



Tales from the Den

The month of **May** has been named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in **May**. **May** is also synonymous with Mother's Day, a holiday created by Anna Jarvis, as a day to honor mothers and motherhood; especially within the context of families, and family relationships.^[1] It is now celebrated on various days, in many parts of the world.

The practice of celebrating a *Mother's Day* to honour your own mother is a relatively recent tradition, first established in the U.S.A. in the early 20th century. It is distinct from other pagan and Christian traditions honoring motherhood, or from the U.K. holiday, *Mothering Sunday*, which is also known as Mother's Day and dates back to the 16th century.

It is considered by many, including its founder, as a "Hallmark Holiday", i.e. one with an overwhelming commercial purpose. But heck! In our busy society today, we can take one day out of the year to treat mum!

*"All women become like their mothers. That is their tragedy.
No man does. That's his."*

~ Oscar Wilde, *The Importance of Being Earnest*, 1895



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3rd Annual Duck Race



Well I don't know about you but I am tired! A job well done everyone, what a great turn out and we couldn't have asked for better weather. I will spend this week tallying everything up and have a full report once all the individual committee reports come in. Hopefully for the business meeting at the end of the month.

Now on to preparing for the 24 hr Relay and Dog Guide Walk, hope all can rejuvenate themselves tomorrow on Mother's Day and be ready to jump in on our next projects!

Once again, thank you all for all your hard work, it was a grand day! Happy Mother's Day to all you mummies and soon to be mummies!



Lion Georgia
Head Duck

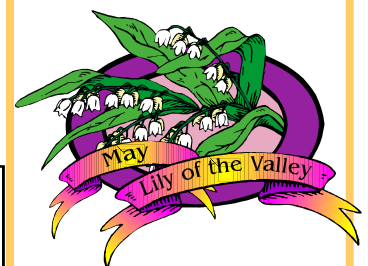
2009 Duck Race Winners
3rd - \$400 1151 Trudy Pearson
5th - \$200 219 Chrissy McAmmond

1st - \$1,000 335 Kim Collins
4th - \$300 484 Denis Rodrigue
6th - \$1001084 Deanna Jessiman

2nd - \$500 982 Ted Dawes

**"The world's
favourite season is
the spring.
All things seem
possible in May"**

~ Edwin Way Teale





President's Corner

by Madame President

By the time you read this the Duck Race and the Juvenile Diabetes Awareness Day will be over and ten of us will be on our way to Multiple District conference in Penticton.

I want to thank the Duck Race committee for all their hard work and dedication to making our 3rd annual Duck Race such a success. Not only is the race a major fundraiser for us but it provides lots of fun for the children of Sooke and shows our community what great volunteers we have.

My thanks also to the Sooke Lions, the Sooke District Lioness Clubs, and the young people who came to offer help with the children games.



This was truly a community event and I hope it just gets bigger and better every year.

Many of us attended the Conference in Port Alberni last month and congratulations to all who won the skit, to Maja and her team for winning the scrapbook, to all that won uniform parade and to Sue B. and Diane for the tall tale and the 5 minute speech.

Thanks to Sue B. and her team for a fabulous Marti Gras fun night!

By all working together we have done a great job in the last three months, but we never rest... now it is time for the 24 Hour Relay...

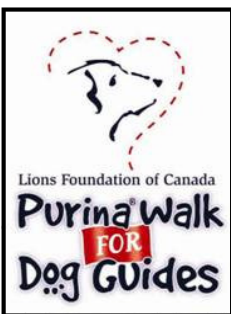
...then we will rest.



President Janet with Lions Kay and Jane.

Great job everyone! I am so proud of all of you!

President Janet Evans



June 21, 2009
Whiffen Spit

Lions Club International, "Knights of the Blind"

Have you ever wondered why Lions International is so committed to serving those with visual impairment?

It began back in 1925 when Helen Keller attended the Lions Club's International Convention and challenged Lions to become "knights of the blind in the

crusade against darkness". The Lions accepted Keller's challenge and the work ever since has included sight programs aimed at preventable blindness.

Helen Keller was born in Alabama in 1880, and developed a fever at 18 months of age that left her blind and deaf. With the help of an exceptional teacher, Anne Mansfield Sullivan of the Perkins

School for the Blind, Keller learned sign language and Braille. A few years later, she learned to speak. As an adult she became a tireless advocate for people with disabilities.

In 1971, the Board of Directors of Lions Clubs International declared that June 1 would be remembered as Helen Keller Day.

The closing paragraphs in Keller's speech on June 30th, 1925 is as follows:

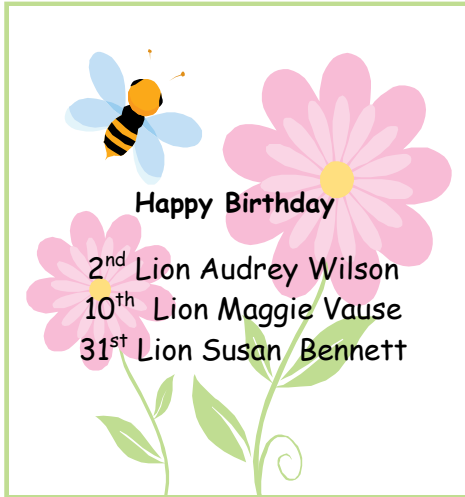
"You have heard how through a little word dropped from the fingers of another, a ray of light from another soul touched the darkness of my mind and I found myself, found the world, found God. It is because my teacher learned about me and broke through the dark, silent imprisonment which held me

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Member's Corner



May Highlights



May Anniversary Pins awarded to:

7 years Lion Velma Jessiman

*"When April steps aside for May,
Like diamonds all the rain-drops glisten;
Fresh violets open every day:
To some new bird each hour we listen."*

~ Lucy Larcom

Did you know? That when ducks quack they have no echo!

Some ducks fly 332 miles/day.

Female ducks are hens, males are drakes and babies are ducklings.



Home and Garden

In the Home: Using your bathroom fan gets rid of damp, stale air quickly and improves air quality.

In the Garden: Weeding 101

Prevention ~ don't over cultivate the soil, dig only where you need to in order to prevent weeds from seeding themselves.

Mulch ~ Smother weed seeds and prevent them from germinating; mulch also keeps your soil cool and moist.

Don't let weeds go to seed! **"One year's seeding means seven years' weeding!"**

Celebrate! A general rule in life: Always celebrate your accomplishments, no matter how small. Breathe deeply and know that you have done a good thing. Bask in your peacefulness

What to do when?

Your garbage disposal smells like a swamp ~ Combine 1 cup vinegar and 1 cup water, pour into ice cube trays, and freeze. Remove the cubes and grind them in the disposal, then flush with water for 1 minute. Grind some lemon or orange peels for a pleasant fragrance, too.

Your wicker wobbles ~ Try misting it with water. The wicker will swell and then tighten up, taking away the wiggles.

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that I am able to work for myself and for others. It is the caring we want more than money. The gift without the sympathy and interest of the giver is empty. If you care, if we can make the people of this great country care, the blind will indeed triumph over blindness.

The opportunity I bring to you, Lions, is this:

To foster and sponsor the work of the American Foundation for the Blind. Will you not help me hasten the day when there shall be no preventable blindness; no little deaf, blind child untaught; no blind man or woman unaided? 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?"



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"We Serve"

About Us:

Our Club accepted the "Lioness Bridging Program" offered by Lions International and "bridged" our "Lioness Club" (formerly Sooke Lioness Club) in September 2003 which became our official charter date. There were 25 original members of the newly formed Sooke Lioness Lions Club.

The Sooke Lioness Lions support the major service commitments and activities of Lionism, particularly diabetes awareness, sight conservation and work with the blind, and hearing conservation and work with the deaf.

Some of our activities include; Run for the Cure, Easter Seals 24 Hour Relay, Tour de Rock, Toys for Kids, and many more within the Sooke community.



Lions International

Lions are an international network of 1.3 million men and women in 205 countries and geographic areas who work together to answer the needs that challenge communities around the world.

Known for working to end preventable blindness, Lions participate in a vast variety of projects important to their communities. These projects range from cleaning up local parks to providing supplies to victims of natural disasters.

Beginning in 1917, the association of Lions clubs has provided millions of people with the opportunity to give something back to their communities.



Upcoming Dates

May:

2 nd	24 Hr Relay Bottle Drive	Sooke Area
"	Sooke Rotary Auction	Seaparc
"	Lions 32 K Walk	Galloping Goose
9 th	3 rd Annual Duck Race	Sooke Flats
14 to 17 th	MD19 Conference 09	Penticton
18 th	Victoria Day Parade	Victoria
24 th	Prostate Cancer Ride	
30 th	Huntington's Book Sale	Village Foods

June:

6 to 7 th	24 Hour Relay	UVic
10 th	Installation Dinner	Mulligan's

July:

10 to 12 th	Summer Retreat	Blackfish B&B
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September:

12 th	Book Sale	Town Pole
20 th	Shoreline Clean up	Whiffen Spit

Did you know?

In most areas, flowers are abundant everywhere during this time, thus the name of the 'Full Flower Moon arriving on May 9th .

The only bird that can fly backwards, Humming birds are spotted frequently in Sooke's gardens; they visit at least 1,500 flowers per day in search of nectar. Hummingbirds also spend 80% of their time perching.

May's gemstone the emerald symbolizes love or success. In the Vedas, The ancient sacred Hindu writings, it is said that the emerald could give mental power and wisdom.

May's flower is the 'Lily of the Valley'. In religious paintings it is the symbol of humility.

In a lion pride, there is no rank hierarchy among **lionesses** and no two are likely to be **found together more than half the time. All lionesses** know one another and when they meet, the lion greeting ceremony (rubbing and low purring) reaffirms their social ties!