



LIONNEWS

A monthly newsletter of the Rockville Lions Club

September 2011

DATES AND MEETINGS TO REMEMBER

- Wednesday Sept 7 DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave.
Speaker: Amy Carrier, Associate Vice President for Clinical
Service Lines
Janet Papirmeister, Cancer Care Navigator
- Thursday Sept 8 BLOOD DRIVE – 2:30 to 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave.
- Wednesday Sept 14 BOARD OF DIRECTORS MEETING – 6:30 p.m.**
EU Services
Building C, Conference Room
North Horners Lane
- Wednesday Sept 21 DINNER MEETING – 7 p.m.**
Wesley Hall, Rockville United Methodist Church
112 Montgomery Ave.

SEPTEMBER BIRTHDAYS

Debbie Brown-DeLone 4th

John Carr 22nd

Kathy Fiske 27th

Bill DeLone 28th

Hansen Watkins 30th

Happy Birthday Fellow Lions!

Gracelyn Henry
President
(301) 231-9661

Craig Cano
Editor
(301) 424-8537

Sonia Wiggins
Secretary
(301) 876-4424

CHIPS FROM AUG BOARD MEETING...

Treasurer **Lion George Mabry** reported that while the costs of the July Dinner Meetings were met, the first meeting in August lost money "due to an unusual number of no-shows. We are obligated to guarantee at least 30 dinners and at the first dinner meeting in August we had only 23 paying guests (plus two speakers). We will usually do better."

As noted below, please notify **Lion Coleman Hyatt** if you will miss a meeting so that the headcount be adjusted.

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. . .

"In a region like ours, where there is so much 'stuff,' we ought to be able to get a bed under every kid" and a table and chairs for a family to have dinner around, according to Mark Bergel, executive director of A Wider Circle.

Speaking at the Club's August 3 Dinner Meeting, Bergel discussed the "holistic approach to ending poverty" that the agency takes in fulfilling its mission to provide basic needs to families transitioning out of shelters or simply living without life's necessities. So its primary role is "getting things from people who have more than they need to people who have nothing."

A Wider Circle furnishes the homes of more than 1,000 children and adults every single month, free of charge. But the goal is to do more than just provide furniture, so the organization holds classes on job skills, money skills and life skills.

Once you fall into poverty, Bergel said, "it is really difficult to get back over that line." Like the Rockville Lion Club, virtually all public donations go into the community. "In 2010, our overhead was just 3%," according to the organization's web site. "That means 97 cents of every dollar you invest in A Wider Circle goes directly to services."

"Our mission is to end poverty," Bergel stressed. "We always need volunteers; we always need stuff; we always need donations."

Among items on its wish list are: beds and bedding, dressers, kitchen tables and chairs,

lamps kitchen items, desks, small kitchen appliances, healthy non-perishable food, and personal care and cleaning supplies.

If you have such items to donate for pick up or want to volunteer to help, call A Wider Circle at (301) 608-3504.



King Lion Gracelyn Henry and **Lion Bud Leonard** (center) present certificate of appreciation to Mark Bergel, who spoke at the Club's August 3 Dinner Meeting.

Photo by Lion Ken Gutschick

The Club will have two speakers at the September 7 Dinner Meeting to provide an update on the progress of the "Life Beyond Cancer Program" at Shady Grove Adventist Hospital so that members can appreciate how our support of that program is helping the advancement of cancer care services.

Amy Carrier, associate vice president for Clinical Service Lines, is responsible for the cardiac and vascular, as well as the oncology service lines for Adventist HealthCare.

Janet Papirmeister is a Cancer Care Navigator. The navigator serves as a single point of contact for patients and their families throughout their entire cancer care journey.

The Rockville Lions Club has 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**.

Please make the following additions to your roster book:

Bennett, Maxine 202-701-8732 (c)
201 Professional Drive
Gaithersburg, MD 20879
Birthday: April 16

Registered Nurse
email: maxineellis@rocketmail.com
4/20/11 (LCI#3375509)
Lion Chuck

Marsh, Charles (Chuck) 703-244-8019
201 Professional Drive
Gaithersburg, MD 20879
Birth date: January 10
Accountant
email: camarsh22032@hotmail.com
8/3/11 (LCI # 3433651)
Lion Maxine

Please make the following changes to your roster book:

Email: Lynch, Bill & Diane
billIndiane4539@verizon.net

Phone: See, Dora V. (Ginny)
301-762-5051

From the Ice Cream Dipping Fundraiser
*Photos by **Lion Maylene Smith Hector***



Lion Maxine Bennett (left) and **King Lion Gracelyn Henry** take a turn running the cash register.



Lions Jay Clogg, Jill Unger and Ford James (left to right) were among numerous Club members participating in the annual fundraising event. Lion Ford was responsible for making sure they all showed up!



Lions Jay Udovich, Charles Marsh and Theola Poole and a volunteer (clockwise from top left) were all smiles for the camera and customers in the Ice Cream Bar.



Lion Erik Fiske (left) is joined by two of the many student volunteers that helped serve ice cream at the Montgomery County Agricultural Fair on August 15.

Jessica Nichols was the guest speaker at the August 17 Dinner Meeting, and she talked about her school's outreach program bringing eye care to needy people around the world.

Nichols is a 4th-year student at Southern College of Optometry in Memphis, Tennessee, which ranks as one of the nation's leading institutions of optometric education.

Since being founded in 1975, Southern College's chapter of Student Volunteer Optometric Services to Humanity (SVOSH) has completed more than 110 trips to 16 countries, examined more than 190,000 patients and distributed 142,250 pairs of glasses, many donated through various Lions Clubs. Nichols served as a SVOSH

International Missions Coordinator during the 2010-11 school year.

To prepare for a four-day mission, students work more than 2,500 combined hours during the school year collecting, sorting, and cleaning glasses donated by Lion's Clubs, eye doctors, and other groups from around the United States.

Each member must complete: 30 volunteer hours in organized community volunteering and fundraisers; 30 lab hours sorting, labeling, and packaging donated glasses that will be distributed on the mission; 25 donation letters sent to Lions Clubs to gather donated glasses and funds; and two informational presentations made to Lions Clubs about SVOSH.



Lion Christine King (left) and **King Lion Gracelyn Henry** (right) thank Jessica Nichols, who spoke at the August 17 Dinner Meeting. Photo by **Lion Ken Gutschick**

DISTRICT DOINGS...

Lions Camp Merrick's primary fundraiser will be held on Friday September 16 from 7-11 p.m. at the Jaycee Hall in Waldorf, Maryland. The Jaycee's are providing the hall and food at no cost to the Camp. The entertainment will be an outstanding, called "Night at the Improv," with nationally renowned comedians. Tickets are \$75 per person and are 100% tax deductible. Reservations are due by September 9 to Heather Zeolla at (301) 399-7124 or heatherzeolla@yahoo.com.

A message from Lions Camp Merrick Administrator Melissa Lynch:

Our summer camp season comes to a close this week. I have been involved with camping programs either as a camper, counselor, or senior staff member for the past 19 years. This is, by far, the best staff I have ever employed.

They come from all over the country and the world, from as far as Ireland, Sweden, Wales, and England and as close as Waldorf.

Our staff is competent, energetic and dedicated to our campers. They have worked tirelessly to ensure that our campers have an amazing summer and are able to feel, for the week they are here, that they are not singled out as different for having diabetes.

Our medical staff, directed by Rita Koenig, and under the supervision of Dr. Fieldson, has provided a safe environment for our campers with diabetes. They work around the clock to provide the best care to all campers, while simultaneously teaching them new diabetes technology and preparing them better care for themselves when the camping season is complete.

This year we had two full family sessions and three weeks of campers. Our campers and their families leave LCM happy and grateful for the week they spend here. They have repeatedly complimented our staff and our camp program.

Through our education sessions, our campers have learned to better manage their disease and how to advocate for their rights in school. They have formed friendships with other campers that will last them until adulthood. Many of these campers return year after year to LCM and consider this place their home.

I am pleased that we have been able to deliver another memorable summer to our campers and their families.

INSIDE INTERNATIONAL...

Right now, famine is threatening the lives of millions of people in the drought-stricken Horn of Africa. Lions Clubs International Foundation is working to help the most vulnerable victims – children in a large refugee camp in Northern Kenya and Dadaab. Lions are also partnering with the Red Cross and UNICEF to provide emergency food supplies.

LCIF has given the Lions of Kenya a \$15,000 grant to support famine relief. And Lions around the world are rallying to help: Lions in Kenya have collected \$10,000; Lions in Sweden are donating \$77,000; a Club in Germany has pledged to raise \$7,100.

LCIF has formed a Lions Relief Team to coordinate relief efforts in Kenya, and it has set up a designated "Aid for Africa 2011" fund.

HEALTHY HELPER...

Tinnitus is commonly described as a ringing in the ears, but some people also hear it as a roaring, clicking, hissing or buzzing. It may be soft or loud, and it might affect both of your ears or only one. For some people, it's a minor annoyance. For others, it can interfere with sleep and grow to be a source of mental and emotional anguish.

Each year about 1 in 10 adults has an episode of tinnitus that lasts longer than 3 months. Tinnitus isn't a disease. Instead, it's a symptom that something is wrong with your auditory system. The problem may exist somewhere in your ear, in the nerve that connects the inner ear to the brain or in the parts of the brain that make sense of sounds.

Because tinnitus can arise from so many conditions, ranging from hearing loss to high blood pressure to medications, diagnosing the cause or causes can be a challenge.

Although there's no cure for tinnitus, several treatments can make it easier to cope. Hearing aids may help those who have hearing loss along with tinnitus. Behavioral therapy with counseling helps people learn how to live with the noise. Wearable sound generators — small

electronic devices that fit in the ear — use a soft, pleasant sound to help mask the tinnitus and offer relief.

Researchers are working on new ways to treat tinnitus. Talk to your doctor if you've had ringing in your ears for more than 3 months.

ON THE LIGHTER SIDE...

Three friends from Church Point, Louisiana, were asked: "When you are in the casket, and your friends are mourning over you, what would you like them to say?"

Thibodeaux replied: "I would like them to say I was a wonderful husband, a fine spiritual leader and a great family man."

Fontenot commented: "I would like them to say I was a wonderful teacher and servant of the church, who made a huge difference in people's lives."

Then Boudreaux offered: "I'd like them to say, 'Look, he's moving!' "

Two blondes were sipping their Starbucks when a big truck drove past loaded up with rolls of sod.

"I'm going to do that when I win the lottery," announced the first blonde.

"Do what?" asked the other.

"Send my lawn out to be mowed."