



# LIONNEWS

*A monthly newsletter of the Rockville Lions Club*

*January 2012*

## DATES AND MEETINGS TO REMEMBER

- Wednesday Jan 4 DINNER MEETING – 7 p.m.**  
Wesley Hall, Rockville United Methodist Church  
112 Montgomery Ave.  
Speaker: Tracie Reaver  
Maryland Captioned Telephone Outreach Coordinator  
Topic: Services of Maryland Relay
- Wednesday Jan 11 BOARD OF DIRECTORS MEETING – 6:30 p.m.**  
EU Services  
Building C, Conference Room  
North Horners Lane
- Saturday Jan 14 NBC4 Health and Fitness Expo – 9 a.m. to 5 p.m.**  
**Sunday Jan 15** Walter E. Washington Convention Center  
801 Mt. Vernon Place, NW  
Washington, D.C.
- Wednesday Jan 18 DINNER MEETING – 7 p.m.**  
Wesley Hall, Rockville United Methodist Church  
112 Montgomery Ave.

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## JANUARY BIRTHDAYS

Lee McArthur 7th

Al Green 13th

Steve Bennetts 15th

Alice Clogg 15th

**Happy Birthday Fellow Lions!**

**Gracelyn Henry**  
President  
(301) 231-9661

**Craig Cano**  
Editor  
(301) 424-8537

**Sonia Wiggins**  
Secretary  
(301) 876-4424

*If you must miss a dinner meeting, please contact  
Lion Coleman Hyatt (301) 424-6957 by the prior  
Monday to avoid paying \$15 meal charge.*

## AND NOW THE CLUB NEWS. . .

**Lion Jay Clogg** reports that this year's raffle was "another great success thanks to all the hardworking Lions that sold tickets." The TV was won by Randall Mullins of Ijamsville.

Below is a photo of Mullins with his new TV. He is holding the winning ticket, which his wife purchased at the craft festival. Mullins told Lion Jay that his main TV had just broken, so he was delighted to receive the new set.

Second prize, a Kindle e-Reader, was won by our own **Lion Larry Hobbes**. His daughter has wanted a Kindle for some time, and he was going to give it to her for Christmas.



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2011 saw the loss of several members of the Rockville Lions Club.

### Of Ever Honored Memory

#### **Lion Bob Bosley**

Born 12/10/1928; Died 1/14/2011  
Member Rockville Lions for 40 Years

#### **Lion Jerry Lea**

Born 3/21/1932; Died 4/4/2011  
Member Rockville Lions for 27 Years

#### **Lion Kermit Mohn**

Born 7/17/1913; Died 7/3/2011  
Member Rockville Lions for 61 Years

### Members Transferred

Past President **Lion Maylene Smith Hector**

Past President **Lion Carole Shreve Kearse**

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One down, three to go to meet **DG Rich Barb's** plant a tree program goal for each Club.

"The tree I planted with my next door neighbor was obtained for free from Pepco," said **Lion Bill DeLone**.

If you planted a tree, perhaps a live Christmas tree or a tree obtained through Pepco's program (now closed) to distribute 3,000 trees, please inform **Secretary Lion Sonia Wiggins**.

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The guest speakers at the December 7 Dinner meeting were officials from the DC/MD/VA Chapter of the ALS Association: Colleen Maguire, Director of Patient & Family Services; Robin Swope, Patient & Family Services Clinical Director; and Joan Deye, Nurse Volunteer.

More commonly known as Lou Gehrig's disease, **Amyotrophic lateral sclerosis (ALS)** is a disease of the nerve cells in the brain and spinal cord that control voluntary muscle movement. In about 10% of cases, ALS is caused by a genetic defect. In the remaining cases, the cause is unknown.

In ALS, nerve cells (neurons) waste away or die, and can no longer send messages to muscles. This eventually leads to muscle weakening, twitching, and an inability to move the arms, legs, and body. The condition slowly gets worse. When the muscles in the chest area stop working, it becomes hard or impossible to breathe on one's own.

ALS affects approximately 5 out of every 100,000 people worldwide.

There are no known risk factors, except for having a family member who has a hereditary form of the disease. Symptoms usually do not develop until after age 50, but they can start in younger people. Persons with ALS have a loss of muscle strength and coordination that eventually gets worse and makes it impossible

to do routine tasks such as going up steps, getting out of a chair, or swallowing.

Breathing or swallowing muscles may be the first muscles affected. As the disease gets worse, more muscle groups develop problems.

There is no known cure for ALS. The first drug treatment for the disease is a medicine called riluzole, which slows the disease progression and prolongs life.

The ALS Association's mission is to lead the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support. Visit its web site at [www.alsa.org](http://www.alsa.org).

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### **DISTRICT DOINGS...**

From Lions Community Outreach Foundation (LCOF) President **PDG Sandi Halterman**:

*LCOF hopes that you and your families had a very safe New Year and we look forward to your continued support of our programs in 2012. Remember, this is YOUR Foundation. The success of our programs is directly related to the financial and physical support provided by the Lions of District 22-C.*

*We have many opportunities throughout the year to serve the public. Listed below are programs that your club may be interested in participating. These are also great opportunities to get your LEO clubs involved.*

- *The Garner Fund is a matching grant opportunity for your club to assist someone with vision related issues (other than glasses)*
- *Collecting and recycling hearing aids; low-vision devices; and eyeglasses. Our Recycling Center is working hard with the help of the Melwood clients, in processing eyeglasses.*
- *Vision, hearing and glaucoma screenings on the Mobile Health Unit (MHU). The MHU has been very busy but it is getting old and may someday need to be replaced.*
- *PreSchool Vision Program.*

*Please remember us in 2012 as you do your fundraising and plan your community events.*

*We are also participating again in the NBC4 Health and Fitness Expo on January 14-15,*

*2012. Volunteers are still needed. . . . Don't feel like you have to stay home just because you don't know how to run the equipment. We have training available those days and need volunteers to run the registration desk as well as coordinating the people.*

Specifics for NBC4 Health and Fitness Expo.

**When:** January 14-15

**Time:** 9:00 a.m. to 5 p.m.

**Where:** Walter E. Washington Convention Center, 801 Mt. Vernon Place, NW. The convention center is located between 7th and 9th Streets and N Street and Mt. Vernon Place, right across from the City Museum.

**Metro access:** Yellow Line marked Mt. Vernon Sq./7th St-Convention Center.

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A message from **PDG Bob Jones**, treasurer for the 2012 MD22 Convention.

*The Multiple District Convention Committee would like to extend a personal invitation to each Lion, Lioness and Leo to attend the MD22 Convention, Wednesday to Saturday May 9-12 2012. We look forward to providing you with events that you will enjoy, fellowship with Lions from across the Multiple, and good food and entertainment. The committee's goal is to create a pleasant fun-filled experience for everyone.*

*We reviewed all of your concerns from last year and are working very diligently to correct, or at least create, a better situation. The committee recently met with the management staff of the Wicomico Youth and Civic Center to review concerns from last year and focus on changes that will be more accommodating this year.*

*Some changes already agreed upon:*

- *Convention registration will be on the main floor just as you enter the Civic Center.*
- *Pre-convention entertainment, business sessions, Necrology and the MD22 Banquet will be held in a sound compatible room where everyone can hear and understand what's going on.*
- *The exhibits and booths will be in the main arena (Normandy Room).*
- *As for the Sub-District luncheon and meeting, each District will have a separate room.*

*The golf tournament is planned to be held at Nutter's Crossing again this year. The committee has already put a request in for a warm sunny day.*

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### **INSIDE INTERNATIONAL...**

From **Past International President Sid L. Scruggs III**, Lions Clubs International Foundation chairman.

*Dear Lion:*

*As 2011 comes to an end, it is a time to reflect on our many successes during this year. Last year our Foundation was able to help millions of people around the world. Our Lions Quest program has grown to six more countries, now totaling 69 countries, and is reaching more than 12 million children around the world.*

*Our SightFirst program has expanded to include new program areas, such as education, rehabilitation and research. Our partnerships have increased, including a record donation from the Gates Foundation to help us fight measles.*

*We have helped rebuild lives following some of the worst natural disasters in recent history. These are just a few of the numerous highlights in the past year.*

*It is because of your generosity that LCIF is able to expand to meet even more needs worldwide. Last fiscal year, donations were up by 40 percent. I am excited to tell you that through the first four months of this fiscal year, our donations are up an additional 62%, from \$15.1 million to \$24.1 million. As a result, many more people worldwide are benefiting from your kindness and humanitarian service. Nearly 1 million people will benefit from the grants awarded at the October board meeting alone.*

*This coming year promises to be another remarkable year. I look forward to sharing with you additional successes in the new year and thank you for your continued support.*

*Serving together today for a better tomorrow.*

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For those of you who may have missed it, "A World at Peace" was the theme of the Lions Clubs International float in the 2012 Tournament of Roses Parade on January 2.

In its artistic design and presentation, the Lions float represented the annual worldwide children's Lions Clubs International Peace Poster Contest, which, for decades, has helped more than four million young people express their creativity, their aspiration, and their hopes for the world: Just Imagine ... "A World at Peace."

The peace themed white dove leading a ribbon of national flags are two of the most prevalent subjects appearing in the artwork entries in this worldwide contest for youths aged 11 to 13.



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### **HEALTHY HELPER...**

You can make 2012 a terrific year with just a few simple steps:

1. Accept yourself for who you are, and focus on living a quality life. Stop comparing yourself to others; that is a game nobody wins. Do your best and forget the rest.
2. Learn to let go and smile about mistakes you've made. Life is too short.
3. Remember the old adage, "you can't judge a book by its cover." The less you judge others by their looks, the less you will be judged by others.
4. Crash dieting never succeeds. Be honest about your eating pattern so you make constructive changes. When you eat dessert, share it. Pleasure is best when it is shared.
5. Develop your mind and your talents. Include a spiritual component in your life. Laugh, enjoy and love life.

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## ON THE LIGHTER SIDE...

An old German Shepherd starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.

The old German Shepherd thinks, "Oh, oh! I'm in deep trouble now!"

Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old German Shepherd exclaims loudly, "Boy, that was one delicious panther! I wonder, if there are any more around here?"

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees.

"Whew!," says the panther, "That was close! That old German Shepherd nearly had me!"

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, "Here, squirrel, hop on my back and see what's going to happen to that conniving canine!"

Now, the old German Shepherd sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?," but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old German Shepherd says...

"Where's that squirrel? I sent him off an hour ago to bring me another panther!"

## Moral of the story:

Don't mess with the old dogs. Age and skill will always overcome youth and treachery! BS and Brilliance only come with age and experience.

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I've always tried to set five achievable New Year's resolutions; unfortunately, I've never been very good at actually achieving them.

### 2008

1. I will read 5 books
2. I will brush my teeth 3 times a day
3. I will save my money
4. I will get my weight down to 180
5. I will go to Church every Sunday

### 2009

1. I will read 1 book
2. I will see my dentist
3. I will not spend money frivolously
4. I will diet religiously until I get to 200
5. I will go to Church as often as possible

### 2010

1. I will read the New York Times front page
2. I will have my cavities filled
3. I will pay off my bank loan promptly
4. I will set realistic goals for weight loss
5. I will go to Easter and Christmas services

### 2011

1. I will read one article in the Times
2. I will have my root canal work done
3. I will try to be out of debt by 2014
4. I will work out 3 days a week
5. I will pray and meditate each day

### 2012

1. I will try to finish the Comics section
2. I will get rid of my denture breath
3. I will pay off the debt interest by 2016
4. I will drive past the gym once a week
5. I will catch the late night sermonette on TV