

OCTOBER 2018

LIONS: IN FOCUS

Monthly Newsletter of the Massillon Lions Club



FROM THE DESK OF KING LION RICK

Thanks to all the Massillon Lions who are attending our Tuesday night meetings (6:15 pm)! If you have other commitments on Tuesday nights please try to attend at least one meeting each month.

In addition to attending meetings, there are many volunteering opportunities to consider: Lions Lincoln Theater, Candy Days (10/19, 10/20 & 10/21), Bell-Ringing at the Massillon Giant Eagle for the Salvation Army on 11/30/18 plus donating canned goods to the SAM Center. Hope to see everyone at a future meeting. Remember, "We Serve."

AT THE LINCOLN

Please contact Susan Stuck if you can volunteer at the Lincoln in October:

Saturday, October 6th

7:30 p.m.

The Six Ages of Woman (Comedy Show)

Tuesday, October 9th

7:00 p.m.

Talija Art Company (Eastern European Folk Dance Variety Show)

Saturday, October 20th

7:30 p.m.

Phil Dirt & The Dozers



UPCOMING MEETINGS

Tuesday, October 2, 2018

6:15 p.m. (Regular Meeting)

Presentation: David Gynn: AARP Fraud Awareness

Meal: Beef tips, noodles, corn, tossed salad

Tuesday, October 9, 2018

6:15 p.m. (Regular Meeting)

Presentation: Brook Harless: SAM Center Visitation by Zone 9 Chairman Bill Keltner

Meal: Turkey Tetrazzini, noodles, glazed carrots, tossed salad.

Thursday, October 11, 2018

6:00 p.m. Lions Club Board Meeting

Monday, October 15, 2018

6:00 p.m. Theatre Board Meeting

Tuesday, October 16, 2018

6:15 p.m. (Business Meeting)

Presentation: Susan Stuck: Lions Lincoln Theater

Meal: Pork chop, scalloped potatoes, green beans, cole slaw

Tuesday, October 23, 2018

6:15 p.m. (Regular Meeting)

Presentation: – Major Thomas Perks: Massillon Salvation Army

Meal: Lasagna, succotash, apple sauce

Tuesday, October 30, 2018

6:15 p.m. (Regular Meeting)

Visitation: – District Governor Mike Tyler and his wife, Lion Angie

Meal: Beef Stroganoff, noodles, peas, gelatin dessert



HAPPY BIRTHDAY!

Let's celebrate with the following Massillon Lions who are celebrating birthdays this month!

October 8th: Lynda Blankenship

October 14th: Don Rohr

Want to see your birthday celebrated in future issues of Lions in Focus? Email your birthday to Lion Maureen!



FOCUS ON: REVERSING DIABETES

Did you know that adopting a whole food plant-based diet is one way that may reverse diabetes (and many other health problems like weight control and heart disease)? If you're interested in learning more about what it's like to adopt a plant-based diet, or ideas on how to work more veggies into your meals, talk to Lion Maureen.

Here are some additional resources that may be helpful in determining if a plant-based life is for you:

<https://nutritionfacts.org/>

Dr. Michael Greger, M.D., author of the book, *How Not to Die*, provides a website that dives into all of the published nutrition research so you don't have to. Short summaries, videos, and explanations help you make sense of the research and make healthy changes in your life.

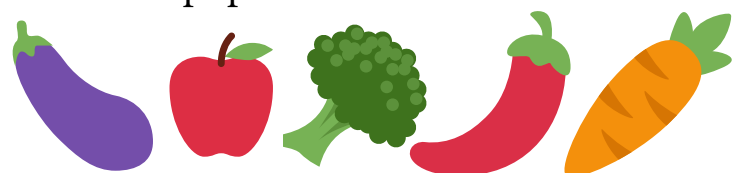
<https://www.forksoverknives.com/>

Forks Over Knives

Watch the popular film (available through libraries or on Netflix) and then explore the many resources on the website.

For more information and ideas about how our club can help combat and prevent diabetes, check out the **Diabetes Service Journey** website:

<http://members.lionsclubs.org/EN/serve/diabetes/index.php>





Join the Fight Against Diabetes

Why We Need to Join the Fight:

642M people will have diabetes by **2040**

422M adults are currently estimated to have diabetes

6th leading cause of death in the world, and the **sixth** leading cause of death among women

1 person dies every **7** seconds from diabetes

5M people die annually from diabetes

50% of people with diabetes don't know they have it

77% of people with diabetes live in low- and middle-income countries

Diabetes Affects Us All

Chances are you know someone with diabetes. Visit fightdiabetes.lionsclubs.org for an exercise that lets you reflect on those personal connections with fellow Club members.