



# JUNGLE JOTTINGS

*Not above you, not beneath you, but with you.*



Sandy Moy, Executive Director of Tarrywile Park and Mansion, and 1<sup>st</sup> VP Mike Kallas.

## Tarrywile Park and Mansion

The return visit of Tarrywile Park and Mansion Executive Director Sandy Moy on April 21<sup>st</sup> was received with warm applause and anticipation. Sandy updated us on the increase in acreage to 722 acres of land that includes 21 miles of trails and the continuing use of the mansion and other Park areas for special functions such as weddings, receptions, and meetings.

The trail system welcomes beginner recreational walkers, intermediate and advanced hiking experiences as well as competitions involving the cross country teams from Danbury High School and Immaculate High School. The club activities of the Western Connecticut Orienteering Club are also available. Orienteering maps are available from the Tarrywile Office and identify the permanent course within the Park. The Ives trail is also specially marked and runs from Ridgefield through Danbury to Bethel, and includes

*Continued to page 2...Tarrywile*



Attendance Contest Gold Wildcats Captain Lynne Sausto with some of the baby products donated by her team at the April 14<sup>th</sup> luncheon meeting to the Women's Center of Greater Danbury.

## Jungle Jottings Editor Opportunity!

This is the opportunity for you if you can Word Process (that's "typing" translated into geek-speak) on a computer! Free training. Work alongside your fellow Lions as they go about their community service projects and Club activities. Former Editor Lion Nancy Manion set up the template for us so "filling in the blanks" is relatively easy.

*Interested?*

Contact Lion Fran: [evansf4148@yahoo.com](mailto:evansf4148@yahoo.com)



Attendance Contest Purple Team member Lion Frank Molinaro, winner of Cutest Baby Picture Contest held during the April 21<sup>st</sup> luncheon meeting. Frank's baby picture is the top right photo (sepia color, beige) on the poster board behind Frank in this posting. Yup, he's still cute.

### How Was the Golf Tournament?

Fellow Lions,

Well, another successful golf tournament has come and gone. I say successful, no matter how well we make out, because everything went off with very few minor problems. And that happened in no small part due to your efforts.

Without our volunteers, hosting a golf tournament would be impossible, but it is because of you that we had a great day. I want to thank each and every one of you for your time and efforts to make this happen.

Yours in Lionism,  
PP Bob Lovell



*Continued from page 1...Tarrywile*

portions of the Tarrywile Trail system. Sandy noted that the trail system linkages will eventually loop from the Long Island Sound in Norwalk, go north to Danbury, then move south to Fairfield.

Tarrywile Park hosts many special events. The DAWS (Danbury Animal Welfare Society) Hound Hike takes place every year in the Park, much to the delight of the hounds and the humans! Various organizations hold their events within the Park such as the 19<sup>th</sup> annual National Trails Day being held on June 4<sup>th</sup>. This day sees walkers, hikers, families, horseback riders, trail maintenance volunteers, and special educational events occurring throughout the day. If you've never been to this special spotlight event for the Park, you're encouraged to satisfy your curiosity and fulfill a bucket list check off!

The Mansion sees 12-15,000 people each year and the Park as a whole sees over 50,000 visitors a year. And visitors are participating year round in the beauty and adventure available in the Park. There are winter activities going on as well as the more well known "fair weather" activities. More and more families are using the Park for passive enjoyment and educational programs for their children. The "Story Book" program has become particularly popular. Sections of a children's book are mounted on stakes and the families and children, and some adults who just happen to love books and walking, move from stake to stake along the trail to read the book's story.

The New Friends Organization was reinvigorated four years ago and holds its fund raising for the Park and Mansion each year at an information, wine, and music evening. The Plain Air Paint-Out (fresh air painting in whatever media you choose) is a creative and fun activity that wraps up with a display of the work done by children and adults and the offerings are for sale at the June 4<sup>th</sup> Trails Day.

*Continued to page 3...Tarrywile*

*Continued from page 2...Tarrywile*

The Tarrywile Mansion was originally the home of Dr. William C. Wile, Danbury’s first medical examiner and the principal benefactor of Danbury Hospital. The Mansion is located on Southern Boulevard on what was once known as “Cedar Grove”. The 23-room home was designed and built in 1896 by the Child and DeGoll architectural firm in New York City.

The magnificent air conditioned Mansion is available to rent for special events: weddings, receptions, family reunions, meetings, fund raisers, whatever you and the Tarrywile staff can arrange. The full commercial kitchen is available for caterers for your event.

The land and grounds surrounding the Mansion demonstrate the care taken in its initial planning and continuing maintenance. “...An English park-like lawn, ornamental trees, large bordered flower beds and a Japanese Garden...a variety of magnificent mature trees including copper beech, ginko, pine, false cypress and maple” are all examples of what Dr. Wile’s vision and legacy have left for us. The Wile family holdings once also had one of the state’s largest independent dairy farms as well as cornfields and orchards of peaches and apples.

The City of Danbury purchased the property in 1985 when the estate consisted of 19 building and 535 acres. The price then was \$4.7 million and that is still considered a valuable and far-thinking purchase for the City and its citizenry. What a wonderful jewel we have in the Tarrywile Park and Mansion and in its Executive Director and her staff. Thank you Sandy! ■

For more information: Sandy Moy, Executive Director, Tarrywile Mansion, 70 Southern Boulevard, Danbury; 203-744-3130; [www.tarrywile.com](http://www.tarrywile.com)



**Officers 2010-11**

- Bernadette Kallas..... IPP
- Joan Bielizna .....President
- Michael Kallas..... 1<sup>st</sup> VP
- Helga Ruopp ..... 2<sup>nd</sup> VP
- Stephanie Jacobson .....3<sup>rd</sup> VP
- Keith Beaver.....Secretary
- W. Mark Stirling.....Treasurer
- Frans Boetes ..... Lion Tamer
- Robert Young.....Tail Twister

**Directors**

- Thomas Nolan .....one year
- Warren Levy .....one year
- Robert Lovell ..... two years
- Lisa Cerbone-Montalto ..... two years
- Regina Ebling Ofiero ..... three years
- Deborah Benedict..... three years
- Frank Molinaro ..... membership chair

- ~~~~~
- Frances J. Evans.....Editor
  - Open ..... Assistant Editor
  - Ernest Harrington ..... Webmaster
  - [www.danburylions.org](http://www.danburylions.org) ..... Website

**Women’s Center Wish List**  
 2 West St., Danbury; 203-731-5200;  
[womens.cntr@snet.net](mailto:womens.cntr@snet.net)

**Gift Certificates:**

- Grocery stores
- Bus passes – HART bus
- Clothing stores
- Prepaid phone cards/gas cards
- Movie Theaters
- Hair salons
- Toy stores
- Pharmacies

**Non-Perishable Food & Other Needs:**

- Tuna fish
- Macaroni & cheese
- Towels
- Manual can openers

Call for more ideas!

### Memorial Tree Planting Prayer and Pictures

“Creator of life and sustainer of seed and soil, of tree and flower, you have created this world and all that lives in it. We come to you in this prayer of dedication and blessing, for you are the giver of life, the sustainer of all that lives. Lord and Holy Creator of trees and forests; come and place your blessing of life upon these flowering trees that are being planted here today in the memory of fallen Lions Joe Hornak, Al Cipriani, and Ken Taylor.” ☐



District 23A District Governor Walter Sherman honored our deceased Lions with his attendance at our annual Arbor Day Memorial Service.



President Joan conducting our annual Arbor Day Memorial Service on Lions Way in Rogers Park.



Each Lion present helps shovel earth onto the tree’s root ball to help provide a good start for the memorial trees. The bottom picture shows the Memorial stone with one of our banners covering it just prior to the Memorial service. The back of the stone has engraved names of deceased Danbury Lions. .... ☐



Mayor Mark Boughton (L) honoring our fallen Lions with Vice District 23A Lion Lyn Meyers (C) and Lion Secretary Keith Beaver (R) listening respectfully. ☐

## WOLCOTT LIONS AND THE NEW BRITAIN ROCKCATS

Fellow Lions,

On June 11 (Saturday night) we'll be co-hosting, with the Wolcott Leos, a fundraiser Picnic BBQ and Baseball game at the Rock Cats's baseball club in New Britain. This should be a fun event with activities for kids and we can even throw out the first ball.

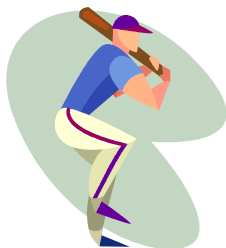
We'll also be bringing the motorcycle to sell raffle tickets. The picnic price (\$22 or \$20 depending on if you get Reserved or General Admission Seating) includes the cost of the picnic and your seat to the game. Also, we are selling seat tickets to just the game (\$8 or \$5) for those that just want to see the game. The money raised is going to support our Leos club. They are looking to raise money to send a couple of members to the Dominican Republic to help with Lions eyesight activities. Please let me know as soon as possible how many tickets you want. The flyer has an order form on it so you can fill out and mail it to me at my address below. I need to make sure we have enough of each of the seats set aside (Reserved and General admission) as soon as possible. I have to have the **final tally and money to the Rock Cats by 5/27 so I'd like to have these back by 5/10.**

Thanks in advance for your help in supporting this event.

Kind Regards,

Lion Jim Laurencelle

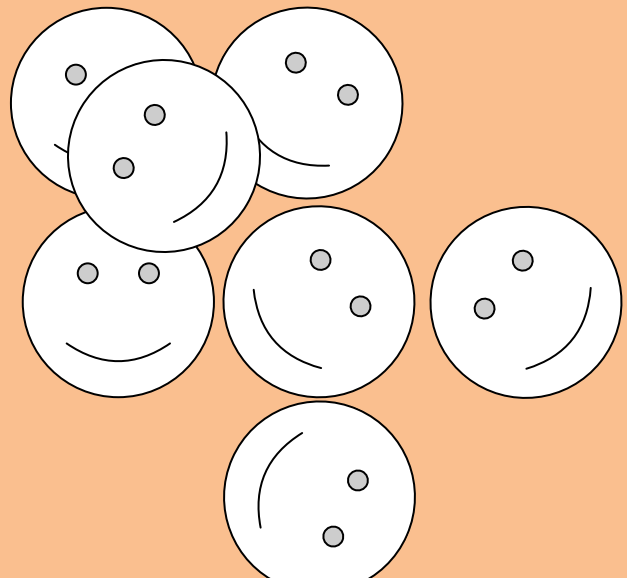
Contact: [jim.laurencelle@snet.NET](mailto:jim.laurencelle@snet.NET); 55 Center St., Wolcott, CT 06716



## Thank You!

A grand and generous thank you goes out to the Club at River Oaks, Sherman May 2<sup>nd</sup> Annual Golf Tournament Lions volunteers:

- ✚ Hugh Morgan, Ken Saloom, Roger Schmiedel for placement of Tee Signs,
- ✚ Cathy Golankiewicz and Stephanie Jacobson for working the Registration Table, sale of Mulligans, and handling the Raffle Prizes,
- ✚ Bernie Kallas, Mike Kallas, Lyn Meyers for Roving and Assisting as Needed,
- ✚ Helga Ruopp at the Putting Green,
- ✚ Fran Evans selling Raffle Tickets all day and managing the end of day Putting Contest,
- ✚ Tom Nolan and Bernie Kallas for the Hole in One at #17,
- ✚ Keith Beaver for selling 50/50 Raffle Tickets at #15,
- ✚ Mike Michael for the Longest Drive at #16,
- ✚ Roger Schmiedel for Closest to the Pin at #15,
- ✚ SafeLite Staff for their putting contest before the Tournament, and
- ✚ Eric "Rick" Gottschalk as our official Photographer all day everywhere! ▣





Third VP Lion Stephanie Jacobson with guest speaker and Lion Ingrid Alvarez-DiMarzo, Executive Director of the Hispanic Center of Greater Danbury with one of the Center's spotlight volunteers Lion Jorge Leon.

### Hispanic Center of Greater Danbury Centro Hispano

On April 28<sup>th</sup> we were fortunate to spotlight two of our newer Lions Club members, Lion Ingrid Alvarez-DiMarzo and Lion Jorge Leon. Lion Ingrid is the Executive Director of the Hispanic Center of Greater Danbury located at 87 & 89 West Street. Lion Jorge is one of the highly trained volunteers at the Center and is also a past founder of a Lions Club in his hometown in his native Guatemala. We have talent in our Club and they Serve!

Ingrid Alvarez-DiMarzo joined the Centro Hispano in 2008 as Director of Resource Development after a 15-year career in nonprofit and local government. "Trained in public policy, Ingrid brings years of experience in nonprofit management, capacity building, nonprofit impact and the effectiveness of their staffs. For the past decade, she has lent dynamic cross-functional experience in high impact program development, implementation and evaluation to the nonprofit sector in New York and Connecticut. She assumed the Executive Directorship of the

*Continued to next column...Hispanic*

*Continued from previous column...Hispanic*

Hispanic Center in April 2009 and has been able to build rapport with diverse and broad-ranging audiences by consistently bringing forth and inspiring (a high) level of commitment. She balances over two decades of operational experience with her personal commitment to effective communication and transformative solutions. Ingrid holds a Masters of Arts Degree in Public Policy from Columbia University, along with a Bachelors degree in Political Science and Spanish, Language, Culture and Literature from Syracuse University. She is married and the mother of two.

When people ask Ingrid "What does the Hispanic Center do?" she responds with the quick answer of "It's the Swiss Army knife of social services!" However, it's a great deal more complex than that! The Center works closely with United Way to assess the needs of the growing Hispanic and Portuguese population. Their building is ADA accessible, they have staff available to translate for anyone, and they create access points at Danbury Hospital targeted in the high incident areas of heart disease, breast and prostate cancers, diabetes, and childhood obesity.

The Centro Hispano also holds an annual Health Fair. This past year's Fair in Rogers Park also had the Lions Low Vision Center represented with Lion Jorge and his wife Leslie with Lion Tom Nolan providing information to table visitors.

One of the main foci of the Center is to help new arrivals become contributing United States citizens. The Center stresses the responsibility and opportunity to serve the community, to pay taxes (citizen or not) to establish banking accounts and histories, to vote, to take part in the U.S. census, to become leaders in their community through the Center's "incubation for leaders" program. The Center feels strongly that

*Continued to page 7...Hispanic*

*Continued from page 6...Hispanic*

their clients are valuable as contributors to our community through leadership and community service. They believe in keeping quality citizens here in the community, maintaining families as a unit of strength and a resource of leadership and support to our community. (Sounds like Lionism to this Lion!)

Lion Jorge Leon is a highly trained Center volunteer who graduated from San Carlos de Guatemala University as an M.D. in Medical Surgical Specialty. He has a Masters in Public Health and worked as a Forensic doctor for 14 years and in the ER for 12 years. He was also Director of the Regional Hospital in Guatemala for 8 years before moving to the United States in 1982 where he has worked as a Medical Abstractor for 25 years in Connecticut. At the Center Lion Jorge is one of the very few nationally trained and certified Immigration Counselors and Trainers.

As Executive Director Ingrid Alvarez-DiMarzo states: “I have a lot of expectations for the future of the Hispanic Center, among them is to create an incubator for leadership. I believe it is the way you contribute to your community. It’s leaving a legacy with creating an environment that welcomes new ideas, positive energy, and community action. Embracing the future means to be embracing new concepts, new ways of working together, new ways of building together. That only happens if an environment that is created to nurture youth. It is the purpose of our Youth board of Directors.” ☐

**Photo Essay  
Annual Lions Charity Golf  
Tournament  
The Club at River Oaks, Sherman, CT  
Lion Eric Gottschalk**



## Attendance Contest Concludes with Games and Frivolity!



Trophied Team Captains Lion Peter Hall and Lion Lynne Sausto.



Visiting “Vana White” to assist with scorekeeping during the game challenges between the two teams. Of course, Vana AKA Mike Allen, was a bit of distraction throughout the activities.

## Chronic Venous Insufficiency & Varicose Veins Low Vision Support Group

On April 25<sup>th</sup> Low Vision Support Group member Charles Leety introduced Stacy Henderson, PA-C and Allan Dietzek, M.D. from the Vascular Surgery Department at Danbury Hospital. Ms. Henderson used a power point presentation to present a wealth of information on the definition, description, risk factors, symptoms, diagnosis, treatment options, and prevention of each of topics presented on vascular health.

Ms. Henderson noted that over 24 million Americans have varicose veins, 40% of the US population. Women account for 50% and men account for 35-60% of the cases. The peak onset is between 40-49 for women and 70-79 for men.

“Venous insufficiency is a condition in which the veins have problems sending blood from the legs back to the heart. Venous insufficiency is caused by problems in one or more deeper leg veins. Normally, valves in your veins keep your blood flowing back towards the heart so it does not collect in one place. But the valves in varicose veins are either damaged or missing. This causes the veins to remain filled with blood, especially when you are standing.

The condition may also be caused by a blockage in a vein from a clot (deep vein thrombosis).

Chronic venous insufficiency is a long-term condition. It occurs because of partial vein blockage or blood leakage around the valves of the veins.

Risk factors for venous insufficiency include:

- History of [deep vein thrombosis](#) in the legs
- Age
- Being female (related to levels of the hormone progesterone)
  - *Continued to page 9...Vascular*

*Continued from page 8..Vascular*

- Being tall
- Genetic factors
- Obesity
- Pregnancy
- Prolonged sitting or standing

### Symptoms

- Dull aching, heaviness, or cramping in legs
- Itching and tingling
- Pain that gets worse when standing
- Pain that gets better when legs are raised
- [Swelling of the legs](#)

People with chronic venous insufficiency may also have:

- Redness of the legs and ankles
- Skin color changes around the ankles
- Varicose veins on the surface (superficial)
- Thickening and hardening of the skin on the legs and ankles (lipodermatosclerosis)
- Ulcers on the legs and ankles

### Treatment

Take the following steps to help manage venous insufficiency:

- Use compression stockings to decrease chronic swelling.
- Avoid long periods of sitting or standing. Even moving your legs slightly will help the blood in your veins return to your heart.
- Care for wounds aggressively if any skin breakdown or infection occurs.

Surgery ([varicose vein stripping](#)) or noninvasive treatments for varicose veins may be recommended if you have:

*Continued to next column...Vascular*

- *Continued from previous column.Vascular*
- Leg pain, often described as heavy or tired
- Skin ulcers or sores caused by poor blood flow in the veins
- Thickening and hardening of the skin on the legs and ankles (lipodermatosclerosis)

### Alternative Names

Chronic venous insufficiency

Varicose veins are swollen, twisted, and sometimes painful veins that have filled with an abnormal collection of blood

In normal veins, valves in the vein keep blood moving forward toward the heart. With varicose veins, the valves do not function properly, allowing blood to remain in the vein. Pooling of blood in a vein causes it to enlarge.

This process usually occurs in the veins of the legs, although it may occur elsewhere. Varicose veins are common, affecting mostly women.

Causes include:

- Defective valves from birth (congenitally defective valves)
- Pregnancy
- [Thrombophlebitis](#)

Standing for a long time and having increased pressure in the abdomen may make you more likely to develop varicose veins, or may make the condition worse.

Primary varicose veins occur because of congenitally defective valves, or without a known cause. Secondary varicose veins occur because of another condition, such as when a pregnant woman develops varicose veins.

*Continued to page 10...Vascular*

*Continued from page 9...Vascular*

## Symptoms

- Fullness, heaviness, aching, and
  - *Continued from page 9..Vascular*
- sometimes [pain in the legs](#)
- Visible, enlarged veins
- Mild [swelling of ankles](#)
- Brown discoloration of the skin at the ankles
- Skin [ulcers](#) near the ankle (this is more often seen in severe cases)

## Exams and Tests

The diagnosis is mainly based on the appearance of the leg veins when you are standing or seated with the legs dangling.

At times a physician may order a [duplex ultrasound exam of the extremity](#) to see blood flow in the veins, and to rule out other disorders of the legs (such as a blood clot). Rarely, an [angiogram](#) of the legs may be performed to rule out other disorders.

## Treatment

Treatment is usually conservative. You will be asked to avoid excessive standing, raise your legs when resting or sleeping, and wear elastic support hose.

You may need surgery or nonsurgical treatment for:

- Leg pain, often described as heavy or tired
- Skin ulcers or sores that are caused by poor blood flow through the veins
- Improving the appearance of the legs
- Lipodermatosclerosis - fatty tissue under that skin that hardens over time, caused by high blood pressure in a vein

*Continued to next column...Vascular*

*Continued from previous column...Vascular*

[Vein stripping](#) is surgery to remove varicose veins in the legs. It is usually reserved for patients who are having a lot of pain or who have skin ulcers.

*Continued to next column...Vascular*

Noninvasive treatments for varicose veins do not involve surgery. Examples are:

- [Sclerotherapy](#)
- Laser ablation
- Radiofrequency ablation

## Outlook (Prognosis)

Varicose veins tend to get worse over time. You can ease discomfort and slow varicose vein progression with self care.

## Possible Complications

- Phlebitis (chronic inflammation of the vein)
- Formation of [leg ulcers](#)
- Rupture of a varicose vein

## When to Contact a Medical Professional

Call for an appointment with your health care provider if:

- Varicose veins are painful
- They get worse or do not improve with self-treatment, such as keeping the legs elevated or avoiding excessive standing
- Complications occur, including a sudden increase in pain or swelling, fever, redness of the leg, or leg ulcers

*Continued to page 11...Vascular*

*Continued from page 10...Vascular*

## Prevention

Avoid prolonged standing if personal or family history indicates you are at risk of developing varicose veins.

## Alternative Names

Varicosity; Varicosis”

## Additional References:

Bergan JJ, Schmid-Schonbein GW, Smith PD, et al. Chronic venous disease. *N Engl J Med.* 2006;355(5):488-498.

Freischlag JA, Heller JA. Venous disease. In: Townsend CM, Beauchamp RD, Evers BM, Mattox KL, eds. *Sabiston Textbook of Surgery.* 18th ed. Philadelphia, Pa: Saunders Elsevier; 2008: chap 68.

Nijsten T, van den Bos RR, Goldman MP, et al. Minimally invasive techniques in the treatment of saphenous varicose veins. *J Am Acad Dermatol.* 2009;60:110-119. ■

## So Long, It's Been a Pleasure!

Being a member of the Lions Club of Danbury has widened my horizons, given me an extended family, and allowed me to do what my parents and grandparents always role modeled...care for and serve as best you can the people and community around you.

My husband and I are both retired now and ready for more adventures together before we get too old or pooped to enjoy our time together. I'll still be horseback riding and doing things at church and I'll still be working with Lions. But I'll be doing all of this in Sarasota, Florida now.

Not above you, not beneath you, but with you!  
Lion Fran Evans



## Flag Etiquette

As we celebrate living in the United States of American each day it's good to remind ourselves of the etiquette of flying and displaying our national flag. From the Valley Forge Flag Company:

- In a public venue, the U.S. flag should be positioned to the right of the speakers or on the wall behind them.
- When flying the U.S. flag along-side those of other countries, make sure both flags fly at the same height and are the same size.
- The U.S. flag should be in the center of a group of flags only when the center pole is taller than the others.
- If one flag is flying at half-staff. So should any other flags. Raise all flags to their peaks before lowering them to half-staff. The U.S. flag is raised first and lowered last.
- U.S. flags flown at night should never fly in the dark. Always use a spotlight directed at the flag.
- Treat all flags with respect.

For more information on flag display, you can visit [www.valleyforgeflag.com/45/Etiquette.htm](http://www.valleyforgeflag.com/45/Etiquette.htm)

■





**Penny Pot  
More Please!  
Keep those coins coming!**

**Editors' Note.** If you would like an event covered by an article in this publication please email it as an MS Word document or rtf in other processors to: [editors@danburylions.org](mailto:editors@danburylions.org)  
All photos should be in jpg format and submitted as separate documents. Reference the photo name, title, etc. Thank you.

## Calendar of Events

### SPEAKERS

- May 19**      **Bill Katzig, Lead Firearms Instructor**
- May 26**      **No Lunch, Attendance Dinner**
- June 16**      **Tim McCarthy, Immigration & Naturalization**
- June 23**      **No Lunch, Installation Dinner on June 21**

### EVENTS

- May 13-15**      **CT Lions State Convention**
- May 26**      **Attendance Contest "Winners" Dinner**
- June 21**      **Installation Dinner**
- July 1**      **New Lion Year begins with new officers**

Lions Club of Danbury, Inc.  
Post Office Box 461  
Danbury, CT 06813-0461

