



DOVER'S PRIDE

VOLUME LXI NUMBER VIII

February 10, 2007



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President's Message:

Dear Fellow Dover Lions-

I don't know about anyone else, but this is one Lion who is more than ready to see spring and warm weather come roaring back on the scene. Maybe it's a function of age, but I seem to grow a little less fond of cold weather and snow each year. At any rate, I trust this monthly newsletter finds all Dover Lions well and ready to roar!!

If you missed the Hunt Family Fiddlers at the Schwartz Center on Jan 27th you missed a wonderful evening of family entertainment at a bargain price. This family is truly a class act, and the show they put on is one we rarely see in Dover. I had three people approach me before I was even able to leave the balcony area after the show and ask if the Dover Lions would be bringing the Hunt Family back in the future. Many thanks to Lion Lyle for acting as the emcee for the evening and to all club members who got out and sold tickets. I don't have a final figure on revenue to the club yet, but total ticket sales were down from last year and while we will certainly turn a profit; it will not be as much as it could and should be. Our club treasurer, PDG Norm, summed it up very well in his letter dated Jan 31st to all club members.

Since our Multiple District Convention will be here before we realize it, we need to start preparations now. We will discuss this at our Feb meeting on the 19th. Cabinet Secretary Lion Cheryl has requested a list of all attendees NLT Mar 31st. The club will need to have 4 delegates and 4 alternates who can commit to being present for any and all critical voting. If you can commit to this, we need your name before the next board meeting on Mar 5th. For those of us that were unable to travel to the convention when it was held in Virginia Beach, will benefit this year with the convention being held right here in Dover!!

Our February regular club meeting will be held on the 19th. If you have an item or items that you could donate to the club to auction, please get in touch with our auctioneer, Lion Lyle. At the board meeting, we discussed auctioning items at the Feb., Mar., and Apr. club meetings and using the funds generated to help defray some of the cost for club members who truly would want to attend the convention in May but may face some financial constraints.

There will be a blindness and low vision educational workshop on Tuesday, Feb 20th at the Frederica Fire Hall beginning at 7p.m. This workshop is a joint effort on the part of Lions, the Wilmer Eye Institute, and the National Federation of the Blind. I plan to attend- work schedule permitting- and I'm looking for 2 to 3 Lions who could attend with me and represent the club.

One final note, the 9th Annual Delaware Lions Foundation Breakfast will be held on Saturday, Mar 3rd at the Sheraton Hotel beginning at 9:30a.m. The cost is \$14 per person and the RSVP deadline is Feb 24th. If you plan to attend, we will have a sign up sheet at the Feb meeting for you to pay our club treasurer directly, and he will write one check on behalf of the club.

Happy Valentine's Day to all. Don't forget to make that stop at your favorite flower shop and candy store on the 14th!

LIONS.....WE SERVE!

Yours in Lionism,
Rich
King Lion

Important Dates:

February

09 – 11 Leadership Institute, Emmitsburg, Md.
12 Lincoln's Birthday
14 Happy Valentine's Day Races,, Dover Downs, 6 P.M.
17 Dover Lioness, Night at the
19 Regular Meeting, 6:30 P.M. Dover, Sheraton
22 Washington's Birthday

March

03 DLF Breakfast
03 Delaware State Lions Day
05 Board Meeting, 6:30 P.M., Lion Rennie's House
10 Mid-Winter Social 22-D
19 Regular Meeting, 6:30 P.M., Dover Sheraton
22 Zone Meeting, Dover Downs, Festival Buffet, 6:30 P.M., \$16.00
24 District 22-B Social
Leader Dog

Upcoming Dates:

21st District 22-C Social, Multiple District 22 Convention, International Convention

HAPPY BIRTHDAY:

February

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

March

15 Suzanne Sebastian
17 Harry Fillman
24 Rodrick Harris
26 Carlton Hutchins

Words Words Words – Good Ones to Remember

The six most important words: "I admit I made a mistake."
The five most important words: "You did a good job!"
The four most important words: "What is your opinion?"
The three most important words: "If you please."
The two most important words: "Thank you."
The one most important word: "We."
The least important word is: "I."

An Appeal to Dover Lions:

Lions help your Dover's Pride editor. This is YOUR NEWSLETTER. Help us by sharing information about YOU AND YOUR FAMILY. Let's get to know each other and share our "doing's" Send information to me or to Lion Rennie. We want to hear from you and make this newsletter more meaningful to Dover Lions.

Diabetes Corner:



Does eating glucose cause diabetes?

No. Although diabetes has been called "glucose diabetes" for many years, eating glucose does not cause it. Type 1 diabetes happens when your body's immune system destroys the insulin-producing beta-cells in the pancreas. Factors that may cause the immune system to do this are autoantibodies, cow's milk, genes, and oxygen-free radicals. Type 1 diabetes is probably triggered by one of these environmental factors in people who have the genes for developing the disease.

Type 2 diabetes is different from type 1. The bodies of most people with type 2 make insulin but can't use it well. Genetics play a strong role in type 2 diabetes, as does age, obesity, and lifestyle. Obese individuals who eat a high-calorie diet and don't participate in physical activity are more likely to develop type 2 diabetes. In this case, too much glucose may provide excess

calories, in the same way excess fat does. The resulting weight gain and obesity, which interfere with the action of insulin, can lead to the development of type 2 diabetes.

February – Did You Know?

The old Roman calendar shows the month as february which means to purify. The month had 29 days then. A day was taken from the month and given to the month of August, so the month, named for Augustus Ceasar, would have 31 days as July has. July had been named for Julius Ceasar. Every leap year February reclaims its 29th day.

Lion Lore: Which of these individuals spoke before an International Lions convention?

- Emperor Hirohito
- Helen Keller
- Sergeant Alvin York

Club News and Notes:

JANUARY REGULAR MEETING

Meeting Called to Order by King Lion Rich at 6:37 P.M.

Song Lion Rennie

Pledge Lion Pat

Invocation Lion Rich

Toast Lion Rhonda

Lion Lyle raffled off a gift with the proceeds going to the Administration Account. The raffle netted \$16 for the club.

The Dover Lions have the April page in the KSI Calendar.

A motion was made to approve the Secretary and Treasure reports as submitted. Motion Passed.

Melvin Jones Breakfast will be on January 20, 2007 at the Dover Sheraton. Cost is \$14.00 and the time is 9:30 A.M.

The USA/Canada Forum dates are 9/6 to 9/8.

King Lion Rich reported on the Zone Meeting, and read highlights from the Dover Lions quarterly report that was submitted at the Zone Meeting. The club was informed of the Zone Project that was completed. This project was a ramp for a handicap person; all six clubs in the Zone are splitting the cost. Cost to the club is \$105. Next Zone Meeting will be held on March 22, 2007 at Dover Downs, cost is \$16.00 time 6:30 P.M.

Lion Rennie informed the club that the club had a picture of one of its members in the Dover Post. This picture was taken at the Christmas Party for the Blind.

The Dover Club helped both Toys for Tots and the Salvation Army with toys this past Christmas.

Hunt Family Fiddlers will be on January 27, 2007. Continue to sell the tickets and return all unsold ticket to Lion Ralph before the event.

The next board meeting will be on February 5, 2007 at 6:30 p.m. at Lions Rennie's house.

50/50 was won by Lion Dick Holland for the amount of \$18.

Motion to adjourn was made and seconded and passed at 8:10 P.M.

ROSTER UPDATE:

OKBANI, ANIS DAVID EL
1635 Nathaniel Mitchell Road
Dover, Delaware 19904
Home: 264-9373
Cell: 222-6901
Work: 672-5952

Please update your copy of the roster with this information.

Answer to Lion Lore:

- * Emperor Hirohito of Japan spoke to the Lions at the 1969 International Convention in Tokyo in 1969.
- * Helen Keller spoke to the Lions at the 1925 Lions International Convention.
- * Sergeant Alvin York spoke to the Lions in convention in 1927 the U. S. Congressional Medal of Honor.

FEBRUARY BOARD MEETING

King Lion Rich called the February Board meeting of the Dover Lions to order at 6:39 P.M.

A motion was made to approve the Secretary and Treasure reports as submitted. Motion Passed.

Motion was made seconded and after discussion passed to use the \$200.00 budgeted for Camp Sunnybrook to be used towards a campership.

On Saturday, March 3, 2007 the Delaware Lions Foundation breakfast will be held. Cost is \$14.00, location is the Dover Sheraton and time is 9:30 A.M.

The District Bowling Tournament will be held on Sunday, March 4, 2007 cost is \$10.00 per bowler.

To all Dover Lions, please bring a gift that can be auctioned off during the February, March or April meeting. The money raised during these auctions will be used for the convention to help purchase tickets for our members. The item needs to be in a bag.

KSI will be invited to talk to us at our April meeting and at this time we will present them with our donation of \$500.00.

We were asked to build a Handicap ramp. After much discussion a motion was made, seconded and passed not to undertake this project at this time. A motion was made seconded and passed after much discussion to forward this request to the Zone as another Zone project for the year. The Dover Lions will contribute and equal share to this effort.

Motion was made seconded and passed after a lively discussion to have the Fund Raising Committee look in having a talent show. Lion Rennie will chair this effort and will be asking fellow Lions to HELP her in this effort.

Our Flea Market will be held on May 12, 2007.

If you interested in being trained in the use of the camera for pre-school vision testing, please contact Lion Rennie.

A motion was made seconded and passed after discussion to continue to sponsor a Little League team. The cost is \$450.00 for the team and \$125.00 for a sign.

Motion to adjourn was made and seconded and passed at 8:35 P.M.

LYMAN LION SAYS:

A man or woman is not a failure until he or she stops trying. Some failures are good. They test us.

A Health Note HOW TO SURVIVE A HEART ATTACK WHEN ALONE

(A Health note from Health Cares, Roschester General Hospital via Chapter 240s newsletter publication, And The Beat Goes On [Reprinted from Mended Harts, Inc. Publication, Heart Response].)

Since many people are alone when they suffer a heart attack, this seems in order because without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

Victims can help themselves by coughing repeatedly and very vigorously. Take a deep breath before each cough. Make the cough deep and prolonged. A breath and cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths force oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims may have time to get to a hospital.

Share this information. It could save lives.

District Governors Message:

Dear Fellow Lions, Lioness, and Leos:

Is your Club shifting the Paradigm yet? Well, for those of you out there who do not know, your District Governor has shifted the Paradigm in his personal life. After nearly 24 years working in the Christiana area, I have taken a position with the accounting firm of Dingle and Kane, Certified Public Accountants, located in downtown Newark. This new

position has already proved fruitful and like many changes in your Club, sometimes you just need to bite the bullet, make the change, and don't look back.

Region Chair Brad Spicer has helped King Lion Richard Merriweather and the Rehoboth Beach Lions shift their Paradigm by holding a Club Retreat. A three hour session was set up by Region Chair Brad with excellent topics to try to get to the bottom of what the Rehoboth Beach Lions are all about and where the membership wants to take their Club. The meeting was held at a Club member's homeowners' association clubhouse with light refreshments served during the Retreat. A tremendous success was the conclusion of many of the Rehoboth Beach members. Kudos go out to Region Chair Brad, King Lion Richard, and most importantly the Rehoboth Beach Lions. Has your Club considered such a Retreat? I am sure Region Chair Brad or either Region Chairs Cheri or Don would be happy to assist your Club.

Another way to shift the Paradigm, and this won't cost anything either, is to contact Lion Jim Hartman who is our District Diabetes Chairman. Lion Jim is making the rounds of Clubs that are interested in learning more about this debilitating disease that affects so many of us. Lion Jim can give you first hand, real life experiences in a very worthwhile Club program. Club Program Chairs remember; that all District Chairs are at your beck and call and would love to come out to each and every Club in the District and speak to your membership on many very interesting topics.

Many of you were treated to a special presentation at the Melvin Jones Brunch. A terrific number of Lions, Lioness and Leo Sierra, some 135 strong, heard Immediate Past District Governor Ralph host the Program with International Joe Gaffigan as the keynote speaker. Much of ID Joe's talk centered around Campaign Sightfirst II, but he also presented a Melvin Jones Fellowship to King Lion Alan Thorpe from the Smyrna Lions Club. ID Joe also mentioned that all of us here in 22-D have contributed nearly \$900,000.00 to the Lions Clubs International Foundation over the years. Way to go Lions, Lioness, and Leos of 22-D!!! ID Joe stressed the fact that LCIF would like each Club to start a new fundraising activity in support of Campaign Sightfirst II rather than taking away from your existing fundraisers. An excellent example of this was the Laurel Lions Club's recently held Train Show that attracted over 350 train enthusiasts and 35 dealers purchasing 55 tables. The Humanaires provided entertainment during the show. This very successful show was specifically set up as a fundraiser for Campaign Sightfirst II. Your Club's effort in support of Campaign Sightfirst II need not be as elaborate but remember that for every \$6.00 your Club contributes to CSF II you will save the eyesight of one of your fellow human beings somewhere around the world.

Watch your mail as the MD 22 Convention ticket order form will be out shortly so get your tickets ordered and get Pre-Registered on the same form. If you can't make the entire Convention, just stop in at the Dover Downs Hotel and Convention Center. Make sure that you, your spouse, your guest, your children or whomever comes with you stop in and register. I would love to see 300 – 400 Lions, Lioness, Leos and Guests from 22-D register at the Convention. Remember the more representation that our District has at the Convention the more likely we will bring the Convention back to 22-D.

In closing, I would like to personally thank the Brookside Lions Club for my "automatic dancing shoes" to replace my two left feet and my "official" Keith's Brief's that I just may have to break-out at the Polar Bear Plunge. But you have to come to Rehoboth Beach on Sunday Morning February 4th to really see if I wear them.

Keep On Shifting!!

Keith



We Serve