



LIONNEWS

A monthly newsletter of the Rockville Lions Club

May 2010

DATES AND MEETINGS TO REMEMBER

- Wednesday May 5 REGULAR DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave
Speaker: Debra Pollak, Executive Director
Cancer Care Services for Adventist Health Care
- Wednesday May 12 BOARD OF DIRECTORS MEETING – 6:30 p.m.**
EU Services
Building C, Conference Room
North Horners Lane
- Wednesday May 19 REGULAR DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave
- Tuesday May 18 MD 22 Convention**
Dover Downs Hotel and Casino
To
- Friday May 21** Dover, Delaware
- Monday May 31 Rockville and D.C. Memorial Parades**

MAY BIRTHDAYS

Paul Melton 13th

Maylene Smith 22nd

Happy Birthday Fellow Lions!

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CHIPS FROM APRIL BOARD MEETING

Club Board Meeting

The Board approved the release of funds budgeted to repair the roof of the Club's cabin at Camp Merrick.

Upcoming events were also discussed, including: May 31 National Memorial Day Parade, with Past International President Al Brandel scheduled to participate; Club Awards Night on June 2; and installation of 2010-2011 Officers at the Golden Bull on June 16.

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. . .

The Club and *LioNews* express deepest condolences to **Lion Edward Lawlor** on the passing of his wife Bernice, and also to **Lion William DeLone** and **King Lion Debra Brown-DeLone** on the passing of mother and mother-in-law Marion DeLone.

Donald Messersmith, a master birder, naturalist and professor emeritus of entomology at the University of Maryland, offered an interesting presentation on bird watching in China in after-dinner remarks at the Club's April 7 Dinner Meeting.

As the founder and president of World Nature Tours, Messersmith has often led birding and general nature tours to all parts of the world. He has traveled to all 50 US states, eight Canadian provinces, as well as to many foreign countries overseas, including 24 trips to Europe, 17 Asia, 10 to South America, 10 to Central America, four to Africa, six to Australia and one to Antarctica, according to his biography on the university's web site.

From his first birding tour to mainland China in 1982, and during the numerous others that have followed, Messersmith was witness to significant changes in that country.

Messersmith shared with the Club his observations regarding the development of birding within China as well as the growing international awareness of the enormous diversity of the Chinese avifauna.



King Lion Debra Brown-DeLone thanks Donald Messersmith, expert birder, who talked about his trips to China at the April 7 Dinner Meeting. The presentation was illustrated by a slide show.

All photos by Lion Ken Gutschick



Incoming **King Lion William DeLone** discussed plans for the upcoming Lion Year 2010-11, including urging members at the April 21 Dinner Meeting to sign up for committee assignments.

The April 21 Dinner Meeting featured presentations by Rockville Human Rights and Community Mediation Administrator Janet Kelly, shown below receiving a \$200 check from **King Lion Debra Brown-DeLone** for the city's Youth Leadership Diversity Conference,



and Montgomery College Annual Fund Director Kathy Stevens, at right below with **Lion Bill DeLone**, who thanked the Club for its annual donation to the school's scholarship fund. Also pictured is one of the scholarship recipients.



DISTRICT DOINGS...

The Leadership Training schedule for incoming officers -- President, Treasurer and Secretary -- is as follows:

Saturday May 8

9:00 – 11:45 a.m.

Emmanuel Methodist Church
11416 Cedar Lane
Beltsville, MD
Parking at rear of church

Saturday May 15

9:00 – 11:45 a.m.

Huntingtown United Methodist Church
4020 Hunting Creek Rd (Route 521)
Huntingtown, MD

There is a special invitation to Lions who are WWII Veterans to participate in the National

Memorial Day Parade. However, all Lions are invited and encouraged to participate.

From the District 22-C e-Newsletter:

"Lions of the 22-C TEAM and Lions of Multiple 22, our participation in the 2010 National Memorial Day Parade has become a reality with the receipt of the Publicity Funding Grant from Lions International. The theme, as always, is a salute to our nation's military veterans, but this year will be a special tribute to the veterans of World War II.

The staging area will be at 7th St. NW and Constitution Ave. in front of the National Gallery of Art at approximately 11 a.m. Step off time is 2 p.m."

For more information contact **Lion Brindisi Chan** at lionbrindisi@gmail.com.

Lions Community Outreach Foundation leadership opportunities: Elections will be held in May for new Board Members, Secretary, Vice Presidents (3), and President. This is a great opportunity to show your leadership skills and to participate in an ever-growing program which serves the community and promotes vision and hearing health.

If you are ready to throw your hat into the ring, contact nominating committee chairman **Lion Paul Bolton** at 301-774-5084 or pebolton@comcast.com. For more information on the duties and responsibilities of the positions contact President/Executive Director **Lion Charlie Kearse** at 240-281-0987 or ckearse@juno.com.

INSIDE INTERNATIONAL...

Nobel Peace Prize winner Wangari Maathai has been named the recipient of the 2010 Lions Humanitarian Award.

Maathai is an internationally known activist from Kenya and founder of the Green Belt Movement, a broad-based grassroots organization that works to reduce poverty and protect the environment. In 2004, she became the first African woman to win a Nobel Peace Prize for her contribution to sustainable development, democracy and peace.

Maathai's environmental efforts have resulted in women planting 40 million trees on community lands since 1977. She served in the Kenya parliament and helped lead the

successful campaign to bring democracy back to Kenya through peaceful means in 2002.

Presentation of the Humanitarian Award to Maathai will take place July 1 at the LCI International Convention in Sydney, Australia.

HEALTHY HELPER...

May is Healthy Vision Month, a national eye health observance established by the National Institutes of Health's National Eye Institute May 2003. Here are some simple steps you can take to keep your eyes healthy and to make sure you are seeing your best.

Have a comprehensive dilated eye exam. You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. Many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

Know your family's eye health history. Many eye diseases or conditions are hereditary.

Eat right to protect your sight. You've heard carrots are good for your eyes, but eating a diet rich in fruits and vegetables is important for keeping your eyes healthy, too. Also good: Fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions that can lead to vision loss, such as diabetic eye disease or glaucoma.

Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration and cataracts.

Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. Look for ones that block out 99-100% of both UV-A and UV-B radiation.

Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one

thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eye strain.

ON THE LIGHTER SIDE...

Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts they were able to give their dear mother.

The first said, "I built a big house for our mother." The second said, "I sent her a Mercedes with a driver."

The third smiled and said, "I've got you both beat. You remember how mom enjoyed reading the Bible? And you know she can't see very well. So I sent her a remarkable parrot that recites the entire Bible."

"It took elders in the church 12 years to teach him. He's one of a kind. Mama just has to name the chapter and verse, and the parrot recites it."

Soon thereafter, the woman sent out her letters of thanks: "Michael," she wrote one son, "The house you built is so huge. I live in only one room, but I have to clean the whole house."

"Gerald," she wrote to another, "I am too old to travel. I stay most of the time at home, so I rarely use the Mercedes. And the driver is so rude!"

"Dearest Donald," she wrote to her third son, "You have the good sense to know what your mother likes. The chicken was delicious."

Four high school boys afflicted with spring fever skipped their morning classes. After lunch they reported to the teacher that they had a flat tire.

Much to their relief she smiled and said, "Well, you missed a test today so please take seats apart from one another and take out a piece of paper."

Still smiling, she waited for them all to sit down. Then she said: "First Question: Which tire was flat?"