



LIONNEWS

A monthly newsletter of the Rockville Lions Club

March 2010

DATES AND MEETINGS TO REMEMBER

- Wednesday March 3** **REGULAR DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave
Speaker: Stephen Mize, Naomi Katz
Topic: Witness to History
- Wednesday March 10** **BOARD OF DIRECTORS MEETING – 6:30 p.m.**
EU Services
Building C, Conference Room
North Horners Lane
- Wednesday March 17** **REGULAR DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave
- Saturday March 20** **PANCAKE BREAKFAST – 7 a.m. to noon**
Montgomery College

MARCH BIRTHDAYS

Tom King 8th	Coleman Hyatt 9th	Tom Bennetts 11th
Edward Lawlor 16th	Melba McGlamary 19th	Jerry Lea 21st

Happy Birthday Fellow Lions!

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CHIPS FROM FEB. BOARD MEETING...

Foundation Board Meeting

King Lion Debra Brown-DeLone read a letter of thanks sent to **Lion Sonny Clogg** for his contribution to underwrite the Club's \$5,000 annual commitment to Life Beyond Cancer program. Letters of thanks were also being sent to restaurants that participated in our fundraising activities to support that program at Shady Grove Adventist Hospital.

Club Board Meeting

Lion Bill DeLone, chairman of the finance committee, noted that fundraising has been down this year and recommended that the Club be conservative about spending further at budget levels. Further discussion is planned for the March meeting. The board was informed that **Lions Steve Bennetts, Tim Kaendera** and **Bob Dorsey** planned to attend Basic Leadership Training at the Leadership Institute on February 19-21. **Lion Gracelyn Henry** had hoped to attend advanced training, but no class was offered this year.

The Board heard a dismal report on the continuing financial crisis at Camp Merrick. An independent analysis of the facility concluded that hundreds of thousands of dollars of improvements are needed, there is no money available, and an influential Lions Club is reported to have withdrawn from the Camp board of directors.

The Board approved a new member, Barbara Wells, sponsored by **Lion Carole Shreve**.

Lion Bud Leonard sought and received Board endorsement to begin contacting local restaurants regarding charitable contributions to the Club. He delivered to the Board a \$500 donation to the Rockville Lions Foundation from a local Outback restaurant.

Lion Joy Mururunkwere was dropped from the Club's active roster.

If you must miss a dinner meeting, please contact Lion Coleman Hyatt (301) 424-6957 by the prior Monday to avoid paying \$12 meal charge.

AND NOW THE CLUB NEWS. . .

Speaking at the February 3 Dinner Meeting, Susan Spain, project director for the National

Mall Plan, provided an interesting account of the past, present and planned future uses of what the Park Service calls "America's Front Yard."



King Lion Debra Brown-DeLone presents certificate of appreciation to Susan Spain, National Mall Plan project director, for her informative remarks at the February 3 Dinner Meeting. *All photos by Lion Ken Gutschick*

With nearly \$400 million of deferred maintenance and current levels of use that cannot be maintained, Spain said the Mall is preparing for a major "respectful rehabilitation" to: restore the health and beauty historic landscape; identify measures to help it function better as our country's primary civic space; address the needs of visitors for access, enjoyment, education, recreation, facilities and services; and improve park operations. A final environmental impact statement on the plan is to be released this summer.

As the site of five presidential memorials, four memorials to 20th century military conflicts, scores of other monuments, as well as the new Martin Luther King Jr. memorial to open in 2011, the Mall "welcomes our citizens and guests to explore what it means to be an American," Spain said.

A key feature of the plan involves "greening the National Mall," she explained. That will include the planting of more durable lawns and healthier trees, reverse soil compaction and developing clean and sustainable water resources. It also means that any new structures, such as restrooms and food facilities will exceed standards for so-called "green" buildings.

Among the important functions of the Mall that must be maintained is that it serves as

space for US citizens to assemble in celebration and peaceful protest, a right guaranteed by the First Amendment to the Constitution, Spain stressed. Among the notable protests was the 1963 March on Washington for Jobs and Freedom, where King delivered his famous "I Have a Dream" speech, she recalled.

Recent celebrations included the 1.8 million people who squeezed onto the Mall for the inauguration of President Barack Obama and the annual 4th of July celebrations. In fact, thousands of special events take place somewhere on the Mall each year, she said.



Lion Emil Keller, who has taken on the duties of handling requests for eyeglasses for needy Rockville residents, reports on his activities at the February 17 meeting.

With only a few members yet to turn in money, it appears the annual Fruit Sale netted nearly \$7,000, with another \$437 from candy sales and \$1,560 from the raffle, according to **Lion Jay Clogg**. Citing the economy and other factors, he noted that the numbers "are much lower than we have had in the past."

But another contributing factor was that many members, particularly younger Lions, sold no boxes or only one or two that "I know they bought for themselves," he said at the February 17 Dinner Meeting. For next year, he urged the younger members to "step up," observing that "we cannot continue to run the program on the backs" of older Club members.

While praising **Lions Bud Leonard** and **Bob Bosley** for the remarkable job that they do selling one box at a time, Lion Jay noted that some of the Club's "big sellers have a secret" - getting large orders from corporate customers. **Lion Jerry Lea**, for example, sold 80 boxes to five customers, he said.

Focusing on one business, and starting to lay the groundwork long before the fruit arrives, is a "great way to go," Lion Jay said. He suggested that younger members consider this approach to selling in addition to just soliciting family and friends.

Filling in as Tail Twister at the February 17 meeting, **Lion Bill DeLone** managed to find a way to fine every Club member in attendance - primarily for failing to offer to come to his house and shovel snow.

Special individual levies were meted out as well, including to **Lions Jay Clogg** and **Jill Unger** for "snow-related attire"; **Lion Foster Watkins** for wearing the same sweater to consecutive Club meetings; and **Lion Lee McArthur** for "vanity" displayed when he removed his eyeglasses for a photo.

By vote at the February 17 Dinner Meeting, the Club decided to earmark its annual \$1,000 budgeted contribution to Lions Clubs International Foundation to Haiti earthquake relief efforts.

Upcoming Events: The spring Pancake and Sausage Breakfast is scheduled for Saturday March 20 at Montgomery College. Please see **Lion Bob Bosley** to get your tickets for pre-sale and to sign up for shift at the breakfast.



A table of well-fed Lions at the February 17 Dinner Meeting.

For those of you who are still wondering about the answers to "The Tie Without The

Guy" photo quiz in the January *LioNews*, here are they are:

1. **PDG Bill Lynch**
2. **Lion Emil Keller**
3. Clarence Mayberry (**Lion Melba McGlamary's** Brother in Law)
4. **Lion George Mabry**
5. **Lion Paul Melton**
6. **PDG Charlie Kearse**



Treasurer George Mabry, Secretary Melba McGlamary and King Lion Debra Brown-DeLone at the February 17 Dinner Meeting.

Lions Coleman and **Bobbie Hyatt** delivered a total of 390 pairs of eyeglasses to the District 22-C Lions Community Outreach Foundation in January.

INSIDE INTERNATIONAL...

Lions Clubs International Foundation is committed to aiding communities affected by disasters, including the most recent disaster in Chile following an 8.8 earthquake on February 27. The earthquake is one of the largest ever recorded, and more than 700 people are dead and 2 million people displaced as a result of the devastation to more than 1 million residences.

"Many of you know firsthand how quickly the Foundation acts after disaster," said **LCIF Chairman Al Brandel**. "I have tried to call and sent messages to our two Past International Directors who live in Concepcion, but have not been able to reach them yet. LCIF staff and I will continue to try to contact them, as well as the District Governors and Council Chairperson of Multiple District T."

There are four districts in Chile, and emergency grants each for \$10,000 have been awarded to Districts T-1, T-2 and T-3. District

T-3 includes the city of Concepcion, the hardest hit area in the country.

HEALTHY HELPER...

If you sit in front of a computer for long periods of time, you may encounter a variety of uncomfortable symptoms such as headaches, neck strain, backaches and wrist pain. But according to the American Optometric Association, the most prevalent symptoms -- eye strain, blurred vision and dry eye -- are often overlooked. "In fact, eye and vision problems are the most frequently reported health care problems among computer users," says AOA.

The association designates March as "Save Your Vision Month," and this year emphasis is on computer vision syndrome, which it defines as "the complex of eye and vision problems related to near work that are experienced during or related to computer use."

Here are some things to be aware of:

Screen resolution — *Better resolution offers greater clarity and usually leads to improved comfort. Adjust the resolution to the highest resolution your monitor will support. If the increased screen resolution makes items too small, try increasing the font size.*

Screen contrast — *Adjust the contrast between the characters on the monitor and the background so the letters are easily read. Adjust the brightness of the monitor to an intensity that is comfortable to your eyes. Adjust both brightness and contrast for the best clarity.*

Screen glare and reflections — *Minimize reflected glare on your monitor by using window treatments, dimmer switches on lights and glare reduction filters. Proper adjustment should eliminate any reflected images from the monitor screen. To reduce glare, eliminate bright light sources from your peripheral vision and position your monitor perpendicular to windows or other bright light sources.*

Image refresh rates and flicker — *A higher refresh rate for your monitor is best. The image on the screen should not flicker at all. This is not a concern with LCDs.*

Working distances and angles — *It is important to work at a distance that is comfortable for you and where the image on*

the screen is clear. Having to move your head to an awkward angle to see the screen clearly suggests that your prescription may need adjustment.

General eyeglass prescription may not be adequate — Computers are usually further and higher than a typical reading task. Glasses for most people wearing bifocals are not adjusted for this new distance or angle and therefore often are not adequate for using the computer.

Repetitive and stressful tasks — Difficult tasks are challenging. Don't forget to take occasional breaks and let the eyes look far away while resting.

While decreasing time spent at a computer may not be an option, there are ways to maximize healthy vision for comfortable use of the computer.

Have a regular comprehensive eye exam to ensure your eyes are healthy and that you have the correct eyeglass or contact lens prescription. Be certain to tell your optometrist about the computer work you do.

Wear glasses that are specifically designed to function comfortably at the computer. The lenses you wear for day-to-day activities may not be the best for working at the computer.

- Rest the eyes
- Blink forcefully
- Use a humidifier
- Instill artificial tears

ON THE LIGHTER SIDE...

It seems like there is a card for every occasion these days, so you might be surprised to learn that not every idea makes the final cut. Here are a few that ended up on the editing room floor:

*"Looking back over the years that we've been together, I can't help but wonder...
What was I thinking?"*

*"How could two people as beautiful as you...
Have such an ugly baby?"*

*"I've always wanted to have someone to hold,
someone to love..."*

After having met you, I've changed my mind."

*"I must admit, you brought Religion in my life...
I never believed in Hell until I met you."*

*As the days go by, I think of how lucky I am...
That you're not here to ruin it for me."*

*"When we were together, you always said
you'd die for me...
Now that we've broken up, I think it's time you
kept your promise."*

*"I knew the day would come when you would
leave me for my best friend...
So here's his leash, water bowl and chew
toys."*

*"We have been friends for a very long time...
What do you say we call it quits?"*

*"I'm so miserable without you...
It's almost like you're here."*

*"You are such a good friend that if we were on
a sinking ship and there was only one life
jacket..."*

I'd miss you heaps and think of you often."

How can you tell when people have had
enough snow?

