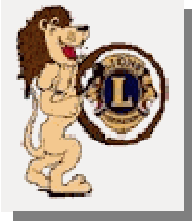


*Dover Lions Club, P.O. Box 532, Dover, Delaware 19903  
Phone 877-306-7666*



# DOVER'S PRIDE



VOLUME LXI NUMBER III

September 08, 2007

**King Lion**

**Pat Webb**

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**[Pat4Sale@aol.com](mailto:Pat4Sale@aol.com)**

**Membership Chairman**

**Lyle Dabson**

**302-736-3426**

**[LDabson121@aol.com](mailto:LDabson121@aol.com)**

**Editor**

**Gary M. Stumpf**

**302-730-3097**

**[garvmstump@aol.com](mailto:garvmstump@aol.com)**

**President's Message:**

Dear Fellow Dover Lions-

The Lions are coming, the Lions are coming, the Lions are coming. Who are these Lions and what do they do? Well, for one thing, they are from all walks of life, doctors, lawyers... do we have any Indian Chiefs? White collar, blue collar, and no collar. What do we all have in common? We all work together for the common good of the Lions and our fellow man. People coming together is what it is all about. One of these incidents of helping our fellow man was when one of our vouchers for glasses was given to a person, and she received her glasses. This recipient could not thank the person she had dealt with enough for the kindness that she received. Doesn't it make us feel good that we are helping our fellow mankind have something that they would not otherwise have? Another sight saved. Somewhere in this world, someone is being helped every minute. Helen Keller would be proud.

We have a big year ahead of us. The Chicken Fry, Visitation, Vision Days, Car Raffle, Monster Mile, cleaning up the environment, the Governors Ball, etc. When we work hard at all of these events, we are helping others have something that they would not otherwise have. What do we get out of this? Peace and satisfaction. Then we can be proud of ourselves. We are our Lions pride!

Respectfully,  
King Lion Pat

**Important Dates:**

**September**

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 LVRV 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:**

**November**

03 Chicken Fry  
04 Chicken Fry  
04 DLF Auction  
05 Board Meeting, TBD, 6:30 P.M.  
19 Regular Meeting, Dover Sheraton, 6:30 P.M., District  
Governors Official Visit  
28 Zone Meeting, Wayside Inn, Smyrna

District Governors official visit 11/19, Zone Meeting, 11/28, Governors Ball 22-D, 12/1, Zone Meeting, 1/9, Melvin Jones Breakfast, 1/12, Zone Meeting, 3/12

**HAPPY BIRTHDAY:**

**September**

**21** Bruce W. Marvel  
**24** Edward "TONY" Lee  
**29** Howard Scheitzer

**October**

**08** Aundria Hicks  
**20** William Daisey  
**20** Ralph Schieferstien  
**31** Gary Stumpf

**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. Roster Update: new email address for Lion Rodrick Harris: [lionman22@gmail.com](mailto:lionman22@gmail.com), please update your roster. A new update roster will be issued again in January. If you want one sooner contact Lion Gary.
4. All car raffle tickets due at the September regular meeting. The latest is at the October Board meeting. This is due because Lion Norm will be out of town.



**Latimer Lion:**

**Latimer Lion reminds us:**

We may not be able to turn back the clock but we can still wind it up.  
That when that time of need arises, the time for planning has passed.  
Flexible people never get bent out of shape.

**Finally, Latimer Lion asks:**

What can you give and still keep?

**Diabetes Corner:**



I had a really bad low blood glucose episode and my doctor told me I needed to get glucagon. What is glucagon?

Glucagon is an emergency treatment that is prescribed by your doctor for severe low blood glucose. It is injected when your reaction is so severe you can't treat yourself with food or drink, whether it's from an inability to swallow, confusion, or even unconsciousness. Since you won't be in any condition to give yourself glucagon when you need it, someone else should know when to give it and how to mix and inject the glucagon shot. It will usually raise your blood glucose in about 10-15 minutes. Having glucagon (and someone who knows how to use it!) readily available can mean the difference between a scary few minutes and a much longer ordeal with 911 calls and trips to the emergency room.

Keep in mind that glucagon raises your blood glucose by drawing on the glucose reserves in your liver, so you should eat something as soon as you can to replace those reserves. Unfortunately, some people feel sick to their stomach after taking glucagon, so eat lightly.

## Club News and Notes:

### AUGUST REGULAR MEETING

In the absence of KL Pat Webb who was on vacation in Maine, 1<sup>st</sup> Vice President Rosemarie Milne called the meeting to order at 6:30PM at the Dover Sheraton.

The Invocation was given by Treasurer Norm Quible.

The Pledge of Allegiance was led by Lion Aundria Hicks

Singing of the 1<sup>st</sup> Verse of America was led by Lion Dave Milne

The Lions Toast was led by Lion Frank Jones

Singing of The Lions Roar was led by Lion Rennie Quible

1<sup>st</sup> VP Rosemarie welcomed all members and guests.

Dinner of pork loin, vegetables, and cheesecake was served.

Secretary Ralph Schieferstein reported that the August Board Meeting Minutes were published in the newsletter and asked if there were any questions or discussion.

Treasurer Norm reported to the membership that the club continued to be solvent with money in the bank.

Lion Rennie then held a Lions Trivia contest entitled Lions Lore. Prizes were awarded to the Lion with the most correct answers and then the next several highest numbers correct.

Club Secretary Ralph discussed the 100% Club and Activities Contests and requested that all members provide him with the hours spent on club, district and other Lions projects each month so that they can be included on the Activities Report.

Lion Gary discussed the Dover's Pride Newsletter and stated that ads are available to be purchased to help defray the cost of the newsletter. Anyone wishing to buy an ad should contact him. He also asked questions that were posted in the last copy of the newsletter to see how many members read the articles.

Lion Gary distributed copies of the revised committee assignments. A copy will be included in the next newsletter also.

Treasurer Norm then discussed the Car Raffle ticket sales and stated that 393 tickets had been sold this year so far and \$70.89 had been received in straight donations from the public who did not want to buy tickets.

Lion Rennie reported that one Dover school will be participating in the Peace Poster Contest this year out of the 3 of 4 that were contacted.

Lion Rennie also announced that Preschool Vision Screening training will take place in the near future and a schedule will be made available as soon as it is developed.

Lion Rennie reviewed some of the recent photos and stories that have appeared in the Dover Post and congratulated Lion Elsie Heller on the story that was done on her.

Lion Elsie announced that PDG Jack Brinckmeyer, chair of the Delaware Lions Sight Team, had just picked up 918 pairs of used eyeglasses that the Dover Lions had collected.

Lion Bruce Marvel won the 50/50 in the amount of \$17.

Date of next Board Meeting was moved to Tuesday September 4<sup>th</sup> due to the Labor Day Holiday. The next club meeting will be held on Monday September 17<sup>th</sup> at the Dover Sheraton Inn.

The Meeting was adjourned at 8:06 PM by 1<sup>st</sup> VP Rosemarie

There were 19 of 43 members of the Dover Lions Club in attendance for a 43.2% attendance level.

### **Focusing on a Dover Lion:**

Dover Lions, step up! We need more Lions to share with us. Let the Focusing on a Lion, focus on you. Contact either Lion Gary or Rennie.

### **100% Club Awards:**

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 Administrative contest will be conducted in a manner similar to the Club President's Excellence Award. There are six (6) areas identified; Membership, Communications, Visitations, Dues Attendance, and Leadership. There will be awards given to all clubs that accomplish the "Required" given and the designated number of "Optional" goals. All clubs that meet the requirements for all 6 areas will be awarded a 100% club. A Club can earn 6 awards in Administrative activities, 100% Membership, 100% Communication, 100% Visitations (Region or District and District with most out of State), 100% Dues, 100% Attendance, 100% Leadership, and 100% Club for meeting all goals.

Contest period from April 1, 2007 to March 31, 2008. All reports must be received by CS by April 20, 2008.

As shown on the form there are required activities and several optional ones that allow the club to pick how it's chooses to attain the goals. A club needs to complete each goal only once during the year with the following exceptions: Membership Report submitted, Membership Report read to club, Lions Information read at meetings which are monthly, attendance at Zone Meetings which should be 3 times, and payment of International and District dues which is twice a year.

The District Governor will have the final decision on any questions, discrepancies, or changes to the contest award program.

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

### **Visitations**

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

### **SEPTEMBER BOARD MEETING**

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

The Secretary and Treasurer reports were approved as submitted.

Treasurer Norm will send letters to two members of the club who have not paid their dues.

King Lion Pat reviewed the mail she had received. This included the following:

Lions Eye Bank of Delaware Valley will have its 50th Anniversary Gala on Friday, October 12, at the Desmond Hotel in Malvern, Dinner is at 6:30 P.M., and cost is \$30 per person.

Delaware Lions Foundation Auction will be held on Saturday, November 3rd, at St. Andrews Lutheran Church, in Dover. Doors open at Noon, Auction starts at 1P.M.. For additional information call 302-659-3818 or 302-875-1153.

Walk for Sight, will be on Sunday, October 14th. The walk is held at the Monster Mile. Registration fee is \$25, with registration/walk to be between the hours of 1 – 3 P.M.

Lion Rennie will be contacting the school that will do the Peace Poster Contest this year. The committee will also continue to try to get the other schools in the area interested in doing this event.

All information has been sent to the Pre School Vision person as to the number approximate number of kids eyes that the Dover Club intends to screen this year. Lion Rennie will also let the club know when this will take place and also on any meetings.

Date of next Board Meeting is Monday, October 1st, at PDG Norm and Rennie's house at 6:30 P.M.

Upcoming Zone Meeting Dates are as follows: November 28th, to be at the Wayside Inn in Smyrna, January 9th, at the Olive Garden in Dover, March 12th, place TBA.

The meeting was adjourned at 7:50 PM by King Lion Pat.

GMS – Acting Secretary

## **How Does Flaxseed Help Cure Skin Conditions? Submitted by King Lion Pat**

People's desire for natural supplements has grown throughout the years. Natural supplements and natural therapies have become increasingly popular over the last couple of decades. Flaxseeds are among the most popular in the latest craze for natural supplements. In fact flaxseeds are set to help cure many conditions, including skin conditions.

What do Flaxseeds do to help keep us Healthy?

Flaxseeds contain several different substances that may be beneficial to a person's health. One of these substances is called alpha-linolenic acid. Alpha-linolenic acid is in a group that many people heard of called omega-3 fatty acids. Omega-3 fatty acids are among the fatty acids that are necessary for our nutrition.

Omega-3 fatty acids are generally found in foods like a fish, particularly in a fish called salmon. This makes it difficult for people that either don't like fish or don't eat salmon on a regular basis to gain a sufficient amount of omega-3 fatty acids in their diet.

Flaxseed also contains lignans which may have antioxidant effects. Although there are differing opinions on the matter, lignans may have a positive effect for people that have cancer, and possibly to even help prevent cancer.

Flaxseeds can be beneficial for skin conditions, because they have anti-inflammatory effects. This can help certain inflammatory skin conditions such as acne be reduced in severity. Also, due to its potential cancer fighting abilities, flaxseeds may also be beneficial for the skin condition skin cancer.

In fact, recent research has shown that people with skin conditions such as eczema and psoriasis have seen remarkable improvement when flaxseed was added to their diet over a period of time. Most skin conditions are exacerbated from a lack of LNAs in diets. People who consume flaxseeds on a steady basis have seen their skin get softer and smoother. Also, people with dry skin and dandruff have also seen a marked improvement too.

Other Benefits of Flaxseeds

In addition to being helpful for skin conditions, flaxseeds can be helpful for many other ailments. While scientists have not yet proven the ability of flaxseeds to help with particular diseases, it has been suggested they can help with things like heart disease, diabetes, all types of cancer, hemorrhoids, gout, and joint pain. Perhaps the most publicized potential benefits of flaxseeds are those against heart disease and cancer.

Studies have shown that flaxseed oil, in addition to ground flaxseeds, may actually reduce cholesterol. In addition to reducing cholesterol flaxseed oil may be beneficial in the fight against heart disease due to the fact that it reduces inflammatory responses by the body, thereby helping to prevent heart attacks. These inflammatory responses can cause circulatory problems and hardening of the arteries.

Flaxseeds are said to fight cancer due to the fact that the omega-3 fatty acids found within it act as antioxidants in the body. Antioxidants may be helpful in fighting nearly every type of cancer. 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.



### **LYMAN LION**

Fifty years ago, 1957, a great humanitarian became an honorary Lion. International President John L. Stickley was visiting French West Africa. He made Dr. Albert Schweitzer an honorary Lion and presented him with the Lions Humanitarian Award. Dr. Schweitzer wrote: "I hope that the movement of Lions progresses. It has such a good influence on men of our era."

Our LCIF President's motto for the year is CHALLENGE TO CHANGE.

With that thought in mind, Lyman Lion suggests we remember that not everything that is faced, however, nothing can be changed until it is faced.

### **Answer to Latimer Lion's Question:**

You can give and still keep your word.

### **District Governor's Message:**

Fellow Lions of District 22D:

Wow! What a great attendance at Banner Transfer. It was a huge success with representatives from twenty nine Lions Clubs and two Lioness Clubs in attendance. I had a great time, the meal was delicious and the fellowship super. The Laurel Lions Club bow has the Official District Governor's Banner in their possession. I'm sure they will give it up next year. The following week we moved right into the first cabinet meeting held at the Frederica Fire Hall. It was the annual picnic style meeting with everyone bringing a dish to pass. As always, there was more food than we could eat, but we tried. I have an idea the spouses program was more interesting than the reports from the cabinet. We completed our meeting in good order; however, the program headed up by Detective Danny Wright of the Delaware State Police lingered on for another half hour. The attendees had nothing but good things to share.

Moving into the month of August, First Lady Cheryl and I traveled with the Governors from MD22 to visit the Leader Dogs for the Blind facility in Rochester, Michigan. We have visited the school several times in our Lions tenure, however, this year the format was different. Leader Dog has stepped up to our International President's theme "challenge to change". The two days were filled with more information about the training of Leader Dogs from puppies to their graduation with a client as a team. We also learned much through demonstrations about their "Orientation and Mobility" program. The newest technology at the school is the "Treker" GPS (Global Positioning System). This new technology will present a lot of opportunities for the blind and visually impaired.

August 16<sup>th</sup> found us traveling to the Lions Eye Bank of Delaware Valley. This is the first time we've had the opportunity to tour this facility. We learned there is more to harvesting and processing a cornea than meets the eye (no pun intended). The Lions of 22D can be very proud of their continuing support for the "Gift of Sight" program.

I'm looking forward to a full representation of the clubs for the President, Secretary, Treasurer and Membership Chair dinner August 28<sup>th</sup>. We're planning, what we hope is, an interesting and informative program for the club officers.

Visitations will be starting up soon. Letters will soon be sent to the clubs we will be visiting in September. I'm looking forward to visiting and having fellowship with all of you this year. As you stat your meetings this year remember, this is the year for "challenge to change". Club leaders let yourselves think outside the box and don't be afraid to try something new.

DG Bob

### **AD SOLICITING & RENEWALS:**

The ad page changes with the October issue. Ads cost \$30. We need more. They help to defray the cost of the Dover's Pride. Contact Lion Rennie or Lion Gary for further information.

### **QUESTION:**

What happened on Mt. Everest on May 16<sup>th</sup>? A prize will be available for the correct answer, which will be given at the September regular meeting.

### **HELP! HELP! HELP! HELP! HELP! HELP! HELP!**

Yes, you can help defray the cost of publishing our wonderful bulletin, "Dover's Pride". Become a sponsor. A one line listing of your name or your business. The cost? Only \$5.00 per year. Our wonderful bulletin editor, Gary, sends over 55 copies each month, either by email or snailmail. By becoming a sponsor you can help alleviate the potential deficit in our Administrative Fund. Send your check to Treasurer Norm, or pay him at our September meeting.

## **New Program from LIC:**

### **I am happy to announce a new program of Lions Clubs International Foundation.**

LCIF has affordable, high-quality hearing aids available to Lions clubs in the United States for low-income members of their communities. The two types of digital hearing aids from Rexton, Inc. can be purchased for \$200 per aid from the Lions Affordable Hearing Aid Project (Lions AHAP).

Ninety-five percent of individuals with hearing loss can be successfully treated with hearing aids yet 30 percent are unable to afford hearing aids. Seven million people in the U.S. cannot afford to purchase hearing aids. In 2005, the average cost of a hearing aid was \$1,900, and most people need two hearing aids. Hearing is critical to communication, so when there is even a minimal loss, it affects all aspects of a person's life. For example, people with untreated hearing loss make an estimated 50% to 70% less in wages than their hearing peers.

The two types of aids offer Lions clubs the opportunity to help with almost any type of hearing loss. Reducing communication breakdown for one person creates a ripple effect that touches everyone in the community. And, based on feedback from the program so far, many clubs are revitalized and often recruit new members committed to the new service.

Please consider participating in this program. To learn more about Lions AHAP, please visit [http://www.lionsclubs.org/EN/content/lcif\\_gr\\_ahap.shtml](http://www.lionsclubs.org/EN/content/lcif_gr_ahap.shtml) or contact the office at 630-571-5466, ext. 615. The e-mail address is [LionsAHAP@lionsclubs.org](mailto:LionsAHAP@lionsclubs.org).



**We Serve**



**Rosemarie Milne**  
**1<sup>st</sup> Vice President**

**Chicken Fry**

Don Witmer  
Bruce marvel  
Dick Holland  
Don Kirk  
PDG Ralph Schieferstien  
Anass El Ghali  
Frank Jones

**Dover's Pride**

Gary Stumpf  
Rennie Quible

**Budget & Finance**

PDG Norm Quible  
Tee Bell

**Environmental Services**

Tee Bell  
Rosemarie Milne

**Lions Information**

Liz Wharton  
PDG Ralph Schieferstien

**Officer Installation Ceremony**

Rennie Quible  
Rosemarie Milne  
Roderick Harris

**50/50 Tickets**

Rosemarie Milne  
PDG Norm Quible  
Jennifer Marango

**Nominations**

Last 5 Past Presidents  
PDG Ralph Schieferstien  
PDG Norm Quible

**Visitations**

PDG Ralph Schieferstien  
Elsie Heller  
Lyle Dabson

**Vision Screening**

Rennie Quible  
Rosemarie Milne  
PDG Norm Quible  
Harry Fillman  
Dick Holland  
Pat Webb  
Gary Stumpf

**Roderick Harris**  
**2<sup>nd</sup> Vice president**

**Public Relations**

Rennie Quible  
Rhonda West  
Rich Bonnell  
Tee Bell

**Sight & Hearing**

Rich Bonnell  
Elsie Heller  
Liz Wharton

**Eye-glass Collection**

Elsie Heller  
All Club Members

**Lioness Liaison**

Elsie Heller

**Club Holiday Party**

Rennie Quible  
Aundria Hicks  
Valerie Csizmadia  
Rosemarie Milne

**Diabetes Education**

Jim Hartman  
Gary Stumpf

**Blue/Gold Football**

Tony Lee

**Salvation Army**

Bill Daisy

**Scholarship**

Bill Daisey  
Shirley Daisey

**Holiday "Blind" Party**

Rosemarie Milne  
Rhonda West  
Rich Bonnell  
Valerie Csizmadia  
Jennifer Marango  
Aundria Hicks

**Leo Club**

Lynn Widdowson  
Bryce Widdowson

**David Okhbani**  
**3<sup>rd</sup> Vice President**

**Membership**

Lyle Dabson (chairman)  
Tee Bell  
PDG Ralph Schieferstien

**Lions Vision Days**

Valerie Csizmadia  
Dick Holland  
Rhonda West

**Convention**

PDG Ralph Schieferstien  
Bruce Marvel

**Constitution & By- Laws**

Dick Holland  
Gary Stumpf  
PDG Ralph Schieferstien  
Bruce Marvel

**Gumball Machine**

Jim Hartman

**Fundraising Events**

Elsie Heller  
Lyle Dabson  
Rennie Quible  
Aundria Hicks

**Car Raffle**

Gary Stumpf  
Rick Watson  
Bruce Marvel  
Roderick Harris  
PDG Norm Quible

**Special Olympics**

Harry Fillman

**Youth Outreach**

Rennie Quible  
Liz Wharton  
Bob Hicks  
Lynn Widdowson

**Sunshine**

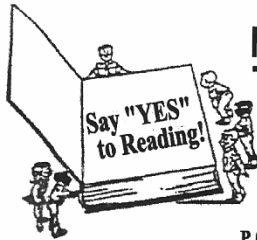
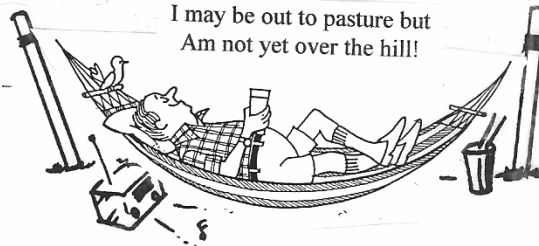
Howard Schweitzer

**Peace Poster**

Rennie Quible  
Rosemarie Milne

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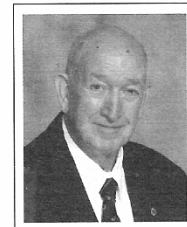


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