



Bark of the "C" Lion & District Governor's Newsletter

"Where Leaders Live"

Volume 41, Issue 9

May 5, 2009

LOV District 24-C

District Governor's Message



Lions, Lionesses, and Leos of District 24-C.

For nearly a year newscasts, newspapers, magazines, and everyday conversations have pummeled us with stories of our nation's failing economy and its consequences. Many of us know people who have lost their jobs or who have had to lower their standard of living because of the weak economy. Lions Clubs in our district and beyond report that requests for eyeglasses, hearing aids, and other forms of assistance have increased dramatically as the recession worsened. Many Lions Clubs have been unable to address these needs fully. Although we regret our failure to help everyone, let us remember that every time we buy a pair of eyeglasses or a hearing aid or pay for an eye exam or provide food to a needy family or perform some other act of service, we are helping those whom no one else has aided. We are continuing to serve our neighbors who need our service. Lions, Lionesses, and Leos are demonstrating once again that they are exceptional people, working through an exceptional organization.

On the subject of exceptional people, Lions throughout the world deserve a rousing ovation for our indefatigable service to others. Lions Clubs International reports that Lions Clubs throughout the world provide more than 1,400 hours of volunteer service and donate more than \$14,000 to charitable and other organizations and causes. For our district these numbers translate into 70,000+ hours of service and more than \$700,000 in contributions. Worldwide the figures are astonishing: 73 million service hours and \$700 million in donations. The truly amazing fact about these numbers is that Lionism is still the "best-kept secret" in many of our communities. This situation is both shocking and embarrassing.

Even with the expanding efforts of Lions Clubs, community needs continue to grow more quickly. We desperately need more Lions to address these needs for both service and money. The simplest and most significant act of service that a District 24-C Lion can perform today is to sponsor a new member. Every new member gives us two more hands to provide humanitarian services; every new member gives us another brain to conceive new projects or to devise more effective ways to conduct current projects; every new member gives us a new heart to lead our organization in the future. New members are out there. We have to invite them to join us to serve our communities, our world, and our organization.

If your club has not contributed to Virginia's Lions-affiliated foundations this year, please do so soon. The Virginia Lions Hearing Foundation, the Lions of Virginia Foundation, the Old Dominion Eye Foundation, SAHMSU, and similar causes need your contributions to execute their missions. Club and personal donations are another form of service, crucial to the success of these foundations in their work.

District 24-C Lions still have time to register for our state convention May 28-31 at the Sheraton Premiere Hotel in Tysons Corner. Newly-elected club officers who do not attend one of the leadership seminars which 24-C offers can fulfill their education requirement by taking part in the appropriate officer's school at the convention. Past International President Judge Brian Stevenson from Canada will be Virginia's special guest during the weekend. He will be the featured speaker at the convention banquet. Club secretaries have registration forms and program outlines. For room reservations, call the hotel directly at 703-448-1234.

The deadline for club secretaries to submit the PU-101 form, which lists selected club officers for 2009-2010, is May 15. The PU-101 may be completed online and transmitted electronically or may be filled out manually and mailed to LCI and the district governor.

Remember. We Serve. And we have fun serving.
Yours in Lionistic Service,

Lion Don

Bark of the "C" Lion and District Governor's Newsletter

Don Colley District Governor
Norma Shoemaker Vice District Governor
Ray McDonald Cabinet Secretary
Phil Sharpe Cabinet Treasurer
Tom Lominac and Richard Lorette Editors
Charlie Holloway and Jim Jimenez Photos

"The Bark of the 'C' Lion and District Governor's Newsletter" is the official publication of Lions District 24-C. It is an instrument for publicizing the activities of your club to Lion, Lioness and Leo members throughout the District and state. Please feel free to submit for publication articles and pictures of interest about your club's fund-raising, community activities, and social events.

All correspondence should be addressed to Tom Lominac, 1224 Cherry Avenue, Buena Vista VA 24416
lominactc@comcast.net

New 24C Lions and Lionesses

Club	New Lion	Sponsor
Augusta	Tom Amato	John Crawford
Harrisonburg	Rodney Luscher	Kirk Becchi
Lake of the Woods	Mary dee	Orville Dee
	Donald Larsen	Orville Dee
Lake of the Woods	Marion Dumais	Karen Cakouros
Lioness	Rani Manhard	Amm Wood
	Christine Wyant	Pat See
Strasburg	David L. Abrell	Michael V. Harmon\
	Charles N. Sydnor	David H. Bott
Winchester Host	Lawrence W. Finisey	David E. Denham
	Donald R. Roder	Nancy Nesselrodt

Club Secretaries—please remember to list new members and sponsors on the online 24C Monthly Membership form, so that they can be published in the Bark. *If you are not submitting electronically, please forward this information to the editor.*



**Introducing
 The Lions Project for
 Canine Companions for
 Independence (LPCCI)
 to Lions in LOV 24-C**

For more information or a club presentation on LPCCI, contact: Lion Dave Gurtner, Woodstock Lions Club, email Dgtheskier@aol.com or phone 540/459-1702

ATTENTION ALL PIN TRADERS-VIRGINIA AND OTHERS

The Virginia Pin Traders are running a contest to obtain new Pin Trader members. We are asking current Pin Traders to donate pins for the prizes. Prizes will be pins depending on the amount donated.

Our goal has been set at 500 pins for a new member and the Pin Trader that brings in the new member will receive 250 pins.

Anyone interested must complete a member application before

SAHMSU 12 Month Event Schedule

Start Date	End Date	Club Name/Event
8 May 09	9 May 09	Scottsville Lions
15 May 09	17 May 09	Lexington Lions
27 May 09	27 May 09	McGaheysville-Massanutten
6 June 09	6 June 09	Churchville Lions
17 June 09	17 June 09	Charlottesville Host Lions
25 June 09	27 June 09	MOM Project
23 July 09	26 July 09	RAM/LAMP
9 August 09	15 August 09	Clarke County Lions
2 September 09	3 September 09	Basye/Bryce Mtn. Lions
4 September 09	5 September 09	Madison County Lions
6 September 09	11 September 09	Buena Vista Lions
20 September 09	2 October 09	Basye/Bryce Mtn. Lions
2 October 09	3 October 09	Rivanna Lions
4 October 09	9 October 09	Basye/Bryce Mtn. Lions
10 October 09	10 October 09	McGaheysville-Massanutten
11 October 09	25 October 09	Lake of the Loods Lions

To schedule an event or for information contact Lion Bob Rose by e-mail at : krose9@verizon.net or telephone: (540) 885-1022.

PLEASE NOTE: Those wishing to make a reservation need to have TWO qualified technicians for each event (in rare cases, an exception may be made by the scheduler in consultation with two SAHMSU directors).

Compliments of the
STRASBURG LIONS CLUB

BB&T

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the State Convention (May 28, 2009.) at which time there will be a drawing for the winners, if enough pins are donated.

Pins and applications can be sent or delivered to:
 PDG Jim Painter
 406 Oriole St.
 Staunton, VA 24401

Our thanks,
 VA Pin Traders Association

This column has been prepared by Jan and Dick Lorette from P&A Reports received prior to April 15, 2009.

AUGUSTA LIONS (029102) (March) - PROGRAMS: On March 3, 2009, we had a program entitled, "About Aging." Lynn DiBiase, Director of the Staunton Senior Center came and gave a program on Aging. Dr. James Tiedeman spoke on March 17th. He talked about "Eye Care". It was a very informative program about the eye and diseases that affect the eye. **FUND RAISERS:** We had an on-going Broom Sale of \$500 and sold a book of LOVF Raffle Tickets - \$30. **SIGHT SERVICES:** We paid \$195 for seven pairs of eyeglasses. We also spent \$31 for White Cane Supplies. **HEARING SERVICES:** We also paid \$175 for one hearing aid.

BATH COUNTY (009225) (March) - SIGHT SERVICES: \$400 paid to indigent family for sight services. **OTHER:** Average Monthly Attendance: 50.

BATH HIGHLANDS LIONESS - No P&A Information Received by deadline.

BASYE/BRYCE MOUNTAIN (042394) (March) - PROGRAMS: 3/3/09: Dr Jerry Germroth presented an extremely interesting talk on the Types, Causes, Effects, and Prevention Techniques For Diabetes. Lion Ray Powell then supplemented the talk with a discussion on Living with Diabetes, reflecting on 17 years of overcoming the symptoms and drawbacks of Type II. **FUND RAISERS:** - The Spring Raffle Sales netted \$750 for the club. **COMMUNITY SERVICES:** - 2/24/09 Blood Drive collected 15 units from 17 potential contributors. Eight Lions contributed 18 person-hours of service. Next drive will be 4/21/09. **DIABETES AWARENESS AND EDUCATION:** - 3/3/09 program brought heightened interest in diabetes prevention and programs. **HEALTH SERVICES:** - 3/21/09 -Club to donate \$500 and provide five-person team for Bowl-A-Thon for local chapter of American Red Cross. **OTHER:** - 3/3/09 complete list of 2008-09 community donations follows: Camp Easter Seals - \$100; Cystic Fibrosis Foundation - \$100; Joe Bridges Memorial (local charities) - \$500; Bryce Ladies Golf Tournament - \$50; Leader Dogs for the Blind - \$300; LCIT - \$200; Lions Eyeglasses Recycling, INC - \$200; Lions Hearing Foundation Center - \$200; Lions Memorials - \$50; LOVF - \$100; Lions Sight Foundation of VA - \$500; Literacy Volunteers of America (Shenandoah) - \$150; Local Eyeglasses Fund - \$500; Open Door Food Pantry - \$200; Orkney Springs Fire and Rescue - \$3,000; Response, Inc- \$150; Salvation Army - \$150; Shenandoah Alliance for Shelter - \$200; Shenandoah County Free Clinic - \$200; Shen.Cty. Library Foundation - \$100; Shen. Cty. Search - \$100; Shen. Library - Basye - \$300; Sight and Hearing Mobile Van - \$500; SJHS After Prom Party - \$100; SJHS Scholarship - \$500; Toys for Tots - \$100; Total Gifts - \$8,750

BROADWAY (009226) (March) - PROGRAMS: 3-10-09---Safety program by April Corbin of the Rockingham Co.& Harrisonburg Emergency Communications Center. Very interesting on how they are set up for calls. **FUND RAISERS:** April 4th---First chicken Bar-B-Q. **HEARING SERVICES:** Received 2 hearing aids and delivered them to JMU for repairs and research. **OTHER:** 3-24-09--Broadway hosted the 3rd Zone Meeting at Plains Community Center with all eight clubs represented for the first time in a while with a total of 48 members present. This was the last Zone Meeting for Zone Chairman John Knepper, who has held the Chairman's position for 3 years.

BUENA VISTA (009227) - No P&A Information Received by deadline

CHARLOTTESVILLE HOST (009228) (March) - PROGRAMS: Sight Program presented by Lion Betty Holloway on Bi-Sight Committee Administrative and Procedures for purchasing eye

glasses. **SIGHT SERVICES:** Turned in 128 Pairs of used eyeglasses. Contributed \$500 to Bi-Sight Committee for purchase of eyeglasses. **YOUTH SERVICES:** On February 28, 2009, we conducted our 60th Pageant Miss Albemarle 2009; 8 Lions - 200 Hours. On March 15, 2009, held our 62nd Bland Music Competition. Winners will compete April 4, 2009 in District 24-C Competition at Bridgewater College; 5 Lions - 40 Hours. **COMMUNITY SERVICES:** Soup Kitchen; 1 Lion for 6 hrs; Nursing Facilities Piano Sing-A-Longs; 1 Lion for 20 hrs. **OTHER:** March 3, 2009 Nominating Committee presented Club's Slate of Officers for 2009-2010. Slate approved for election in April.

CHARLOTTESVILLE LIONESS (068812) (March) - PROGRAMS: Dr. Wayne Fusco spoke to club on an Anti-Inflammatory Diet and How Nutrition Affects Pain Management. **FUND RAISERS:** Pancake Breakfast held on March 28 at Applebee's had 100% participation and earned the club over \$400. Exact amount will be reported next month. **SIGHT SERVICES:** Club bought 12 pairs of glasses at cost of \$600. One member volunteered 10 hours to Bi-Sight committee. **YOUTH SERVICES:** Several members held a simple sewing class for the STARS foster youth project. The club also presented each child and each house with sewing kits. **COMMUNITY SERVICES:** 2 members worked 12 hours for the Free Clinic, assembling files. 1 member volunteered 4 hrs to the Salvation Army, assembling Easter baskets. 21 members spent 23 hrs visiting or transporting shut-ins. 2 members vol. 6 hrs to handicapped. 1 member vol. 20 hrs. to American Cancer Society.

CHARLOTTESVILLE TJ (009229) (December) - PROGRAMS: Lion Tom Eckman explained the "Buy a Goat" program for Haiti. This was a featured article in the Lions Magazine. Lion Tom is involved in a mission in Haiti and asked the club to consider participating in much same way a club in Minnesota did. **FUND RAISERS:** For the year, basketball games earnings were \$3947 for 16 games. This involved about 400 work hours. All but three budget items have been paid for this year. **SIGHT SERVICES:** Purchased 4 pairs of eyeglasses. **HEARING SERVICES:** Purchased one reconditioned hearing aid for \$125.

CHURCHVILLE - No P&A Information Received by deadline

CLARKE COUNTY (March) - At the March 19th meeting, Jeff Kelble, the Shenandoah Riverkeeper, talked about the efforts to recover and maintain the Shenandoah River. OTHER: Zone Meeting: 03/04/2009; attending: Vice President, Other. Average Monthly Attendance: 71.

CLIFTON FORGE (009231) (March) - FUND RAISERS: Breakfast at Scott Hill earned \$128.50. **SIGHT SERVICES:** Delivered 101 pairs of used glasses to Eyeglass Recycling Center in Roanoke, VA. **YOUTH SERVICES:** Sponsored a Little League baseball team with a contribution of \$300. **DIABETES AWARENESS AND EDUCATION:** Contributed \$50 to the Diabetic Awareness Support Group. **OTHER:** Zone Meeting: 3/26/09; attending: President, Secretary. & Other.

CROZET (009234) March - ENVIRONMENT: Highway Clean up. **OTHER:** Zone Meeting: 3-2009; Attending: President.

DAYTON-BRIDGEWATER (009235) (March) - PROGRAMS: President Paul Graham held a new prospective member meeting on April 1, 2009. Berlin Smiley introduced three prospective members who attended.

EDINBURG (009236) (February) - PROGRAMS: Feb. 24 - program presented by Dr.Otey who spoke about Healthy Lifestyles For Children. **(March) - PROGRAMS:** March 10 - program by Mrs.Phoebie Kilby and a student of EMC who spoke about Peace Building and how it is going on throughout the world. 15 Lions from Stephens City attended as did 5 Lions from Woodstock Lions. March 24th program was by Ms. Comer of

United First Financial. **FUND RAISERS:** March 21 - held 61st Charter Night Dinner/Silent Auction; the fundraiser netted \$789.64.

ELKTON (March) - PROGRAMS: March 10 - Jason Adams of the Virginia Cooperative Extension Service spoke about the 4-H Camp to be held at Smith Mountain Lake this summer. This camp is an opportunity to support kids from 9-13 in their journey to adulthood. Contact phone: 1-540-564-3080. Mr. Adams is an excellent speaker. We entertained three interesting visitors from the Winchester Host Club: James Mitchell, Maynard Wilson, and Charles Letterman. **SIGHT SERVICES:** Paid \$159 for examinations and eyeglasses for three people. **YOUTH SERVICES:** Donated \$100 to support the Blazer Bash, a supervised post-prom entertainment for SHS. Donated \$100 to 4-H Camp. Total - \$395.

FLUVANNA (009238) (March) - PROGRAMS: No programs this month. **SIGHT SERVICES:** Paid for one eyeglass exam. **OTHER:** Zone Meeting: 3/24/09; attending: President. Average monthly attendance: 80.

FRONT ROYAL (009239) (March) - OTHER: State Dues--Date Paid: Feb 2009; Amount: \$592; Zone Meeting: 3/19/2009; Attending: President, Secretary, & Other. Average Monthly Attendance: 70.

GORDONSVILLE (009241) March - PROGRAMS: March 10, 2009 Program on Safety presented by Donna Rodrigues, R.A.D. Kids. Slate of officers presented to Club members. On March 24, 2009, hosted 3rd Zone meeting for Zone Chairperson Lion Pat Isaac. All Clubs represented except Orange Lions Club with 20 Lions, Lionesses, and 13 Gordonsville members attending. **FUND RAISERS:** Club working on selling our \$1,000 Giveaway Fundraiser. **YOUTH SERVICES:** \$250 given to the Orange County High School Anglers Club. **COMMUNITY SERVICES:** \$400 worth of groceries donated to the local Food Bank. **OTHER:** Zone Meeting: 3/24/09; Attending: President, Secretary, & Other. Average Monthly Attendance: 80.

GREENE COUNTY (009243) March - FUND RAISERS: Golf tournament coming up in planning. Miss Greene competition will be April 4th. **COMMUNITY SERVICES:** blood drive 20 hours of volunteer service. **OTHER:** Average Monthly Attendance: 90.

HARRISONBURG (009244) (March) - PROGRAMS: Election of officers. **FUND RAISERS:** Texas Hold'em tournament. **SIGHT SERVICES:** Eye exams and glasses. **OTHER:** Zone Meeting: March 24; Attending: Secretary. .

LAKE OF THE WOODS (041320)(March)- PROGRAMS: On March 22, LOW Lions hosted the District Zone Bland Contest at LOW Church. LOW Lions Bland Contest winners took first place in the District Zone Bland Contest and will go on to state competition. Our Hearing Program for March was given by Arva Priola from the Department of Deaf and Hard of Hearing, Fredericksburg, VA. This excellent presentation displayed and described the recent advancements in hearing aide equipment and an explanation of the new Tap-Tell Telephone system for hearing disabled. Our costs this month for the development and printing of programs for meetings & Bland Contests program was \$368.38. **FUND RAISERS:** During March, LOVF ticket sales came to \$245, Car and Boat Sales were \$571, with a personal contribution of \$200. **SIGHT SERVICES:** From February 20 to March 18, Lions contributed 136 hours in the eyeglass recycle effort. For March, \$310 was spent on eye exam and new glasses for approved persons. **ENVIRONMENT:** The LOW Lions yard sale storage building required repairs costing \$378. **YOUTH SERVICES:** LOW Lions Club is happy to announce the sponsorship for a newly inducted LEO's Club consisting of 25

students from the Locust Grove Middle School. District Governor, Don Colley, conducted the induction of the new club at the March 5 meeting. LOW Lions Club members responsible for the formation of this club were Lions Selven Powell and Carol Curry. In March, \$100 was contributed by LOW Lions to Orange County High School After Prom Night activities. **COMMUNITY SERVICES:** LOW Lions continues to help the community by running the Wilderness Food Pantry; chaired by Lions Betty Beck and Janet Haase, there was a minimum of 120 hours contributed. Members of the Care and Share Committee, co-chaired by Lion Phyllis Taylor, spent 19 hours this month contacting and visiting ill and hospitalized Lions members. Lions assisted with traffic and parking control for 20 hours at the LOW Lionesses Flea Market held on March 28. The Safety Committee is co-chaired by Lions Jim Buongiovanni and Bennet Hunter. We are continuing to enhance our new LOW Lions web-site to make it easier to access for public interest and membership event planning. **DIABETES AWARENESS AND EDUCATION:** The Diabetes Committee has been looking into areas where Lions can enhance diabetes awareness within our community. Chairperson Lion Joe Davidson will be advising the LOW Lions BOD on a new recommendation for expanding the public education regarding this disease. **HEALTH SERVICES:** The Blood Pressure Committee, chaired by Lion Peter Williams, used 6 hours in conducting this clinic.

LAKE OF THE WOODS LIONESS LIONS (7451320) (April) - PROGRAMS: Our program this month was the annual distribution of Germanna Community College scholarships. We were pleased to present five \$500 scholarships to GCC students in all fields of study. **FUND RAISERS:** The LOW Lioness were happy to report that the results of our Annual Flea Market and Craft Show were be approximately \$2,300, which will be deposited into our Benevolence Fund. Coming up is the White Cane Days in which we participate with the Lions Club. **SIGHT SERVICES:** Lioness hours worked at the Eyeglass Recycling Center for the last quarter are: January - 58.5; February - 53.5; March - 75. **COMMUNITY SERVICES:** A volunteer report from the LOW Lion/Lioness Wilderness Food Pantry shows 98 Lioness hours for February and 96 for March.

LEXINGTON (009245) (March) - PROGRAMS: March 9: Ken Newman - Local Youth; March 23: Suzanne Sheridan - Rockbridge Area Free Clinic. **OTHER:** Zone Meeting on March 26 - attending: President, Secretary, Vice President, & Other.

LOUISA COUNTY (009246) (March) - PROGRAMS: The March 24th program was White Cane. **FUND RAISERS:** The Louisa Lions put on the Miss Louisa Pageant, along with the Junior Women's Club. This was held on March 15th. We estimate over 200 volunteer hours were spent, and we raised approximately \$400 for eyeglasses and exams. **OTHER:** Zone Meeting on 3/24/2009; attending: Secretary, & Other. Average monthly attendance: 60.

LURAY LIONS (009247) (March) - FUND RAISERS: On March 27, club conducted its annual Casino Night with 160 tickets sold. Event was fully attended and successful, but final financial results are not to be available until April. **SIGHT SERVICES:** Three individuals approved for sight assistance at a cost of \$130. **OTHER:** Club hosted Region I, Zone 2 Zone Meeting on March 19 with Zone Chairman Sharon Hart presiding. Also attending was District 24-C Cabinet Sec'y-Treas. Ray MacDonald.

MADISON COUNTY (009248) (March)- PROGRAMS: Donna Mallory, Dr. of Audiology, gave an excellent presentation on hearing problems and fitting advanced hearing devices. Mar 24 - No meeting due to meeting location problem. **FUND RAISERS:** Completed community birthday and activity calendar sale - no financial report available at this time. **SIGHT SERVICES:** Two glasses applications approved. **HEARING SERVICES:** See March 10 program. **OTHER:** Zone Meeting: 3/24/09; attending:

Secretary, Vice President, & Other. Average monthly attendance: 98.7.

McGAHEYSVILLE-MASSANUTTEN (052780) (March) - PROGRAMS: 3/3 Regular meeting; 3/14 St. Patrick's Day party. **FUND RAISERS:** 3/5,3/12,3/19,3/26 Bingo at Great Eastern. 5 members per session worked, and profit was approximately \$2500. **SIGHT SERVICES:** 15 members read a total of 40 hours for Valley Voice. **COMMUNITY SERVICES:** "Christmas in January" food project conducted by our Lions Club in February and March. **OTHER:** Zone Meeting: 3/24/09; attending: President, Secretary, Vice President, & Other.

MONTEREY (009250) (March) - PROGRAMS: Regular Monthly Meeting-March 9, 2009. Director's Meeting- March 23, 2009. **FUND RAISERS:** Two nights of community bingo. Sold pork rines at annual Maple Festival - \$5500 profit. **COMMUNITY SERVICES:** Several members delivered Meals-on-Wheels. Paid plumbing bill of \$70 for elderly citizen. **OTHER:** Average monthly attendance: 85%.

MOUNT JACKSON - No P&A Information received by deadline

MOUNT JACKSON LIONESS - No P&A Information received by deadline

NEW MARKET (009252) (March) - OTHER: Zone Meeting - 03/24/2009; attending: President, Secretary, & Other. Average monthly attendance: 66%. 1) Lion Julian Jenkins was presented a 5-year Perfect Attendance Award. 2) We welcomed visitors Lions George Vaught and Mike Morrison of the Stephens City Lions Club to our meeting on March 23, 2009.

RIVANNA (060364) (March) - SIGHT SERVICES: LVSG meeting held March 12. Nine members attended; two were first time attendees. Meeting focused on latest WMD treatments. One Lion attended 3hrs involved. **YOUTH SERVICES:** Each week, the Rivanna Lions pack food for children in the free and reduced lunch programs to take home for weekend meals. Dates: March 5 - 9 Lions packed food; Mar.12 - 8 Lions packed food; March 19 - 6 Lions packed food, and March 26 -6 Lions packed food. Math Olympiad program - 7 Lions for worked 2hrs for three weeks in March. 4 Lions participate each week in the Book Buddies program at the Central Elementary School. Total hours donated - 75; number of Lions who participated - 40; number of persons who benefited - 150.

SCOTTSVILLE (009254) March - PROGRAMS: On 11 March, Scottsville Lions hosted the Zone meeting. Lion Ken Quantock (Rivanna), Zone Chairman, conducted the zone meeting and provided many handouts and dates of important meetings and conventions. VDG Norma Shoemaker spoke to us and provided important suspense dates on new Officers Report. On March 25, the program was presented by Lion Bill Schneider, former General Manager of Woodlawn Cemetery in the Bronx; he shed light on the many captains of industry and other notables who now reside peacefully there. **SIGHT SERVICES:** Donations: Recording for the Blind - \$200. **COMMUNITY SERVICES:** Sent 56 cell phones to Pace Butler Corporation. Damaged or antiquated phones are recycled as a service to the public, while good functioning phones are redeployed to developing countries to improve quality of life through better communications. **DIABETES AWARENESS AND EDUCATION:** Donations: to American Diabetes Association - \$200.

SHENANDOAH - No P&A Information Received by deadline

STANLEY - No P&A Information Received by deadline

STAUNTON (009257) (March) - PROGRAMS: Slate of officers for the upcoming year was presented to the membership and

have several positions that need filling. After much discussion the nominations were approved by a vote from Lion Richard and seconded by Lion Chris and approved by all. **FUND RAISERS:** Lion Teri went over all the lists of activities planned for the rest of the year and into next year what Club is participating in. Club has a total of about 14 projects that we are involved in for the rest of our year and beginning of new year. A busy summer is ahead as most of these center around June, July, August and September. **SIGHT SERVICES:** Club sent \$200 to the Augusta Regional Free Clinic for eyeglasses and exams. **OTHER:** Club had 3 visitors from the Weyers Cave Lions Club. Those attending were PDG Raymond Swadley, Lions Charlie Phillips and Charlie Smallwood. Lion Alice introduced her Guest as Robert (Bob) Denham from West Augusta, Va. While in Minnesota, he was a Lion for a number of years and received several awards. Lion Jack Gilbert was the Birthday Lion for the month of March.

STEPHENS CITY (009258) (March) - PROGRAMS: The club meeting for the first of the month was a visitation to the Edinburgh club with 15 of our members in attendance. The 2nd meeting of the month included a seminar on financial preparations for retirement and how to manage our retirement dollars. **FUND RAISERS:** Pancake Breakfast was held raising about \$1800 dollars for the club. A 2nd pancake breakfast will be held on April 16th. **SIGHT SERVICES:** 3 Eye Exams were paid for and 1 pair of glasses totaling \$211. **OTHER:** The club is working hard on Visitation and fundraising at this time. The economic climate continues to be a challenge for the club as well as those we serve.

STRASBURG (009259) March - SIGHT SERVICES: Approved 2 applications for exams and glasses and 2 applications for glasses. **OTHER:** Average monthly attendance: 93.3.

TIMBERVILLE (009261) March - SIGHT SERVICES: collected 91 pr of used eyeglasses. Paid \$98 for 2 eye exams and one pair of eyeglasses. **OTHER:** Zone Meeting: 3-24-2009; attending: President, Secretary, & Vice President; Average monthly attendance: 72%; IRS form 990 filed for '07-08

WAYNESBORO (009262) March - PROGRAMS: On 3-10, discussion of Zone Meeting and report of Nominating Committee; on 3-24 - Election of Officers and Board. **DIABETES AWARENESS AND EDUCATION:** On 3-27, participated in Diabetes Awareness Day at Augusta Medical Center for 10 hours service; staffed a booth during the event. **OTHER:** International Dues--Date Paid in January in the amount of \$721.50. State Dues were paid in December in the amount of \$560. Winter Conference was attended by President, Secretary, Other. A Zone Meeting on 3-4-09 was attended by President and Other.

WEYERS CAVE - No P&A Information Received by deadline

WINCHESTER HOST (009263) (March) - PROGRAMS: Jubilee Kitchen 3-03-09 Ken Fujishiro American Red Cross 3-10-09 Julie Shobin Regional Chamber of Commerce 3-17-09 Randy Collins CEO Sight Work at RAM 3-24-09 Dr. Wehner. **FUND RAISERS:** Brooms 3-09 \$138. **SIGHT SERVICES:** LSFofVa. Memorial \$25. Club provided 8 eye exams at \$200 and 1 pr. of glasses at \$65. **YOUTH SERVICES:** Club Bland Contest -- Judges and student awards - \$498.

WINCHESTER SHAWNEE (009264) March - PROGRAMS: On March 4 - hosted The Zone Meeting. On March 18 - Dr. Joe Mikus gave a program on "Hearing Loss." **SIGHT SERVICES:** We paid for 3 eye exams for \$60. We purchased 16 pairs of glasses for \$835. **YOUTH SERVICES:** Big Brothers/Big Sisters for \$200. Middletown Children First for \$200. Boy Scouts for \$200. D.A.R.E. for \$100. Sheriff's Youth Camp for \$300. **COMMUNITY SERVICES:** Laurel Center for \$300. NW Works for \$2500. Salvation Army for \$1300. Rose Memorial for \$1000.

Red Cross for \$700. **OTHER:** International Dues--Date Paid: 1/13/09 at \$750.75. Zone Meeting: 3/04/09 attended by President, Secretary, Vice President, and Other. 24 Shawnee Lions in attendance at Zone Meeting. Health Fair/Sight and Hearing Unit, Apple Blossom Mall Feb. 28 - six Shawnee members and two James Wood Leo members participated.

WOODROW WILSON LIONESSE LIONS (065302) (**March**) - **PROGRAMS:** Program given by Dr. Rosanne Woel of the Augusta Eye Association. She told of the effects and actual surgery performed on cataracts. There are different cures/treatments depending on the severity. She stated that this was the leading cause of blindness today. **FUND RAISERS:** Total of \$192.50 received additional for Belk Charity Days and \$101 for wrapping gifts. **OTHER:** International Dues--Date Paid: 1/30/2009; amount: \$613.46.

(**April**) - **PROGRAMS:** Program given by Lion David Riel, Hearing & Speech Action Committee. 2 handouts were given to each member outlining facts on hearing loss and things everyone should know about noise. Also, different kinds of hearing loss were outlined for members.

Incoming Officers'/Club Leadership Schools

This year the Incoming Officers' /Club Leadership School will be offered at three locations within the district:

May 9 ----- Middletown Elementary School in Middletown

Each session of the school will begin at 9:00 a.m. and will adjourn at 11:30 a.m. A fellowship period from 8:30 – 9:00 a.m. will precede the training.

All registrants will attend the opening part of each school, "How to perform a Successful Club Evaluation." Then newly-elected club secretaries and treasurers will break out into individual sessions to learn how to carry out the duties of their offices more effectively. Club presidents, vice-presidents, and other attendees will continue to discuss the essentials of successful club leadership.

To reach Middletown Elementary School: **From I-81**, take exit 302. Turn right onto US 11 North for approximately 1 mile. Turn right onto Mustang Lane where the school is located.

Every club whose members will attend the school should mail a registration form or email the information to Lion Grover Jaeger, 5268 Trevino Drive, Massanutten VA 22840 or e-mail to gejaeger@comcast.net.

Deaths of Two 24-C Lions

Lion Kenny Johnson, a member of the Gordonsville Lions Club for 39 years, passed away on April 23, 2009.

PDG Leroy McGuire Leap, 78, of the Elkton Lions Club, passed away April 29, 2009, at his home in Elkton. PDG served as District Governor for 24-C during the 1989-90 Lions year.

Winchester Apple Blossom Parade



The skies cleared on Saturday Morning May 2nd and provided a perfect day for the 82nd Apple Blossom Festival Grand Feature Parade. Winchester Host Lions Club has been Directors of the Grand Feature Parade for 68 years! The nearly four hour parade had something for everyone -- bands, circus performers, dancers, horses, military units, motorcycles, classic cars, antique tractors, and floats. It was an awesome opportunity for Lions, Lioness-Lions, and Leos from Winchester, Frederick County, and Clarke County to be out and to serve in our community.



Millbrook Leos



The Budweiser Clydesdales

(all photos courtesy Lion Sharon Hart)

RAM Project July 24-25 & 26, 2009

All Lions, and non Lions who are volunteering for this years LAMP-RAM on July 24,25,26, 2009 please fill out this **2009 Volunteer registration form** on the last page of this issue and forward to Stacey O'Quinn at the address on the form by fax, mail or scan, and e-mail with form attached.

This is a **required** form this year for all volunteers, Lions and Non Lions and needs to be completed and signed by each in order to enter grounds at RAM project.

I need all Lions, and non Lions to send me your name and club for your name tag to be ready for you when you arrive at RAM for work. Questions please contact me 540-722-4189.

den1100@comcast.net

Lion Don
District 24-C
LAMP Coordinator

Greene County Lions Sponsor Golf Tournament

It is a four person Captain's Choice scheduled on June 1 at 1:00pm at Greene Hills Golf Club in Stanardsville, Virginia. A 4 person team can register for \$300 or individuals for \$75 per person. Hole sponsorships are \$50. There will be prizes, a raffle, and a meal following the round of golf!! Anyone interested can register by sending a check to the Greene County Lion's Club[GCLC] to Ray Dingledine 293 Old Farm Road, Ruckersville, Va.22968. If questions, my phone number is 434-953-5286 and email is rayding@yahoo.com. We welcome as many fellow Lions to join us for a great day supporting our many charitable causes!!!!

SHENANDOAH CAVERNS

Visit us says Lion Danny

Shenandoah Caverns, VA 22847



WE SERVE



Support: BLAND MUSIC CONTEST

Let's All Work Together in Lionism

Lion President
CHARLIE HOLLOWAY
CHARLOTTESVILLE LIONS CLUB
DISTRICT 24C BLAND CHAIRMAN

Lioness Secretary
BETTY HOLLOWAY

Greetings 24C;

While the last two Newsletters touched on gardening and yard work, I thought now would be a good time to pass along some info and hints on composting;

Composting is organic material that can be used as a soil amendment or as a medium to grow plants.

You can create a compost pile in your backyard or indoors, depending on space. Backyard & indoor composting are most suitable for households to convert small quantities of organic materials that can be spread in garden beds, under shrubs or use it as potting soil for outdoor plants.

Before composting, you should understand the process and the materials to use & not to use.

All composting requires three basic ingredients;

**Browns-- includes materials such as dead leaves, branches & twigs.*

**Greens--includes materials such as grass clippings, vegetable waste, fruit scraps & coffee grounds.*

**Water*

Some things to think about---

Did you know that compost can.....

***suppress plant diseases & pests*

***reduce or eliminate the need for chemical fertilizer*

***promote higher yields of agriculture crops*

OVERALL, THIS IS A NATURAL AND BIOLOGICAL PROCESS.

****THERE ARE PRODUCTS YOU CAN USE AND PRODUCTS NOT TO USE****

-IN-

animal manure
cardboard rolls
clean paper
coffee grounds & filters
eggshells
fireplace ashes
fruits & vegetables
hay & straw
hair & fur
houseplants
leaves
yard trimmings
nut shells
sawdust
shredded newspaper
tea bags
wood chips

-OUT-

black walnut tree leaves/twigs
coal/charcoal ash
dairy products
diseased/insect ridden plants
fats, grease, lard
meat, fish bones
pet wastes
yard trimmings treated
with chemical pesticides

STAY SAFE WITH SPRING COMPOSTING AND PLANTING

Sheryl Grant, VP
Weyers Cave Lions Club
Safety & Environmental Chair 24C
4693 Eastside Hwy
Grottoes, Va 24441
(540) 249-5798H
(540) 421-2139C
email; sherylgrmt@yahoo.com

District 24-C-Leadership Seminar –Club Registration

Club Name: _____ Club Contact: _____

Contacts Email Address or Telephone #: _____

Member Name	*2009-10 Members Club Position	**Seminar Location

*Club President, Secretary, Treasurer, Membership Director, Director, Committee Chair or Club Member.

**Seminar Location:, Stanardsville-April 18th; Fort. Defiance -May 2th; or Middletown-May 9th.

Form Transmittal: Email, USPS, or telephone.

Send To: Lion PDG Grover Jaeger
Email Address: gejaeger@comcast.net,
Telephone: 540-289-9713
 or mail to: 5268 Trevino Drive
 Massanutten, VA 22840

BLACK & MORRIS
 INSURANCE AGENCY
 P.O. Box 5
 Broadway, VA 22815
 PHONE (540) 896-7085
LION BOB BLACK, PDG


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 Strasburg, Virginia

Mt. Jackson (540) 477-3131	Luray (540) 743-5191	Strasburg (540) 465-9200	Harrisonburg (540) 433-2626
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REMOTE AREA MEDICAL
Wise RAM Volunteer Registration Form
Registration Deadline: July 1, 2009
(Registrations may not be accepted after this date)

Date(s): July 24-26, 2009 Location: Wise, Virginia Country: USA Expedition #: 576

NAME: _____ PHONE (primary): _____
ADDRESS: _____ EMAIL: _____
PROFESSION: _____

If you have participated at the Wise RAM for all 10 years and wish to order a 10th Anniversary commemorative tee shirt, please send \$5.00 for each shirt. Tee shirt size: _____ Quantity: _____ Make checks payable to: **The Health Wagon**

JOB ASSIGNMENT (CIRCLE ONE):

Medical: MD DO FNP PA **Triage:** RN LPN EMT **Pharmacy:** Pharmacist Certified Pharmacy Tech

Vision: Ophthalmologist Optician Optometrist Optical Tech Support OTHER: _____

Dental: Dentist Dental Hygienist Dental Assistant Dental Support OTHER: _____

Patient Registration **Volunteer Registration** **Patient Escort** **Security** **Grounds** **Parking** **Other:** _____

DATES/SHIFTS FOR WHICH YOU ARE VOLUNTEERING (Preference is given to volunteers who can work all day) Circle all that apply:

Friday, July 24: 6am – 12 noon 12 noon – 6pm Saturday, July 25: 6am – 12 noon 12 noon – 6pm Sunday, July 26: 6am – 12 noon

Volunteers are needed many days prior to RAM to mow, weed-eat, spruce up the Fairgrounds, and set-up for the event. Volunteers to assist with parking are needed early each morning of the event. Security personnel are needed throughout the event. General Volunteers are needed Thursday afternoon, Sunday afternoon, and Monday following RAM as well. Volunteers are needed for patient registration at the Wise County Health Department on Thursday, Friday, and Saturday during RAM, as well as during the following week to help with patient counts, verifying records, etc. If you are interested in any of the duties mentioned above, please indicate dates, times, and duties for which you are volunteering in the space below:

Compliance Statement

I hereby attest that my license/certificate is not restricted, suspended or revoked nor is any such action pending, pursuant to disciplinary proceedings in any jurisdiction. **A COPY OF MY CURRENT STATE LICENSE OR CERTIFICATE AND DEA# (where applicable) IS ATTACHED HERETO.** If functioning as a Nurse Practitioner or Physician's Assistant at RAM, the supervising physician of record must also be present.

Confidentiality Statement

I understand that while I am participating as a registered volunteer at the Remote Area Medical Clinic, it is mandatory that I maintain complete privacy and confidentiality of all patients. This pertains to all present and future digital, written and verbal communications referring to any Remote Area Medical Clinic patient. I also understand that unless I am obtaining information strictly for patient registration, I **DO NOT ASK** a patient any questions regarding medical insurance coverage, Medicaid, or Medicare. Further I agree not to photograph or record patients while at RAM. With my signature on the line below, I acknowledge that I have read, understand, and agree to adhere to this policy of confidentiality for the Remote Area Medical Clinic.

Release and Indemnification

I hereby release and indemnify Remote Area Medical, a non-profit organization, and all its respective officers, directors, agents, contractors, heirs, successors and assigns, from prosecution or presentation of any claim for bodily injury or death or for property loss or damage incurred in connection with this Remote Area Medical expedition or related activities.

Printed Name

Signature

State(s) of Licensure(s)/Certification(s)

Remote Area Medical is a 501(c)(3) medical relief charity located at 1834 Beech Street, Knoxville, TN 37920, 423-579-1530

Medical/Licensed Health Professional Volunteers (doctors, nurses, therapists, pharmacists, etc): Please return form and copy of current license (if applicable) to: Wendy Wampler, Frontier Health, 2532 4th Avenue East, Big Stone Gap, VA 24219 or FAX to 276-523-2527. Questions may be directed to Wendy Wampler at (276) 523-4357 or e-mail: wwampler@frontierhealth.org

Non-Medical General Volunteers: Please return form to: Stacey O'Quinn, Mountain States Health Alliance, 32 6th Street, Bristol, TN 37620 or FAX to: 423-764-1172. Questions may be directed to Stacey O'Quinn at (423) 764-1137 or e-mail: equinnsm@msha.com