

Dover Lions Club, P.O. Box 532, Dover, Delaware 19903



DOVER'S PRIDE

VOLUME LXI NUMBER II

August 10, 2007

King Lion

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President's Message:

Dear Fellow Dover Lions-

I have been looking for a chandelier for my dining area for over a year now. Wednesday I went to Crumpton again for my day at the sale. It was 105 in the sun. Guess what I found one that I liked and had to wait for the auctioneer to get to the item that I wanted to bid on... There was a tree with a few benches and chairs, and a vendor selling water. People were using the vendors tub to dunk their kerchiefs or whatever to dip in the ice cold water and try to cool off. I got my chandelier, for a great price and now the restoration!!!

Our club is off to a great start, with a lot of great plans. Our committees are coming in place. Car raffle tickets are making a dent. If you have the time please call and let the committee know that you can help. Just a few hours will make a big difference. The sale of the raffle tickets helps us help others. I have never seen so many Lions that are so talented, filled with enthusiasm and with the knowledge to get things done. The proposed budget looks wonderful for the coming year; Norm has worked hard on it and has set us goals that we could exceed. Yes? Lions International and the Lions Foundation are busy sending the many e-mails that are filled with good information as to what is going on in the other clubs and what may be of importance to all. We are out to make 100% in our visitation this year and I hope that all will do their part. The diabetes group has added a member and I believe they will do some great things. Our new members are busy already, thanks. If there are any older members (not necessarily in age) that we have not seen for sometime, we certainly would welcome seeing you from time to time and your expertise. . There is something that each person does that is different from another and new approaches are what can get things done, maybe in a better way. Please don't be shy, we want to know how YOU are doing. Some persons are thinkers and some are doers and we need both.

Well, just like my chandelier if we are persistent we get what we want, even if it does mean hard work.. Thank you ,to all of our wonderful Lions.

Respectfully,

King Lion Pat

Important Dates:

AUGUST

05 Cabinet Meeting, Frederica Fire Hall
06 Board Meeting, 6:30 P.M.,
Lion Rennie's
20 Regular Meeting, 6:30 P.M.,
Dover Sheraton
28 Pres., Sect., Treas., & Membership

SEPTEMBER

03 LABOR DAY,
Board meeting move to the 4th
04 Board Meeting, 6:30 P.M.,
Lion Rennie's
06 – 08 USA/Canada Forum
14 – 16 Camp Merrick Leadership
17 Regular Meeting, 6:30 P.M.,
Dover Sheraton

OCTOBER

01 Board Meeting, 6:30 P.M., Lion Rennie's
07 District 22-W Social
12- 13 LVRF Vision Days
14 DLF Walk
15 Regular Meeting, 6:30 P.M.,
Dover Sheraton
24 Lions Eye Bank North Claymont
25 Lions Eye Bank South Laurel
29 Second Cabinet Meeting

Upcoming Dates:

Chicken Fry 11/3 & 11/4,
District Governors official visit 11/19,
Governors Ball 22-D, 12/1,
Melvin Jones Breakfast, 1/12

HAPPY BIRTHDAY:

<u>August:</u>	<u>September</u>
13 Richard Watson	21 Bruce W. Marvel
23 Nathaniel Parker	24 Edward "TONY" Lee
30 Norman Quible	29 Howard Schweitzer

EXTRA:

Lyman and Latimer Lion have been put on the staff of Dover's Pride. As the readers have noticed, Lyman Lion has his picture in each issue of Dover's Pride. Soon Latimer will be pictured as well. The readers will note that Lyman will report on Lion history and tid-bits of Lionism while Latimer will share nuggets of sense and nonsense.

IMPORTANT NOTICES:

1. Dues are now payable for the July-December period. Please get your checks in to PDG Norm soon since International dues have been paid and District 22D dues will be payable soon.
2. 2007-08 District 22-D rosters have been received. If you have not already received yours, come to the next meeting and get it from PDG Norm.
3. Attention all Board Members a copy of the Proposed Constitution and By-Laws will be at the next regular meeting you to pick up.

Latimer Lion:

Latimer Lion has two questions and a thought for the month. Find the answers to Latimer's questions elsewhere in this issue.

1. Who nicknamed Delaware, the Diamond State?
2. Who makes a living trying to make ends meet?

A thought for the month is from Fanny Flagg who once said: "If people talk behind your back, it only means they are two steps behind you!"

Diabetes Corner:



Is there an upper limit to how much insulin I can take for my diabetes?

There is no upper limit to the insulin dose you can take. Most people with diabetes need between 1/2 and 1 unit of insulin per kilogram of body weight per day to control their diabetes. That means 35-70 units per day for an average 150-pound person. Needing any

more than this is usually a sign of insulin resistance. Some very insulin-resistant people can require hundreds of units of insulin per day to control their blood glucoses. A few medical scientists have argued that patients with type 2 diabetes and insulin resistance should be treated with insulin-sensitizing agents rather than insulin. They think that high levels of insulin increase the risk for cardiovascular disease, though there is no strong evidence to support this. A principal side effect of using high doses of insulin is a 5% to 15% weight gain. The most important thing to keep in mind is that high blood glucose is more dangerous than an increase in medication, so talk to your doctor and do whatever it takes to get your blood glucose down.

Club News and Notes:

JULY REGULAR MEETING

The July Regular meeting of the Dover Lions was replaced with the Banner Transfer Meeting.

A good time was had by all in attendance.

The next board meeting will be on September 03, 2007 at 6:30 p.m. at Lions Rennie's house.

Focusing on a Dover Lion:

PDG Norm Quible was born in the little town of Long Pine, Nebraska. His family — mother, father, brother and sister — moved to the Washington, D.C. area in 1935. He attended public schools in Montgomery County, MD. He and his future wife, Rennie, were graduated from Bethesda Chevy Chase High School in 1942.

Lion Norm attended Benjamin Franklin University in Washington, D.C., earning a Master's degree in accounting in 1947. He held several accounting jobs as he worked toward becoming a C.P.A. After passing the C.P.A. examination in 1957, he opened his own private practice in 1961. He closed his doors and retired in 2002 after a very satisfying 40 plus years.

Lions Norm and Ren are the proud parents of Kathleen Straser and Paul Quible. Their family also includes Linda, a wonderful daughter-in-law, seven grandchildren (including various spouses), five great-grandchildren and, coming in November, one great-great-child.

PDG Norm was invited to become a member of the Suburban Lions Club of Glenn Dale, MD. (District 22-C) in 1964. He held most of the club offices, including president in 1973-74. Continuing his interest in Lionism he gladly accepted the appointment of Cabinet Treasurer in 1970-71 and Cabinet Secretary in 1975-76. He was elected District Governor in 1978. Lion Norm served as treasurer and president of the Lions Eye Bank of District 22-C (now the Lions Community Outreach Foundation

Lion Norm says his hobbies include reading, crossword puzzles, stamp-collecting,, coin collecting and traveling - either by land or by sea— with Rennie.

PDG Norm's philosophy —“help everyone you can as you go up the ladder because you will certainly meet them as you go down!”

ED Note: Lions, please let us share focus on You! Contact Lion Ren or me and arrange for your write-up!

VISITATIONS:

This year the Dover Lions Club would like to be a 100% club. What we need to do is reproduced from the District Roster Book.

The purpose of this contest is to encourage the exchange of ideas and fellowship with other Lions in other clubs. This is best accomplished through visitations.

Rules that apply to all visits:

The visiting delegation must consist of 3 Lions, because we have 41 members plus, as specified in the current roster book.

Each club visitation in District 22-D can be counted only once in the visitation contest.

Visitation team shall give advance notice of (5) five days to the host club and must remain in attendance for the meal and major portion of the program.

A visitation certificate must be issued, dated and signed by the President or Secretary of the club and given to the visitation team leader.

The visitation certificate is given to the Secretary of the home club to be recorded and forwarded to the Cabinet Secretary.

No member of the District Cabinet can be considered to be part of the visitation team when the Cabinet is making its official visitation. The same goes for all candidates.

Visitation contest runs from April 1, 2007 to March 31, 2008. This includes out of state visitations.

Visits by individual members to clubs in districts in non-MD-22 states or foreign countries will receive visitation credit. Do not miss an opportunity while on vacation to visit a Lions Club.

An award will be made to each club that visits all (100%) of the Lions Clubs in District 22-D within the contest limits. **(For 100% CLUB AWARD ONLY all in region and TOTAL of 23 for 100%)**

The one Lions Club that makes the most out-of-state visitations in addition to 100% visitations to the Lions Clubs of District 22-D will receive an award.

The visitation chairman for the Dover Lions Club is PDG and club secretary Ralph Schieferstein.

In the next newsletter we will review the rest of the requirements for a 100% club.

AUGUST BOARD MEETING

King Lion Pat called the meeting to order at 6:30PM at the home of Treasurer PDG Norm and Lion Rennie Quible.

Treasurer Norm gave the following report:

Treasurer Norm reviewed the budget that had been distributed earlier and answered questions. The budget was approved as submitted.

There was no secretary's report as the July meeting was cancelled so that more would attend the District Banner Transfer. There were 20 club members in attendance at the transfer. A meeting was held before the Banner Transfer and the membership transfer of Lion Frank Jones was reviewed. The Board voted to accept Lion Frank's request to transfer into the Dover Club.

King Lion Pat reviewed the mail she had received. This included a letter from Cabinet Secretary Brad Spicer that included the schedule of visitations by District Governor Bob Jones. He is scheduled to visit the Dover Club on November 19, 2007. All members will be contacted in an effort to have an outstanding representation at that meeting.

Other action items:

- Cancellation of our agreement with FordCo to use the Dover Lions Club on its gumball machines as they have not sent us any payment in over a year.
- Approved investigating if a Photo screening event could be conducted at the Diabetes Expo.
- Approved investigating purchasing pencils to be used as handouts at Vision Days
- Agreed to participate in the 100% Club Contest this year.
- Agreed to participate in the Club Activities Contest this year.

Date of next Board Meeting was moved to Tuesday September 4th due to the Labor Day Holiday

The meeting was adjourned at 8:15 PM by King Lion Pat.

RCS – Secretary

Food and Vitamins to Improve Eyesight Submitted by King Lion Pat

The eye is the most important organ for seeing the world that surrounds us. It is used in everything we do from reading a book and watching television to admiring the beauty of a flower or a loved one.

Eyesight is a very precious sense, so it's understandable that many people fear sudden loss or gradual loss of vision. Can you imagine losing your eyesight? The thought alone is a horrible one. As we approach old age it's a thought that leaves an impression on our minds more and more.

The fact is, nobody is guaranteed perfect vision forever, but saying that there are things you can do to protect your eyesight and keep your eyes healthy. One of them is to do eye exercises, but in this article we'll be looking at foods and vitamins to improve eyesight.

To ensure your eyesight is in optimum condition you need to consume these foods and vitamins.

Vitamin A - Vitamin A also known as retinol, occurs naturally in animals. This Vitamin keeps the skin healthy and helps produce mucous secretions to build resistance to infection. If you don't consume enough vitamin A you can end up with a condition known as Nyctalopia (Night Blindness). Night blindness is the inability to of the eye to adapt to dim light, sufferers can see in the day, but have trouble seeing in the dark or faint light.

People who don't consume enough Vitamin A may also go on to develop a condition called Xerophthalmia (Greek for dry eyes). This condition makes the surface of the eye become dry and likely to develop infection.

Vitamin A - Vitamin A can be found in plants with carotenes, the body converts these into Vitamin A. Carotenes can be found in carrots, cabbage and lettuce. Vitamin A can also be found in green and yellow vegetables, butter, eggs, fish liver oils, liver, milk and sweet potatoes.

Another good Vitamin to improve eyesight is a Vitamin called B2

Vitamin B2 - Vitamin B2. Vitamin B2 is also known as Riboflavin. It is needed for growth and for healthy skin and eyes. Vitamin B2 can be found in the following foods. Green vegetables, poultry, fish, liver, cheese and milk.

The last of the Vitamins to improve eyesight will be looking is called Niacin

Niacin - Niacin is also known as nicotinic acid. This Vitamin is essential for for growth and for health tissues. Without Niacin, Riboflavin cannot function properly so in that respect it is quite essential. Niacin can be found in liver, yeast, lean meat, whole-grain and enriched breads and cereals.

As you can see, consuming foods and vitamins to improve your eyesight is not difficult. The vitamins are found in common foods and sometimes you can get all of these vitamins from one single food i.e. liver appears in all the lists for the 3 different vitamins.

Let just quickly recap the 3 Vitamins.

Vitamin A is also known as Retinol, it stops you from getting Night Blindness and Xerophthalmia.

Vitamin B2 is also known as Riboflavin and it is essential for health eyes.

Niacin is also known as nicotinic acid, and without it Vitamin B2 cannot function properly.

Thanks for reading Food and Vitamins to Improve Eyesight.



LYMAN LION

Lyman Lion reports on an article found in SightLine, a publication of the Wilmer Eye Institute of John Hopkins on pages 14 and 15. The article is entitled: Multiple District 22 Lions Clubs Reach \$4 Million Endowment Goal. The article relates that Lions Clubs fulfilled a promise they made more than 20 years ago. They funded the Lions Vision Research and Rehabilitation Center at the Wilmer Eye Institute. Past District

Governors Ted Reiver and John Schwed were pictured with Dr Massof and others.

Past International President Clem Kusiak stated: "Our relationship with Johns Hopkins and with Wilmer has served as a model for many other low vision centers around the world."

Note the seal on the last page of the newsletter. What is it? Answer at the August regular meeting. Prizes will be awarded.

Answer to Latimer Lion's Question:

1. Thomas Jefferson nicknamed Delaware the Diamond State because of its strategic location. He called it the jewel state.
2. An accordion player makes a living trying to make ends meet!

VOLUNTEER HOURS:

When Lions volunteer at any community function or Lions service function their hours should be reported to the club so they can sent to the District by the secretary. Examples of volunteer hours: chicken fry, selling tickets, building ramps, recycling along with many, many more. Lions report them. Here are some of the ways that you can report the hours:

1. By telephoning the hours to the Secretary.
2. By sending them via email to the Secretary
3. By filling in a form at the regular meeting.
4. By mailing them to the Secretary.

Lions choose one of the methods. Then, **JUST DO IT!**

District Governor's Message:

Fellow Lions of District 22D:

We are all back from the International Convention in Chicago, what a beautiful city, or at least the part we were in. All that went had a great time, a lot of sights to see, great restaurants, and the weather was perfect too. Going to convention as a District Governor Elect is quite an experience, for the first six days we were among seven hundred fifty plus District Governor Elects' from all around the world in the same hotel trying to get to the same place at the same time. You should be getting some sort of mental picture by now. The orientation and seminars were very well done and with some relative order, a lot of good information to absorb but the best part is the interaction with DGE's from other multiples and districts. It's truly amazing how Lions Districts and Multiple Districts all do the same thing differently.

Now its time to get down to the business at hand! By the time you read this the Banner Transfer will be history, so not knowing quite what to expect I hope we had a good time. I'm sure I did. The first cabinet meeting will be held August 5, 2007, to get the year under way with new District Officers, some returning committee chairs and some new ones. The Presidents / Secretaries / Treasurers / Membership Chairs Dinner is next. I do encourage all club officers to attend the dinner August 28, 2007. This will be your first to opportunity to meet and greet the district officers, region chairs and zone chairs you will be working with all year long. The District Governors Club Visitation schedule is complete and should be in your hands soon. I do strongly encourage club presidents to do their best to work with this schedule. With more and more clubs changing from two meetings to one per month it increases the difficulty to get all visitations complete in a timely manner.

It is truly an honor to have been elected to the office of District Governor you the Lions of District 22 D. I will do my very best to serve you and our district in a way that will make all of us proud to be Lions in our District.

In Lionism,

DG Bob

An e-mail came from International Director Joe Gaffigan:

Fellow Lions, Lionesses, Leos

As you know, I have been so proud of MD22 as it is among the USA leaders in CSFII. Today, I received the final world wide membership numbers from last year. There are only three Multiple Districts in all of the USA that finished the year with an increase in membership. Alaska/Yukon Territory: +4; Idaho and Oregon: +19. And MD22: +11.

Words do not do justice to how proud I am of MD22. What is even more wonderous is that I know, we all know, that we can and will do better still. Be proud of yourselves, and let's re-dedicate ourselves to fly higher still.

ID Joe

AD SOLICITING & RENEWALS:

The ad page changes with the October issue. Ads cost \$25. We need more. They help to defray the cost of the Dover's Pride. Contact Lion Rennie or Lion Gary for further information.

Volunteers Needed:

Volunteers Needed for the Lions Eye Bank of Delaware Valley Annual Golf Classic at Deerfield CC, 507 Thompson Station Rd, [Newark](#), DE 19711-7504 P: (302) 368-6640

This promises to be a large event with many special awards including a new Lexus.

We could use people who wish to help out- You make your work schedule- from 10 AM till about 6:30 work as many or as few hours as you wish.

*We have jobs for people inside, sitting down, jobs on the links and jobs at the dinner. We appreciate anything you can do to help out. If you have a couple hours or all day, **contact Jim Quirk at or 1-800-743-6667.***

Details Below:

August 20th: Monday-2 Events.

13th Annual Gift of Sight Golf Classic, Beautiful, Formerly Private Deerfield Golf and Tennis Club, Newark, Delaware.

We will once again feature the chance to win a Brand New Lexus Automobile! Sponsored by [Wilmington Lexus](#).

That Evening for both Golfers and Non Golfers the Annual

Lions Eye Bank of Delaware Valley Buffet Dinner and Gift of Sight Auction-Dinner \$30.00- 6:00 PM Reservations Requested.

A few of the items to be Auctioned:

*One week vacation in Costa Rica **

*One week vacation on the Ocean Front in Myrtle Beach**

Tickets to an event at the [Kimmel Center](#)

Overnight Stay at the [Borgata Hotel Casino & Spa](#)

Buffet tickets (4) to [Harrington Raceway's Midway Slots International Buffet](#)

Hot Air Balloon Ride

Chef's Tasting for (4) at [Jack's Firehouse Restaurant](#)

Champagne Brunch for 2 at [The Mendenhall Inn](#)

An American Flag flown over the Battleship New Jersey

plus many other items to be added.

Drawing for a Trunk Load of Cheer- Value about \$1,000- Tickets \$5.00 each.

** Transportation not included.*

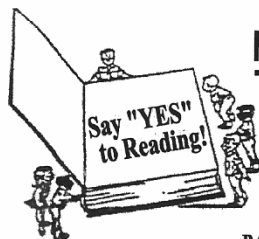
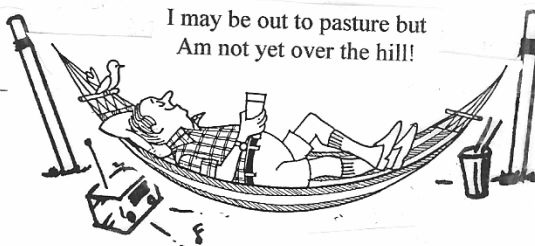


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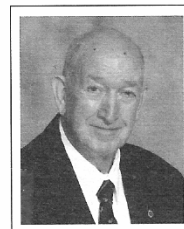


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