



The Pride of Olney

Volume XXX, No. 101

November 2007

President's Message

"Be prepared" Boy Scout Motto

The recent California wild fires has killed several people, caused hundreds of thousands of people to be evacuated from their community, and has destroyed the homes and priceless family treasures of many. There are seven Lions Club Districts affected by this disaster and they are working to help their community. The Lions Club International Foundation (LCIF) as of Oct. 24, has given three \$10,000 grants and has set up a "California Wild Fires 2007" fund to further assist the Districts. I'm very proud of our Board's approval of money (\$200) to help the Lions of California help their neighbors. If you wish to make a private donation make the check payable to LCIF, under memo on the check indicate it is for the above fund and send it to:

LCIF
300 W 22nd Street
Oak Brook, Illinois 60523

Be Prepared. LCIF is prepared to assist with funds capable of being wired in a few hours. The California Lions District Governors were prepared to act in obtaining funds and I hope that the clubs and individual members were prepared to take care of themselves first and had plans in place to work with the other relief organizations to help the community. Our club is working on a disaster plan for our area and I hope that our members have looked at the FEMA book **ARE YOU READY** and has made some family plans and prepared a kit in the event of an unexpected evacuation. If anyone has any questions or needs a copy of this book please give me a call. There are many other resources and places where information can be obtained through the county and the Internet.

You have been busy and you are making a difference in Olney. At the end of September many of you helped with the Montgomery General Family Festival by providing traffic control and parking. Just last week the Montgomery General Hospital had a dinner to honor volunteers and our club received an award for

your volunteer services this Fall. Lions Dee and Paul Hawkins attended and accepted the award. The Carol Jean Cancer Foundation 6th Annual (Motorcycle) Poker Ride was supported by several members. This is a fun event and the ride route was beautiful and the weather outstanding. Tell all of your motorcycle friends and help the club support them next year. There was Camping for Charity last month also which we help support and I look forward to a report from Lion Clark Kendall. We had a table at the Annual Olney Community Night and talked to many of the people that attended.

We had a very enjoyable joint meeting with the Sandy Spring Lions Club and at that meeting we endorsed the current Regional II Chairman Lion Bill Thomas for Vice District Governor in 08-09. Our own VDG Paul Hawkins and the District Governor Ted Ladd spoke to us. DG Ted spoke about an emotion what I would call **A LION GOOD FEELING** when helping others and also membership and his goal for the District. We need to **ask** our friends to join our Lions Club. Our last members to be inducted were old Lion Larry Pendelton and Jeff. Mendenall. We need some more good people just like them to help our club do good works and to keep our membership growing. We just lost Lion Francois Simon who resigned this month and Lion Jay Heaton will be moving to his new mansion in the Carolinas in a few months. So bring a friend to dinner in November. Lion Lon is working on a guest speaker for the meeting from the Montgomery General Hospital. Lion Craig Roberts got 20 pints of blood this month with the help of his day crew usually consisting of Lions Mike G., Mike F. Jay G. and sometimes everyone's favorite Lion Clyde. Next blood drive should be Dec. 13th. VP Lion Joe DeCicco has been as busy as a one armed paper hanger answering requests for glasses, and a wheel chair. An Olney resident is planning a mission to Mexico to test residents hearing and has asked for assistance, which Lion Joe is looking into. FYI we did also send a donation (\$500) to help David Kraebel who is an Olney resident who severely injured himself in a swimming accident in the Ocean City surf in August. I also volunteered our services to the family if needed. Mr. Kraebel is currently in John Hopkins Hospital. Lion Brian Bailey will be delivering Halloween treats to the Our House gang as a way of saying thank you. Thanks

to everyone that serves.

We have MANNA on Tuesday, Nov. 6th. 7 PM and Adopt a Highway on Saturday, November 10th. 8:00 AM. We must get moving on the raffle tickets sales ASAP. Lion Kevin would like them turned in by Nov. 12th. with **the drawing at our dinner meeting on November 13th**. Get the Entertainment book checks to Lion Larry.

HAPPY DOLLARS

Lion Larry Pendleton should be a candidate for several happy dollars at our next meeting. His son who is a Marine has come home from Iraq safe and sound. We are all happy for you and your family.

SICK CALL

Lion Dick Cole went back to work three weeks after his knee replacement surgery. He said that he is doing well, but that he still has some pain and he had to travel last week and getting around the Cincinnati airport liked to kill him. He hopes to get to the District 22 C **Cabinet** meeting and I hope our November club meeting. Lion Dick will also be spending Happy Dollars for the birth of a new grandchild.

Lion Don Winter's wife, Jon last month had some chest pain and discomfort during the night and in the morning decided to go to the hospital. They kept her over night and did several tests and could not determine the cause of her pain and she went home the next day. I talked to her today and she had additional test and stated that they don't know what caused the problem, but that she is now healthy. What really concerned Lion Don was the delay in deciding to seek medical assistance.

As a reminder that could save a life, whenever you or a loved one or friend has possible signs and symptoms of a heart attack **do not delay seeking medical assistance**. Better to be safe than sorry.

Sincerely,
Paul Bolton

Hear Attacks:

As a reminder the following excerpt was taken from the below website for the members.

http://www.clevelandclinic.org/heartcenter/pub/guide/disease/cad/mi_symptoms.htm

Symptoms of a heart attack include:

- Angina: Chest pain or discomfort in the center of the chest; also described as a heaviness, tightness, pressure, aching, burning, numbness, fullness or squeezing feeling that lasts for more than a few minutes or goes away and comes back. It is sometimes mistakenly thought to be indigestion or heartburn.
- Pain or discomfort in other areas of the upper body including the arms, left shoulder, back, neck, jaw, or stomach
- Difficulty breathing, shortness of breath
- Sweating or "cold sweat"
- Fullness, indigestion, or choking feeling (may feel like "heartburn")
- Nausea or vomiting
- Light-headedness, dizziness
- Extreme weakness or anxiety Rapid or irregular heart beats

The first symptoms start the clock

At the first signs of a heart attack, call for emergency treatment (9-1-1). Do not wait for your symptoms to "go away." Early recognition and treatment of heart attack symptoms can reduce the risk of heart damage and allow treatment to be started immediately. Even if you're not sure your symptoms are those of a heart attack, you should still be evaluated.

Do not delay

The best time to treat a heart attack is within one hour of the onset of the first symptoms. When a heart attack occurs, there's a limited amount of time before significant and long-lasting damage occurs to the heart muscle. If a large area of the heart is injured during the heart attack, full recovery becomes much more difficult. Studies show that the people who have symptoms of a heart attack often delay, or wait to seek treatment, for longer than seven hours. Reasons people delay:

- They are young and cannot believe it is happening to them
- Symptoms are not what they expected
- They may deny the symptoms are serious and wait until they go away

- They may ask the advice of others, especially family members
- They may first try to treat the symptoms themselves, using aspirin or antacids
- They may think the symptoms are related to other health problems (upset stomach, arthritis)
- They may put the care of others first (take care of children or other family members) and not want to worry them

Waiting just a couple hours for medical help may limit your treatment options, increase the amount of damage to your heart muscle, and reduce your chance of survival.

Call 9-1-1 – Not a friend

Calling 9-1-1 is almost always the fastest way to get life-saving treatment. When they arrive, emergency personnel can promptly begin treatment, and they are trained to revive someone whose heart has stopped. Also, you're likelier to get treated faster at the hospital if you arrive by ambulance. If you are having symptoms, do not drive yourself unless there is absolutely no other option.

District 22-C Lions Schedule

November:

11/17 Rockville Lions Modular Train Show

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: **November Birthdays**

Herbert Drees
Donovan Clark
Jay Garret
Paul Bolton

Olney Lions Calendar:

Tuesday, November 6 at 7 PM MANNA
Contact Doug King or Matt Quinn

Saturday, November 10 at 8 AM Adopt A Highway - Longwood Rec Center
Contact Al Dummann

Tuesday, November 13 at 7 PM Olney Lions Club Dinner at The Inn at Brookeville Farms
Contact Mike Goldsteen

Tuesday, November 13 at 8:30 PM Olney Lions Club Board of Directors Meeting at The Inn at Brookeville Farms

Tuesday, December 11 at 7 PM Olney Lions Club Holiday Dinner at The Inn at Brookeville Farms. Contact Mike Goldsteen

The Lions Raffle deadline is Monday, November 12, 2007. Help and sell those tickets!

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

Raffle Update

Our goal is to sell a minimum of 1100. This is easier than hauling bags of mulch. If anyone needs tickets, please call my office at 301-924-6975 and leave a message. The drawing will be at our dinner meeting November 13, 2007. Get those tickets in...

Thanks,
Kevin
cell: 301-379-3822

Holiday Dinner

Mark you calendars, 11 December.

See the menu at the end of this newsletter, then please contact Mike Fekete and make your reservations for the holiday dinner and your choice for an entree.

Camping for Charity- From Lion Clark Kendall

AREA FAMILIES PITCH TENTS SO VETERANS CAN PITCH GOLF TEES

Camping for Charity Celebrates 10 Years by Honoring Military

October 4, 2007 (Sandy Spring, MD) – Camping for Charity, a Sandy Spring-based organization, celebrated its ten-year anniversary by giving back to the men and women who served in the American Armed Forces. The annual camping trip, which was held in Little Bennett Campground in Clarksburg, MD, donated 100% of this year's proceeds to *The Salute Military Golf Association* (SMGA).

“For the past ten years, *Camping for Charity* has been donating to organizations throughout our area,” said Clark Kendall, founder of *Camping for Charity*. “Now we’re giving back to the men and women who served our nation, who can use golf to help rehabilitate their combat wounds through SMGA,” continued Kendall.

The Salute Military Golf Association’s founder, Jim Estes, was approached by Kendall after the two met at a local networking function. Having been founded in January 2007, Estes was thrilled to talk about SMGA being the recipient of this year’s *Camping for Charity*’s proceeds.

The SMGA provides golf equipment, lessons, and playing opportunities for combat-wounded American soldiers injured in Iraq and Afghanistan.

“I have seen first hand the positive effects the game of golf could have on combat-wounded soldiers and

it inspired me to start The Salute Military Golf Association,” remarked Jim Estes. “Our goal is provide nation-wide access to golf facilities to our rehabilitating service men and women and Clark’s generosity will continue to help SMGA extend its reach.”

This year’s trip was attended by nearly fifty families. The weekend was packed with activities, hikes, campfire songs, and this year, entertainment from Dependent, a 10 person high school Christian rock band from Oakdale Emory Methodist Church in Olney, MD, capped off the weekend.

Gina and Glen McEwen have participated in the *Camping for Charity* trip for several years with their three children, a 12-year old son and 10-year old twin daughters. They see the weekend as a time to reconnect with family.

“I heard about *Camping for Charity* through a friend and it is a terrific weekend away from homework, videogames and the daily pressures,” explained Gina McEwen. “We feel very safe because the whole area is usually families participating in *Camping for Charity* and it’s great to be back with our family in nature,” McEwen continued.

Camping for Charity was Kendall’s way of taking something fun that people usually do in their leisure time and turn it into a way to have a positive impact on the community.

Kendall is also the founder of Kendall Capital Management, a Sandy Spring-based independent registered investment firm.

SMGA is run a volunteer-run organization so 100% of all donations go directly to accomplishing its mission.

For more information, please visit:

Camping for Charity:
www.CampingforCharity.com

Kendall Capital Management:
www.KendallCapital.com

The Salute Military Golf Association:
www.SaluteGolf.org

Camping for Charity: Founded by Clark Kendall, owner and founder of Kendall Capital Management, Camping for Charity took a routine family-oriented activity and turned it into a way to contribute to the community. The camping trips are held annually at the end of September. One hundred percent of the proceeds are donated to a local organization which differs from year-to-year. For more information, visit www.CampingforCharity.com.

Kendall Capital Management: Kendall Capital Management (KCM) is an independently registered investment firm with a clientele from a variety a sectors: non-profit organizations, corporate pension funds, and high net worth families and individuals. Founded in 2005, KCM currently manages over \$65 million in assets and continues to grow daily. For more information on KCM, visit www.KendallCapital.com.

The Salute Military Golf Association: The Salute Military Golf Association (SMGA) is a 501(c)(3) non-profit corporation whose mission is to provide rehabilitative golf experiences for combat-wounded veterans in an effort to improve the quality of life for these American heroes. The SMGA believes the rehabilitative benefits of golf can improve the mental and physical condition of each and every wounded soldier returning from combat. The SMGA provides golf equipment, lessons, and playing opportunities for combat-wounded American soldiers injured in Iraq and Afghanistan. To learn more, visit www.SaluteGolf.org.

OLNEY LIONS OCTOBER PICTURES:

A couple pictures of the Carol Jean Cancer Foundation 6th Annual Life Poker Ride with lion Doug King and Kevin Brady's daughters



Joe DeCicco, Jerry White and Dough King at Carol Jean event



The first was the Annual Olney Community Night at Longwood



VP's FYI Dee received the 100% Presidents Award from PDG Sonny Parker



Other various pictures from our Joint October Meeting



The joint meeting with lion Bill Thomas speaking



Lion Dick Cole coming off of surgery "The Picture of Health"





Mrs. Bolton, Mr. and Mrs. DeCicco packing Halloween candy for the Our House young men. Lion Brian Bailey the Our House club liaison delivered them to Benny and crew on Halloween. Thanks wives for helping out.



DINNER CHRISTMAS PARTY LIONS CLUB

12/11/07

COCKTAIL HOUR

FRUIT AND CHEESE DISPLAY

SPINACH AND ARTICHOKE DIP

CHICKEN SATAY WITH PEANUT SAUCE

DINNER

1ST COURSE

CAESAR SALAD

ENTREE

MARINATED CHICKEN BREAST WITH GARLIC AND ROSEMARY

SNOW PEAS AND CARROTS MASHED REDSKIN POTATO

GRILLED SALMON WITH A CITRIS GINGER SAUCE

SNOW PEAS AND CARROTS MASHED REDSKIN POTATO

GRILLED SERLOIN STRIP WITH GREEN PEPPERCORN SAUCE

SNOW PEAS AND CARROTS MASHED REDSKIN POTATO

DESSERT

WARM FLOURLESS CHOCOLATE CAKE WITH RASBERRY SAUCE

ICE CREAM