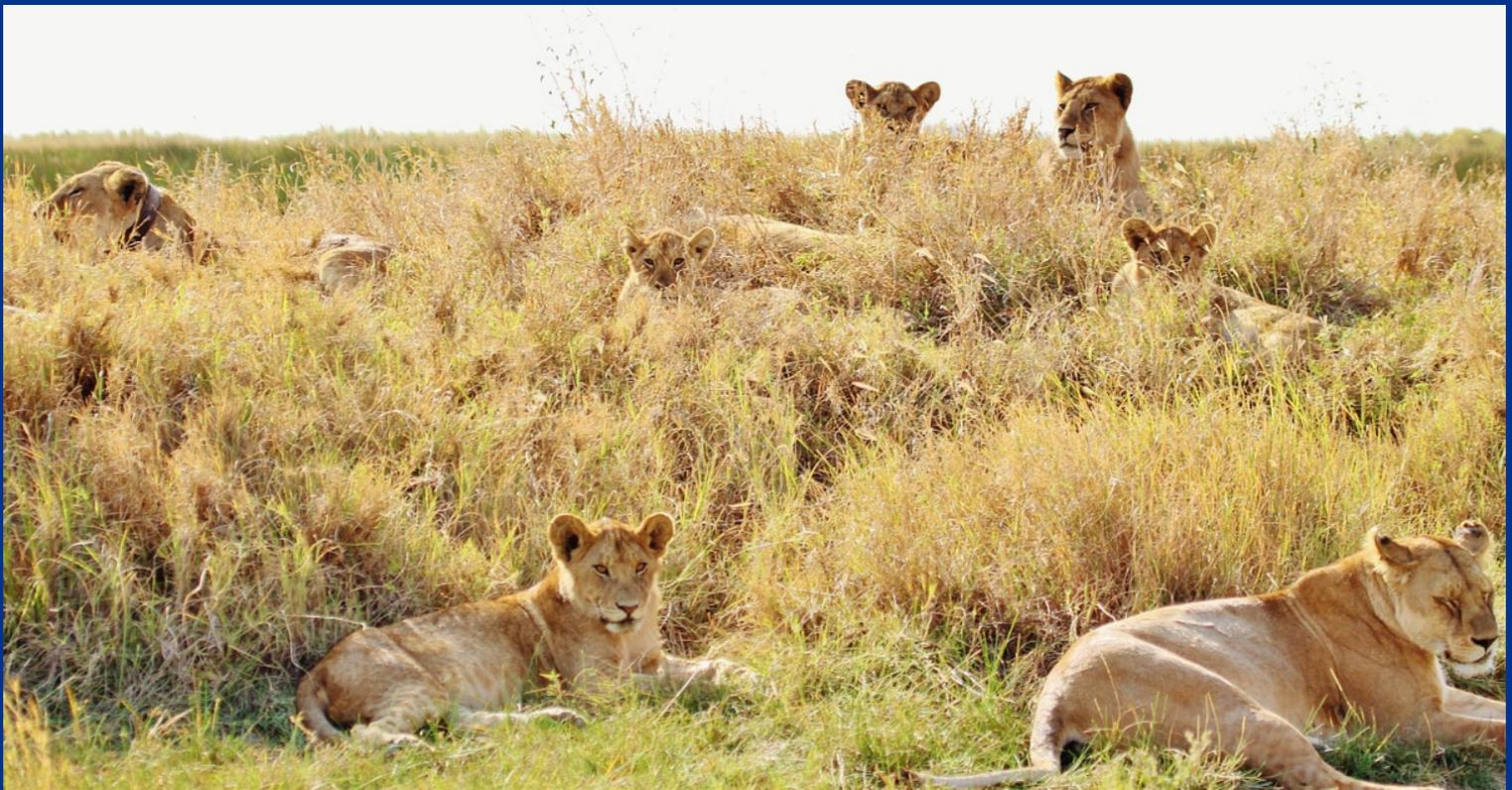


AUGUST 2019

LIONS: IN FOCUS

Monthly Newsletter of the Massillon Lions Club



KING LION'S CORNER

Turning the calendar to August reminds us that summer will be soon coming to a close. As our community prepares for the back to school season, we also begin looking ahead to our new Lion's year of service. Just like families who are gathering supplies and reviewing scheduled activities in preparation for so much work (and fun of course!) we are readying ourselves for an exciting year filled with meetings, programs, projects, and social opportunities. I'm looking forward to serving our community with you all!





FIELD TRIP, ANYONE?

Let's see if we can get a group together on a Saturday this fall for a field trip to the "Age of Steam Roundhouse" located in Sugar Creek, Ohio. We can arrange for a group tour, which lasts approximately 1.5 hours. Tickets are \$17 for veterans and seniors, \$20 for adults, and \$12 for children 3 - 16.

We can plan to carpool and a stop for lunch!

This field trip would be a social opportunity to bring along spouses, families or friends.

Interested? Please let King Lion Maureen know so you can be involved in the plans!

See more information about the Roundhouse on their website:
<http://www.ageofsteamroundhouse.org>

UPCOMING LIONS CLUB MEETINGS

Tuesday, August 20th @ 5:30 p.m.
Summer Board Meeting / Steak Fry

New Location: Tuslaw Lions Park
Dinner will be catered by Santangelo's \$20.00 (Steak / Baked Potato / Salad / Roll)

Please RSVP to Maureen by August 12th

Annual Membership Dues Deadline

Tuesday, September 10 @ 6:15 p.m.
Business Meeting, first meeting of the year!

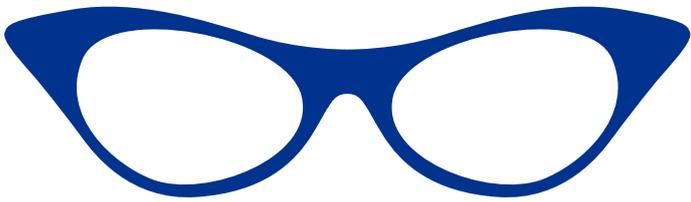
VOLUNTEER AT THE LINCOLN

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

Saturday, August 10th @ 7:00 p.m.
The Massillon Voice

Saturday, August 17th @ 7:30 p.m.
The Beach Bums: The Ultimate Tribute to The Beach Boys





LION MAUREEN'S BOOK LOOK

Don't be shocked, but this month's featured book is about... Libraries! Susan Orlean's *The Library Book* mostly pays homage to the value of public libraries in modern society, but also artfully weaves in the true story of the 1986 Los Angeles Central Library fire and the surrounding criminal investigation. Perhaps like me, you did not realize that the library suffered a catastrophic fire that closed its doors for seven years. If you're a library lover, or perhaps just an occasional library user, this book has lots to offer. It will certainly make you grateful for the incredible public treasure and all that libraries have to offer!

DIABETES: TIPS FOR EATING OUT

People with special dietary needs often struggle with how to support their eating goals while eating out. Giving up control over food choices and how food is prepared can cause anxiety for people with diabetes. Fortunately, many restaurants have their menus online so we can plan ahead or perhaps suggest an alternative spot if there are few choices available.

Here are some tips from the Mayo Clinic Staff:

Plan ahead: Check menus or call the restaurant in advance. Check to see if you can request alternative food preparation (baked / boiled / steamed items instead of breaded and/or fried) or if other substitutions may be made, like requesting whole grain bread or brown rice instead of white rice.

Keep portion sizes in check: ordering lunch portions is a great way to scale down portions, or make a smaller meal by selecting items from the appetizers, soups, or salads portions of the menu.

Limit add ons: Remember that extra items like cheese, bacon, dressing, etc. can add on extra fat and calories.

(Beverage choices matter, too!) Don't forget to **stay on schedule** to keep your blood sugar level, and don't forget your **overall nutritional guidelines** for eating well with diabetes. Eat a variety of fruits and vegetables, and limit fats, salt, and of course sweets.

Eating out with diabetes is possible with some advanced planning. Why not plan a meal out with other people who have similar healthy eating goals to practice these skills together? You can use your time together to share tips and what's working for you, or any challenges you've been having. Support comes in many shapes and sizes, and can include eating out!

ZONE 9 BOWL-A-THON

Our zone will be holding a bowling fundraiser to raise funds for diabetes research. Contact Lion Maureen if you want to participate:

Sunday, August 11, 2019

2:00 - 5:00 p.m.

AMF Hall of Fame Lanes

\$50 per couple: Scotch Doubles

NEW YEAR, NEW FUNDRAISER!

This year we are planning to replace our Candy Days fundraiser with a new exciting opportunity.

Save the date for our Quarter Auction on **Sunday, November 10th** at the Epworth United Methodist Church.



HAPPY BIRTHDAY

Let's celebrate with the following Massillon Lions who are celebrating birthdays soon:

August 5: **George Musisca**

August 31: **Michael Dominick**