



## The President's Message

February 2015

Happy Winter  
Damascus Lions!



Are you all enjoying this cold weather? The teacher in me hopes the ground hog sees his shadow on February 2, I'm still hoping for some more snow days!

I know it's cold and dark and many of you would rather stay home where it is warm, but please try to attend our dinner meetings. We have some good speakers lined up and I think it's one of the best meals in town. See you on February 3 and 17.

January was a pretty slow month. Due to weather I had to cancel our January 6 dinner meeting. Therefore in January we had one dinner meeting and one board meeting. I think the Damascus Lions Club made a good appearance at the NBC 4 Health Fitness Expo on January 10. Those attended were Lion Wayne, Marcia, Charlie Hertel, Jerry, Mike, Tony and myself. It was a busy morning consisting of a metro ride to the convention center, performing eye screenings and escorting the Lion around to all of the exhibits. Then we ended the day with lunch at Red, Hot and Blue!

March will be here soon. Don't forget about our in house auction on St. Patrick's Day. Start planning (or creating) your items to sell. This is our biggest club fund raiser and it keeps our dues to a minimum. See Lion Marcia with auction ideas or items. Please try to attend AND bring a guest or two. It is always a fun night.

If you have any ideas for guest speakers please share them with me or Lion Marcia. Perhaps there is a topic of concern you would love to hear more about at a Lions meeting.

Even though it's cold and we're stuck inside don't forget about the Damascus Lions club - Please remember to Appreciate, Believe in and Care for your fellow Lions.

Happy Valentine's Day

KL Barbara

## January Blood Drive at DUMC

By Lion Charlie Hertel

We just had a Lions blood drive on Thursday January 29th 2015 at DUMC. Our partner-in-service Cathy Heinbaugh collected 33 units of blood even with the bad weather late in the afternoon. Several Lions were seen there giving blood.

This was our second drive for year 2014-2015 year. This brings our yearly total to 64 units collected.

We had 20 volunteer service hours for this drive.

Our next scheduled blood drive is Thursday May 21st, 2015 from 1 pm to 6:30 pm

## Health and Fitness Expo

By Lion Jerry Warfield

Saturday morning 10-Jan found the sun out and the weather very cold for our trip via Metro to the Washington DC Convention Center to work our 9:00-11:00 morning shift manning the Lions Eye and Hearing station.

Those in attendance were King Lion Barbara and Lion Tony Barry, Secretary Marcia Holpuch, Lion Charlie Hertel, Lion Wayne Marr, Lion Mike Thornett and Lion Jerry Mallack.

Lions Tony, Wayne and Mike worked the vision screening stations, Lion Charlie suited up in our Lions costume and with King Lion Barbara walked around the convention floor greeting young and old alike to the delight of all they encountered.

Lion Marcia and Lion Jerry helped with the Pre-School screening station along with a member of the Northern Virginia Lions Club - always a delight meeting and talking with other members.

Thanks to all that gave up their Saturday to help our District with a great/fun event.

## Pancake Breakfast

By Lion Tom Jackson

Don't forget that the spring pancake breakfast is coming up next month: March 21. Lions Joy and Lion will need even more help this year. We particularly need people to help on Friday with the preparation work.

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## Birthdays

### Lions:

Feb. 6 – Julie Sain  
Feb. 21 - Ray Sicotte  
Feb. 24 – Jolly Somaiya

### Partners-in-Service

Feb. 10 - Sue Poole  
Feb. 23 - Gail Davidson

## Anniversaries

Feb. 17 - Kathy and Mike Thornett  
Feb. 20 - Mary and Jim Belcher

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Little to no news this month. But I've been pondering this riddle: If a man speaks in the woods, and there's no woman around to hear him, is he still wrong?

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## Upcoming Events

**Feb 3** Dinner Meeting - Wesley Grove UM Church  
**Feb 10** Board Meeting - Wesley Grove UM Church  
**Feb 17** Dinner Meeting - Wesley Grove UM Church  
  
**Mar 3** Dinner Meeting - Wesley Grove UM Church  
**Mar 10** Board Meeting - Gladhill Bros.  
**Mar 17** Dinner Meeting – In-House Auction - Wesley Grove UM Church  
**Mar 21** Pancake Breakfast - DUMC  
  
**Apr 7** Dinner Meeting - Wesley Grove UM Church  
**Apr 14** Board Meeting - Gladhill Bros.  
**Apr 18** District 22-C Night Dinner – Luau at Waldorf Jaycees (Lion Charlie Holpuch)  
**Apr 21** Dinner Meeting - Wesley Grove UM Church

## Board of Directors Meeting Minutes

The board minutes will be distributed by email later this week.

### LOVRNET

By Lion Marcia Holpuch

What is LOVRNET?

LOVRNET is the LOw Vision Rehabilitation NETwork and your opportunity to really assist people with low vision. In partnership with the Wilmer Eye Institute, the Reader's Digest Foundation and the Blind Industries and Services of Maryland, Multiple District 22 is the pilot program for a multi-faceted outreach to people with low vision. The goal of the program is to match people with low vision to the physicians, equipment and services that can improve their quality of life. Many volunteers are needed to make this a successful program.

There are two major volunteer options. One is to be a volunteer interviewer. The interviewer will go through a series of questions with the patient that are designed to quickly guide the eye care specialist to the medical interventions that may be most beneficial to the patient. Interviews are done over the phone at a mutually convenient time to the patient and the volunteer. A computer with an internet connection is required for the interviewer. By getting this information in advance from the patient, the doctor is better able to target solutions during the appointment with an improved outcome for the patient.

The second group of volunteers will provide more "hands-on" support and are known as the direct service providers. Service may be provided in any number of ways that help the patient. It may include providing transportation, simple set up of vision assistance equipment, changing batteries or bulbs in equipment or any number of simple tasks of assistance. In some cases, the patient may need help implementing the suggestions from the eye care specialist such as taping down throw rugs, reorganizing food in the pantry, changing wall switch cover plates, or improving lighting. Again, your involvement is at your convenience. The more volunteers we have in the program, the better we will be able to provide quick assistance to the patients.

Volunteers will be involved with medical patients, and all will have to be "HIPAA Certified." The

certification is done online via a video training/quiz format and takes about 30 minutes. You can take the course as many times as needed until you pass. Additional training is also provided online for both interviewers and direct service providers. This program is a major group effort of the clubs in Multiple District 22 and encompasses Delaware, Maryland and the District of Columbia. The Reader's Digest Foundation and LCIF have provided grant money to fund this effort with the intent to duplicate the program across the country and the world.

To learn more, see the LOVRNET website at [www.lionsvision.org/LOVRNET](http://www.lionsvision.org/LOVRNET). You can join a volunteer team and see how you like it. To become an interviewer, contact PDG Ted Ladd by email at

[tedladd02@aol.com](mailto:tedladd02@aol.com) or by phone at 301-937-6796 (home) or 240-381-2847 (cell). To join the direct service provider team, contact PDG Sandi Halterman at [cab22c@aol.com](mailto:cab22c@aol.com) or by phone at 301-751-8627 (cell).

## **Multiple 22 93<sup>rd</sup> Convention**

By Lion Mary Frances Gosnell

The Multiple 22 Convention will be held May 18 – 21 at Dover Downs, Delaware this year. This is the 93<sup>rd</sup> Convention for our Multiple Districts. The theme this year is “Strengthen The Pride”!

At the convention you have the unique opportunity to meet and network with other Lions. Learn how they serve their communities and how they raise funds to do so adequately. Enlightening sessions are available to attend to help us be more informed of Lions and their work in our District, our Multiple District and our World. You will be able to enjoy Socials to connect with other Lions, Golf Tournament to vie for the title and great food as well.

With the convention at the Dover Downs location means one stop, one park and everything will happen in one location; that is unless you want to venture out into Dover and the surrounding Delaware areas.

Damascus Lions Club can have up to 7 delegates and more alternate delegates to represent our club at the Convention. Voting this year will be more important than it has been for several years. We have two candidates vying for Second Vice District Governor. Your spouse and/or friend may attend as well.

Now is the time to consider attending. We need to have our Delegate names to the Convention Committee by April 1. I have the registration package and will have them available at the next few meetings.