

November
2005

Severn River Lions Club

1956 – 2005
President – King Lion Randy Roberts



**WE SERVE
AND SHARE THE
FUN**
EDITOR
LION SUE PARKS

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KING LION ROARS

Greetings Fellow Lions,

October was a great month for publicizing Severn River and Lionism in general. Did you see the picture in the Capital on Friday, October 21st of Lions Nancy Burns, Sue Parks and Bill Zelenakas helping at the Paws in the Park walk at Kinder Park? Speaking of pictures, Lion Nancy Burns appeared as Volunteer of the Month in the Severna Park Voice and Lion Dick Bloomquist was pictured in the Capital, Oct 19th on the Neighborhood Page, touting the effort to start a Lions Club in the Odenton area. Lion Dick is spearheading this effort as District Extension Chair. Helping Dick with this effort at the first meeting at the West County Regional Library were Lions Dale Strait, Bob Muchow, Sue Parks, Suzette Kettenhofen and Trent Kutsch. Please speak with any of these Lions to see how you can help.

Our first fundraiser of the Lion year came as a last minute opportunity to sell refreshments at Gary's Mart Fall Festival on Ritchie Highway and Cypress Creek Road. Lions Rick Stefany and Dick Maurer coordinated the effort for the club. Thanks to all the Lions that helped from the setup Friday evening to the packing up Sunday afternoon. It is fortunate the club had this opportunity as it happened that the annual Kinder Park Fall Fest was cancelled due to rain.

Although Katrina Fundraiser scheduled for October 30th was cancelled, our club is continuing with the raffle to raise funds. PLEASE contact Lion Sue Parks for your tickets.

There is no meeting on November 1. As is our custom, we take this time in November to make visitations on other

clubs in and outside of our District. It is an educational and entertaining experience to see how other clubs operate and share experiences with their members. Contact Lion Ray Smith at 410-647-4769 to coordinate a visitation.

Our only regular meeting between now and January 3rd is on November 15th. Be sure to attend and don't forget to bring your donation for Stuff a Truck – sure would like to beat those cub scouts and LEOs this year. You'll hear about the fantastic results of the Homewood Preschool Vision Screening from Lions Dale Strait and Ollie Wittig, District Co-Chairs who most ably guided this effort and Lions Bill Zelenakas, Rick Stefany and Dick Bloomquist will have a report on the MD22 LEO Leadership weekend.

Sign up sheets for our Christmas Party at Kaufmann's will be available. Every Lion is invited and encouraged to bring a guest on December 6th.

In addition, we will be finalizing plans for our Fruit Sales, which will be held on the following dates: November 19, December 17, January 21, February 25 and March 25.

We will also be selling Entertainment Books at the November fruit sale – have you gotten yours yet? Have you thought about giving them as Christmas gifts to friends and family members – especially the folks who just have everything and don't need anything?

Affiliates and MAL members – can you please help? We need to improve our fruit sales in order to fund our charitable causes. Do you buy fruit? Do you sell fruit to your friends or neighbors? Please give us a hand and do your best. We need more help at the sales, working the booths and serving lunches.

Yours in Lionism,
Randy Roberts



NOVEMBER IS DIABETES AWARENESS MONTH

Diabetes Denial

By Kelly Griffin, November & December 2005
AARP Online

Five million Americans have this disease and don't know it. Are you one of them?

When David Mendosa was diagnosed with diabetes in 1994, his blood sugar was triple the normal level. The Colorado writer had probably already had the disease for several years—during which it may have been silently chipping away at his eyesight, kidney function, and cardiovascular health. "I didn't know anything about diabetes," recalls Mendosa, 70. "But when I learned it was a chronic condition that often led to terrible complications, I was scared." Traumatic as it was, Mendosa's experience was not unusual. The diabetes rate is skyrocketing, especially among people over 40, and of the 18.2 million Americans estimated to have the disease, 5.2 million don't even know they have it. The longer diabetes goes without treatment, the greater its potential for harm.

Though there is no cure yet, doctors are learning more about the disease every day. Many people with diabetes don't even need medicine—and those who do have new options. There's even help for people who find managing the disease too confusing or inconvenient. Of course, all those advances can't help you if you don't know you have the disease. So find out what your blood sugar level is, and if you have diabetes, get serious about controlling it.

Do You Have It?

Though early diabetes may have no symptoms, possible warning signs include excessive thirst and urination, daytime fatigue, and blurred vision. The most common test for diabetes may not be the most accurate one. The fasting plasma glucose test—in which blood is drawn after at least eight hours without food—is relatively cheap and easy, and it's recommended by the [American Diabetes Association](#) (ADA). But some studies suggest this test may miss up to half the people with type 2 diabetes. In that form of the disease, the body's tissues gradually become less able to use the hormone insulin to take in glucose from the blood for fuel. (Type 1 diabetes, in which the pancreas stops producing insulin, is usually diagnosed by young adulthood.)

In most cases, the first sign of type 2 diabetes is high blood sugar after meals, also called postprandial hyperglycemia. Only later in the disease does blood sugar remain high after hours of fasting. That's one reason many early cases of type 2 diabetes go undetected. More sensitive is the oral glucose tolerance test—essentially a treadmill test for your pancreas. You fast overnight, have blood drawn, then

drink a sugar solution and wait. Over the next few hours, more blood is drawn periodically. It's more expensive and more of a hassle than the fasting test, which is partly why some experts—including those at the ADA—oppose its widespread use. But many other experts, including several consulted for this story, consider it to be the gold standard for diagnosing diabetes.

First Resorts: Diet and Fitness

If you have high blood sugar and are overweight or sedentary, brace yourself for a lecture from the doctor. Losing weight and exercising, though not high-tech, are two very effective means of getting blood sugar under control.

After he was diagnosed, David Mendosa dieted and started a walking program, bringing his blood sugar back to normal within six months. "In a way, my diagnosis was the best thing that could have happened to me," he says.

Even if you don't have diabetes, tests might detect prediabetes: blood sugar that is elevated but not yet diabetic. This diagnosis is an opportunity: weight loss and exercise can prevent diabetes in people with prediabetes. "So many people feel that lifestyle changes are futile," says Matthew Riddle, M.D., professor of medicine at Oregon Health & Science University. "They sure aren't futile in the early stages."

In a nationwide trial called the Diabetes Prevention Program, people with prediabetes reduced their risk of developing type 2 diabetes by more than half simply by losing weight and exercising. The results were so compelling that the study was halted a year early, in 2001. The study's most surprising finding concerned participants 60 and over. Researchers expected older people to have a harder time sticking to the diet and exercise program. In fact, they adapted better than younger participants did and benefited more from the changes they made, reducing their risk of diabetes by a stunning 71 percent.

Exercise actually reduces blood sugar—and helps prevent diabetes in those at risk.

"It was completely counterintuitive," says David Nathan, M.D., of Harvard Medical School, a principal investigator for the study. "We thought, They're older, their lifestyles are much more ingrained. But in fact, just the opposite occurred."

Besides helping with weight loss, exercise boosts the body's ability to control blood sugar. "When you exercise, glucose is taken up by the exercising muscle," says Edward Horton, M.D., director of clinical research at the Harvard-affiliated Joslin Diabetes Center. In other words, you can reduce your blood sugar by going for a brisk walk. Also, exercise changes the muscle to make it more sensitive to insulin. Since exercise is also known to improve your mood, it's especially valuable if you have diabetes.

because being depressed can keep you from taking care of yourself—a potentially dangerous situation.

When to Add Drugs

While a healthy lifestyle might be the best treatment for a while, it is essential for people with diabetes to be vigilant and to act swiftly if medicine is needed. "Moving on to the next step of therapy—from lifestyle to the first pill and from one oral drug to two—has traditionally taken too long," says Riddle. "During that time, the harmful effects of the high blood sugar are just marching right along."

The blood marker to watch is glycosylated hemoglobin (abbreviated as HbA1c, or simply A1c)—the amount of glucose that is attached to hemoglobin, a protein in red blood cells. The higher the A1c, the higher blood glucose has been over the previous two or three months. Even if your blood sugar is usually under control, unnoticed spikes can cause A1c to rise. People without diabetes typically have an A1c in the 4 to 6 percent range. Those with diabetes can minimize the risk of heart disease and of eye, nerve, and kidney damage by keeping A1c below 7 percent.

As if the long-term benefits of keeping blood sugar down aren't motivation enough, there are immediate payoffs as well. "The chronic complications take years and years to develop," explains Steven Edelman, M.D., a professor of medicine at the University of California, San Diego, who has diabetes himself. "What I call the acute complications affect quality of life on a day-to-day basis." In addition to excessive thirst and urination, daytime tiredness, and blurry vision, symptoms could include poor wound healing, problems with sleep, and cognitive impairment. Even a small improvement in A1c can reverse this trend—and it can do so in a matter of weeks or even days.

The Latest Treatments

If you need drugs to control blood sugar, there are more options than ever. Since 1995 at least seven new oral medications have become available. These include drugs that lower the liver's glucose output, such as Glucophage (metformin); drugs that slow carbohydrate digestion, such as Precose (acarbose) and Glyset (miglitol); drugs that raise cells' sensitivity to insulin, such as Actos (pioglitazone) and Avandia (rosiglitazone); and drugs that stimulate insulin secretion, such as Starlix (nateglinide) and Prandin (repaglinide).

New this year are Symlin (pramlintide) and Byetta (exenatide). These drugs have to be given via injection, but like metformin—and unlike most other oral diabetes drugs—they have the added benefit of promoting weight loss. Symlin boosts insulin's effect; Byetta boosts insulin secretion.

There have also been tremendous improvements in insulins. Fast-acting insulins, given just before meals, work in minutes, while slow-acting insulins, given just before bed, help keep blood sugar steady overnight. Insulin needles have gotten smaller, and insulin pens can deliver a precise dose with the press of a button.

External insulin pumps free people from the hassle of multiple daily injections. Coming down the pike: inhaled insulin, an insulin patch, and an implanted insulin pump.

Next Steps

For all these advances, the rate of preventable complications from diabetes is still frustratingly high. Some patients don't know how to stay healthy; others know but can't motivate themselves to do it. Meeting with a certified diabetes educator (CDE) can help. CDEs don't just educate patients in self-care; they also help patients identify roadblocks and overcome them. Medicare provides for 10 hours of diabetes training in the first year and two hours of follow-up training each year after that.

"So many people can manage and plan for their retirement," says Hertzell Gerstein, M.D., professor of medicine at McMaster University in Ontario, Canada. "Managing diabetes today is an investment in your future health."

Mendosa agrees. Once a business journalist, he now writes about diabetes full-time. "The only real problem with diabetes is the complications," he says. "It's much, much easier to prevent than to cure. So you've got to control the disease yourself, and you've got to control it now."

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Diabetes... what everyone should know!



The Severn River Lion's Club presents
a free health care talk featuring

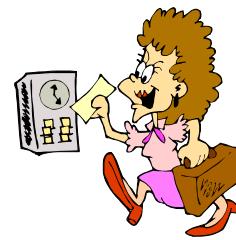
Paula Yutzy, R.N., C.D.E.
Certified Diabetes Educator
The Diabetes Center at Mercy

Weds, November 9th @ 7:30 p.m.
Community Center, Holy Ground Building
B & A Boulevard and Cypress Creek Road

What are the ABC's of diabetes?
Understand your risks of becoming diabetic.
Learn to control the condition if affected.
Learn how to avoid complications.
What tests should your doctor be doing?
and much more.

All are welcome!

**Minutes of 9/13/05
Board of Directors Meeting
Severn River Lions Club
Approved at 10/11/05 Board Meeting**



Attendees:

Board Members:

Nancy Burns Rollins Clark Oriey Glenn Bill O'Neil Sue Parks Randy Roberts

Others:

Dick Bloomquist Nancy Garczynski Milum Greene Shirley Greene Dick Maurer Mike Milord
Bob Muchow Dale Strait Ollie Wittig

The Board of Directors meeting was held at Jaycees Center at Kinder Park and was called to order by KL Randy at 7:30 pm. KL requested that Lion Sue take the minutes in the secretary's absence.

Secretary's Report – Minutes from 8/9/05 Board Meeting were distributed; two corrections were noted and minutes were then approved as modified. Lion Sue noted that there was a quorum was not present so no business could be transacted.

Treasurer's Report – Lion Bill O'Neil reported bank account balances as follows:

Bank Accounts

50 th Anniversary Money Market	\$ 4,172.97	
Activities Checking	6,476.54	
Administrative Checking	3,764.60	
Truck Replacement Fund	<u>13,339.94</u>	Total \$27,754.05

Foundation Checking	8,489.33	
Foundation Money Market	12,441.41	Foundation Total \$20,930.74

Correspondence – KL noted that there was no correspondence.

NEW BUSINESS (items covered out of order on Agenda as Lion Nancy had to depart early.)

Public Meeting – Diabetes Education – Lion Nancy distributed flyers that were provided Paula Yutzy who would be the featured speaker at the Diabetes Awareness Workshop that SRLC was sponsoring on November 9, 2005 at the Community Center and encouraged everyone to get the word out.

Paws in the Park Walk for Cancer Research (Elizabeth Carr Memorial Fund) – Lion Nancy noted that we would be set up at the White Oak Pavilion on Sunday at 11 am. As Gold Medal Sponsors, our logo would be on the back of the tee shirt that was being given to the walkers.

PRIORITY ITEMS

Katrina Relief – PDG Bob Muchow reported that the District was in the midst of planning for Katrina Relief. He asked Lions Sue and Nancy to report on their efforts. Lion Sue provided background on District's effort to put 3 fundraising events on around the District. Lion Nancy noted that she had been able to arrange an event at the Columbian Center and that the District had been penciled in for an October 30 gambling type event.

PDG Bob further indicated that donations to LCIF were going to qualify for Melvin Jones status and Board decided to defer that for a Foundation Board Meeting which would take place when a quorum was present. Lion Dick Bloomquist mentioned LASH's part in providing services to Katrina victims.

Juvenile Diabetes Research Foundation Walk for the Cure – Lion Rick Stefany was not present but KL reported that everything was set up for our participation on Saturday, September 17.

OLD BUSINESS

Fruit Sales Publicity/Issues – Lion Mike Milord noted that he had evaluated past PR and made suggestions for future efforts; Lion Nancy G. noted impact of SRLC's support of the Severna Park Band Boosters; KL requested that Mike continue to review and recommend PR strategies.

Camp Merrick Leadership Retreat Report – Lion Dick Bloomquist noted that four Severn River Lions had attended the Retreat – himself, and Lions Shirley and Milum Greene and Bill Z. It was a great and informative

weekend with good weather. Lion Dick noted some of the sessions they attended and how good they were.

Other Items – Lion Dale Strait mentioned that the Blood Drive originally scheduled for late September had been postponed until November 30th. Lion Dale further reported on the Lenscrafter Vision Van was scheduled to be in the Homewood area of Baltimore on October 20, 21 – since school would only be in session ½ day on 10/20 and no school on 10/21, they are exploring their options; noted that Overlea and Bel Air were joining Severn River in this effort. Lion Dick Bloomquist reported that the two Lenscrafters Vision Vans were in Houston and Baton Rouge providing aid for Katrina victims and it was unknown whether they'd make it to the Baltimore area in late October. Lion Dale further reported that the ramp building project originally planned for the Broadneck area had been cancelled due to the death of Ms. Daniels, the intended beneficiary of the project.

NEW BUSINESS (resumed from above)

Preschool Vision Screening Homewood – KL noted most of the Homewood effort was covered previously but Lion Ollie reported that the plan was that he would be running preschool vision screening for kindergarten children at the same 6 locations in the Homewood area that had been planned for the older children.

Administrative and Activities Budgets – Lion Bill distributed drafts of the two budgets; discussion ensued re various items on the Activities budget. Lion Bill will rework and distribute at next Board meeting for vote when quorum is present.

Tournament of Bands Trophies – Lion Nancy G indicated there would be 19 bands in the tournament this year and that we would probably need more than the \$900 budgeted – proposed budget was amended to show \$1000 which will be voted on at next meeting as noted previously.

Kinder Park Fall Fest – Lion Dick Maurer reported that the annual Fall Fest would be on October 8th and that we would participate as we have in the past. Sign up sheet will be sent around at the next two general membership meetings. He further noted that he was working with Lion Rick Stefany on this project and requested \$150 to buy a shrimp fryer.

Other Items – Lion Oriey notes a need for more Loan Closet space. Lion Dick Bloomquist indicated there would be an organization meeting for a West Anne Arundel Club at the new Odenton Library on October 19th and wanted to know if Severn River was interested in sponsoring this new club – matter was tabled for meeting where quorum will be present. Lion Bill O'Neil mentioned that Lion Janice Abney was requesting MAL status – will have to approve at next meeting.

Meeting adjourned at 9:20 pm.

Respectfully submitted, Lion Sue Parks



STUFF A TRUCK

Share your Thanksgiving bounty by donating food to the Severna Park Assistance Network. SPAN collects food and gives it to needy families in this area. All kinds of nonperishable food is accepted, but, particularly, peanut butter, jelly, juice, dry milk, pasta products, spaghetti sauce, baked beans, canned meats, and canned vegetables.

Each member is asked to bring a bag of food to the meeting on Tuesday, November 15. Food collected will be taken to SPAN the next day. Let's make a special effort to share what we have with those who are less fortunate at this time of year. We have challenged Cub Scout pack 688 the SPMS LEO Club to collect more food than SRLC and win pizza!

FIRST FABULOUS FRUIT SALE

Mark your calendars –100% membership participation events – get your orders in early and be on hand for the distribution.



Order Deadline:

Distribution Date:

NOVEMBER 12, 2005

NOVEMBER 19, 2005

DECEMBER 10, 2005

DECEMBER 17, 2005

JANUARY 14, 2006

JANUARY 21, 2005

FEBRUARY 18, 2006

FEBRUARY 25, 2006

MARCH 18, 2006

MARCH 25, 2006



GET YOUR ENTERTAINMENT BOOKS HERE!

Buy, sell, push the Entertainment Books!
Our profit could be as much as \$12.50 per book - a much needed infusion in our Activities Fund.
Entertainment Books will be available at the November and December fruit sales.



SEVERN RIVER'S OWN LION NANCY APPEARING IN THE OCTOBER 6th SEVERNA PARK VOICE

Photo by Paul Lancione and courtesy SP Voice
Nancy Burns (left), a highly active member of the Severn River Lions Club, accepts the October Margueritte Mills Volunteer of the Month award from Severna Park Voice Assistant Editor Leah Sheleheda.

SEVERN RIVER CELEBRATES WORLD SIGHT DAY

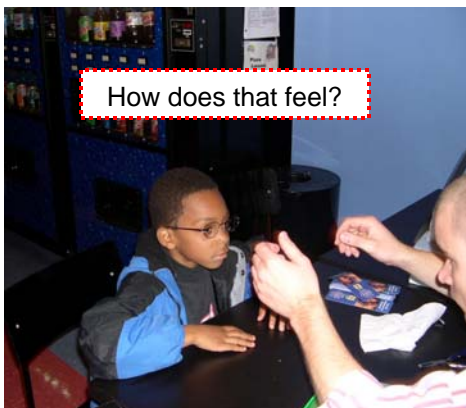
Vision Van Visit Great Success!

Thanks to the coordination efforts of L.A.S.H., Severn River was able to participate in LCI's Lions World Sight Day (or as we like to think of it – World Sight Month) by assisting with the project that brought the LensCrafter Vision Van to Baltimore. The visit of the LensCrafters Vision Van "Iris" on Thursday, 20 October, and Friday, 21 October, can only be characterized as a **great success**. In spite of Thursday afternoon and Friday being teacher development days, a total of **164 elementary and middle school children from six schools** in the Homewood area of Baltimore were examined and almost 160 pair of glasses dispensed during the two day visit. In order to make the most of the opportunity provided by having Vision Van Iris with us (to be sure students actually needing glasses were examined), Lions from several clubs prescreened students at the six schools in the weeks prior to the visit. One hundred forty nine students were processed on Thursday because of outstanding support by school principals and the concerted efforts of Vista volunteers of the Greater Homewood Corporation, our partner in providing Lions services to the Homewood area schools. Another major reason for the success of the visit was the outstanding response of Severn River Lions to the call for volunteers to help during the two day visit. Many, many thanks to Lions Janice Abney, Mike Anderson, Dick Bloomquist, Rollins Clark, Carroll Hicks, Joe McClelland, Bob Muchow, and Dale Strait. Also, thanks to Lions Catherine Violette of East Anne Arundel Lions and John Watkins of Linthicum Lions who stepped up to the challenge. Lions, without you, many fewer children would have been helped. Severn River Lions, be proud! We Serve and Share the Fun!!



LensCrafter Coordinator Leonard Wilson

Lions Dick Bloomquist and Bob Muchow on registration duty.



How does that feel?



We love our new glasses!!

Ironbridge & Severn Gorge Celebrate World Sight Day

Lion Ray Dawson - Membership Director

We met on Saturday 15th October on the Ironbridge and held a four hour event in conjunction the Guide Dogs for the Blind Association. This group breeds, trains, and supplies seeing eye dogs for blind people. The dogs are highly trained to cope with all situations and provide their handlers eyes when out and about. The association relies on charitable donations so we were pleased to work with them.

The event was well publicized in the local area and we were well supported by local press and radio. We offered the general public and invited guests the unique opportunity of being led across the Ironbridge while wearing a blindfold. This gave the same experience as a blind person would have, and all of those that volunteered agreed that it was a thought provoking experience. They were also amazed to find that they would put their trust in a total stranger to lead them. We were even able to talk our local Member of Parliament (I guess similar to your State Governor) to take the walk.

One of the volunteers I led across was a young lady originally from California who had good memories of Lions as she had stayed at Lions camps when she was a child. She described the blindfolded walk experience as seriously weird!

The photo shows a number of our Lions and Guide Dog volunteers. The dog in the picture is a retired guide dog that is now used for breeding purposes to provide the guide dogs of the future.



Please be sure to review the Membership Roster and let Lion Sue Parks know of any errors, omissions, or changes required. Thanks.

Membership Report October, 2005

Members September 30, 2005	72
Active	38
At Large	10
Life	3
Affiliate	19
Privileged	1
Members October 31, 2005	71
Leo Club Members	60

REMINDER

If you expect to miss a Membership Meeting, be sure to email Secretary Jon Valett valett@comcast.net or call 410/544-7278 by 4 pm on the Sunday prior to the meeting. If you are an Affiliate or MAL Member, call if you are going to attend. Thanks.

BIRTHDAYS

November

- Carroll Hicks – 5
- Bobby L. Edmond – 17
- Jim Talentino – 20
- Bob Engh – 21
- Jutta Patrick – 28



	October, 2005	Year-to-Date
	Hours	Hours
Health	5	38
Diabetes Awareness	13	64
Sight	71	158
Hearing	0	0
LASH	7	35
Youth	29	131
Community	148	787
Environment	7	46
International Relations	1	103
Lionism	394	1217
TOTALS	675	2579

TEEN COURT SCHEDULE

Lions will cover the following Court sessions:
 Wednesday, 11/30/05 - Glen Burnie District Court
 Wednesday, 12/07/05 - Annapolis
 Wednesday, 12/21/05 - Glen Burnie*
 (* - might be canceled due to holiday)



Some great weather contributed to a very successful fundraising event at Gary's Gardens.

**SEVERN RIVER LIONS CLUB
SEVERN RIVER LIONS FOUNDATION**
P.O. BOX 118
SEVERNA PARK, MD 21146



**2005 – 2006
International Theme**

**SEVERN RIVER LIONS CLUB
NEWSLETTER**

is published monthly in the interest of the SRLC, a nonprofit organization. You may contact SRLC by writing to:

Severn River Lions Club
P.O. Box 118
Severna Park, MD 21146

PHONE:
(410) 544-6719
or E-MAIL:
srlions@toad.net

The SRLC meets semi-monthly on the first and third Tuesdays at the American Legion Post 175 on Manhattan Beach Road.
Social - 6:30 pm
Meeting - 6:59 pm

CALENDAR OF EVENTS

- 11/1 No Meeting – Schedule a Visitation
- 11/8 SRLC Board Meeting – Kinder Park – 7:30 pm – all welcome
- 11/8 West Anne Arundel Organizational Meeting – Odenton Library
- 11/9 LASH Board Meeting
- 11/15 General Membership Meeting – American Legion Post 175
- 11/24 GIVING THANKS!
- 11/29 2nd Full Cabinet Meeting – American Legion Post 109, Arbutus

- 12/2 LASH General Meeting – American Legion Post 109, Arbutus
- 12/3 22-D Social, Dover, DEL
- 12/6 Holiday Party – Kaufmann's, Gambrills
- 12/25 Merry Christmas
- 12/26 Happy Hanukkah

- 1/1 Happy New Year!

We're on the Web!

See us at:

www.SEVERNAPARK.COM/~SRLIONS