

# DISTRICT 22-C NEWSLETTER

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**“WE SERVE”**

<http://www.e-district.org/sites/22c/index.php>



Hello Fellow Lions,

Just back from Chicago and ready to go. Chicago is a beautiful city with many different sites to see and great food. The DGE Seminar was a great learning experience. Speakers included Nicholas Vujicic and Sisiter BK Shivani.

The International Convention brought together Lions from all over the world to share there experiences, projects and fun. Entertainment included the Beach Boys, Chicago, Charlie Daniels band, Beatles reenactors, a Blues Brothers Revue and Patti LaBelle. Pattie LaBelle spoke to Lions about how her life changed when she was diagnosis with diabetes.

Diabetes is the new focus along with Pediatric Cancer in the New service framework for LCI.

Diabetes affects 1 out of every 2 people worldwide. Diabetes contributes to more than 5 million deaths a year, making it the eighth-leading cause of death in the world, and the numbers are rising. Lions and Leos are confronting this global health emergency by raising awareness of diabetes through Strides events, expanding access to care through screening and treatment programs, and improving quality of life through diabetes camps and community recreational programs. We believe we can help prevent and control this global epidemic by uniting Lions and Leos around this cause.

Pediatric Cancer is a new focus for Lions. Children are a gift to the world, yet every two minutes a child is diagnosed with cancer and less than half of the world's children have access to effective care. Children who survive cancer are often left with debilitating effects that can impact their physical development and ability to learn. That is why Lions and Leos are answering the call to expand access to life-saving treatment and support the children and families who need us most. We are working to give children with cancer a second chance at life.

As Lions have changed the lives of people affected by vision, hunger and have helped the environment. I know we will change the lives of people affected with diabetes and pediatric cancer.

Dr. Naresh Aggarwal's them "The Power of We" inspires Lions to work together. By collaborating with other clubs, district or organizations Lions can multiply there efforts. Our motto of "We Serve" is more prevalent today more than ever.

I am looking forward to working with the all Lions in my community and around the world to serve all in need.

Yours in Lionism  
Carl Vettel  
District Governor

# Blood Drives

## Brandywine Lions Club

October 5, 2017

November 30, 2017

2:30 – 7 pm, Baden VFD, 16608 Brandywine Rd,  
[301-888-1666](tel:301-888-1666)

## La Plata Lions Club

Aug 28, 2017

Oct 23, 2017

Dec 26, 2017

All drives are held at the La Plata United Methodist Church from 1:30 pm to 7:30 pm.  
Walk in donors are welcome.





## PITCH CARD PARTY

**BEGINNERS WELCOME**  
JOIN US FOR A NIGHT OF FUN PLAYING PITCH



**When: Friday – Jun 2/Jul 7/Aug 4/Sep 1, 2017**  
**Doors open 6:30PM - Game begins 7:30PM**  
**Entrance Fee: \$10.00 to include one free hot dog and chips per person**  
Food Available, Door Prizes, 50/50 raffle.  
Everyone goes home with a “PRIZE”!

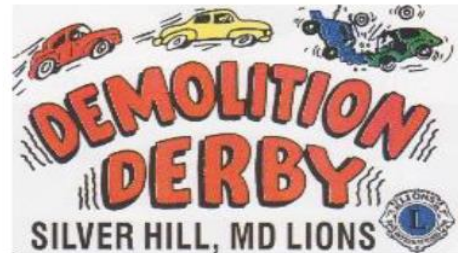
**Where:** Knights of Columbus Hall  
16441 Three Notch Rd  
Ridge, MD 20680

**For information contact:**  
Bobbie Bell: (301) 872-5114  
Terri Kaftan: (240) 538-2818

**HELP US TO SERVE THOSE LESS FORTUNATE IN OUR COMMUNITY**  
**SPONSORED BY THE RIDGE LIONS CLUB**

**Facebook - <https://www.facebook.com/RidgeLionsClub>**

## CHAOS AT THE CREEK




OVER **\$10,000**

**IN CASH & PRIZES FOR THE TWO NIGHTS**

Silver Hill Lions Foundation, Inc. Presents:  
Potomac Speedway @ Budd's Creek, MD  
[www.potomacspeedway.com](http://www.potomacspeedway.com)

2017 Dates:  
June 17<sup>th</sup> & 24<sup>th</sup> and September 9<sup>th</sup> & 16<sup>th</sup>

 @SHLCDemolitionDerby

# Lions Camp Merrick

*Making Memories That Last A Lifetime!*

## Lions Appreciation Picnic

Lions, Grandchildren, children and friends have a Great Day at LCM on June 25<sup>th</sup>!



We want to shout out a BIG "Thank You" to all who attended our Lions picnic and made it a very Special Day. We enjoyed seeing each of you partake in "Camp" activities and appreciated the many compliments we received. We hope you will mark your calendars for next year on Sunday, June 24, 2018 when we plan on having our next LIONS Appreciation Day Picnic!



## Lions Magazine at LCM

LCM and staff member Matt Knauf will be featured in Lions Magazine. Life at diabetes camp is highlighted as well as Lion, staff and past camper Matt tells how camp helped mentor and educate so he could manage his diabetes



## American Idol and Lilly Care at LCM



Lilly supplies camp with over \$60,000 in medical supplies each summer and this year they also provided a day with Crystal Bowersox, a former idol star and diabetic. She joined in activities, performed songs and discussed her challenges with diabetes and how camp had a positive influence for her as a child.

## Reminders & Updates

### Camp Board Meeting – August 22, September 26 & October 24

At Babes Tavern in Waldorf on route 925, 2890 Old Washington Road. All Lions are welcome to attend!

### Camp Advisory Meeting – October 24<sup>th</sup> at The Lion's Den in Babes Tavern.

Meeting are held quarterly on the 4<sup>th</sup> Tuesday in April, July, Oct and January at 7:00 PM all Club appointed LCM representatives are welcome and encouraged to attend!

### Let Lions Camp Merrick Be Your Guest!

We have Board members, camp staff and campers who would love to come speak at your Club meeting to answer questions and share our love of camp.

## **Welcome to MWABA!**

Welcome to MWABA's website! We are a 501(c)(3) organization, whose mission is to connect visually impaired individuals in Washington, DC, Maryland and Virginia to activities that will help them live healthy, active and balanced lifestyles!

On this site, you can sign up to be an MWABA member, register to volunteer at one of our events, get updates about recent and up-coming events, and so much more. Please explore our pages for more information.

### **For more information**

**[www.gomwaba.org](http://www.gomwaba.org)**

### **Sports and Activities**

Current MWABA sports and Activities

#### **Goalball**

Goalball is the only team sport specifically designed for the blind. It is played by men and women around the world, including in the Paralympics. MWABA launched its Goalball program in June 2015, by hosting a Goalball clinic at Trinity Washington University. Please watch the video below to find out more about the sport of Goalball, or [click here](#) if you are viewing this from a mobile device.

#### **Judo**

Judo is an art, a sport, and a means of defense. Before learning to throw an opponent, or being thrown himself; the student is first taught the history, customs, and courtesies of Judo. The next lessons deal with the art of body protection (Ukemi, the art of falling without pain or injury); and the principles of balance. In addition to 40 throwing techniques, Judo includes: hold-downs, choking techniques, and armlocks... all of which can be safely used in contests of sport judo as well as self-defense. Adapting the sport to those with visual impairments simply requires participants to maintain contact while sparring.

[Click here](#) to view the video on a mobile device.

#### **Yoga**

Our Yoga program now meets regularly at the Kali Yoga Studio near the Columbia Heights Metro Station, located at 3423 14th St. NW . Our classes meet every 1st and 3rd Sunday of each month. Get more flexible...develop muscular strength...take advantage of all the benefits that Yoga has to offer. Our volunteer instructors aim to provide excellent instruction for all of our visually impaired participants, and provide one-on-one help when necessary. These classes are open to everyone, but priority will be given to visually impaired participants. Please contact Karla Gilbride at [kgilbride22@hotmail.com](mailto:kgilbride22@hotmail.com) to find out when the next class will be held.

#### **More To Come!**

MWABA plans to launch the following programs soon.

#### **Tandem Cycling**

Visually impaired individuals will start racking up those miles on their tandem bike, along with their captains.

#### **Running Groups**

With the help of our volunteer guides, we will plan routes to run in groups. Routes will vary in length and duration, and participants will be able to join groups that are running at their comfort level. Please feel free to contact us with any other suggestions for future activities. Please consider making a generous donation to support our cause.

# Lexington Park Lions Serve

**MAY, THE MONTH THAT WAS!!**

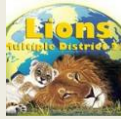
**Lexington Park Lions** had a busy, busy May:

- **May 12**, we had a most successful golf tournament and hearing programs.



raising more than \$5000 for our vision

- **May 15-18**,



essential 2017-June 2018.

Club officers attended the Multiple District 22 convention in Gettysburg, Pennsylvania, meeting with Lions throughout the district and attending to business including election of District officers for the coming Lion year, July

- **May 16**, Lions Sal and Susan presented our scholarship award to Corey young man headed to West Virginia University where he will major in and minor in psychology. He plans a career with the FBI.



Williams, a criminology



- **May 19**, Lions from Lexington Park, Leonardtown, Hollywood, and Ridge provided vision and hearing screening at the Veterans Stand Down, serving those who served.

- **May**



referrals. When we catch the corrective intervention.

**20**, Lions Jess, Susan, and Mary did preschool vision screening at Alexander's Annual Kid's Day, seeing 14 children with 6 vision problems early, the children have a better chance at

- **May 22**, we had a most delightful meeting with our special guest, our second scholarship awardee, Rebekah Torgesen. Rebekah will attend Brigham University where she will major in chemical engineering and then attend school. She plans a career as an orthopedic surgeon.



Young medical

**And then, here comes June!!**



Lions Walter Cheek and Susan Brookbank, Rebekah Torgesen, Lion Sal Raspa



Lion Sal Raspa, Corey Williams, Lions Susan Brookbank and Walter Cheek

Lexington Park Lions Club Foundation presented Corey Williams and Rebekah Torgesen with \$1000 scholarships in recognition of their academic excellence and community service. Corey will attend West Virginia University where he will major in criminology and minor in psychology. He plans a career with the FBI. Rebekah will attend Brigham Young University where she will major in chemical engineering and then attend medical school. She plans a as an orthopedic surgeon. Both maintained a 4.0 average throughout high school and each of them has an impressive history of involvement in their school, their churches, and in the community. We are extremely proud of Corey and Rebekah and wish them every success in the pursuit of their dreams.



*Leadership with Imagination, Service with Creativity*

## LIONS LEADERSHIP FORUM SPONSORSHIPS

Market your business or product to 48,000 Lions. Sponsorships for every budget. Learn more...

September 21-23, 2017 // Portland, OR

USA/CANADA LIONS LEADERSHIP FORUM September 21-23, 2017 Portland, OR

# ForumNews

lionsforum.org    March 2017

**Leo Day puts the focus on our future**

**Build Your Leadership Skills Year Round With Lions University**

**Global Initiative on Health & Wellness**

**Spring Has Sprung in the Pacific Northwest U.S.**

**Countdown to Portland September 21-23**

**Forum Facebook page hits 4,000 likes**

**Reserve your scooter or other mobility rental equipment today!**

**Sponsorship & Exhibitor Packages**



Presented by Zephyrus

# Top 5 Reasons You Will Love MyLion

- 1 Easily plan, promote, and share your service activities right on your smartphone.
- 2 Safely connect, follow, and chat with any Lion or Leo from your local club, or anywhere in the world.
- 3 Share your impact on social media. Share photos of Lions in action on MyLion and use the app to instantly post on Facebook.
- 4 Discover service activities, clubs, and other Lions based on what's important to you—distance, location, or interest.
- 5 Get recognized for your service. MyLion showcases your achievements with easy-to-earn, fun digital badges on your user profile.



Lions Clubs International

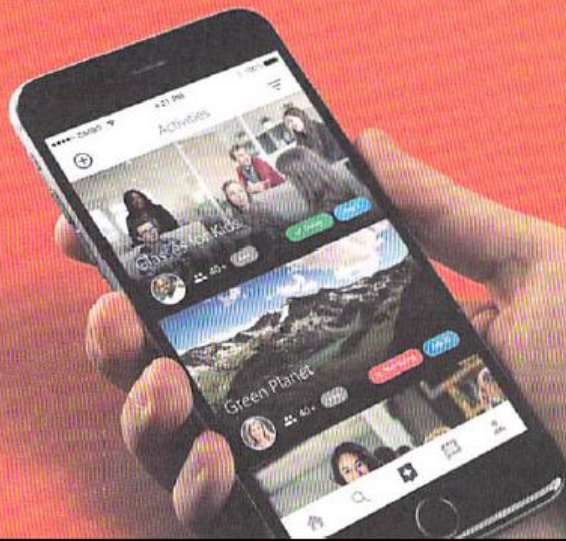
MYLION-1 EN 5/17

# MyLion™ QuickStart Guide

## Introducing the MyLion App

A mobile app that makes volunteering fun, fast, and easy.

100 years in the making!



# Getting Started with MyLion Is Easy!

## 1 Download and register.

- Download MyLion from the App Store (iOS) or Google Play (Android).
- Open MyLion, confirm you're a Member, and tap **Create New** button. This is only necessary your first time.
- Provide a few pieces of information to tell us about yourself.
- Verify your identity with your Member ID and your personal email. **Don't have your Member ID? Can't remember the email address associated with your Lion record? No problem. You can get started without it.**

## 2 Create your personal profile (or club profile if you're the president).

- Tap the Person icon to customize your profile.
- Add your picture.
- Add your nickname.
- Tag your interests.

## 3 Create and plan a project.

- Tap the Activity icon to set up your first service activity.
- Provide details about your activity.
- Invite your club members and other Lions to help.
- Share your project on Facebook from MyLion.

## 4 Find other Lions and clubs.

- Tap the Discover icon to start searching.
- Tap the Filter option to narrow your search to find exactly who or what you want.
- See your results and connect!

## 5 Earn your first badge.

- Tap the Person icon to see your profile.
- Scroll down to see the badges you can earn.
- Tap a badge to learn how to earn it!

Is there a question we didn't answer? Please email us at [mylion@lionsclubs.org](mailto:mylion@lionsclubs.org), visit [mylion.com](http://mylion.com), or tap the question mark icon in your MyLion profile section.