



The Pride of Olney

Volume XXX, No. 102

December 2007

PRESIDENT'S MESSAGE

What a wonderful time of the year. The Holidays are just around the corner and we will all I hope, get a chance to be with our loved ones. I wish each of you and your families the very best during the holidays and a most healthy and happy New Year. We meet next at the The Inn of Brookeville Farms on Tuesday, December 11th at 7:00 PM. Lion Mike Fekete has made the arrangements and we thank him for that. Lion Mike Goldsteen also had been working on locations for this event. We are planning to do the gift exchange with items costing around \$10.

Lion Dee Hawkins volunteered to be the coordinator for the financial support that we have been providing a local Olney family during the holidays. Lion Jeff Mendenhall is providing the Christmas tree from his property, and Lion Dee is doing the shopping. We may need some help wrapping and delivering the items. In the past your generous support of the local families that we selected amounted to approximately \$1,000 for gifts and a turkey dinner. That is about \$25 dollars per member. I hope that you will be as generous again this year and help make this a wonderful time for the family. Lion Dee has all of the details, but what she has shared is that the single mother is not able to work and with four children she is in need of assistance with the bills and even food for the family. Let the Olney Lions make the difference for this family. Send your checks to Lion Mike Goldsteen. Thanks Lion Dee.

If you saw the club's activity report we had a busy November. Thanks to Lion Al for coordinating the Adopt a Highway. Camp Merrick liaison for our club Lion Steve McCaskill, and VDG Paul Hawkins and I helped winterize the cabins. The people that run the camp and the volunteers that help do what needs to be done are some special people and I get a very good Lion feeling when I'm around them helping. See what I mean, join us in the Spring when we help get the camp ready for the new season. Lion Kevin Brady 's raffle brought in over \$1,600 for the club and we had a happy winner in Olney. Thanks to Lion Kevin and to the members that sold and/or bought the tickets. It's

time to rap up the Entertainment Book sales. Sell it or buy it for yourself or as a gift and get your receipts to Lion Larry Pendleton. Thanks Larry for doing this for us.

Lions Steve Bready and Mike Patterson are working on arrangements for the Pancake and Sausage Breakfast, which will be held on Saturday, February 23rd from 8A – 2P. The fliers and assignments for the ads should be ready at the December meeting. I have a challenge for the members. We saw what happen with the golf tournament when the extra effort was applied to the event. We made more money for Olney. My challenge is for each member is to ask for new business and see if we can't get more ads this year.

Author, playwright, novelist, and pitch man Lion Mike Fekete has won the coveted Olney Lions Club Yearbook Ad Contest and the free dinner at Brookeville Farm. His slogan "**Join the Lions to Serve the Community**" will be immortalized in the Sherwood, Blake, and Magruder 2008 yearbooks. To be able to top that one you should start thinking about a new one for next year.

We have a light schedule the next few months. There will be no MANNA on the holiday Tuesday, January 1st. Out next MANNA will be Tuesday, March 4th. So if anyone comes across an interesting service project opportunity it would be appreciated. Let's find some hands on work to do or a social event to get us out of the house. Maybe it would be a good time to look at the "FEMA ARE YOU READY?" book and do some planning and create a disaster kit. Be prepared!

We had two very interesting guests at our November meeting. Cindy White was Lion Clyde's guest and David Vicino was VDG Paul Hawkins friend. It seemed as though many of you had a chance to talk with them and make them feel welcome. They both seemed like interesting people and I hope that we can get them both on our team. Lion Clyde just advised that Cindy's application is in the mail so we will see her next at the January meeting. January and February would be good months to invite prospective members to a meeting. JUST ASK is what Lion Clyde tells us we need to do.

SICK CALL As far as I know everyone is happy and healthy. November is Diabetes Awareness Month for the Lions and if Lion Jeff has space in the PRIDE I

wanted to include some warning signs. Stay well!

If anyone has any special needs like a driveway shoveled, and ride to the doctor's or store in the snow give me a call. We are here to serve. Let's not forget to help each other.

Best Wishes for the holidays and New Year!

Paul Bolton

Top Warning Signs of Diabetes:

Look For These Signs and Symptoms of Diabetes:

Many of the signs of Type 1 and Type 2 diabetes are similar. In both, there is too much [glucose](#) in the blood and not enough in the cells of your body. High glucose levels in Type I are due to a lack of insulin because the [insulin](#) producing cells have been destroyed. Type 2 diabetes occurs when the body's cells become resistant to insulin that is being produced. Either way, your cells aren't getting the glucose that they need, and your body lets you know by giving you these signs and symptoms.

Frequent trips to the bathroom:

Are you visiting the bathroom much more lately? Does it seem like you urinate all day long? Urination becomes more frequent when there is too much glucose in the blood. If insulin is nonexistent or ineffective, the kidneys can't filter glucose back to the blood. They become overwhelmed and try to draw extra water out of the blood to dilute the glucose. This keeps your bladder full and it keeps you running to the bathroom.

Unquenchable Thirst:

If it feels like you can't get enough water and you're drinking much more than usual, it could be a sign of diabetes, especially if it seems to go hand in hand with frequent urination. If your body is pulling extra water out of your blood and you're running to the bathroom more, you will become dehydrated and feel the need to drink more to replace the water that you are losing.

Losing Weight Without Trying:

This symptom is more noticeable with Type 1 diabetes. In Type 1, the pancreas stops making insulin, possibly due to a viral attack on pancreas cells or

because an autoimmune response makes the body attack the insulin producing cells. The body desperately looks for an energy source because the cells aren't getting glucose. It starts to break down muscle tissue and fat for energy. Type 2 happens gradually with increasing insulin resistance so weight loss is not as noticeable.

Weakness and Fatigue:

It's that bad boy glucose again. Glucose from the food we eat travels into the bloodstream where insulin is supposed to help it transition into the cells of our body. The cells use it to produce the energy we need to live. When the insulin isn't there or if the cells don't react to it anymore, then the glucose stays outside the cells in the bloodstream. The cells become energy starved and you feel tired and run down.

Tingling or Numbness in Your Hands, Legs or Feet:

This symptom is called neuropathy. It occurs gradually over time as consistently high glucose in the blood damages the nervous system, particularly in the extremities. Type 2 diabetes is a gradual onset, and people are often not aware that they have it. Therefore, blood sugar might have been high for more than a few years before a diagnosis is made. Nerve damage can creep up without our knowledge. [Neuropathy](#) can very often improve when tighter blood glucose control is achieved.

Other Signs and Symptoms That Can Occur:

Blurred vision, skin that is dry or itchy, frequent infections or cuts and bruises that take a long time to heal are also signs that something is amiss. Again, when these signs are associated with diabetes, they are the result of high glucose levels in the body. If you notice any of the above signs, schedule an appointment with your doctor. He or she will be able to tell you if you have reason to be concerned about a diagnosis of diabetes.

<http://diabetes.about.com/od/symptomsdiagnosis/p/Symptoms.htm>

***ATTENTION: ALL CLUB PRESIDENTS,
CLUB SECRETARIES AND MELVIN
JONES FELLOWS:***

The Melvin Jones Luncheon is scheduled to be held Saturday, January 12, 2008 at the Brandywine Club House, 3016 Cherry Tree Crossing Road, Cheltenham, MD. Social starts at 1:00 PM and a buffet lunch will be served at 1:30. Please notify all Melvin Jones Fellows in your clubs of the luncheon, spouses and guests are all welcomed. The keynote speaker for the luncheon is International Director Joe Gaffigan. Lion Betty Moore can be contacted for reservations by phone home: 410 394-3589, cell: 301 742-6096 or e-mail: mrstopkat@comcast.net please RSVP by January 5, 2008. Luncheon cost is \$ 20.00 per person and you can pay at the door. Club or group reservations are preferred. All confirmed reservations must be paid if you attend or not. Please come help us celebrate Melvin Jones Birthday!

District 22-C

Lions

Schedule

DECEMBER

8 LaPlata Lions annual Holiday Fruit Sale from 8AM till 4PM at the La Plata United Methodist Church (3 Port Tobacco Rd., La Plata, MD) at the BBQ Pit in the parking lot

13 Calvert County Lions Club bloodmobile at the Prince Frederick Volunteer Rescue Squad.

Send Announcements and News Items

Please send any announcements, notices, club events, email additions or changes to: Jim Daniels, 22-C Email Coordinator, at <jdaniels@ftdata.net>.

Please send articles and news items for [The Pride of Olney](#) to Jeff Mendenhall 21736 Brink Meadow Lane, Germantown MD 20876 or preferably by email at jfmenden@aol.com please put Lions in the subject line.

[Olney Lions Info:](#)

December Birthdays:

David Hahn
Rai Surapaneni

Olney Lions Calendar:

Holiday Dinner/Monthly Meeting 11 December

No Board Meeting

The Entertainment Books need to be sold and funds given to Larry Pendelton.

Olney Lions November Pictures:

The Adopt a Highway Crew





A happy Larry Pendleton with his son home safe from Iraq and collecting for those entertainment books.



Lion Clyde is anxiously awaiting the feast with his guest Cindy White.

