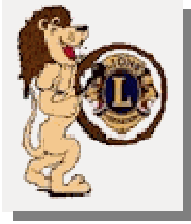


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DOVER'S PRIDE

VOLUME LXI NUMBER V

November 16, 2007



King Lion

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Membership Chairman

Lyle Dabson

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Editor

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President's Message:

Dear Fellow Dover Lions-

Last night three of us did a visitation to the Millsboro Lions Club. Yes, it was a rather long ride but was worth it. We were graciously accepted, had a good time, and a great dinner, more like home cooking, including homemade pumpkin pie. For three months, on weekends, these Lions cook oyster fritters and some other sandwiches, like crab cake, hamburgers, hot dogs. Each year they seem to be doing better as more and more people find out about them. Granted they do have a stationary facility for those three months, until it is packed away. Which is easier than moving a large mobile home. Millsboro club does not seem to have any more people in their club than our and their work would be more labor intensive. Are we lucky?

I know that we can moan and groan about cleaning and moving and putting away, and persons to cover each shift, but most of the grunt work is done within one week and we are finished for another year... We forget how much fun we had with the camaraderie of our fellow Lions, or that we had some limp, white French Fries, or that a lot of orders came in all at one time and had to see how fast we could play catch up. Or how tired we were. (I was tired when it was done but at the same time it was a good tired.) There were some persons there that we may not see much of the year, but they were there when we needed them what are blessing! Wouldn't it be nice if we could only remember the good things? We can try!

I would like to thank one and all from my heart to yours for your help; it makes each one of us using the term "We Serve" more important.

The more I meet other Lions and talk to them I find out how important the Lions are to each other. I found that many are more dedicated than they put on but you can tell that they are in their hearts. an unspoken factor. I see many in our club that never say anything but they are daily reaching out to others. I have a very close friend who told me once that he tries to do something good for at least one person every day, if possible. My hat's off to you unspoken heroes....

Respectfully,

King Lion Pat

Important Dates:

November

19 Regular Meeting, Dover Sheraton, 6:30 P.M., District Governors Official Visit
28 Zone Meeting, Wayside Inn, Smyrna

December

01 Governors Ball 22-D
03 Board Meeting, Lion Norm & Rennie's, 6:30 P.M.
04 Vision Impaired Party Region 3
06 Vision Impaired Party Region 2
08 Vision Impaired Party Region 1
19 Christmas Party, Dover Lions, Dover Sheraton, 6:30 P.M.

Upcoming Dates:

Melvin Jones Breakfast, 1/12, Zone Meeting, 3/12

HAPPY BIRTHDAY:

November

06 Dave Milne
12 James Hartman
12 Johnny Johnson
16 Jennifer Marango
17 Richard Holland

December

12 Cathy M. Castiglione
14 Rennie Quible



Latimer Lion:

Latimer Lion has observed that one of our new members wears her Lion pin to work! Lion Jennifer has her Lion pin pinned to her badge when she is at work. Way to go, Lion Jennifer!

Latimer Lion also says that it does no good to sit up and take notice if all one does is just keep on sitting!

Latimer Lion is talking a bunch this month. He learned that a cannibal with a stomach ache went to the witch doctor.

- W.D. "What have you eaten?"
C. "Nothing special. Just a missionary."
W.D. "What did he look like?"
C. "He wore sandals and a robe with a sash."
W.D. "How did you cook him?"
C. "We boiled him same as always."
W.D. "There's your problem. That one was a friar!"

Diabetes Corner:



Where should I inject my regular insulin to get the most consistent absorption?

We recommend you use your abdomen. Insulin injected into the abdomen is absorbed quickly and predictably so you know how it will affect your blood glucose time after time. In general, there are three places to inject insulin: the abdomen, the arms, and the legs. Several factors affect the way your body absorbs insulin. If you exercise the muscles of your arms or legs vigorously after an injection, more insulin will be absorbed more quickly. It will be difficult for you to predict how this insulin will affect your blood glucose. Warm temperatures also increase the speed at which insulin is absorbed. Because your abdomen is usually covered by clothing and stays warm, insulin is absorbed more rapidly from this area.

Recipe:

Turkey Meatballs

If you haven't tried using ground turkey instead of beef, this recipe could be a tasty introduction. These meatballs would be a welcome at a potluck supper. Ideal for a small electric casserole. Serve as a baked potato topping or over rice or noodles. Energy-saving tip: Make a double batch and bake them in the oven along with potatoes or rice.

Number of Servings: 4

Serving Size: 3 ounces

Ingredients	Measure	Weight	Nutrition Information Amount per serving	
raw ground turkey	---	1 lb	Calories	232
small onion, minced	1 ea	---	Calories From Fat	108
soft bread crumbs (For more fiber, use rolled oats)	1/4 cup	---	Total Fat	12 g
water	1 1/2 Tbsp	---	Saturated Fat	3 g
egg substitute	1/4 cup	---	Cholesterol	72 mg
brown gravy mix	1 pkg	---	Sodium	378 mg
			Total Carbohydrate	9 g
			Dietary Fiber	1 g
			Sugars	
			Protein	22 g

Club News and Notes:

OCTOBER REGULAR MEETING

KL Pat Webb called the meeting to order at 6:40PM at the Dover Sheraton
The Pledge of Allegiance was led by ZC Lyle Dabson.
Singing of the 1st Verse of America was led by ZC Lyle Dabson
The Invocation was given by Rev. Pappy Kosty.
The Lions Toast was led by Lion Jim Hartman
Singing of The Lions Roar was led astray

KL Pat welcomed all members, visitors, and guests. Visitors included visitations from the Capital City Lions Club (PDG Bill Kircher and Lion Mel Nace), and Easton Lions Club (Lions Ed Wildasin, Don Yingling, and Vickie Wilson) as well as Lion Pappy Kosty and guest and potential member Sandra Cosden.

Dinner of salad, pork, potatoes, and green beans with cake for dessert was served.

Capitol City KL PDG Bill Kircher discussed Vision Days and what the money collected provided. He reviewed our club banner and determined that we may be missing some Vision Day patches. He will investigate and obtain them if we are actually missing some. He encouraged us to go out at least twice a year to raise funds for the operating account of LVRFB via Vision Days.

KL Pat thanked PDG Bill for his presentation and then called for committee reports. The following reports were made:

Lion Don Kirk discussed selling tickets for the Chicken Fry. Lion Bruce reported that the doors on the back of the trailer have been replaced. He has also ordered the food and chicken for the fry.

Photo Eye Screening is on hold until after the New Year. More information will be available soon.

The Kent County Party for the Blind and Visually Impaired will be held on Thursday December 6th at the Camden Wyoming Fire Hall. Each club in the county will be asked to contribute \$125 to fund the party as well as other give away items.

Lion Jim Hartman reported that the Diabetes Expo will be held in Dover on November 13th.

KL Pat shared that she and Lion Bill Daisey represented the Lions Club and served approximately 3,000 hotdogs at the Governor's Fall Festival the previous weekend. It was a busy time but very enjoyable.

KL Pat delivered a new box for eyeglasses to Wilmington College as requested.

Lion Pappy Kosty collected funds for the patron ads for the Governors Ball Ad Book. The Ball will be held at the Dover Sheraton on December 1st. Secretary Ralph is receiving the reservations and issuing tickets for the Ball. Several Lions indicated that they wanted to attend and were directed to send \$35 per person to him and he will make the reservation.

Date of next Board Meeting was moved to November 12th from the 5th due to a conflict with the Zone Meeting and given the fact that the 5th is the day after our Chicken Fry. ZC Lyle offered his home as a location for the meeting in the event that another location was not available.

The next club meeting will be held on Monday November 19th at the Dover Sheraton Inn. District Governor Bob Jones and his Cabinet will be conducting their official visitation that night. All members are encouraged to attend and show their respect for DG Bob.

The 50/50 was won by an Easton Lion who took the money home.

The Meeting was adjourned at 8:13 PM by KL Pat

There were 16 of 43 members of the Dover Lions Club in attendance for a 36.4% attendance level.

Respectfully submitted,
RCS – Club Secretary

Focusing on a Dover Lion:

This will return next month.

Visitations

Return your visitation slips to the chairman. The visitation chairman is PDG and club secretary Ralph Schieferstein.

NOVEMBER BOARD MEETING

King Lion Pat called the meeting to order at 6:30PM at the home of Treasurer PDG Norm and Lion Rennie Quible. 10 of the 15 directors were in attendance in addition to 2 guests.

Treasurer Norm reviewed the report and discussed the funds received to date from the Chicken Fry. Not counting money received at the Board Meeting, we are showing a profit. He asked that all members turn in any outstanding money at the next meeting so that we can get a final accounting of the event before year end.

Secretary Ralph requested hours spent on projects and fundraisers for the month by club members including the Chicken Fry. Lion Ralph suggested adding a second ticket to be used for cash sales in order to more accurately track meals sold. At this time the only

way is to count cash and divide by the at the door meal cost. This can be confusing due to soda sales and if someone turns in their ticket money at the front. After much discussion, it was referred to the committee as an action item.

King Lion Pat reviewed the mail she had received. She announced the winners of the Milford Car Raffle (copy attached) during additional discussion about the Chicken Fry, it was suggested that the existing procedures be reviewed for clarity and revised as needed. Lion Rennie agreed to take on this task. Discussion was also held about the need for additional publicity for the Chicken Fry and for all our activities. More help is needed from the members to prepare the trailer and clean up afterwards. This will be addressed by the committee next year.

Other Board action items:

- Unanimously approved funding the club share of the Christmas Party for the Blind in the amount of \$120. Motion made by Lion Lyle Dabson and 2nd by Lion Rosemarie Milne
- Unanimously approved the membership application of Sandi Cosden. Motioned by Lion Lyle and 2nd by Lion Norm.
- Unanimously approved the resignation with regret of Rodrick Harris due to personal reasons. Motion by Lion Ralph and 2nd by Lion Norm.
- Directed Secretary Ralph to send thank you letters to the businesses and persons that contributed resources or time to make our Chicken Fry a success.
- Unanimously approved participation in a Zone Project to purchase film for the photo screening program. The club amount would not exceed \$125. Motion was made by Lion Lyle and seconded by Lion Ralph.
- Secretary Ralph ordered two large reflective Lions signs which should be delivered in 8 – 10 weeks.
- Treasurer Norm notified the Board that all members have paid their dues as of this date.
- Approved the date of the Lions Flea Market at Spences for Saturday May 3rd. This was done early in order to allow teaming with the Kent County Tourism Bureau and take advantage of their advertising of the 75th Anniversary of Old Dover Days.

The date of the next meeting is Monday November 19th and is the Official Visitation of District Governor Bob Jones and his Cabinet. The date of next Board Meeting is Monday December 3rd.

The meeting was adjourned at 8:25 PM by King Lion Pat.
RCS - Secretary

ROSTER UPDATE:

New address for Lion Rhonda as of December 1, 2007 is listed below, also remove Lion Rodrick Harris.

**Rhonda West
246 Hickory Dale Road
Dover, Delaware 19901**



LYMAN LION

Discovered that Ann Landers published an address given by a Lions International President. Akestem. January 7, 1987, Ann Landers featured the remarks that urged those at risk to seek diabetes testing. Landers' letter was printed in 1,200 newspapers and resulted in over a thousand phone calls to International Headquarters requesting information on diabetes. To meet the demand, thousands of diabetes brochures became available.

District Governor's Message:

Fellow Lions of District 22D:

Wow! October is gone already, but what a month for Lions. From the 22W Social, LVRV Vision Days, Delaware Lions Foundation (DLF) "Walk the Monster Mile" Lions Eye Bank of Delaware Valley (LEBDV) fifty year anniversary party, Special Olympics "Night of Heroes", District Lions Eye Bank Programs and of course many great club visitations through the month.

The 22W Social and Council Meeting was held at the Rocky Gap Resort near Cumberland Maryland. What a fantastic facility for the event. The 22W committee is to be commended on their selection. As for LVRV Vision Days, we haven't heard any numbers yet but I know a lot of clubs participated.

The Lions Eye Bank of Delaware Valley held a celebration for their fifty years in service to the community. We'll probably hear a little more about this event during the annual district Eye Bank programs. First Lady Cheryl and I had the privilege of attending the Special Olympics "Night of Heroes" at the University of Delaware. This was a spectacular event. Watching and listening to the athletes stand in front of an audience and read their speeches were truly bone chilling. Four athletes from Delaware were selected to participate at the Special Olympic World Games in Japan. These four athletes returned to Delaware with two sixth place, two fourth, two bronze, one silver, and five gold medals. How great is that?

I was very proud of our 22D Lions DLF "Walk the Monster Mile". We had a banner turnout for the walk and I understand the revenues were impressive too. Let's not forget to support the upcoming auction November 3rd and make this a truly banner year for our Delaware Lions Foundation.

Our visitations have been going very well; I truly enjoy visiting and sharing fellowship with the Lions of 22D. You're a great group. Along with sharing International President Mahendra's theme I have had the opportunity to induct two new Lions. I am hearing rumblings of membership programs being planned and I'm aware of several prospective inductees to come. Keep up the good work.

I received correspondence from International Director Joe Gaffigan about Campaign SightFirst II (CSFII). District 22D do-nations are coming to the front as we all knew would happen, however, we still have a hand full of clubs that need to come on board. Thank you for your dedication and support for a very worthy program.

That's it for this month I hope all that attended the Halloween Cabinet Meeting had a good time. We'll post the costume winners next month.

DG Bob

LCIF UPDATE:

LCIF, Lions Respond to California Wildfires:LCIF is working with Lions leaders in Southern California to help victims of the California wildfires. A total of US\$45,000 in emergency grants and relief funding has been approved to date. Sixteen fires across the southern part of the state have destroyed more than 1,300 homes and more than 500,000 residents have evacuated. Lions in Districts 4-L6 (San Diego area) and 4-L5 have mobilized their emergency response team. Lions in District 4-L6 have also set up an [online message board](#) for those able to offer assistance or ideas. LCIF continues to work with Lions in southern California to assess the situation and determine a course of action. An LCIF **designated account** has been established for those wishing to donate to the relief efforts. For updated information, continue to visit our [Web site](#).

Year of Campaign SightFirst II

Programs like SightFirst have made Lions the international leaders in the fight against blindness. Together, we have saved or restored sight to more than 27 million people and improved the vision treatment for hundreds of millions of individuals. Several of these individuals' stories are included in two new DVDs, [The Faces of SightFirst and The Year of CSFII](#). Like an [MJF, a Progressive MJF](#) designated to CSFII has the power to save 166 individuals from blindness.

New SightFirst Publication

To promote the work of Lions and LCIF through the SightFirst program, a new publication titled ForSight has been created. Produced three times a year, ForSight is distributed to current and past international officers, partner organizations, technical advisors, SightFirst chairpersons and other supporters of SightFirst. The August and October issues can be viewed online. Future issues will be available in all official languages. This publication is especially valuable for those considering donating to Campaign SightFirst II.

Sri Lanka Hosts Lions World Sight Day

Lions clubs throughout the nation conducted vision screenings for more than 50,000 residents and distributed eyeglasses to those in need on October 7 to mark [Lions World Sight Day](#). Lions also provided free cataract surgery for more than 1,500 people at the two Lions eye hospitals in the area. The surgeries were made possible through an LCIF SightFirst grant. Lions in Colombo, Sri Lanka, also took part in a march through the city's streets in support of Campaign SightFirst II and to promote healthy vision. A seminar on childhood blindness and press conference were also held.

Lions launched [World Sight Day](#), now its in 10th year, to recognize the importance of eradicating preventable blindness around the world. Lions clubs around the world held local activities on World Sight Day to educate their communities about the need to preserve sight.

Key Partnerships for Lions Quest

The U.S. State Department's Bureau of International Narcotics and Law Enforcement Affairs awarded LCIF a second 5-year US\$1.255 million sub-contract to provide teacher training and curriculum support for [Lions Quest](#) drug prevention in schools in Russia for the first time, as well as expanding current Lions Quest programming in the Czech Republic, Hungary, Poland, Lithuania and Ukraine.

Lions Clubs International has joined the Community Anti-Drug Coalitions of America (CADCA) as a sustaining member and partner to enhance the work of local communities and help youth resist alcohol and other drugs. Lions will support their mission to build stronger capacity for anti-drug efforts through the 5,000 commnct coalitions nationwide.

Grants Awarded at the October Board Meeting

More than US\$3.48 million in grants were approved at the October 2007 LCIF Board Meeting. A total of 52 grants were awarded to Lions clubs all over the world to assist many humanitarian projects. This includes a grant for US\$1 million to continue the Special Olympics-Lions Clubs International partnership. Through the partnership more than 100,000 Special Olympics athletes have had their vision screened and 44,000 athletes have received glasses or sport goggles. The deadline to apply for Standard, Core 4 and IAG grants for review at the next board meeting is January 18.

Holiday Giving Ideas

This holiday season, give a gift to the world with your gift to LCIF. Your gift of stock, property, will bequest or monetary donation will help LCIF continue to fulfill its mission worldwide.

NEW: Donations by credit card can now be [made online](#). Consider making a gift in another's name to recognize a family member or fellow Lion this holiday season.

Effective through December 31, 2007 (in the US), if you have a traditional or Roth individual retirement account (IRA) and are 70.5 or older, you can now exclude from your taxable income distributions of up to \$100,000 per year that are made to LCIF. Contact the LCIF Development Department (lcifdevelopment@lionsclubs.org) for more information on the various types of annuities offered by LCIF, the IRA rollover, or gifts of property or stock.

I thank you for your continued support and dedication to LCIF. Also, I'll be soon sending a message about recent efforts in fighting the pandemic flu.

Serving Through LCIF,
Jimmy M.Ross



We Serve

