

Club News

Saturday March 6th

Meat Raffle Fund-raiser at TJ's 1:00 to 4:00 PM. Early Bird 12:45PM. Come and participate.

Tuesday March 9th

Regular Business meeting at T.J.'s 7:00 PM. Bring along a friend. Candidate for International Director L. Doug Sime from District 33S will be our guest.

Wednesday March 10th

Our next porchetta is March 10th, 2004 at the VFW in Ashland. TICKETS ARE AVAILABLE. The porchetta committee is changing their policy on buying tickets. All monies must be paid up front by March 1st, 2004. Let the committee know if you would like a table of 8 for 10. Or as an individual and be added to another table. If not there could be a waiting list, you could lose your space.

The reason for the change, last porchetta that was held November 5th, 2003 there were 17 no Show that the club had to pay for at \$272. The prices of the tickets will be \$18.00 each. Call Andy at 508-881-1141 for tickets

Tuesday March 16th

Board of Directors meeting to be held at the VFW. at 7:00 PM. Cards or Email will be sent to board members as a reminder.

Tuesday March 23rd

Regular Business meeting at T.J.'s 7:00 PM. A guest speaker is planned.

Saturday March 20th

Meat Raffle Fund-raiser at TJ's 1:00 to 4:00 PM. Early Bird 12:45PM. Come and participate.

Visitations

Chairman of visitations is Lion Joe Curran. So far this year club members have visited the following clubs:

-Sherborn -Natick -Holliston
-Gr. Ashland -Marlboro -Clinton
- Framingham -Medfield -Newton

Upcoming visitations include March 15th to newly chartered club Hopedale. Plainville March 26, Waltham April 14, Blackstone April 28, Chinatown May 3 and Westboro May 19. If you would like to be included give Lion Joe Curran a call.

March Birthdays

Lions, Marsha Bornstein, Mark Fedorchak, John Stefanini, and Branch Yules. Happy Birthday and Many More.

Donations

If you purchase a new or pre owned car at Long Motors in Framingham the management at Longs donates \$50.00 to the Ashland Lions Club. Not a bad deal..

Dues

If your dues are still outstanding please get up to date. Dues are \$50.00 payable to the Ashland Lions Club. Mail to PO. Box 150, Ashland, Ma. 01721

Donations

To date for this Lions year under Lion President Tom we have allocated the following.

Ashland Day Committee	\$ 600.00
Council on Aging (Country Store)	\$ 300.00
Natick Eye (3 Eye Exams)	\$ 90.00
Mrs. Slote, Ashland Teacher (Sandwiches for Salvation Army)	\$ 300.00
Cystic Fibroses Ride (Raffle Ticket)	\$ 100.00
MLERF (4 Memorials)	\$ 200.00
Peace Poster Contest	\$ 150.00
Ashland Fire Aux (Triathlon)	\$ 200.00
VFW (New Chairs)	\$ 1,000.00
Senior Wellness Fair	\$ 200.00
Meals on Wheels (Christmas Gifts)	\$ 100.00
Meals on Wheels (Address Books)	\$ 75.00
Ashland High Year Bk.	\$ 90.00
Xmas Gifts for Kids (Food Pantry)	\$ 200.00
Thanksgiving Dinners (Food Pantry)	\$ 250.00
Senior Christmas Party	\$ 600.00
Thanksgiving Dinner (Legion, if needed)	\$ 150.00
Library (Large Print Books)	\$ 500.00
Association of Blind Citizens	\$ 100.00
Grant for Pittaway School for Books	\$ 500.00
Ashland Wildcats softball Team	\$ 500.00
Senior Dinner - So Far	\$ 600.00
Eyemobile volunteers (Don Shaw)	\$ 200.00
Ashland Town After Prom Party	\$ 300.00
TOTAL	\$7205.00

Ad for Midwinter Ad Book	\$100.00
Mass Lions Eye Research Fund (Canisters)	\$126.00
Dist 33K Governors Emergency Fund	\$100.00
Perkins School For The Blind	\$100.00
Carroll Center for the Blind	\$100.00
Clara Barton Camp	\$100.00
Dist 33K Hearing Foundation	\$100.00
Dist 33K Quest Program	\$100.00
Dist 33K Eye Mobile	\$1,000.00
Dist 33K Fidelco Program	\$100.00
Dist 33K Speech Contest	\$100.00
Dist 33K Neads Program	\$100.00
Dist 33K Lazarus Fund	\$100.00
Mass Lions Eye Research Fund	\$10,000.00
Mass Lions All State Band	\$ 310.00
2 Melvin Jones Awards (LCIF Donation)	\$ 2,000.00
3 Life Memberships	\$ 900.00
TOTAL	\$22,641.00

District 33K Mid-Winter Conference

On February 13th, 14th, and 15th the 44th annual District 33K Mid-Winter Conference was held at the Sheraton in Braintree. Ashland Lions were well represented and All should feel proud as Lion President Tom presented a check in the amount of \$10,000.00 to Mass Lions Eye Research Fund. Also, at this years District 33K Mid-Winter the hospitality rooms were awesome. Where else in this vast universe can you go for a \$5.00 registration fee and have food and beverages for the

entire weekend. Hopefully next year we can double the number of Ashland Lions who attend this informative event.

Triathlon

Anyone with contacts for corporate sponsorships for this fundraiser contact President Tom Grady.

Upcoming Events

April 3rd Meat Raffle Fundraiser at T.J's
April 5th Tour of Children's Hospital
April 13th Regular business meeting at T.J's
April 17th Meat Raffle Fundraiser at T.J's
April 19th Patriots Day Fleamarket
April 20th Board of Directors Meeting at VFW
April 27th Regular Business Meeting at T.J's
April 28th Senior Dinner at the VFW

Monday April 19th

Annual Patriots Day Flea Market. This will be the twenty sixth consecutive year our Club will be holding this fundraiser. Lion Al Romelt is chairman of this excellent fundraiser. Stand by for more info. If anyone wishes to volunteer to run the club flea market table, please contact PP Eileen. Lion Don Shaw will be busy this year with the Eyemobile.

SAVE THIS DATE

Friday, May 14, 2004 for the Installation of the 2004 – 2005 Club Officers and incoming President Tom Heguy. The dinner/dance will be held at the American Legion Hall, Summer St, Ashland. More details to follow.

Wednesday April 28th

Senior Citizen Appreciation Social at the VFW Hall. Lions Barbara Thoresen and Don Shaw will be co-chairing our sixth semi Annual Appreciation Social for 150 seniors. The evening will consist of dinner, door prizes and live entertainment.

To make all this happen, we will need 50 Lions (at various times) to work the kitchen, set up tables, greeters, serve dinner/coffee, tea, clean up, ECT. Sign up sheets will be available at our March 9th regular meeting and Board of Directors meeting on March 16th.

Parking will be a problem. All Lions are asked to park in Metro West Worship Center parking lot across from the VFW. If you have a Lion shirt, please wear it.

EYE AWARENESS PROGRAM

TOUR OF CHILDRENS HOSPITAL

Dr. David Hunter and his staff of eight researchers invite the Ashland Lions, families and friends to visit with them and to learn all about their latest research to eliminate blindness and eye disease.

A guided tour and question and answer session will be provided by Dr. Hunter. He says his approach is threefold: 1. Create new knowledge. 2. Bring that knowledge from the laboratory to the clinic such as our eye mobile. 3. Get the word out around the world and bring in doctors to spread the knowledge.

Dr. Hunter's personal project which he eagerly waits to share with the Lions is a prototype device to detect subtle problems

which lead to amblyopia (a dimness of sight). His team, under his guidance, is working on a disease called retinopathy (a major cause of blindness). Individually Dr. Fulton is studying animals and will show us his work and Dr. Smith is working with 24 week old babies and she will guide us through her research laboratory.

This year alone researchers and doctors have visited The Lions Club Eye Research Laboratory at Childrens Hospital from Turkey, Mexico, Costa Rica, Pakistan and England.

Dr. Hunter worked at John Hopkins Hospital for two years before joining the staff at Childrens. He is married and has two sons who keep him busy and focused.

A comfortable coach bus will be waiting at Talvy's parking lot at 6:00 p.m. on April 5, 2004 and hopefully fellow Lions, families and friends from Greater Ashland, Holliston, Hopkinton and Sherborn will join us. A buffet supper will be served following the tour at no cost to members.

A sign up sheet will be passed at the next few meetings or you can call Lion Marcia Akerman at 508-881-8889 to sign up. Dinner confirmation must be called in to the hospital by March 9 so please sign up soon.

Marcia Akerman

For Your Enjoyment

Taking Humor Seriously

Why does humor make us feel good?

A team at the Stanford University School of Medicine, led by Allan Reiss, M.D. found that humor triggers the part of the brain that rewards you by making you feel good. Brain scans of volunteers looking at cartoons – some funny, some not – showed increased blood flow in the part of the brain responding to the funny ones.

"Humor," Reiss says, "has significant ramifications for our psychological and physical health."

The researchers report in the Dec. 4 issue of Neuron that their goal is to better understand the "benefits of a good sense of humor."

Readers Digest Roberta Yared

NO IFS, ANDS OR BUTTS

Americans smoked 372 billion cigarettes last year – 19% fewer than in 1998.

Readers Digest Merrill Lynch analysis

News

Thanks Harry and Marcia for your articles.

Send news articles to Editor Eileen MacKeil at P.O. Box 150, Ashland Ma. 01721, Phone # 508-429-4226