edema if it is performed before there is too much damage. A yearly eye examination by a doctor who specializes in diabetic eye disease is the best way to detect eye problems in the early stages, and keeping your blood glucose near normal can help reduce your risk of eye disease.

Try the following cooler great drink for the hot summer days should fit in with most diets.

Just Peachy Bowls

These gorgeous "bowls" look so impressive, but they're really easy to prepare. They'll be simply divine when peaches are at their peak in spring or summer.

Serves: 4; Serving size: 1 bowl

Ingredients

2 large fully-ripened peaches
1 cup organic fat-free peach yogurt
2 Tbsp sliced almonds, pan-toasted
4 sprigs fresh mint

Preparation

1. Remove peach stems, slice peaches in half, and remove seeds.
2. Place each peach half onto a small plate, cut side up. Top each half with 1/4 cup yogurt.
3. Sprinkle with almonds and top with mint sprigs.

Nutrition Information

Exchanges

1 Carbohydrate

1/2 Fat

Total Calories: 90

Calories from Fat: 16

Total Fat: 6 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 30 mg

Total Carbohydrate: 16 g

Dietary Fiber: 2 g
Sugar: 13 g
Protein: 4 g

GENERAL CLUB NEWS:

Club News and Notes:

JUNE REGULAR MEETING

The Regular Monthly Meeting for June of the Dover Lions Club was a joint meeting with the Capitol City Lions Club and the Dover Lioness Club, who were the host club for the event. The meeting was called to order by Lioness President Linda Berry at 6:30 PM at the Camden Wyoming Fire Hall. There were 20 of 39 members of the Dover Lions Club present. There were two Lions visiting from The Brookside Lions Club. There were a total of 53 Lions, Lioness, and guests in attendance.

First Verse of America:	Lioness Bonnie Wiley
Pledge of Allegiance:	Lioness Bobbie Lutz
Invocation:	Lioness Beverly Knight
Lions Toast:	King Lion Maxine Powers
Lioness Toast	Lioness Teresa Riccardi
Lions Roar	King Lion Rennie Quible

Lioness President Linda introduced Lioness Beverly Knight who was the Mistress of Ceremonies for the evening.

Lioness Beverly introduced the dignitaries who included District Governor Karl Gude and District Governor Elect Ken Chew and his wife, Lion Marie.

Welcoming remarks were given by the President of each Club, Lioness Linda Berry, Lion Maxine Powers, and Lion Rennie Quible.

District Governor Karl gave us some remarks and presented Lion Melvin Nace from the Capitol City Lions Club with the District Bulletin Editor Award for 2010 – 2011.

District Governor Elect Ken also gave us a little preview of his goals for next year which include an increase in District membership of at least 30 members.

Dinner for the evening was salad, mixed vegetables, potatoes, roast beef, and turkey with gravy, rolls and a variety of cakes for dessert.

After dinner, DGE Ken Chew installed the officers for the three clubs for 2011 – 2012. The officers for the Dover Club are:

Next District Governor Karl inducted two new members into the Capitol City Lions Club. They are Jerry Keller and Kristine Gates who were sponsored by PDG Bill Kircher.

Each incoming Club President gave some concluding remarks. Dover Lioness President Linda Berry thanked everyone for joining them, Capitol City King Lion Wayne Powers enjoys how we all work together, and Dover King Lion Ralph presented Immediate Past President Rennie with her Past President's Pin and a Certificate of Appreciation. He also presented Treasurer Bruce Marvel, DG Karl, and DGE Ken with a Certificate of Appreciation.

DG Karl gave some closing remarks and thanked us all for what we do and for our hospitality and including him in our festivities.

DGE Ken also thanked us and is looking forward to working with us in the coming year.

The 50/50 drawing was held and Dover Lion Gary Stumpf won the pot of \$67.

The Lioness then drew for door prizes which were the table centerpieces, hanging baskets of flowers.

Meeting adjourned at 8:32 P.M. by Lioness President Linda Berry

Submitted by
Secretary Ralph Schieferstein

JULY BOARD MEETING

This meeting was **CANCELED** due to the Holiday and the International Convention. It was agreed upon by the board at the June Board meeting and if needed a special Board meeting would be held at the regular meeting in July.

The next regular meeting of the Dover Lions Club will be Monday, July 18th at the Dover Sheraton. Social starts at 6 P.M., Dinner 6:30 P.M.

The next Board of Directors meeting will be held at 6:30PM on Monday, August 1ST, at TBD.

Submitted by
Secretary Gary Stumpf

LYMAN LION:

Lyman Lion shares a handful of Lions International Convention notes:

1. Lions Rosemarie and Rennie were walking to the entrance of the arena where the opening ceremony was to be held when a woman came up to them and handed them a handful of eyeglasses. "I know Lions collect these. I want them to be used." she said.



2. The Lions parade was the longest parade Seattle had ever had.

3. Two men stopped Lions Rosemarie and Rennie as they were leaving a café after breakfast. They wanted to know what Lions did. It was wonderful to share, for a moment, Lionism's story of service.

4. The eradication of measles around the world is now a focus of Lionism.

5. Lions Rosemarie and Rennie had two awe inspiring views spread out before them at the Convention. First was the revolving view of Seattle from the Space Needle as they brunched high above the city. Second was the view of the future of Lionism. They shared a week with hundreds of dedicated individuals who volunteer to help others and have fun doing it

District Governor's Message:



Has it really been a year since I was getting ready to go to convention and become your District Governor? It sure has — WOW! DGE Ken, I wish you and First Lady Elect Marie the very best in the next year. One word of advice: enjoy! Our district is in great hands for many years to come. FVDG Richard, SVDG Mary Lee — you are starting on a wild ride, just go with the flow, it is a ride of a lifetime! CS Maxine and CT Glenn, you to are in for a great year with a great leader -- all the best.

Okay what a month it has been, with Inductions and Charter parties, with more to come. At the end of May eight Lions from 22-D went to march in the Memorial Day Parade in DC. This is the 3rd year the Lions have been part of the parade, and it's one of those special days to be a Lion. Yes, it was usually hot and there's some walking, but the fellowship you enjoy and the reaction of the crowd make it all worth while, and I would recommend it to all Lions. And, oh yeah, we stop as a group on the way home for dinner and a cold drink, please come join us next year! Then last weekend it was Special Olympics: Friday night Opening Ceremonies, to be there and be part of them, wow! Saturday we were asked to come help with healthy athletes, not Opening Eyes, but fill-in where need-ed and as always the Lions of 22-D came through. To me the Special Olympics are what Lions are all about. As Lions we give of ourselves to help others, and where are you going to meet a more giving person than a Special Olympian? They know only one thing and that is love. They will stop to help the person who falls, and finish together. That's what we as Lions do, we stop to help OUR association with the Special Olympics.

That has been the highlight of my year, thank you Barbara and Winnie for involving the Lions and sharing the gift of giving with us.

We still have some more things to do before our year is up -- as of yesterday we were down 9 members. We have come a long way in the last few months, let's finish strong! I know there are some drops coming, but please don't just let them go- call them. They had reason for becoming a Lion and maybe we can light that fire again but we first must try.

I just need to say that being your District Governor has been an honor and a privilege, that I will never forget. I had a Lion who is not with us anymore ask me a question: Did I have a fire for Lionism burning way down in my gut, and I said yes! TODAY AND EVERY DAY THAT FIRE GROWS BIGGER. The only thing I can say to every Lion is: THANK YOU FOR WHAT YOU DO EVERY DAY AS LIONS!!

YIL DG KARL

DID YOU KNOW

Dear Lion,

As I write you this message, I am filled with a great sense of pride for all that we have accomplished together over the last 12 months. It is also bittersweet for me that this is my final message to you as Chairperson of our great Foundation.



Just last week I visited our Lions in [Haiti](#) and our disaster relief projects. Although there have been challenges, they remain committed for as long as it takes. You can read more about all of our disaster relief efforts in this message.

We give hope with active, reliable and needed cooperation following disasters to people around the world. Every day presents a new challenge, yet every day Lions offer the start to a promising solution which is returned every day with a happy smile of gratitude from those in need.

To reach even more people, we established four main priorities for our Foundation this year. And I'm so happy to say we have achieved each of these.

To help with developing and implementing these goals, one of the priorities was the creation of a [Steering Committee](#). The committee is comprised of Lions leaders from around the world, and Constitutional Area is represented.

Our first goal was improving our communications flow. Just last month we launched our [new Web site](#) in English, and it will launch in languages at our International Convention.



I am convinced you will agree this is a huge advance toward meeting this goal. This new site gives you more tools and resources to promote the good work we Lions are doing. It also offers you many opportunities to contact us at anytime. Your thoughts are important and help us to move forward. Please visit www.lcif.org, if you haven't already.

[Lions Quest](#) is a program that is particularly near and dear to my heart. More than 12 million children have benefited from this life skills program. And that's why reaching even more children was another priority. We held trainings and created a How-to-Kit to help Lions' expansion efforts. Just last month Indonesia began this program. I'm happy to say it's now in six new countries, for a total of 66 countries. At this time,

there are more than 20 countries ready to start this program-the only world program focused on social and emotional education.

Another priority was activating our volunteer coordinator structure. To strengthen Lions' engagement with LCIF, new fundraising goals were set, with district and multiple district coordinators helping lead these efforts. We created several [new resources](#) for our coordinators. I enjoyed hosting several Webinars to provide updates to our coordinators and to encourage them to work closely and effectively with our DG Teams. Most exciting is the fact that our efforts are paying off. Donations for this year are up by US\$10.5 million, or 33 percent! Thank you for your continued support and dedication to helping LCIF continue to be the #1 NGO worldwide.

We have set a solid platform with international structures to build upon next year! I can assure you I will remain committed to our Foundation for years to come, and I hope I can count on you to do the same.

With my cordial regards,

Eberhard J. Wirfs
Chairperson, Lions Clubs International Foundation

Education Corner

Do you know what a “White Cane Banquet” is? Lions & Lionesses around the world conduct fundraising events, which they call “White Cane” fundraisers. Monies collected are used to support programs and services for people who are blind or visually impaired, as well as for eyesight conservation.



(Thanks to the Freedom District Lioness Club’s newsletter for this information!, and the 22-W Newsletter)



We Serve



*Dover Lions Club
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We Serve
