



Lions District 22-A

InSights



Volume 84, Issue 1

August 2023

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Lions,

Lions International President Dr. Patti Hill's focus for this year is "Changing the World." Her message is that change doesn't happen all at once. With every act of kindness, we change a life. With every Lions club and Leo club, we change a community. When we change our communities, we change the world. She is absolutely correct.

My theme, "Change with Purpose – Serve with Passion" is directed at expanding our services in communities where we are and expanding our presence in communities that don't yet have a Lions club. We are 22 Lions clubs. There are too many communities without a club. We will add Lions clubs in those communities.

We must change how we approach gaining new Lions. When talking with a non-Lion, simply ask them what type of service activity they are interested in or committed to doing. If your club works in that area, or would like to, ask if that person would be interested in working on that through Lions. Our focus is on finding the needed services and people who want to work to deliver those services. As new Lions, these people can bring inspiration and enthusiasm to your Lions club.

We have a new team of Lions serving you at the district level. We are here for you and your club.

Cabinet Secretary Suzette Kettenhofen

Cabinet Treasurer Don Stewart

Region I, Zone I Ryan Shupp

Region I, Zone II Walt Cawley

Region II, Zone I Sandy Guzewich

Region II Zone II Marie Marucci

We must thank IPDG Sue Parks for her service as District Governor this past year. Her commitment was inspirational. She worked tirelessly to keep the district on track and encouraged clubs to stay active in their service to their members and communities. Thank you Sue for all you have done and continue to do.

Now, let's go make it happen,

DG John



MULTIPLE DISTRICT 22 REGIONAL LIONS LEADERSHIP INSTITUTE

**For Lions ready to pursue leadership roles within their Lions communities.
November 17-19, 2023 (Friday, Saturday, & Sunday)
At Lions Camp Merrick In Nanjemoy, Maryland**

**Lions Fundamentals
Working in Teams
Diversity
Local Issues & Opportunities
Public Speaking Preparation
Time Management
Member Motivation
Goal Setting
Public Speaking Presentations
Personal Mission Statement**



WHY SHOULD YOU ATTEND?

**To learn your strengths and areas for personal improvement
To develop interpersonal social skills
To network and establish new friendships
To improve your communication skills**

**To make your club more successful
To become a more effective Lion
To learn more about our Lions organization and its role in service
To share ideas for service projects and fundraising**



**Meet current Lion friends and make new ones
Great training from proven instructors
Shared cabins with bath facilities
Great food, fellowship, and fun
Beautiful camp setting
Come away refreshed and inspired**

WHAT IS THE COST?

The tuition is \$150.00 for training courses, on Friday, Saturday, Sunday, two nights lodging at the camp, six meals, and all instructional materials. Some districts and clubs provide partial scholarships or sponsorships.

HOW DO I SIGN UP?

**Contact District Global Leadership Team Chair
PCC Larry Burton at (410) 457-8787 (coach13@zoominternet.net) or
MD Chair PDG Ken Chew at 302-798-6520 or 1941akc@gmail.com.
Submit no later than October 13, 2023**



MULTIPLE DISTRICT 22 LIONS LEADERSHIP INSTITUTE

November 17-19, 2023

Lions Camp Merrick, Nanjemoy, Maryland

Full Name: _____

Nick Name (if any) that you prefer _____

Years in Lionism _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: () _____

Email: _____

Name of Lions Club: _____ District: _____

Highest Office/Position held within Lions Club: _____

Highest Office/Position held at District level: _____

**10 Lions from 22-A
will be sponsored by
the District.**

**To take advantage
of this very
worthwhile training
opportunity,
contact:**

PCC Larry Burton

coach13@

zoominternet.net

1. Registration fee is \$150.00, and must accompany this Registration Form. If fee is being subsidized by your district or club, their portion will be billed later.
2. All participants must arrive and sign-in between 1:00 and 2:00 PM on Friday, November 17, 2023. Activities will begin promptly at 2:00.
3. Institute will be completed by 2:00 PM on Sunday, November 19, 2023.
4. Further information will be sent to participants in October.
5. Send Registration Form and fees by October 13, 2023 to:

PDG Ken Chew
1400 Forrest Drive
Wilmington, DE 19810

Make checks out to MD-22 RLLI

SPECIAL NEEDS:

_____ Diabetic Diet _____ Vegetarian _____ Hearing Challenged
_____ Visually Challenged _____ Wheelchair Access
_____ Other (please explain) _____

For more information, please contact Coordinator:

PDG Ken Chew, 302-798-6520, 1941akc@gmail.com

Rev 7/26/2023

Multiple District 22 Lions Leadership Institute at Camp Merrick

Camp Merrick is located on 320 acres on the shores of the Potomac River in southern Maryland. This beautiful site is owned and operated by the Lions of Lions of 22 C to serve children ages 6 to 16, who suffer from diabetes or are hearing or visually impaired, with a summer camp experiences. Camp Merrick is also supported financially by the Lions of MD 22 and rentals by outside groups during the fall through November.

Camp Merrick has a cluster of cabins with 6 or 8 double decker bunk beds (we are only using the lower ones) next to the main dinning room. Each cabin is winterized and has a bathroom in them. There are showers in a separate building next to the cabins. Lions will need to bring their own bedding for the bunk beds.

The learning experience will be enhanced by the sheer beauty of the site. The RLLI will not only be a learning experience for future leaders but a real retreat from the frantic lives that most of us experience. This a chance to build relationships with your fellow Lions of MD 22.



LIONS CHARITY RUN



Seven runners from Poland, Ukraine, Germany and Canada ran from Washington, DC to Boston to the Lions International Convention. Their motto was "We run to help children in need". Monies raised have helped Lions and local communities rebuild schools, orphanages and hospitals. This year 50% of the funds raised are going to children in Mississippi.

The runners stopped in Aberdeen, MD, on July 3, 2023. The team was greeted by Aberdeen Mayor Patrick McGrady, Delegate Steven Johnson, PDG Lion Bijoy Mahanti and Aberdeen Lions Club President Charles Jacobs. A monetary donation was made by the Aberdeen Lions Club to the runners.

A big thank you to PDG Bijoy for making all the logistical arrangements.





ABERDEEN LIONS CLUB HIGHLIGHTS

Lions Bijoy and Carol Mahanti participated for the second time in the **"See Beyond Festival"** held at the Maryland School for the Blind. This year, instead of being outside, the organizing committee had all nonprofit vendors indoors. It attracted a large number of people who were checking out our display and asking questions. Since we were under cover, we were able to display all types of information. We talked to people about the various pieces of equipment that the blind can use to make their lives easier. And we handed out brochures with information about who Lions are and the services we do, not only for our area, but around the world.



Aberdeen Scholarship Recipients



Izabella Dabrasky

To further my education, I plan on attending the University of Delaware to pursue environmental engineering.



Smit Patel

I will attend University of Maryland, College Park to major in Computer Science.



King Lion Chuck Jacobs presents a Melvin Jones Fellowship to Lion Russ Carmosino (above) and a Progressive Arnall Patz Fellowship to Lion Lambert Rickey (left). Congratulations Lions on well-deserved honors.





ABERDEEN LIONESS LIONS CLUB HIGHLIGHTS

In May, we had a great day in Havre de Grace with Relay for Life. Our team fronted by Lion Carol Bonds won 2nd place for site decoration and Lion Cathy Sawyers won 1st prize for best hat! Thank you all for supporting our team in this effort to fight cancer.





LIONS CLUB OF BALTIMORE NEPALESE HIGHLIGHTS



DG John Mosier was pleased to install the Baltimore Nepalese officers at their general membership meeting on 7/30/23.

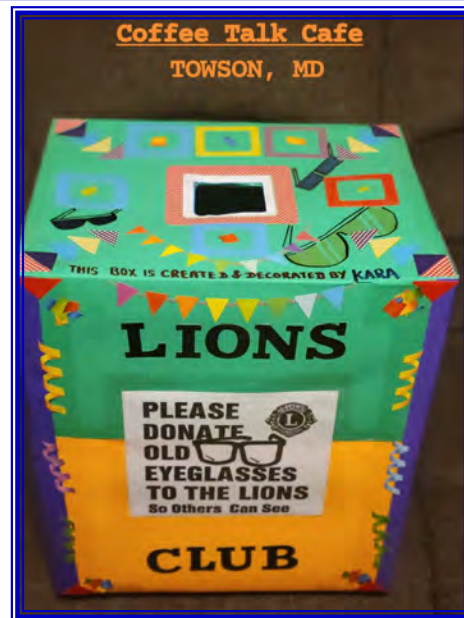
From left, Treasurer Ritu Dangol, DG John, President Nara Khakurel, IPP Ganesh Lamichhane, FVP Kemika Bhandari, Secretary Baikuntha Man Shrestha, Tail Twister Bijaya Shrestha, and Rudra Gurung

They were joined in this celebration by IPDG Sue Parks, CS Suzette Kettenhofen, and PDG Bijoy Mahanti.

DG John did not miss the opportunity to share one of his pins with Secretary Baikuntha.



And check this out for an innovative eyeglass collection box. It was decorated by this year's Peace Poster winner, Kara Khakurel.





ANNAPOLIS LIONS CLUB HIGHLIGHTS

During a recent General Meeting, Lion Art Torf was honored with a Melvin Jones Fellowship which was presented by President Jeff Fair (far right). Lion Art celebrated his 25th anniversary as a member of the Annapolis Lions Club in April. Congratulations Art!!



ELLICOTT CITY COLUMBIA & GLENWOOD LIONS CLUB HIGHLIGHTS

Ellicott City and Glenwood Lions (with 2 from each club) did hearing/vision screening on 6/3/23 at Long Reach High School. This was for the African American Health Fair.

Please note that rooms were quiet and dark and that this was an older population (only 1 child was screened)

Hearing: screened 20 and recommend 12 for follow up

Vision: (2 spot machines): screened 26 screened with only 5 recommended for follow up

We all had a good time. KL Alan Goldschen, Ellicott City-Columbia



LIONS CLUBS
INTERNATIONAL CONVENTION
WASHINGTON, DC

Multiple District 22
Hosting the
LCI Convention

July 2-6, 2027

"Put Out the Call" to
Volunteer Lions Family

lciconv2027host@gmail.com



DARLINGTON LIONS CLUB HIGHLIGHTS

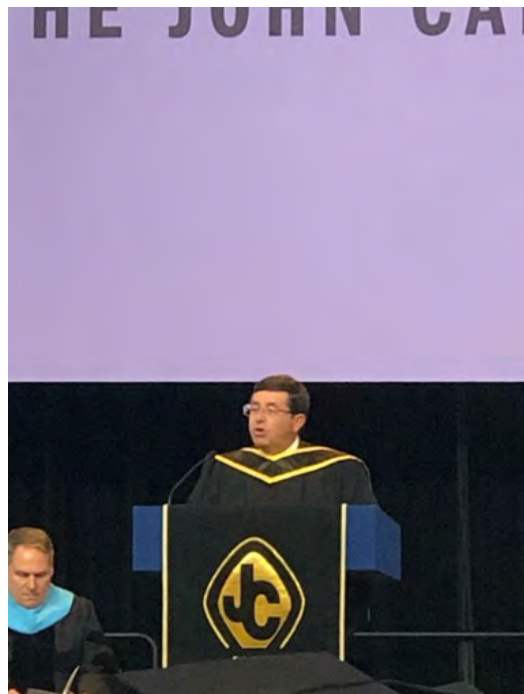
As it has done for the past decade, the Darlington Lions organized the annual Darlington Independence Celebration held on June 24 (that is not a typo!). Unfortunately, the threatening weather forced the cancellation of the parade down Main Street, but we were able to have the fireworks display at the community park when darkness fell. Several hundred folks came out to enjoy the kick-off of area celebrations marking the country's 247th anniversary of the signing of the Declaration of Independence.



The Darlington Lions held end of year turnover meetings. IPDG Bijoy Mahanti installed the new club officers. Outgoing President Kirk presented PCC Larry Burton with two LCI awards – the Medal of Merit Award and the Citizenship Award Medal. King Lion Kirk stated they were given in recognition of PCC Larry's long-time community service to the town of Darlington, the Darlington Lions Club, District 22-A, and Multiple District 22. Lion Kirk was presented a restaurant gift card in thanks for his leadership of the club for the past two years.



PCC Larry also received another significant form of recognition, being presented the Reverend Charles K. Riepe Alumni Award by his alma mater, The John Carroll High School in Bel Air. The Riepe Award "recognizes alumni who have demonstrated outstanding achievement and community service, and is the highest award given to a John Carroll alumna/us." Many of the activities Larry undertook to compile his list of achievements were done as part of his 24 years of Lions service. A complete write-up of Larry's achievements can be viewed at [2023 Alumni Award Winners | The John Carroll School](#). As a recipient of the Riepe Alumni Award, Larry provided the keynote address to the Class of 2023 at their graduation.





BEL AIR LIONS CLUB HIGHLIGHTS

The Bel Air Lions installed new officers for 2023-24 at ceremonies on June 20th at Rockfield Manor. Lion Mike New was named incoming president taking the role on July 1st. Joining him on the board are 1st VP - John Verbillis, 2nd VP - Ken Spoerl, Secretary - Michael Barnett, Treasurer - Chris New, LCIF Coordinator/PP - Ken Waldner. Also named were Lion Tamer - Greg Pizzuto and Tail Twister - Bill Smith.



Lion Dave Ellis Receives Progressive Melvin Jones Fellowship

KL Ken Waldner presents the Progressive Melvin Jones to Lion Dave Ellis. The Progressive Melvin Jones means this is Dave's second Melvin Jones honor. He was honored for his outstanding service to the Bel Air Club and the surrounding community.



DG John Mosier inducted our newest members, Ben Meyer, Gloria Wilson and Duane King at the June 20th meeting at Rockfield Manor. We look forward to serving with all of them.



SEVERN RIVER LIONS CLUB HIGHLIGHTS



PIP Clem Kusiak installed the SRLC Board of Directors at our General Membership meeting on June 27.

From left to right, Lions Clement Kusiak, Sue Parks (Treasurer), Jon Valett (Third Vice President), Ryan Shupp (Second Vice President), Joinette Smallwood (President), Paula Wilkes (Director), Suzette Kettenhofen (Secretary), Nancy Earley (Assistant Secretary), Ashley Sanford (Membership Chair), Jackie Hetrick (Assistant Treasurer), Chris Werth (Immed. Past President), hiding behind IPP Chris, Lion Bill Zelenakas (Tail Twister), and not shown, Lion Shannon Nixon (Director).

DG Sue presented outgoing president Chris with a Progressive Melvin Jones Fellowship in honor of his 3 years as SRLC's President.



At the 4th of July parade Severn River gave out popsicles to parade participants at the end of their long parade route.



In June, Severn River participated in the Strawberry Festival in Cape St. Clair. Membership Chair Ashley Sanford 'personned' the booth giving out membership and service information.



INTERNATIONAL CONVENTION IN BOSTON IN THE HISTORY BOOKS

Many thanks to Lion Ryan for providing photos and info below.



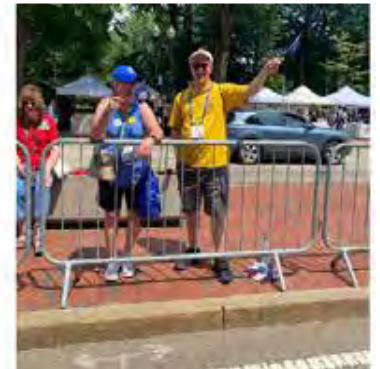
Above Left: Severn River Lions Ryan and Clem and Lion Shelly Holland (Millington LC, 22-B) serving on the Elections Committee.

Above Middle: A tradition of the LCI President is a dinner hosted by his International Board of Directors in support of the years of service and programs each Past President has provided. This particular dinner had 21 of 23 living presidents in attendance for the dinner and all the events of the Convention.

Above Right: Our newly installed District Governors of MD 22.

Below Left: Lion Ryan with DG John Mosier.

Below Middle/Right: Each year the Convention starts off with the Parade of Nations. Lions of MD 22 marched wearing their parade dress and displaying flags of Maryland, Delaware, Washington DC and Lions International.



And last, but certainly not least, our newly elected International Director John Lawrence from 22-B with his Partner in Service, 22-B IPDG Carol Schoonover.



DIABETES MINUTE

Lion Diana Wailes, 22-A Diabetes Awareness Chair

WHO IS AT RISK FOR PREDIABETES AND TYPE 2 DIABETES?

If you have these risk factors, you may be at higher risk than others for prediabetes and type 2 diabetes:

- ◆ You are overweight.
- ◆ You are 45 years of age or older.
- ◆ Your parent or sibling has type 2 diabetes.
- ◆ You are physically active fewer than 3 times per week.
- ◆ You ever gave birth to a baby that weighed more than 9 pounds.
- ◆ You ever had diabetes while pregnant (gestational diabetes).



Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

Following are the percentage of people in the United States with diagnosed diabetes from 2018 to 2023:

- ◆ Non-Hispanic Blacks – 12.1%
- ◆ Hispanics – 11.8%
- ◆ Non-Hispanic Asians – 9.5%
- ◆ Non-Hispanic Whites – 7.4%

If you are at risk, talk to a healthcare professional about getting a blood sugar test.

NOTE: With exercise and a healthy diet, prediabetes and early Type 2 diabetes are reversible!

**MAYBERRY REGISTRATION FORM****Entry Fee: Individual Shooter - \$85 Four Person Team - \$320**

	<i>Shooter's Name</i>	<i>Contact Info</i>	<i>Amount</i>
1		Tel. #: ----- E-Mail: -----	
2		Tel. #: ----- E-Mail: -----	
3		Tel. #: ----- E-Mail: -----	
4		Tel. #: ----- E-Mail: -----	
TOTAL			

EVENT INFORMATION:

- There will be 10 Stations and 50 Targets.
- Each shooter will be provided 2 boxes of shells totaling 50 shells.
- Shooters must provide their own Shotgun. Please indicate if you plan to use 20 Gauge Shot Gun.
- **All Shooters must wear eye and ear protection (Shooter must provide).**
- Registration will open at 9:00 am. The tournament runs from 9:30 am to 1:00 pm
- Lunch will be provided to each registered Shooter.
- Individual and Team prizes will be awarded.
- Make checks payable to: **LVRF Aim For Sight**
- Please return completed Registration Form and payment to:

RICHARD LIEBNO
115 Rockland Road
Westminister, MD 21158
- Please submit Registration Form and payment by Sept. 20, 2023

For additional information, please contact:

PID Richard Liebno	410-848-4929	richard.lion@comcast.net
PDG Gary Burdette	301-928-5095	garyburdette@outlook.com



SHOOTER STATION SPONSORSHIP FORM



Showcase your Club or Business by sponsoring a Shooter Station. A 24" x 18" sign will be posted at a Shooter Station with your name, club name, or company name and logo. **The cost for a Shooter Station sign is \$100.**

Please enter the individual, club or business name that is to be printed on the Shooter Station sign:

Please provide any additional information or graphics you wish to include on your sign.

Name of Individual, Club or Business Contact:

Phone: _____ E-Mail Address: _____

Make check payable to: **LVRF Aim for Sight**

Please mail the completed form and payment to: **Gary Burdette
22711 Mt. Ephraim Rd.
Dickerson, MD 20842**

The due date for the completed form and payment is Wednesday, September 20, 2023.

Aim for Sight is a fundraiser for the Lions Vision Research Foundation (LVRF), a 501(c) 3 foundation whose primary purpose is to support low vision research and rehabilitation and to minimize the disabilities caused by low vision and blindness. The objectives of the LVRF are being met through its partnership with the Lions Vision Research and Rehabilitation Center (LVC), at the Wilmer Eye Institute of The Johns Hopkins Medical Institutions, Baltimore, Maryland.

All donations to LVRF are tax deductible but more important are the research and rehabilitation efforts this donation will support in giving hope to the blind and low vision population. For the past few years we have funded a Post-Doctorate Fellowship. These Fellows have not only conducted significant research which could have national implications but have reduced the waiting time for an appointment to the LVC to a few days or less. Due to our efforts many new clinics have been established throughout the state and the country. Your donation will allow us to continue these outstanding efforts.



SEPT. 21-23, 2023



THE ROW Reno, Nevada

THE ROW Reno offers 24-hour entertainment with access to 25 restaurants, 23 bars and lounges, and several venues and nightspots all within day-trippable range of world-class recreation destinations.

3 RESORTS – ONE DESTINATION

El Dorado • Silver Legacy • Circus Circus



Visit LionsForum.org for more information



Lions! Get Ready for the new Lion Portal

DELAYED UNTIL FALL! But check out info below anyway...

We're preparing for the launch of the new Lion Portal. This refreshed experience will combine the functionality of MyLion, MyLCI, Insights and other tools into one cohesive and consistent experience.

To use the Lion Portal, Lions must have a unique email address (one that isn't shared with another member) in their Lion Account information. Additionally, phone numbers can no longer be used as log in credentials.

Here's how you can help Lions:

1. **Spread the word.** Make Lions — especially those who actively use their Lion Account — aware of the transition to the Lion Portal. Encourage them to make sure their member information is up to date and includes a unique email address.
2. **Prepare club officers.** Ask club officers to review the member records for their club, checking for any shared email addresses, and be prepared to help members update their information as needed.
3. **Stay up to date.** Check for news and updates on the [Lion Portal webpage](#).

We appreciate your support in preparing for the transition to the new Lion Portal.



**Lions
International**

Reminder - LCI increased dues from \$43/year to \$46/year to be effective with our July 1 billing statements. Please remember to take that into account when setting your club's administrative budgets for this Lions Year (and the coming two Lions Years).



REMINDER TO CLUBS

Thank you to the Clubs who have been submitting articles. Please submit your short articles with pictures (jpgs) that you think may be of interest to the rest of the District. These articles must be emailed to me separately from your club newsletters which are often locked into formats I can't use.

Send your articles and photos to InSights' Editor IPDG Sue Parks (rich99991@verizon.net).

Only email copy is acceptable.

Deadlines for materials:

9/20/23 for October issue

11/20/23 for December issue

1/20/24 for February issue

3/20/24 for April issue

5/20/24 for June issue

ROSTER BOOK CHANGES/CORRECTIONS

Page 3: CT Don Stewart new email:
stewart21014@gmail.com

Page 5, 18: Region 2 Zone 2 Chair
Marie Marucci
2029 Ormand Rd
Baltimore, MD 21222-4657
Cell: (443) 695-0611
memarucci@yahoo.com

Page 7: Program Book Chair John Hayes
Email: jhayes1012@outlook.com

Pages 19, 31 - ELLICOTT CITY/COLUMBIA
Meets at 5:00 via Zoom on first Wednesday

Page 24 - BALTIMORE NEPALESE
2nd VP Rajendra Thapa
Email: Rajendra.thapa41@yahoo.com
Membership Chair and LCIF Coordinator - Vacant
Immed. Past President Ganesh Lamichhane
Email: glsk64@gmail.com

Page 36 - LINTHICUM
SECRETARY Mary Fincham
Email: ladychefincham@hotmail.com

Any Roster Book changes necessary should be forwarded to IPDG Sue -
rich99991@verizon.net

Upcoming Events

Aug	5	Voting Cabinet Mtg
Aug	12	Full Cabinet Mtg
Aug	31	Honorary Committee Mtg
Sept	16	LVRFB Trustee Mtg
Sept	21-23	USA/Canada Lions Leadership Forum
Oct	7	22-W Social, Clarion, Frederick
Oct	8	COG Mtg
Oct	10	Executive Committee Mtg
Oct	14	LASH Eyeglass Sorting, MSB
Oct	21	LYF Mtg (Zoom)
Oct	26	LASH Exec. Comm. Mtg (Zoom)
Nov	4	Full Cabinet Mtg
Nov	8	LASH General Mbrship Mtg
Nov	11	22-A Social, Columbus Gardens
Nov	12	COG Mtg
Nov	17-19	Regional Lions Leadership Inst.
Nov	18	LVRFB Rally
Nov	30	Honorary Committee Mtg

Welcome to our New Members

Bel Air

Duane King
Ben Meyer - *Sponsor Dan Fuqua*

Edgewood

Holly Stanford - *Sponsor Linda LaOrange*

Joppatowne

Rebecca Snyder - *Sponsor Meghan Shuttlesworth*



MEMORIALS

J. Harrison Morson - Glenwood