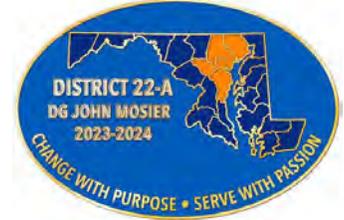




**Lions District 22-A**

# InSights



Volume 84, Issue 6      May 2024

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Fellow Lions,

We have less than two months left of the 2023-2024 Lions Year. Have you and your Club met your goals? Provided needed service to your communities? Had fun doing it? Reported it to LCI? The District? Me for inclusion in InSights? I know that sometimes I get so involved in a project I forget to take pictures, document the activity to share it with others. I've tried to capture everything I've received over the last couple of months in this issue. Great activities have gone on and more are on the way. InSights is a wonderful way for you to see what other clubs are doing that may work in your area too. Try some of these ideas - you can't know if it will work if you don't try.

This will be my last issue of InSights. I've enjoyed working on it since 2018 and thought it might be time to give someone else a chance. Lion Dr. John Hayes from the Bel Air Lions Club has agreed to step up. His contact info is on the last page of this issue. Be nice - share your club activities and pictures with him - don't make him chase you!

Of special note, the Club Officers Training/District Turnover/Picnic is scheduled for June 29th at the Maryland School for the Blind. FVDG-E Suzette will be sending out more info, but please plan to attend whether or not you are a club officer. You won't be sorry.

I'm not going anywhere. You'll still find me involved in my club, the district, the MD22 convention committee, and the Lions Vision Research Foundation. (Have I left anything out?) I truly thank you all for allowing me to serve in my behind the scenes capacity.

IPDG Sue Parks

### Changes to the MD22 Constitution and By-Laws

Two resolutions were proposed and passed to change the MD22 Constitution and By-Laws.

The first, a change to the Multiple District Constitution, clarified the process and timeline for selection of future MD22 Convention sites. It also revised the timeframe for planning future Conventions from 5 years to 3 years out. There was also a small change to the By-Laws. The purpose of the amendment was to eliminate the two-year requirement for the appointment of the Multiple District Administrative Assistant.

If you'd like further information on either of these changes, please contact our District Constitution and By-Laws Chair, PDG John Andrews, [jhandrews@wans.net](mailto:jhandrews@wans.net)



## MD22 CONVENTION HIGHLIGHTS



At the Multiple District Banquet Lion Suzette Kettenhofen was awarded the International President's Leadership Medal, the third highest honor in Lionism.

*From left, PID Dick Liebno, DG John Mosier, Lion Suzette, Leo-Lion Liaison Alicia Kiri Beer, PID Ted Reiver, PID Joe Gaffigan*

And then, on Sunday, SVDG/CS Suzette Kettenhofen, home club Severn River, was elected to the position of First Vice District Governor. Be sure to congratulate her on both these achievements when you see her!

And speaking of awards, for their work in the community, Bel Air Lion Dave Guzewich was honored with Lions Clubs International's Presidential Medal (the second highest award in Lionism) and Lion Nara Khakurel from the Baltimore Nepalese Lions Club was presented with the International President's Certificate of Appreciation.



At the end of the convention, the District Governors were presented with plaques to thank them for their service. Something sure must have been tickling DG John's and Eileen's funny bones...

Next year's convention is scheduled for May 2-4 at the WISP Resort in McHenry, Maryland. Please be sure to mark your calendars!



# BARKS, BREW & WINE



**SPEAKER**  
**Jeff Hawkins &**  
**LD Dove**

**\$40** per person

**JUNE 1, 2024**

**2-6PM**

**KLAUSMEIER FARM**  
**4014 PERRY HALL RD,**  
**PERRY HALL MD 21128**

**RESERVATIONS ARE PREPAID:**

**Make checks payable to**  
**Lions District 22-A/**  
**Leader Dog**

**All checks mailed to:**  
**PDG Angela Bruce**  
**6722 Mink Hollow Rd**  
**Highland, MD 20777**  
**443 375 2852**  
**highland47@outlook.com**

**PDG Owen Landis**  
**2317 Kings Arms Dr**  
**Fallston, MD 21047**  
**410 218 4186**  
**landisosr@comcast.net**

**MENU**

**Pit Beef**

**Chicken Parmesan**

**Fried Chicken**

**Salad and Vegetables**

**Cake and Ice Cream**

**Soft Drinks**

**BEER & WINE**  
**INCLUDED**  
**WITH TICKET**

**BASKET BINGO**  
**RAFFLES**  
**BASKET OF CHEER**  
**AND MORE**



**SPONSORED BY**  
**DISTRICT 22-A**  
**HOSTED BY PERRY**  
**HALL KINGSVILLE**  
**LIONS CLUB**



**LEADER DOGS**  
**FOR THE BLIND**





## LCIF Recognizing Individual Generosity

At LCIF, we deeply value the incredible generosity of our individual donors. To honor your commitment and support, we are thrilled to introduce the Presidential LCIF Supporter program. This initiative aims to recognize and celebrate individuals who have contributed with heart and soul, making a significant impact on our mission.

By participating in the annual program, you become an integral part of our honored supporters. Melvin Jones Fellowship (MJF) credits will be earned based on the one-time donation amount you provide. Your generosity not only earns you well-deserved recognition but also helps us make a lasting difference in the lives of those in need.

There are multiple levels of recognition to honor donors based on their one-time donation amount that meets the eligibility criteria as noted in the levels of recognition. The levels are as follows.

### All Donors:

Bronze Pin - US\$50 to US\$99.99

Silver Pin - US\$100 to US\$199.99

Gold Pin - US\$200 and above



## Recognizing your Club's Generosity

At LCIF, we value the incredible generosity of our members. As a token of our appreciation, we are thrilled to introduce the Presidential Club Giving Award for LCIF program. This initiative aims to recognize clubs that have demonstrated outstanding commitment and support by contributing to our cause on a per-member average basis throughout the fiscal year.

By participating in this recognition program, your club has the opportunity to join a prestigious circle of dedicated supporters. Your contributions make a significant impact on our mission, enabling us to serve our community and beyond.





**Donate online**

[lionsclubs.org/WaysToGive](https://lionsclubs.org/WaysToGive)



**Make a Pledge**

[lionsclubs.jotform.com/90524105483149](https://lionsclubs.jotform.com/90524105483149)

**Mail**

Mail USD checks drawn from a U.S. Bank and payable to LCIF to:  
Lions Clubs International Foundation  
Department 4547  
Carol Stream, IL 60122-4547 USA

*Visit [lionsclubs.org/WaysToGive](https://lionsclubs.org/WaysToGive) for mailing checks in Canada and India*

**Wire transfer**

JPMorgan Chase Bank, N.A.  
ABA Routing Number: 021000021  
10 S. Dearborn St.  
Account Name: Lions Clubs International Foundation  
Chicago, IL 60603 USA  
Account Number: 754487312  
Swift International Banking number: CHASUS33

Email a copy of your receipt or transfer form – along with your name, Member ID, club name, and district name – to [donorassistance@lionsclubs.org](mailto:donorassistance@lionsclubs.org).

If requesting recognition for someone else, please include the recipient's name, Member ID, club name, and district name.

**Contact Donor Services**

For assistance, contact Donor Services at +1.630.203.3836 or [donorassistance@lionsclubs.org](mailto:donorassistance@lionsclubs.org).



Lions Clubs International Foundation  
300 W. 22nd Street, Oak Brook, IL 60523 USA  
[www.lcif.org](http://www.lcif.org)

## ABERDEEN LIONS CLUB HIGHLIGHTS



At the February dinner meeting, Darnevy Law (Sponsor - Angela Johnson) and Kevin Shetterly (Sponsor - LuAnne Miller) were inducted into the Aberdeen Lions Club by Lion Lambert Rickey.

*L-R: LuAnne Miller, Kevin Shetterly, Angela Johnson, Darnevy Law, Lambert Rickey*

### Donations to the **Humane Society of Harford County.**

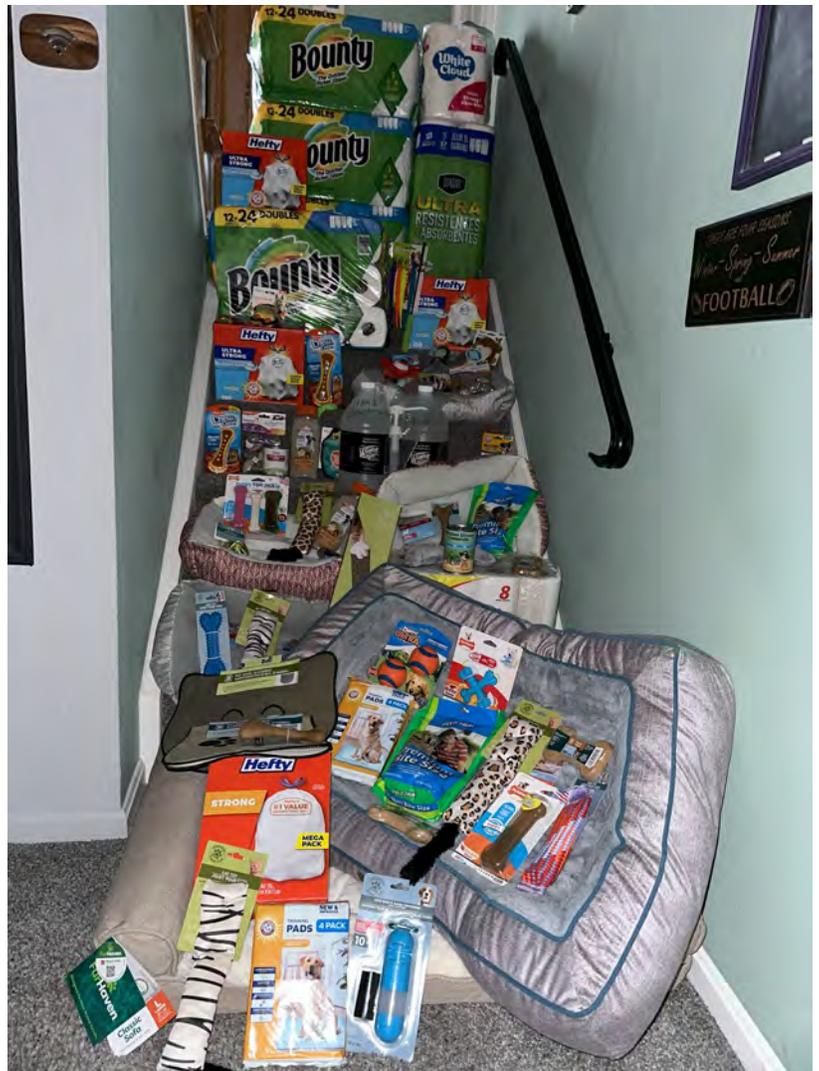
In addition to the items seen in the photo, we also received checks in the amount of \$205.00 and cash donations of \$146.00. The total contributed was \$351.00!

Thank you to all who donated items and cash to the Humane Society of Harford County.

Thank you, all!

YiL,

Lion Mark (Schlottman)





**ABERDEEN LIONS CLUB HIGHLIGHTS** *continued*

# Designer Purse Bingo

**Sponsored by Aberdeen Lions Club**

Prizes will be Coach, Michael Kohrs, Kate Spade,  
Vera Bradley and other designers.



## Friday, June 7th, 2024



**We Serve**

**St. Paul's Lutheran Church  
201 Mt Royal Ave, Aberdeen, MD**

**7:00 p.m.**

**Doors open at 6:00 p.m.**

Food, bake table and non-alcoholic beverages available



### Tickets

**\$27 in advance**

**\$30 at the door**

Additional sets of 3 cards - \$5.00



### Tickets available by calling

**Karin Hancock (443) 502-5220**

**Cynthia Moats (443) 617-6366**

**Email-aberdeenlions2@comcast.net**

**\* Door prizes \* Special Games \* Raffles \***

Fundraiser benefits

**Aberdeen Lions Club Community Projects**

\*Bring item for St. Paul's food pantry. A prize ticket for each item donated to the pantry.



## ABERDEEN LIONESS LIONS CLUB HIGHLIGHTS



# Great Wolf Lodge Package

value \$600

Overnight stay for 4 in the Family Suite

includes

tote bag

4 towels

4 pairs of ears

lunch voucher for Timbers

\$5.00 per chance

drawing at HDG Relay for Life

sponsored by Roar for a Cure Team

**Saturday, 18 May 2024**

**8 pm**

you do not have to be present to win



**ABERDEEN LIONESS LIONS CLUB HIGHLIGHTS** *continued*



GIVE CANCER

**MAY 18**

**2024**



5-10PM

\*Survivor dinner at 4pm

THE BOOT

**CONCORD POINT LIGHTHOUSE**

700 CONCORD STREET, HAVRE DE GRACE, MD



## BALTIMORE NEPALESE LIONS CLUB HIGHLIGHTS



Several local dignitaries visited Coffee Talk during it's 8th anniversary celebration in Towson. King Lion Nara has made a substantial impact in the community and he was recognized by the Baltimore County Executive, the Baltimore County Council, and the Towson Chamber of Commerce.



## BEL AIR LIONS CLUB HIGHLIGHTS

The Bel Air Lions made 36 "Comfy Cozy" blankets for Cancer LifeNet at the Kaufman Cancer Center. Lions Sandy and Dave Guzewich presented Sarah Conaway of the Upper Chesapeake Health Foundation and Diane Fitzgerald of Cancer LifeNet with the blankets for patients who will undergo chemotherapy



*Lion Mike Barnett and wife Robyn (left) and Alyssa and Liana Biondi, daughters of Lion Amy Biondi, and close friend Alex Hamrick (below) display their blankets for the service project.*



On Tuesday February 6<sup>th</sup>, the club celebrated its 81<sup>st</sup> anniversary with a Charter Night Celebration at Rockfield Manor. The celebration was rescheduled from February due to inclement weather. The meeting welcomed our own District Governor John Mosier who presented a pin to past president Ken Waldner to recognize him for the Club Excellence Award for 2022-23. A new pull up display was unveiled, and two new members were inducted.



DG John Mosier inducted new members Joe Bezek and Doug Corselius during club Charter night ceremonies at Rockfield Manor.

Sponsor Dave Guzewich participated in the ceremony.



JUNE 23, 2024 | 11:30 AM - 4:00 PM



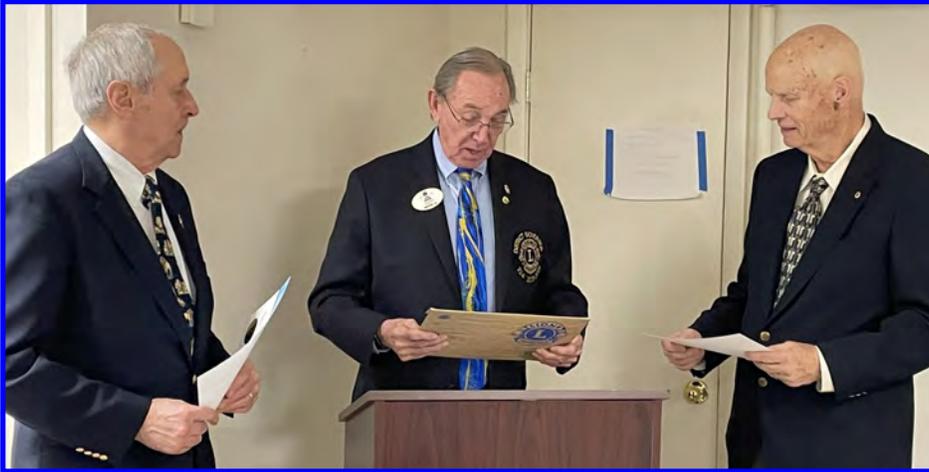
Bel Air MARYLAND



Bel Air Downtown Alliance



## CHURCHVILLE LIONS CLUB HIGHLIGHTS



*DG John Mosier inducted new member, Bob Wieners (right) with sponsor, Fred Guenther looking on.*



# CHURCHVILLE LIONS CLUB MOTHER'S DAY FLOWER SALE

Friday, May 10 (2 to 5pm)

Saturday, May 11(8am to 5pm)

Sunday, May 12 (8am to 2pm)

LOCATION: Rt. 22 & Rt. 136 Churchville – The Old Crown Gas Station  
Bergs Farm, Provider of Locally-Grown Flowers



## DARLINGTON LIONS CLUB HIGHLIGHTS

The Darlington Lions had a very successful Easter Flower Sale thanks to the efforts of more than a dozen Lions and their family members and friends. The club's flower sale is its longest continuous fundraiser with its start going back a half century. This year marked one of the few times in recent memory that all flowers were sold out prior to the scheduled end of the event.

In April, DG John Mosier made his official visit to the club where he inducted two new members, Tom Bracken and Michelle Christman, who were both sponsored by PCC Larry.



DG John also recognized several Lions presenting a 25-year chevron to PCC Larry Burton and 20-year chevrons to Lions Sharon Wimer & Pam Burton. The 20-year chevrons to Lions Sharon and Pam have special significance as it marks the anniversary of Darlington bringing women into the club. These two great Lions were among the seven woman who joined back in 2004 and helped bring our club into the 21<sup>st</sup> century.



May started with a service project the club has taken on over the past year with club members assisting with set-up, serving and clean-up of a meal for community senior citizens who gather quarterly for a luncheon. A half dozen Lions and family members assisted with the event for approximately 60 persons.

On 5/23 the club is planning an informational **Friendship Night** at Grace Episcopal Parish hall beginning at 6:30 pm. Members of the community will be invited to hear about things that the Darlington Lions Club does and be encouraged to join our active club and become part of the world's largest service organization!



## GLENWOOD LIONS CLUB HIGHLIGHTS



### GUMC Park-it-Market Mobile Food Pantry

Glenelg United Methodist Church

Nourishing bodies and souls through Mobile Food Pantry

The Glenelg United Methodist Church (GUMC) hosts pop-up pantries in the Western Howard County area in Maryland. GUMC has invited the Glenwood Lions Club to participate in this ministry by providing donations of goods and services. Volunteers set up tables at the schools for families to select food, clothing, books, school supplies and other miscellaneous items that suit their tastes and needs.

Glenwood Lions Club has contributed with milk and bread. Moreover, since February 2024, Glenwood Lions Club members, Vanessa Kinton and Celia Chevere, provide Spanish bilingual assistance to help families with Limited English Proficiency (LEP). Our Lions help families to check in, fill out paperwork, as needed, and serve as a shopping helper. They are fulfilled by the opportunity to provide bilingual services to families with LEP and will continue to provide this service.



*Lion Vanessa Kinton at the Mayfield Woods Middle School, 7950 Red Barn Way, Elkridge, MD 21075 to help give out food to those in need.*

*Lion Brenda Cawley put together 19 Easter Baskets for the children at Grassroots Crisis Intervention Center in Columbia*





## JARRETTSVILLE LIONS CLUB HIGHLIGHTS

### The Jarrettsville Lions Club Celebrating 75 Years of Service!

You are cordially invited to join the members of the Jarrettsville Lions Club as we celebrate 75 years of service to the Jarrettsville Community, Harford County, District 22A and Lions Clubs International.

**When:** Monday May 20, 2024

**Where:** Pond View Farm, 2601 Jolly Acres Road, White Hall, MD 21161

**Time:** Social 6:00 PM, Dinner 7:00 PM, Program 8:00 PM

**Menu: Appetizers: Assorted Vegetables, Meat Balls, Bacon Wrapped Scallops**

Entrees: Chicken Chesapeake, Atlantic Baked Salmon, Roasted Beef Tenderloin, Assorted Vegetables

Desert: Assorted Desserts

**Cost per person: \$ 25.00**

Beer, wine, soda and water will be provided

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**RSVP To: Jarrettsville Lions Club, PO Box190, Jarrettsville, MD 21084**

**NO LATER THAN APRIL 30, 2024**

**DEADLINE HAS PAST - If you'd like to attend, contact PDG Dan Scott immediately - (410) 977-0963 or Daniel.john.scott@gmail.com**

Number of Tickets requested @ \$25.00 Per Person \_\_\_\_\_

Name:

Guest:

#Guest:

**Please make checks payable to Jarrettsville Lions Club Note 75th Charter in your memo line**



## SEVERN RIVER LIONS CLUB HIGHLIGHTS

The MD22 Convention Committee was recognized with International President's Certificates of Appreciation for their work in bringing the convention to fruition under extremely difficult circumstances.

*From left, PID Ted Reiver, PID Joe Gaffigan, Leo-Lion Liaison Alicia Kiri Beer, Convention Treasurer IPDG Sue Parks, Conv. Vice Chair PDG Susan Bonura, Conv. Chair PCT Gina Daniels, PID Dick Liebno, and Council Chair Gary Burdette*



*Below - from left: Severn River's delegation to the convention - Lions Diana Waites, Suzette Kettenhofen, Jackie Hetrick, and IPDG Sue. Not pictured Lions Shannon Nixon, Ryan Shupp, and Chuck Horne.*



Join us at Texas Roadhouse in Pasadena on May 21st for our Dine-to-Donate Fundraiser. It's worth the trip!!



(410)-439-0233  
4465 Mountain Rd | Pasadena, MD

# FUNDRAISING

## DINE-IN OR TO-GO

»» *Support* ««  
**Severn River Lions Club**  
 Tuesday, May 21<sup>st</sup>  
 3pm – 10pm



# 10%

## DONATION NIGHT

Support Severn River Lions Club by presenting this flyer to the Pasadena, MD Location and Texas Roadhouse will donate **10%** of your total food purchases to Severn River Lions Club.

## Five Ways to Make Serving Fun

Erin Kasdin 1/9/23 ~ LionsMagazine.org

If you aren't having fun, then you're doing it wrong," says Lion Melissa Murphy of the Sandwell Lions in England.

Service will always be the main focus of Lions, but since our inception in 1917, being a Lion has always involved having a good time too. What better way to keep people coming back to serve than to make sure serving is fun?

Here are five ways to inject some good humor and good times into your club activities.

1. **Get to know your members.** When you know your members well, you know what makes them laugh. Delmont Lions in Pennsylvania include a little get-to-know-you during their meetings. The club president picks a member at random and puts them in the interview seat, asking them about their interests, hobbies and experiences. "It's actually a lot of fun hearing members talk about themselves, especially the older folks," says Delmont Lion Lisa Gismondi.
2. **Be willing to change things up.** It's good to make some changes when something isn't working for your club. Maryah Tucker of the Bay Area Special Olympics Lions Club says, "We got tired of having a board meeting and then the following week a general meeting with the same 14 people. So now we only have one meeting, and instead of what would have been our general meeting, we have an activity or event with the special needs community. We do things like dances, movie nights, craft nights and game nights. It's been a game-changer!"
3. **Make new traditions.** Sure - pancake breakfasts are great, but doing something new and unique with your club can be a great way to mix it up. On Halloween, Sandwell Lions have a tradition of going out for curry after dressing up and volunteering at the local spooky trail. And there's definitely something fun about a bunch of witches and warlocks gathering for a post-scare meal. Murphy says that they were even asked to pose for photos with other restaurant-goers this year.
4. **Challenge one another.** Push yourselves with spirited contests and set goals with fun rewards. Charles Carter of the Dawsonville Lions Club in Georgia walked away with a pint of strawberries after he told a great joke at one meeting. His club has been running a joke contest to get the laughs going. "We draw three names out of a hat and ask them to tell a joke. The best joke wins a prize, donated by a member and placed in a paper bag. One meeting a Lion won two tickets and VIP parking for an NFL game."
5. **Encourage silliness.** Whether it's goofy costumes at a fundraiser or theme nights for club meetings, look for ways to show that Lions take their work seriously, but they never take themselves too seriously. Lions Mike Eisenberg and James Knight dressed up as Tweedle Dee and Tweedle Dum at the 2022 28-U District Convention in Utah and wandered the crowd, calling fellow Lions' cell phones to see whose would ring—then taking the opportunity to fine them for having their phone on. "They also had bags full of funny prizes and many very bad jokes," says Lion Richard Stevenson. But their antics worked, and the crowd was engaged and having a blast. One feisty crowd member even swiped Tweedle Dee's own cell phone and auctioned it off, forcing him to pay US\$40 to get it back.



However you decide to add a little spark to your Lion events, remember that you can do a whole lot of good while having a whole lot of good times.



Lions,

**The Lions Youth Foundation is looking for a Trustee to serve for 3 years beginning July 1, 2024.**

The Mission of the Kusiak Lions Youth Foundation is to empower young people to help themselves and others through activities supported by the Lions Clubs of Maryland, Delaware and the District of Columbia and their communities.

The purpose of the Foundation is to:

- Promote public awareness and support of the foundation and its mission.
- Provide funding and services for the "results oriented" youth development initiatives.
- Recognize leadership in volunteer participation and financial support for youth development objectives.
- Encourage high standards in community youth services.

Some of the objectives of the Foundation are to:

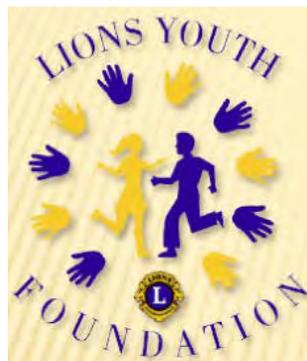
- Develop, establish, promote and maintain a program of youth services in MD22 through the Lions clubs of the Multiple District.
- Provide a responsible organization accountable for the administration of the Foundation finances for the purposes and objectives defined in our mission statement.
- Make grants, gifts, loans and from the Foundation's current operating budget and unrestricted monies in accomplishing the objectives and purposes of LCI in the field of youth services.
- To encourage service-minded people to serve on youth service projects in their respective communities without personal financial compensation.

Here is a chance to work with Lions at the Multiple district level to assist youth organizations to flourish with assistance from the Lions Youth Foundation.

If you would like to serve as a Trustee, please contact me. It is a unique opportunity.

YIL,  
DG John  
[john.mosier@gmail.com](mailto:john.mosier@gmail.com)

See next page for more info on LYF.





The Kusiak Lions Youth Foundation (LYF) is not as well-known as some of our other Lions Organizations. This Foundation was established in 2004 as a result of the generosity of our Past International President Clement F. Kusiak and we will soon be celebrating 20 Years of service to our youth in Multiple District 22.

LYF's **primary** objective is to develop, establish, promote, and maintain a program of youth services in MD 22 through the Lions Clubs of Multiple District 22. It is accomplished by providing matching grants for the service activities of a Lions Club involving youth. It has to be a special project for youth, not an annual event that your club has been doing for years. The project must be managed by a Lions Club, which means that the Lions must be active participants in the project. There are so many opportunities for a Lions Club to partner with a youth organization in the community such as Leo Club, Boy Scout or Girl Scout Troop, Boys & Girls Club, 4H Club, Reading Youth Group in a Library, Volunteer Club etc.

Some of the past matching grant awardees are:

- Severn River Lions Club and Cub Scout Pack 688 Project of obtaining a Trailer for the Pack
- Salisbury Lions Club's Leo Club participation in Wreaths Across America project in Arlington National Cemetery
- Salisbury P.R.I.D.E. Lions Club's youth seminar on "Breaking the Chains-Prisons and Gangs"
- Lexington Park Lions Club's obtaining sporting goods for Lions Camp Merrick
- Darlington Lions Club's Community Leo Club purchasing Plus-Optic equipment for vision screening
- Carroll County Lions Clubs ask kids to Roar Like a Lion activities in the Libraries.

We cannot find a better way to involve our youths in the community in service activities and develop our next generations of service-oriented citizens. There is an old saying, "**We cannot always build the future for our youth, but we can build our youth for the future.**"

President Franklin Roosevelt famously said, "**We are not building our youth for the future. We must do better.**"

Let us take the challenge. If Not Us, Who? If Not Now, When? The best gift we can give ourselves is the gift of possibilities. We can find our possibilities by contacting our District's Lions Youth Foundation Trustees, District Governor, and they are listed in the District Roster Book.

The grant application is a one-page form which is quite simple. The application form and all the information can be accessed from the website; [www.md22lyf.org](http://www.md22lyf.org) If you have any questions or concerns about the grant application process, please contact IPDG Carol Schoonover, Chair, LYF Grants Committee.

Youth are our future and have vibrant energy to change humanity. Are we directing their energy to follow our legacy? Youth/children we are blessed to call our own. We are offered the invaluable opportunity to awaken ourselves and thereby liberate humanity. Let us not miss the opportunities we have!

**"Youth is the most wonderful thing in this world---and what a pity that it has to be wasted on children." ---- George Bernard Shaw**

In your service –  
Bijoy Mahanti  
Chair, LYF Education Committee

## DIABETES MINUTE

### WAYS TO KEEP YOUR HEART HEALTHY

#### Smoking, High Blood Pressure, and High Cholesterol

The three biggest risk factors for heart disease are smoking, high blood pressure (hypertension), and high blood cholesterol. Luckily, there are things you can do to keep your heart as healthy as possible!

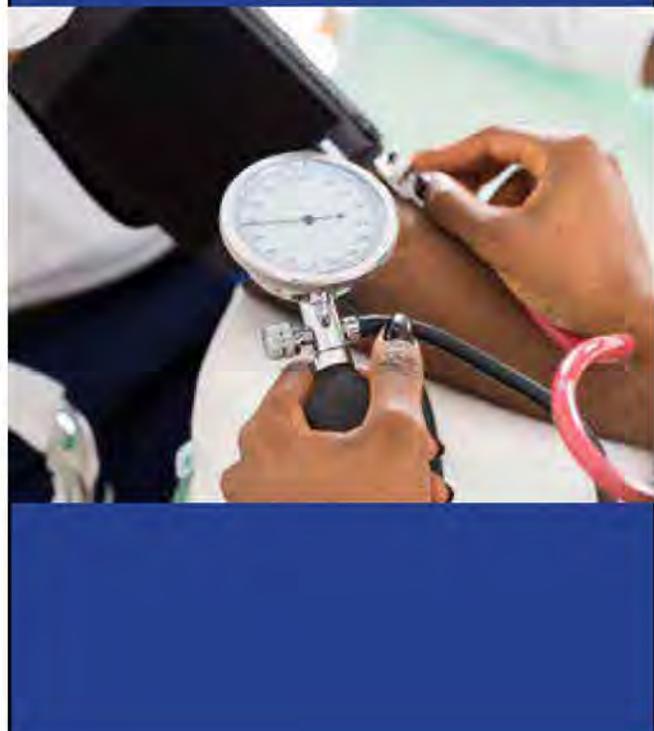
##### “Stop Smoking for Your Heart”

Smoking harms your blood vessels by making them thicker and narrower so that it’s harder for your heart to pump blood around your body. Smoking also makes your blood sticky and thick, so it forms clots more easily. This raises your risk of having a stroke.

It’s not easy to quit smoking—but you can do it! To learn more, review the Ready, Set, Quit! handout provided by your coach.

##### Monitor Salt and Your Blood Pressure

Salt (sodium) is important for keeping the right balance of fluid in your body. However, too much salt can be a problem for some people. When there is too much sodium in your blood, it pulls water into your blood vessels, which raises your blood pressure. Eating too much salt can cause obvious effects, like swollen feet. If your shoes are pinching more than normal, it might be time to look at your diet.





### NOTICE TO CLUBS

Thank you to the Clubs who have been submitting articles. **As of July 1, InSights has a new editor, Lion Dr. John Hayes,** who has been doing a great job editing the Bel Air Lions Club Sentinel for quite a while.

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 Lion John separately from your club newsletters which are often locked into unusable formats.

**Send your articles and photos to InSights' Editor Lion Dr. John Hayes - [jhayes1012@outlook.com](mailto:jhayes1012@outlook.com)**

**Only email copy is acceptable.**

**Deadlines for materials:**

- 6/20/24 for July issue**
- 8/20/24 for September issue**
- 10/20/24 for November issue**
- 12/20/24 for January 2025 issue**

### Upcoming Events

May	8	LASH General Membership Mtg
May	18	LVRP Trustee Mtg
May	27	MEMORIAL DAY PARADE, DC
Jun	1	Leader Dog Barks, Brew, Wine
Jun	21-25	LCI Convention, Melbourne, Australia
Jun	29	<b>Club Officer Training, MSB/District 22-A Turnover/PICNIC</b>

## Welcome to our New Members

### Baltimore 40 West

Victoria Adekoya - *Sponsor* John Mosier  
Dennis Betzel - *Sponsor* Keith Miller

### Darlington

Michelle Christman - *Sponsor* Larry Burton

### Jarrettsville

William C. Booz - *Sponsor* Bill Schilling



**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*

[liconv2027host@gmail.com](mailto:liconv2027host@gmail.com)