



LIONNEWS

A monthly newsletter of the Rockville Lions Club

October 2011

DATES AND MEETINGS TO REMEMBER

- Wednesday Oct 5 DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave.
Speaker: Andrea Jolly, Executive Director
Rockville Chamber of Commerce
- Wednesday Oct 12 BOARD OF DIRECTORS MEETING – 6:30 p.m.**
EU Services
Building C, Conference Room
North Horners Lane
- Wednesday Oct 19 DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave.

OCTOBER BIRTHDAYS

Irene Bennetts 3rd

George Mabry 18th

Jay Udovich 30th

Happy Birthday Fellow Lions!

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CHIPS FROM SEPT BOARD MEETING...

Due to the absence of a quorum, the Board took no actions at the September meeting but discussed a number of items including: Club participation in a City of Rockville tree planting initiative; planning for the Club's 75th anniversary in February 2013; development of Club Policy and Procedural Manuals; and bolstering Blood Drive events.

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. . .

Two representatives from Shady Grove Adventist Hospital – Amy Carrier, associate vice president for clinical service lines, and Janet Papirmeister, cancer care navigator – provided the Club with an update of the hospital's cancer-related services, particularly Life Beyond Cancer, at the September 7 Dinner Meeting.

As most Club members know, the Rockville Lions have made 3 of 5 annual donations in support of a \$25,000 commitment to the program that was brought to our attention in 2008 by the late **Lion "Sonny" Clogg**.

The prevalence of cancer in Maryland and Montgomery County is significant, and approximately 800 new cases are treated annually at Shady Grove, according to the presentation. Shady Grove's cancer care services offer:

- Health and Wellness Educational Events and Screenings
- Comprehensive Diagnostic, Medical, and Surgical Services
- Acute Treatment – Dedicated Oncology Nursing Unit
- Outpatient Treatment
- Radiation Oncology Services – Rockville and Germantown
- Infusion Center at Shady Grove Adventist Hospital
- Life Beyond Cancer Program and Navigation Services

The Life Beyond Cancer navigation team includes nurse navigators, an oncology certified dietician, and an oncology social

worker. Their role is to help cancer patients and families deal with much more than just treatment of the disease.



Amy Carrier, Shady Grove Hospital associate VP for clinical service

A new navigation office and resource center will be part of an expansion of the state-of-the-art oncology services at Shady Grove that includes the April 2011 opening of the Germantown facility, renovation of the Rockville facility next year and completion in 2013 of the Aquilino

Cancer Center at Shady Grove, which will be a "comprehensive cancer care center to provide integrated delivery of all cancer services.

In approximately 50,000 square feet, the Center will provide:

- Oncology Specialties that include:
 - ❖ Medical Oncology
 - ❖ Radiation Oncology
 - ❖ Thoracic surgery
 - ❖ Colo-Rectal surgery
 - ❖ Urology
 - ❖ Breast surgery
 - ❖ Head and Neck surgery
- Multi-Disciplinary Clinic, Research and Conference Space
- Lobby with architectural features to create healing, welcoming environment
- Wellness Center that offers:
 - ❖ Meditation space
 - ❖ Resource Center
 - ❖ Demonstration Kitchen and conference rooms
- Conference Rooms for:
 - ❖ Support Groups
 - ❖ Educational Offerings
 - ❖ MD Education/Resource Center
 - ❖ Cancer Conference
- Image Recovery Center
- Cancer Care Services and "Life Beyond Cancer" Program
 - ❖ Nurse Navigators
 - ❖ Oncology Registered Dietician
 - ❖ Oncology Social Worker
 - ❖ Genetic Counseling

- ❖ Wellness Programs
- ❖ Yoga, massage, reiki, acupuncture
- ❖ “Healing Arts Program” art and music therapies
- ❖ Rehabilitation services (Lymphedema, speech therapy)



King Lion Gracelyn Henry (left) presents certificates of appreciation to Amy Carrier, Shady Gove Hospital associate VP for Clinical Service Lines, and Janet Papirmeister, Cancer Care Navigator, following their presentations at the September 7 Dinner Meeting. **IPKL Bill DeLone** gave the introductions.

(Photos by Lion Ken Gutschick)

The guest speaker at the Club’s October 5 Dinner Meeting will be Andrea Jolly, who has been the executive director of the Rockville Chamber since March 2009. She has more than 25 years of public and nonprofit sector experience in community engagement, management, and program development.

In her current position, Jolly is responsible for the day-to-day operation of the organization including working with the Board of Directors to set direction for the Chamber, participating with all committees, overseeing the Buy Rockville program, program planning, member retention and recruitment, weekly newsletter and webpage, fundraising and financial management.

You won’t want to miss what promises to be an excellent presentation.

Despite the major ongoing renovation of the Rockville Senior Center that threatened to derail the Club’s 21st Annual Modular Train Show, Chief Engineer **Lion Craig Cano** has determined that a slightly scaled-down show will enter the station on the usual second weekend in November – specifically, Saturday Nov. 12 (10 a.m. to 4 p.m.) and Sunday Nov. 13 (Noon to 4 p.m.). As always, there are

multiple roles that need to be filled on those days, as well as for set up beginning at 5 p.m. on Friday Nov. 11.

We will need Conductors at the admission table (two Lions), the raffle table (one Lions), the souvenir table (one Lions) and the parking lot (two Lions). Because of the construction, Conductors in the parking lot will be very important to direct guests to the show entrance.

There are two shifts each day (three hours on Saturday and two hours on Sunday) and we need a clean up crew for 2-3 hours, starting at 4:30, following the conclusion of the show on Sunday. That is roughly 30-35 volunteers over the course of the Show – I know there will be no trouble getting those slots filled.

Lion Craig will have a sign up sheet at the Oct. 19 and Nov. 2 Dinner Meetings. Please plan to help out at this important annual fundraiser.

Lion Coleman Hyatt reports that the September 8 Blood Drive collected 20 pints. In other collections, Lions Coleman and **Bobbie** in August delivered 409 sets of eyeglasses to Lions Community Outreach Foundation; they delivered 419 sets in September.

Upcoming Events: Mark your calendars for the following important upcoming Club events.

- The District Governor’s annual visit will take place on Wednesday November 2, when **DG Rich Barb** comes to tell us about the plans of his administration.
- The 21st Annual Modular Train Show will take place the weekend of November 12 and 13 at the Rockville Senior Center (see item above). Help is needed for set up the night of Friday November 11, throughout the show and for clean up at 4 p.m. on Sunday – contact **Lion Craig Cano**.
- We will be selling Fruit at the Sugarloaf Craft Fall on Friday Nov. 18 (10 a.m. to 6 p.m.), Saturday Nov. 19 (10 a.m. to 6 p.m.) and Sunday Nov. 20 (10 a.m. to 5:30 p.m.). **Lion Jay Clogg** is looking for “hearty” volunteers to work 4 hour shifts. Volunteers must be able to stand outside in what may be cold, windy weather and some, but not all, must be able to lift 20-

pound boxes repeatedly. There will be a sign-up sheet at the Nov. 2 Dinner Meeting, and Lion Jay will have free entry passes for workers.

DISTRICT DOINGS...

From Lions Community Outreach Foundation program:

LCOF in District 22-C is alive and doing well. First we all should thank PDG Charlie Kears for many of the improvements that were implemented and the improved health and functioning of the organization. PDG Charlie did two terms as President and one more year as the Acting President when no one stepped up to be the President. Thanks!

Well, PDG Sandi Halterman has stepped up after a successful and busy year as the District Governor and she is now the new President of LCOF. We have new blood in the Council and on the Board, new bylaws drafted by PDG Gary Burdette that are about to be voted on and Treasurer Jim Cocchiaro ... indicated that our expenses were under what we budgeted and he has a meticulously prepared the 2012 budget which is ready to be approved. Lion Jim has been a major player in the daily operation of LCOF and has been great at finding ways to save money. Thanks Lion Jim!

PDG Sandi is motivated and ready to run and carry on where PDG Charlie has left off. The first new challenge will be relocating our office. The office is in Seabrook and LCOF has been renting the office next door which we own. The current renter has indicated that he would like to rent both suites and expand his office space. If an agreement is reached we are looking at office space at 5001 Forbes Blvd. that will be adequate for our needs, help us balance our budget, and give us an opportunity to refinance without closing costs....

If you want to help, get on board. Encourage your clubs to be generous with your donations for LCOF. Collect the eyeglasses and look for opportunities to help your community with vision screenings or when people are referred to your club act quickly to assist them with eye exams and glasses....

Thanks to all of the Clubs and members for your assistance.

INSIDE INTERNATIONAL...

Lions Clubs International may be the largest service organization in the world, but with its new recruitment effort, it's proving it is anything but boring. The 94-year-old non-profit, known for its community service and iconic yellow vests, has a new rap video. Yes, rap video (see it here: <http://lionsclubs.org/EN/Inn/video-view.php?id=55>).

The new music video, "Rockin' the Vest," features Lions members, young and old, singing and dancing to custom-written rap lyrics, while doing community service projects such as feeding the hungry, providing eyeglasses and planting trees. The participants are real members and good sports who don't take themselves too seriously, and that comes through in the video.

"The goal of the unusual campaign is two-fold," said LCI Executive Director Peter Lynch. It is "to recruit the next generation of Lions members by getting their attention where they spend the most time, which is increasingly online, and to show people in a fun, entertaining way what our members do across the country and world."

The Lions logo and yellow vest may be two of the most recognized brand symbols in the world, but many of the younger generation are not aware of what the 1.35 million members in more than 46,000 clubs throughout the world contribute to communities. "We hope that the rap video and our new PSAs, along with online and outdoor billboards and a radio PSA coming out later this year, will help us reach that younger generation and show them that we are not their father's or grandfather's Lions clubs," said Dane LaJoye, LCI spokesperson.

"There are people out there who think of the Lions as a stodgy old men's club and it's not," said Gary Mueller, creative director at Serve Marketing, which created the recruitment campaign. "It's an incredibly diverse group of people – young and old, men and women – who love to give back and have fun in the process. We think this campaign will be successful in attracting new members."

HEALTHY HELPER...

Reducing inflammation can help improve your health. A wide variety of common health issues are believed to be the result of chronic

inflammation in your body including heart disease, high blood pressure, bacterial or viral infections, osteoporosis, arthritis and acid reflux to name a few.

Healthy lifestyle habits such as exercising regularly, not smoking, maintaining a healthy weight and minimizing stress all help to reduce inflammation but the single biggest thing we can control that impacts inflammation is our diet.

Eat foods that have natural anti-inflammatory properties include: garlic, ginger, turmeric, berries, pineapple, papaya, apples, onions, broccoli, leafy greens, wild fish, raw nuts (not peanuts), raw seeds, and leafy greens.

We should all be aware the following foods can stimulate inflammation and should be consumed in moderation. Pro-inflammatory foods include fried foods, dairy, meats, sugar and eggplant, tomatoes, potatoes and peppers.

ON THE LIGHTER SIDE...

A state legislator is awakened in the middle of the night by his wife, who whispers, "I think there's a thief in the house."

"Not in the House, my dear," her husband says. "Perhaps in the Senate, but not in the House."

The wife of a man who had lost 50 pounds took a job as a waitress in a restaurant. When she returned home after her first day at work, the husband gave her a big hug.

He seemed to cling to her longer than usual. "Did you really miss me that much today, dear?" the woman asked.

"No," came the reply, "but you smell so much

like pancakes that I hate to let you go."

A man with a heart condition inherited a million dollars. Concerned that the shock might trigger a heart attack, his family asked their minister to tell him about the windfall.

The minister goes to the man's house and, after pleasantries asked him: "What would you do if you inherited a million dollars?"

"Well, pastor," the man said, "I think I would give half of it to your church."

At that, the pastor keeled over dead.

While walking along the sidewalk in front of his church, a minister heard the intoning of a prayer that nearly made his collar wilt. Investigating, the minister discovered that his five-year-old son and playmates had found a dead robin. Feeling that the little bird ought to have a proper burial, the children had put the bird in a small box and dug a hole for a grave.

As the one chosen to say the appropriate prayers, the minister's son was mimicking his father's sonorous dignity and repeating what he thinks he's heard his father say: "Glory be unto the Faaaather ... and unto the Sonnnn ... and into the hole he goooooes."

At the end of the great flood, Noah opened up the ark and let all the animals out. "Go forth and multiply," he said as the animals scurried down the gangplank.

But as Noah was closing the great doors of the ark, he saw two snakes in a dark corner.

"Didn't you hear me?" he called to them. "You can leave now. Go forth and multiply."

"We can't," replied the snakes. "We're adders."