

RICHMOND JAMES RIVER LIONS 2010 - 2011 COMMITTEES

Hearing Dave Martin, chair Rick Abed, Vera Brown	Program Chris Lancto, co chair Jean Bosch, co chair, Ray Guin	Community & Youth Scholarship Clif Shelton, chair Steve Woods, Jean Bosch
Special Events Chris Lancto, co chair Rick Stitzer, co chair	White Care Harold Moore, chair Jim Stitzer	Diabetes Richard Matthews, chair Hank Koons
Lions of Virginia Rick Abed, chair Jim Miller, Harold Moore	Safety Jim Miller, chair Lisa Janes	Constitution & By Laws Mike Jezierski, chair Hank Koons
Finance & Audit Dave LaRue, chair Jack Werley, Lou DeBartolo	Telephone Richard Mathews, chair Phill Hobbs	Lion of the Year Bob Poland, chair
Information & Greeting/PR/Web Chris Lancto, co Chair John McNutt co chair, Glen Pfluger	Membership & Retention Dave LaRue, chair Steve Woods	Nominations Bill Timberman, chair Glen Pfluger, Phil Hobbs
Fund Raising Lou DeBartolo, Bill Timberman Rick Stitzer, Bruce Copal, Jack Werley	Sight Conservation Ray Guin, chair Dave Martin, Vincenzo DiFilippo	Melvin Jones Fellows Bruce Copal, chair Mike jezierski, John McNutt
Veterans Hospital Bingo Bill Timbermann, chair Bruce Copal	Major Projects Bob Poland Steve Woods, Dave LaRue	



Lion Christian Lancto
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RICHMOND JAMES RIVER

LIONS CLUB

VOL. 01 OFFICIAL MONTHLY NEWSLETTER

August 2010

Heather Jones-Lancto
President

Glenn E. Pfluger Jr.
1st Vice President

William J. Werley
2nd Vice President

Phillip E. Hobbs
3rd Vice President

William C. Timberman
Secretary

Jean L. Bosch
Treasurer

James W. Miller
Tail Twister

James B. Stitzer
Lion Taimer

David LaRue
Membership & Attendance

Christian Lancto
1 Year Director

Steven D. Woods
1 Year Director

Harold L. Moore
2 Year Director

Louis G. DeBartolo
2 Year Director

Robert L. Poland
Immediate Past President

Bingo with the Vets

Monday August 9th, 2010

McGuire VA Hospital, arrive at 6:00 p.m., bingo starts at 7:00 p.m.

Regular Meeting

Tuesday August 10th, 2010

Italian Café, Sycamore Square, Midlothian. Social Hour Begins at 6:00 p.m. & dinner meeting starts at 7:00p.m.

Board Meeting

Tuesday August 17th, 2010

Board of directors meeting will be held at the home of Lion Glen Pfluger, 11310 Pendelton Place., Richmond, VA, 23236. Meeting starts at 7:00 p.m. All members welcome.

Regular Meeting

Tuesday August 24th, 2010

Italian Café, Sycamore Square, Midlothian. Social Hour Begins at 6:00 p.m. & dinner meeting starts at 7:00p.m.

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Bingo Roster

Through October 29, 2010

POSITION	TEAM #1	TEAM #2	TEAM #3
CAPTAIN	Timberman	Werley	R.Stitzer
CALLERS	C.Lancto Martin	D. LaRue DeBartolo	Poland Guin
AT LARGE	Copal	Copal	Copal
OTHER MEMBERS	Abed Bosch Brown H. Jones- Lancto Hobbs J. Stitzer	Pflugger Shelton McNutt Woods	Miller Mathews Jezierski Moore
DATES	13 Aug 10 03 Seot 10 24 Sept 10 15 Oct 10	20 Aug 10 10 Seot 10 01 Oct 10 22 Oct 10	06 Aug 10 27 Aug 10 17 Sept 10 08 Oct 10 29 Oct 10

Bishop Ireton Bingo Hotline

422-8546



Special Bingo Events

Next Bingo with the Veterans

August 9 2010

PROJECTS & SERVICES

FUNDRAISING ACTIVITIES

Our fundraising is through hosting bingo every Friday night at the Bishop Ireton Center (Knights of Columbus). This effort requires a total of 30+ work hours weekly.

DONATIONS

\$2,000—Scholarship---VCU student
\$1,000—Old Dominion Eye Foundation
\$1,000---Blind Bowling League
\$200---Veteran’s bingo books
\$600---Bright Beginnings
\$500---Leader Dogs
\$192---LAMP/RAM

EYEGASSES FOR RECYCLING-----512 pair

NEW EYE GLASSES -----9 pair

EYE EXAMS-----8 exams

HEARING AIDS COLLECTED-----none reported

STAMPS COLLECTED-----none reported

MEMBERSHIP

Beginning Total-----28
End of month Total-----28

DISTRICT 24-B MONTHLY ACTIVITIES REPORT

RICHMOND JAMES RIVER LIONS CLUB

JULY 2010

PROGRAMS

JULY 13---REGULAR DINNER MEETING—Italian Café—Midlothian—We had no speaker for this meeting and used the time to update & discuss changes in our bingo operations. We presented the Melvin Jones award to Lion Rick Stitzer at this meeting since he was not able to attend Installation Night.

JULY 20—BOARD MEETING---At the home of Lion President Heather Jones-Lancto. This meeting is used traditionally to finalize our budget for the current session. Actions of the board are noted in the appropriate areas of this report.

JULY 27—REGULAR DINNER MEETING---Italian Café—Midlothian—Our speaker was Lion Ray Dewey, of the Powhatan Lions Club, representing the Central VA Lions Hearing Aid Bank. Lion Ray has 30 years of Lions service & has been on the board of directors of the Hearing Aid Bank since 1994. Lion David Martin of our club serves on the board, currently as the President. Lion Ray stated that the Hearing Aid Bank supplies about 100 hearing aids yearly to those who qualify. Qualifications are based on income level & the viability of effective treatment for the individual; each case is considered by the board & may get partial coverage if not at no cost. The hearing aids that Lions Clubs collect for recycling provide \$70 to the bank & are used to provide refurbished hearing aids. The supplier at the cost of \$200 each provides hearing aids; the program is managed through Catholic Charities offices here in Richmond.

Lion Ray reminded all to do a friend a favor by referring them to an audiologist if they seem to have hearing difficulties. He answered questions following the presentation.

August Birthdays

Bingo for the Veterans

We always need volunteers for this bi-monthly event. As usual spouses are invited to help out with this great project. Bingo starts at 7:00 but we ask all volunteers to show up at 6:30 to assist with food preparation. We are scheduled for the second Monday, every other month. We need 2 Lions for each evening to coordinate food preparation. This task is not that difficult. We have at least 24 able bodied Lions with only 12 needed per year. Please help if you can.

No August Babies



FYI

- Club anniversaries this month Lion Jean Bosch 6 years, Lion Clifton Shelton 10 years. Congratulations Fellow Lions.
- Check out our website: jamesriverlions.us
- Please look at the Committees, there have been some changes made

“I appeal to you Lions, you who have your sight, your hearing, you who are strong and brave and kind. Will you not constitute yourselves Knights of the Blind in this crusade against darkness?”

Helen Keller 1925

Remote Area Medical Clinic returns to Wise

The Remote Area Medical (RAM) will be returning for the eleventh year to the Wise County Fair Grounds in Wise, [VA](#) during the weekend of July 23-25. RAM is a non-profit, all volunteer organization that provides FREE dental, medical, and vision care to isolated and rural communities in the [United States](#) and abroad. The purpose of RAM is to provide free care to the uninsured, underinsured, unemployed, working poor, and others that cannot afford to pay.

FAST TRACK MEDICAL: †If patients are **not** coming for eye or dental needs then a fast track medical option will be available to prevent patients having to stand in lengthy lines. However, a patient's hands will be stamped and they are not allowed to change their minds to get eye or [dental services](#) once inside the gate. This will encourage patients to receive the needed medical care or screenings that they may have been putting off due to long lines.

EYE CARE: Complete eye examinations will be offered by ophthalmologists and optometrists. Opticians will be making prescription eye glasses on site. In addition to making eye glasses on site, [Lions Club](#) of Virginia and the Eyeglasses Recycling Center from Roanoke, VA have agreed to make available prescribed eyeglasses as a part of the Lion's quest to conquer preventable blindness

FAST TRACK TO EYE GLASSES: Additionally, those who already have a recent lens prescription within the last 12 months from a local eye care provider or have the ability to get one before the event will be able to fill those prescriptions for eyeglasses at RAM. We strongly encourage patients who have the ability or insurance to get their exam prior to the event to do so. [Medicare](#) and Medicaid will pay for exams in some instances so patients are encouraged to check with their local eye care provider regarding this. This will reduce the need to have an eye exam onsite and amount of time these people will have to wait and hasten the process for all. [Glaucoma](#) testing will also be offered.

DENTAL CARE: Cleanings, fillings and extractions will be available. Oral surgeons will be available to perform biopsies and to screen for mouth and [throat cancer](#). All available spaces for dentures have been filled, but those who have ill-fitting dentures are encouraged to come for possible realignment of their dentures.

HEARING EXAMS and HEARING AIDS: Individuals who are having difficulty hearing or just want their hearing evaluated are encouraged to attend. Comprehensive hearing exams will be available by audiologists. Patients requiring a hearing aid will be assisted in obtaining hearing aid(s). Hearing aid fittings will be made during the event and the hearing aid(s) will be returned at a later date. A team of Ear, Nose and Throat doctors from the [University of Virginia](#) will also be returning.

MEDICAL EXAMS: Medical personnel will conduct physical examinations and complete medical histories. Prostate and testicular exams will be offered. Ultrasounds and EKGs will be available if necessary. Specialists in women's health, gastroenterology, endocrinology, nephrology, otolaryngology, internal medicine, pediatrics, pediatric cardiology, cardiology, and urology will be available on-site. Other specialist may be available.

DERMATOLOGY CLINIC: A plastic surgeon and dermatologist will be onsite to evaluate suspicious skin lesions and perform skin cancer screenings. Biopsies and removal of suspicious lesions may be performed when medically appropriate and indicated.

LUNG CLINIC: A pulmonologist will hold a lung clinic. [Pulmonary functioning testing](#) will be provided. Individuals who experience [shortness of breath](#) are encouraged to come for additional evaluation. Chest x-rays will also be offered. Individualized assistance and support for quitting smoking will be provided.

SIGMOIDOSCOPY: Flexible sigmoidoscopy will be offered to aid in the detection of [colon cancer](#). This procedure is recommended to detect [colon cancer](#) in everyone over the age of 50 or anyone under age 50 with risk factors (family history, colon polyps, certain genetic conditions, etc.). Appointments are required. Please call the [Wise County Health Department](#) at 276-328-1938 to schedule.

OSTEOPATHIC TREATMENT: Osteopathic manipulative treatment (OMT) will be available. † This is hands-on treatment that is commonly used to improve mobility and relieve [muscle pain](#), joint restriction and misalignments, as well as discomfort associated with back pain, [asthma](#), [sinus disorders](#), carpal tunnel, [migraine headaches](#), fibromyalgia and other disorders. ††††††

BONE DENSITY: A painless and noninvasive technique will be used to measure bone density in the heel of the foot to determine if you have or are at risk for osteoporosis. †

MAMMOGRAMS: FREE mammograms for eligible women. Uninsured or underinsured women may be eligible for a FREE mammogram through the Wise County Health Department's [breast and cervical cancer screening \(EWL\)](#) program. The [American Breast Cancer Foundation](#) and [United Breast Cancer Foundation](#) will also be providing assistance for mammograms for women that may not be eligible for the EWL Program.†

WOMENS HEALTH SERVICES: Women can receive breast exams and pap smears to aid in the detection of [breast and cervical cancer](#). Ultrasound will also be available to provide [ovarian cancer](#) screening.

SPECIALIZED WOMEN'S HEALTH CLINIC: On Thursday and Friday only, gynecologists from the [University of Virginia](#) will provide specialized gynecological procedures such as endometrial biopsies, LEEPs and colposcopies at the [Wise County Health Department](#).† A doctor referral is required. Please call 276-328-1938 for information or an appointment.††

MEDICATION ASSISTANCE: An onsite pharmacy will be available to assist patients with prescription medications.

Positively no prescriptions from outside of RAM will be filled at this pharmacy.† No narcotics will be stocked.† Pharmacy Connect will also be available. This program assists qualifying patients in obtaining free prescription drugs through participating pharmaceutical companies.

LABORATORY SERVICES: All laboratory tests require referral/ordering by a RAM physician.† Individuals can take advantage of having complete lipid panel that will inform patients of their total cholesterol, including good and bad cholesterol and triglycerides. Thyroid testing, blood counts, blood glucose, hemoglobin A1C, urinalysis, and various other lab tests will be offered on the referral of a RAM provider.† Men may have an additional blood test to aid in the detection of [prostate cancer](#). Other lab tests, including [Hepatitis C](#) and HIV tests will also be available by referral from [a RAM physician](#). Patients should not eat or drink (except water) for at least 12 hours before having lab work (if taking medication for [diabetes](#) and fasting for lab work, bring [food](#) with you so you can eat as soon as your lab work is drawn).

EDUCATIONAL: Informational booths will be available on subjects such as cancer, mental health, [diabetes](#), exercise, nutrition and other pertinent health topics. Certified diabetes educators will be present to discuss management of [diabetes](#) with patients. Chiropractic screening will also be available. Registration for services will begin at 6:00 a.m. daily, from Friday, July 23th until Sunday, July 25th. Patients will be served on a first come, first serve basis, with the exception of some selected appointments such as flexible sigmoidoscopy, etc

