

DISTRICT 22-C NEWSLETTER

Carl Vettel – District Governor
Bowie Lions Club
442-994-5894
Carljan2006@verizon.net

Issue # 522 August 8, 2017

“WE SERVE”

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



Hope all are having a Safe and Fun Summer

CABINET/ADVISORY MEETING

DISTRICT 22-C
DG CARL VETTEL
2017-2018

RSVP to CS Laura by August 11.

YOU ARE INVITED

Who: Club President, Secretary,
Treasurer, Membership Chair & Lions

When: Sat. Aug. 19.
10AM – Social/Check-in
11 AM - Lunch/Meeting

Where: 3700 Rossmoor Blvd, Silver Spring
Clubhouse 1- Recreation Center

Why: To be informed, to meet Five-Star
Requirement, to network and grow in Lionism!

How: RSVP TO RESERVE A SEAT AND MEAL
DEADLINE IS AUG. 11.

RSVP by submitting **YOUR NAME** and
Club NAME to CS Laura, preferably by
email, ljboat@aol.com or call 301-474-
7971 and leave a voicemail.

Cost: \$23/per person – includes food,
fellowship and fun!



“A NEW CENTURY OF SERVICE”

MENU

SALAD
FRIED CHICKEN
CORN ON THE COB
BROCCOLI
POTATOES
ROLLS/BUTTER
SODA
COFFEE
DESSERT

50/50



Tickets - \$1/each or 3 for \$2.



Commemorative Coin Raffle:
Take a chance on a limited
edition Lions Commemorative
Coin for \$10/ticket. FUNDS
COLLECTED SUPPORT LVRF.

Service Event Help Needed

Fellow Lions,

In 2014 the Beltsville Lions, with the help of volunteers from College Park, University Park and Mt. Rainier Brentwood participated in a health fair at the University of Maryland. Together, we screened 114 people in 2 days.

This year, there will be a repeat of the health fair on September 8th and 10th. The hours are 6 am to 6 pm daily. 4 vision machines are reserved. (The request I received said the hours would be 7 am to 4 pm, but my dentist is on the Board and says 6 to 6).

The event this year is the "Mid-Maryland Mission of Mercy & Health Equity Festival." The major emphasis is on free dental care. Dozens of dental professionals will be there in a well-orchestrated venue to provide free dental care to needy people, expected to number over 1,000.

The University of Maryland School of Public Health will concurrently run a health fair there. They invited us (the Beltsville Lions Club) to participate again, and we plan to do that.

But this is a larger burden than the Beltsville Lions can handle alone. I assume we would get set up each day by 9 am and offer screenings through closing, whatever that is. The clients will receive dental care first suggesting we would not receive clients until afterwards.

The event is scheduled to be held in the Xfinity Center, University of Maryland. Access is easiest from University Blvd.

In case you are wondering, there is a football game on September 9th so they planned around that and will be holding the fair only on Friday the 8th and Sunday the 10th.

Clubs are asked to bring this up with members with the goal of identifying Lions willing to volunteer some hours in this effort.

Please contact Ted Ladd if interested in participating on either day for any period of time. Remember, Lions make the difference.

My best,
Ted Ladd
tedladd02@aol.com
240-381-2847

The Marlboro Vol. Fire Dept. & Ledo Pizza Host 12th Annual Cruzin Main St. Car, Truck & Bike Show Benefiting Marlboro VFD & Lions Club of Upper Marlboro

Saturday Nite Aug. 26th 2017

Rain Date Sunday Aug. 27th 1pm

4pm REGISTRATION @ LEDO PIZZA 14611 MAIN ST.
UPPER MARLBORO MD. SHOW 5pm to 9pm
CARS WILL PARK ON MAIN ST. UPPER MARLBORO

FIRE TRUCKS



OLDIES MUSIC BY D.J.
FOR MORE INFO CALL
JEFF WYVILL @ 301-440-8140
JAY TUCKER @ 240-375-9607

All Entries
Enter From Water St.
to Parking lot across
from 7-11



VENDORS
SPACE
\$20.00

SLICK AWARD
BEST PAINT JOB
AWARD + \$50.00
LEDO PIZZA AWARD
BEST 1955
AWARD + GIFT CARD

Marlboro Lion Club
Frankie Holland
Memorial Award
Outstanding
Street Rod
Award + \$300.00

ENTRY FEE \$20.00
CARS & TRUCKS
\$15.00 BIKES
PARKING FOR
ENTRIES ONLY

WEB SITE : www.marlbocarshow.vpweb.com

Show Pre Entry Form on Web Site also for Vendors Forms

MANY AWARDS, GIFT CARDS & PRIZES

DASH PLAQUES to FIRST 100 ENTRIES

AWARDS GIVEN OUT 9pm

Leader Dog Update

Dear Lois,

My name is Trisha Kulkarni. I am seventeen years old and live in Centerville, Ohio. Earlier this summer, I was lucky enough to be matched with the beautiful puppy you raised, Ms. Liberty. Rather than attending the residential training in Michigan, the admission committee decided to do a home delivery where we trained in my home environment for an intense ten days. Libby and I graduated on July 15 and since then have been working hard to learn how to trust and depend on each other completely. Libby is my first guide dog, so there is a lot to still improve on to reach our highest potential. I intend to do everything in my power to facilitate our growth as a team and maintain her health and happiness.

I would like to thank you from the bottom of my heart for all the time and effort you devoted to raising this amazing dog. In our short time together, I have developed so much love and attachment to Libby, so I can't imagine what you went through to return her to Leader Dogs after an entire year together. Nevertheless, I am extremely grateful for your sacrifice. It is because of your dedication to this program that I have my independence and, more importantly, my Liberty.

I would love to stay in contact with you and learn more about your time with Libby as well as keep you up to date on our adventures. I thought I would first introduce myself via email, but if you are interested I would be happy to give you a call at your convenience. I am also attaching a picture from the first time I met Libby about a month ago.

Thank you again!

Best Regards,
Trisha



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”!

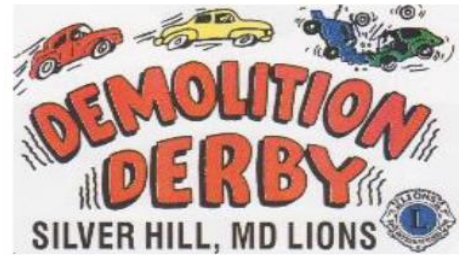
Where: Knights of Columbus Hall
16441 Three Notch Rd
Ridge, MD 20680

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

2017 Dates:
June 17th & 24th and September 9th & 16th

 @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 25th!



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 24th at The Lion's Den in Babes Tavern.

Meeting are held quarterly on the 4th 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

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 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.



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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



USA/Canada
LIONS
LEADERSHIP FORUM

Presented by Zoomlion Power

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, visit mylion.com, or tap the question mark icon in your MyLion profile section.