



## District 31-F Lions

Bladen, Columbus,  
Cumberland, Harnett, Hoke,  
Lee, Montgomery, Moore,  
Richmond, Robeson, Sampson,  
Scotland Counties

North Carolina



# “Communication; Matters”

Vol. 1, No. 3

September, 2006

## Here's Your Personal Invitation To Attend Our District Convention

Please allow me to extend my personal invitation to you to attend this fall's district convention in Southern Pines on November 3rd-4th. Howard Lee, PID, from Surrey, England will be our guest speaker. He's a dynamic speaker who will reinvigorate our enthusiasm as we continue to build Lionism here in District 31-F.

This convention is shaping up to be the best ever. Danny Crouse, an "Elvis" impersonator has been booked for our Friday Family Fun Night. Our banquet will be held Mid-Day at 1 p.m. (not 7 p.m.). Clubs registering eight (8) attendees (or multiples thereof) will be able to reserve tables. Let's register early and fill the banquet hall to capacity.

\*\*\*\*\*

These next two months are critical to all of us in District 31-F. As I write this, our membership stands at 1237. In order for us to continue to endorse PID Sid Scruggs for International 2<sup>nd</sup> Vice President, we need to have 1,250 members by the time of our Fall Convention. As we are so close to the magic # 1250, this should not be a daunting task. With this Newsletter I'm asking each and every Club to redouble their efforts to bring in

at least two (2) new members by convention time. (Don't forget spouses get exempted from the \$25 joining fee through 12/31/06.) Further, Clubs should review their rosters for members who dropped out in the past few years and seek to get them re-instated. (Again, the \$25 joining fee is waived through 06/30/07). Remember, one person can still make a difference and it takes only one person to invite a new member. Lastly, it is imperative that no member be dropped, for any reason, through the end of this calendar year.

By suspending dropping members and at the same time making a concerted effort to add at least two (2) new members we can exceed the number needed to be able to have PID Sid Scruggs represent us and the Lions of North Carolina as a candidate for the high office of International 2<sup>nd</sup> Vice President.



Ron Kelly, DG

## District and State Lions Schedule

|             |  |
|-------------|--|
| Sept. 7     | Campbell University Campus Lions Charter Night |
| Sept. 14-16 | USA/Canada Forum, Columbus, Ohio               |
| Sept. 28    | SightFirst II meeting, Sanford Lions Club      |
| Oct. 9-12   | VIP Fishing Tournament, Outerbanks             |
| Nov. 3-4    | District 31-F Convention, Southern Pines       |
| Nov. 4      | Second Cabinet Meeting, 3 p.m. Southern Pines  |

**2005-6 District 31-F  
White Cane Contribution**

**\$96,803.22**

## District Governor's Official Club Visits

|              |  |
|--------------|--|
| September 5  | Official Visit to Southern Pines Lions Club  |
| September 6  | Official Visit to St. Andrews Lions Club     |
| September 7  | Charter Night Campbell Univ. Campus Club     |
| September 11 | Official Visit to West Montgomery Lions Club |
| September 18 | Official Visit to Coats Lions Club           |
| September 19 | Official Visit to Pembroke Lions Club        |
| September 21 | Official Visit to Troy Lions Club            |
| September 25 | Official Visit to Pinebluff Lions Club       |
| September 28 | Official Visit to Aberdeen Lions Club (noon) |
| October 2    | Official Visit to Mary Stewart Lions Club    |
| October 5    | Official Visit to Massey Hill Lions Club     |
| October 9    | Official Visit to Dublin Lions Club          |
| October 16   | Official Visit to Tabor City Lions Club      |
| October 18   | Official Visit to Elizabethtown Lions Club   |
| October 23   | Official Visit to Lillington Lions Club      |
| October 24   | Official Visit to Clarkton Lions Club        |
| October 26   | Official Visit to Dunn Lions Club            |

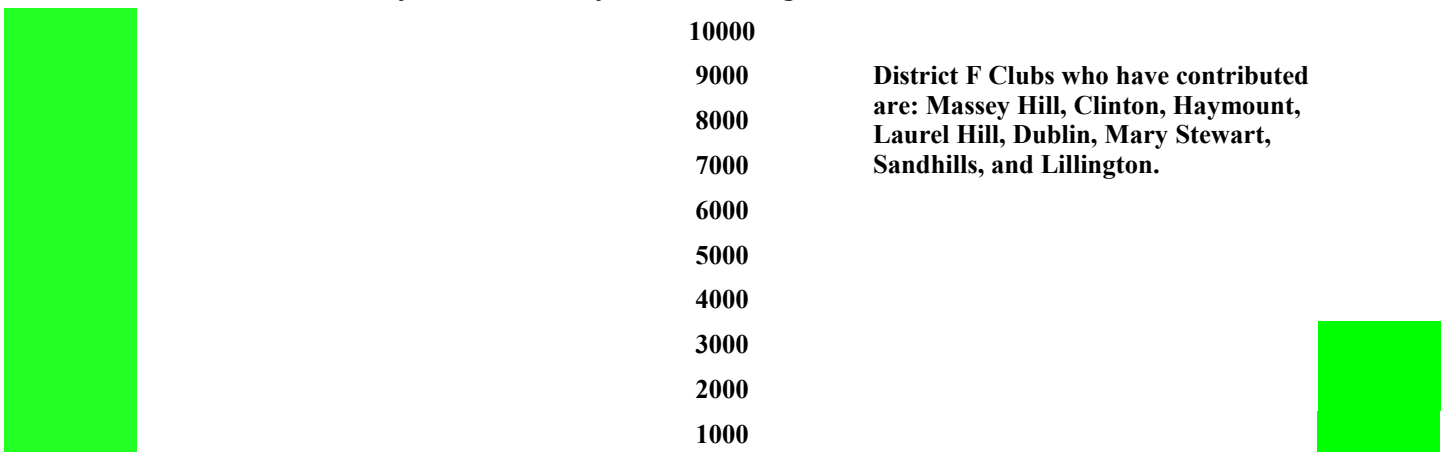
**2006-7 District 31-F  
White Cane Goal**

**\$109,000**

**\$97.20 per member**

# Lions Challenged To Purchase Vehicle

*The Lake Lure Lions Club has donated \$10,000 toward the purchase of a vehicle for the Boys and Girls Home. The Lions Clubs of District F are being asked to match the donation so that \$20,000 would be available to purchase an eight- to 12-seat vehicle for the residents of the Lions Cottage at Lake Waccamaw.*



Lake Lure Lions Club, District C

Lions Clubs of District F

**To participate in this campaign, Make your check payable to District 31-F and designate for the purchase of this vehicle. Send your check to: Jan Kelly, Cabinet Secretary, 17 Beasley Drive, Pinehurst, NC 28374**

**DISTRICT 31-F**  
**MINUTES OF FIRST CABINET MEETING**

**AUGUST 5, 2006 @ 2:00pm**

**Homewood Suites Hotel, Pinehurst , NC**

**Call to Order:** District Governor Ron Kelly at 2:00pm

**Invocation:** Past District Governor Rufe Livingston

**Pledge of Allegiance:** Vice District Governor Tommy Brooks

**Roll Call:** Cabinet Secretary Jan Kelly. 41 present, representing 19 clubs.

**Determination of a Quorum:** Members in attendance: Ron Kelly DG, Tommy Brooks VDG, Gary P. Greene IPDG, Jan Kelly Cabinet Secretary, Bill Koontz Cabinet Treasurer, and Zone Chairs, Pieter Westerbeek, Dave Martin, Harold Marion, Bobby Dunn, Randy Roller, Ray Lewis, and Earl Duncan. Sid Scruggs PID also present. Quorum present.

**Appointment of Parliamentarian:** Charles Smith PCC appointed

**Reading of the Minutes of the Fourth Cabinet Meeting from April 23, 2006:** Motion to approve as distributed by Diane Westerbeek, seconded by Wilbur Barnhill. Motion carried.

**Financial Report:** Copies distributed covering the period 7/1/2005 thru 6/30/2006. After review by Cabinet Secretary Treasurer W. Brad Logsdon a motion was made to approve the financial report as presented by Charles Smith and seconded by Gerry Guggemos. Motion carried. After review of Restricted Funds, motion made to accept report as presented by Sid Scruggs , seconded by Charles Smith. Motion passed. W. Brad Logsdon made a motion to forward \$500.00 to the Council of Governors for Youth Outreach, and seconded by Charles Smith. Motion carried.

Copies of the proposed budget for 2006 – 2007 fiscal year were distributed. Explanation of same by Ron Kelly. Proposal made by Sid Scruggs to reduce the money transferred to the next District Governor by \$450.00 and increase money allotted to Zone Chairs by \$450.00. Motion made by Tommy Brooks to accept the revision to the budget, and seconded by Charles Smith. Motion carried. Motion made by Gerry Guggemos to accept the amended budget, with a second made by Frances Marks. Motion carried.

**District 31-F Funds Depository:** Motion made by Jerry Thomas to accept First Bank as depository for the two District accounts, and seconded by Charles Smith. Motion carried.

**Bonding Company:** Motion made by W. Brad Logsdon to accept Surety Bonding Company and seconded by Dave Martin. Motion carried.

**Old Business:**

**Appointment of Financial Records Review Committee:** Bob Hughes, Bill Koontz, and Craig Stokes have agreed to serve on this committee to review the district's financial records and report back to the membership.

**New Business:**

**Gary Greene IPDG** presented the C J Wiggs Award to Phil Melvin of the Buies Creek Lions Club, as the outstanding Lion of the Year.

**Campaign Sight First II:** Sid Scruggs encouraged seeking funds for this campaign from corporate donations and contracts and not burdening our individual clubs. It was suggested that the clubs have a new fundraising project to help fund this 5 year campaign. The goal is to raise \$200 million world-wide. The first presentation will be done at the Sanford Club on September 28<sup>th</sup> with all Lions invited. The Chamber, business leaders, and other clubs in the zone will be attending. Harvey Whitley will be presenting the program. Other presentations will be scheduled throughout the district.

**Boys and Girls Home:** W. Brad Logsdon briefly discussed the financial needs at this facility which total over \$50,000. The lions cottage needs bathroom renovation, new roof, windows, carpeting, commercial refrigerator and dishwasher. There is also great need for a van.

**District 31-F Convention:** November 3<sup>rd</sup> and 4<sup>th</sup> . Danny Crouse will be the entertainer Friday night (Elvis impersonator, etc.), then will DJ for 2 hours. The hope is to fill to capacity (250). Clubs will be able to reserve a table of 8. Howard Lee, Past International Director (wife, Claire) from Surrey , England is the featured speaker.

**Benediction:** Rufe Livingston PDG

**This meeting was adjourned at 2:45 p.m. and to be reconvened at 3 p.m. for the Humanitarian White Cane Kickoff.** *Respectfully Submitted, Jan Kelly, District 31-F Cabinet Secretary.*

## District 31-F Budget July 06 - June 07

7/06 - 6/07

**BUDGET**

**INCOME:**

|                                     |             |
|-------------------------------------|-------------|
| 351 District Dues (1250 x \$14)     | \$17,250.00 |
| 353 LCI Reimbursement               | \$1,200.00  |
| 355 Interest Earned                 | \$50.00     |
| 357 District Convention             | \$10,000.00 |
| 359 Transfer from Previous Governor | \$3,500.00  |
| 361 Other Income                    | \$0.00      |
| GRAND TOTAL INCOME                  | \$32,000.00 |

**EXPENSES:**

**DISTRICT GOVERNOR**

|                              |            |
|------------------------------|------------|
| 401 International Convention | \$1,000.00 |
| 403 Telephone                | \$200.00   |
| 405 Travel                   | \$1,500.00 |
| 407 USA/Canada Forum         | \$1,000.00 |
| 409 Other Expense            | \$0.00     |
| SUBTOTAL                     | \$3,700.00 |

**VICE DISTRICT GOVERNOR EXPENSES**

|                                |            |
|--------------------------------|------------|
| 411 Postage, Travel, Telephone | \$500.00   |
| 413 State Convention           | \$400.00   |
| 415 Hospitality-State          | \$100.00   |
| 417 Hospitality-District       | \$100.00   |
| 419 USA/Canada Forum           | \$1,000.00 |
| SUBTOTAL                       | \$2,100.00 |

**DISTRICT SECRETARY EXPENSES**

|                      |          |
|----------------------|----------|
| 421 State Convention | \$300.00 |
| 423 Telephone        | \$0.00   |
| 425 USA/Canada Forum | \$500.00 |
| SUBTOTAL             | \$800.00 |

**DISTRICT TREASURER EXPENSES**

|                      |          |
|----------------------|----------|
| 420 State Convention | \$300.00 |
| 422 Telephone        | \$50.00  |
| 424 USA/Canada Forum | \$500.00 |
| SUBTOTAL             | \$850.00 |

**EXPENSES - OTHER.**

|   |             |
|---|-------------|
| 427 Bank Charges                          | \$0.00      |
| 429 Bonding Premium                       | \$50.00     |
| 431 Contingencies                         | \$500.00    |
| 433 District Convention                   | \$5,500.00  |
| 435 District Directory                    | \$1,000.00  |
| 437 Equipment                             | \$1,000.00  |
| 439 Extension                             | \$1,000.00  |
| 441 Gifts                                 | \$200.00    |
| 443 Installation Dinner                   | \$100.00    |
| 445 NC State Council Dues (1250 x \$3.50) | \$4,375.00  |
| 447 NC Promotion Dues (1250 x \$3.00)     | \$3,750.00  |
| 451 Postage, Printing & Supplies          | \$2,000.00  |
| 453 State Convention Ad                   | \$300.00    |
| 455 Training                              | \$500.00    |
| 457 Trophies & Awards                     | \$700.00    |
| 459 Web Site - District                   | \$35.00     |
| 461 White Cane Chair                      | \$500.00    |
| 463 Zone Chairs                           | \$900.00    |
| 469 Transfer to Incoming Governor         | \$2,140.00  |
| SUBTOTAL                                  | \$24,550.00 |
| GRAND TOTAL EXPENSES                      | \$32,000.00 |

**Finalized Budget approved August 5, 2006 @ Cabinet Meeting**

**"Celebrate Peace" is the theme of the 2006-07 Peace Poster Contest. Lions clubs can sponsor the program in their community for children in local schools or organized, sponsored youth groups. Students, ages 11, 12 or 13 on November 15, 2006, are eligible to participate. Through the contest, students are encouraged to visually depict their interpretation of the contest's theme.**



**Lions Clubs must order a Peace Poster Contest kit from the Club Supplies Sales Department at International Headquarters. Available in all 11 official languages, it costs US\$7.95, plus shipping, handling and applicable taxes. Each kit contains everything your club needs to sponsor one school or organized, sponsored youth group. Clubs can sponsor more than one contest in either the same or multiple school(s) and/or youth group(s) by purchasing more than one kit. Clubs will send one poster per each contest sponsored to the next level of judging.**

## Welcome New Lions To District 31-F – July 2006

### **CANDOR**

RICKIE LUC

Sponsor: CLIFFORD HOGAN

### **LAUREL HILL**

CAROL NOY

Sponsor: CHARLES SMITH

MILLIE CRAGG

Sponsor: BRADLEY CRAGG

### **SEVEN LAKES**

CENDA HOOGERLAND

JUDITH SELDOMRIDGE

SAMANTHA SMITH

Sponsor: RAY LAMBERT

### **CHADBOURN**

JULIE WARD

DOREEN BLUE

### **PEMBROKE**

WILLIE FAY SAMPSON

Sponsor: STACY LOCKLEAR

### **HAMLET**

MARGRET WILLIAMS

Sponsor: CHRIS MONROE

### **MASSEY HILL**

RANDALL PAGE

Sponsor: ROBERT HOHL

### **SANFORD**

BRIDGETT MORGAN

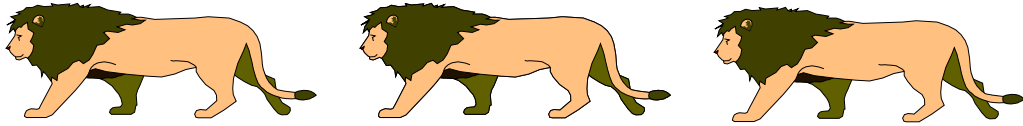
Sponsor: LORI BAKER

## **CAMP DOGWOOD**

**What a fantastic evening was held in Salisbury at the Awards and Installation Banquet on Saturday, August 12. Our District 31F won three Camp Dogwood awards. The William Joyce Award, Group V for \$55.63/Member went to Seven Lakes Lions Club. Highest Dollars for Ticket Sales won by Sanford Lions Club \$3,000 and Seven Lakes Lions Club \$2,225.18. A William Joyce Trophy will be awarded to the Seven Lakes Lions Club. Sanford Lions Club and Seven Lakes Lions Club will have their names on a door in the Wanda Lineberger Dormitory. CONGRATULATIONS TO THESE CLUBS AND ALL THE CLUBS THAT WORKED SO HARD TO RAISE FUNDS TO HELP WITH THE MAINTENANCE, TO BUY FURNITURE AND HELP TO PAY FOR THE NEW DORMITORY.**

**August 5, 2006 in Pinehurst the 2006-2007 Camp Dogwood Raffle Tickets were distributed. If your club has not received your 3 books per member, contact your Zone Chair or me at 910-673-6900 or [rufe2@juno.com](mailto:rufe2@juno.com) . Within five days, Lion Jim Kirkland of Lumberton Lions Club sent me e-mail. He had already bought 3 books, sold another 8 books and distributed 3 books to each Lion. He asked me to get another 50 books of tickets which have already been sent to him!**

**The summer session for VIPs ended August 19. Our Seven Lakes Lions Club visited Camp Dogwood on Monday, August 7. We were able to talk with a lot of the campers. One first time camper I talked with told me to thank the Lions for having such a wonderful camp and that he is already looking forward to coming back next year. Many of the campers who have come for years are so happy to see the good improvements in the Camp since last year. Camp Dogwood is truly the Jewel of North Carolina Lionism-the focal point of our work with the sight and hearing impaired. The inspiration behind Camp Dogwood is the very heartbeat of North Carolina Lionism-touching and changing lives through unselfish service. I will be very happy to visit your club to tell you more!**



## *Don't miss the Lions' Pride Gathering*

### **DISTRICT 31-F'S FALL CONVENTION**

**When: November 3-4**

**Where: Days Inn, Southern Pines**

**How: Registration Deadline – October 23**

**-- Featuring --**

### **Friday Night, November 3**

7 p.m. -- Enjoy a delectable feast of barbecue with all the fixings with entertainment by the renowned **Danny Crouse** – impersonator of Elvis Presley, Waylon Jennings, Johnny Cash, and others followed by Danny's talents as DJ, playing your favorite music. Don't miss this fun-filled evening!

### **Saturday, November 4**

**7:45 a.m.** -- Start the day with a **Tail Twister Breakfast** followed by our rollicking **Auction** – with something for everyone. Tail Twisters in full costume are a sight to see!

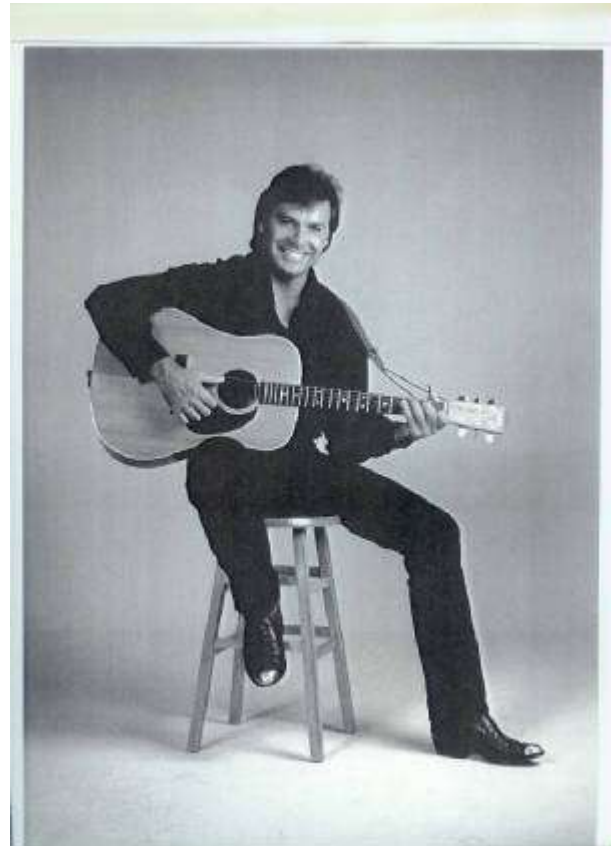
**11 a.m. - 12 noon White Cane Presentation** by Steve Walker, Director of the North Carolina Lions Foundation. Entertaining and informative. Get the answer to that question you've always had!

**1 p.m. – District Governor's Banquet** – Let's fill the den with Lions from around the District and beyond, to share a meal and hear stories from a well-traveled Lion, Past International Director Howard Lee from Surrey, England.

**2:45 p.m. General Membership Meeting** – most importantly come to hear the name announced of the Vice District Governor candidate for 2007-2008

**3 – 4 p.m. Cabinet Meeting** for all Club and District Officers as well as all interested Lions members.

**\*\* Clubs registering eight for the banquet can reserve a table!**



**Put this date on your calendar.**

# DISTRICT 31-F'S FALL CONVENTION REGISTRATION FORM



**When:** November 3<sup>rd</sup> – 4<sup>th</sup>, 2006  
**How:** Mail registration

**Where:** Days Inn, Southern Pines, NC  
**Deadline:** October 23<sup>rd</sup>, 2006



## -Featuring - New Format

### Friday Night, November 3<sup>rd</sup>, 2006

**7:00pm** - Enjoy a delectable **Meal** of roast beef / pulled pork BBQ, beans, slaw, potato salad, hushpuppies, salad, cobbler, coffee, tea followed by **Entertainment** from the renowned **Danny Crouse** – impersonator of Elvis Presley, Waylon Jennings, Johnny Cash, and others etc), followed by Danny's talents as D.J., playing your favorite music. Bring your friends - open to all. Don't miss this fun-filled evening!!

### Saturday, November 4<sup>th</sup>, 2006

**7:45am** - Start the day with a **Tail Twister Breakfast** followed by our rollicking Auction –with something for everyone! Tail Twisters in full costume are a sight to see!

**11:00am** - **White Cane Presentation** - by Steve Walker, Director of NCLF and Jerry Austin, State White Cane Chair, - entertaining and informative. Get the answer to that question you've always wanted to know!

**1:00pm** - **District Governor's Midday Banquet** - Let's fill the "den" with Lions from around the District and beyond, to share a meal and hear stories from a well-traveled Lion, Past International Director, Howard Lee, from Surrey, England, and meet his wife, Lion Claire.

**2:45pm** - **General Membership Meeting** - most importantly, come to hear the name announced of the Vice District Governor Candidate for 2007 – 2008.

**3:00pm - 4:00pm** **Second Cabinet Meeting** - attendance requirement for all Club and District Officers, but all Lions are invited. Learn more about what your District and State are doing.

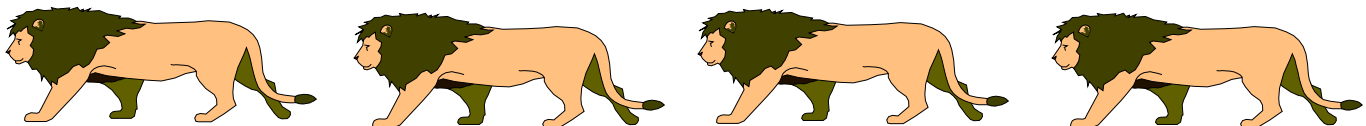
**\*\* Clubs registering in groups of eight (8) for the banquet may reserve a table(s).**

**Make your Room reservations directly with Days Inn at 910-692-8585.  
 \$65.00 per room – Lions special rate – good through October 20, 2006**

| Name of Lion / Guest                                      | Club  | District                                | Honors                  |
|---|---|---|-------------------------|
| 1. _____<br><input type="checkbox"/> Meal & Entertainment | <input type="checkbox"/> Tail Twister Breakfast & Auction | <input type="checkbox"/> Midday Banquet | MJF JSF WWF<br>(circle) |
| 2. _____<br><input type="checkbox"/> Meal & Entertainment | <input type="checkbox"/> Tail Twister Breakfast & Auction | <input type="checkbox"/> Midday Banquet | MJF JSF WWF<br>(circle) |
| 3. _____<br><input type="checkbox"/> Meal & Entertainment | <input type="checkbox"/> Tail Twister Breakfast & Auction | <input type="checkbox"/> Midday Banquet | MJF JSF WWF<br>(circle) |
| 4. _____<br><input type="checkbox"/> Meal & Entertainment | <input type="checkbox"/> Tail Twister Breakfast & Auction | <input type="checkbox"/> Midday Banquet | MJF JSF WWF<br>(circle) |

| Event                            | # Tickets | Price          | Total    |                                       |
|----------------------------------|-----------|----------------|----------|---------------------------------------|
| Meal & Entertainment             | _____     | @ \$14.00 each | \$ _____ | Total Amount Enclosed<br><br>\$ _____ |
| Tail Twister Breakfast & Auction | _____     | @ \$10.00 each | \$ _____ |                                       |
| Midday Banquet                   | _____     | @ \$15.00 each | \$ _____ |                                       |

Make checks payable to "District 31-F" and mail to: Jan Kelly, Cabinet Secretary, 17 Beasley Drive, Pinehurst, NC 28374  
**Call DG Ron Kelly (910-295-4976) or VDG Tommy Brooks (910-276-7125) for more information.**





**International Association of Lions Clubs  
District 31-F**



## 2006 Fall Convention Program ADVERTISEMENT FORM

The District 31-F Fall Convention has a new format this year. The Convention Committee has been working hard to ensure a memorable experience for all. It will be held at the Days Inn in Southern Pines on November 3rd and 4<sup>th</sup>, with the Banquet at noon on Saturday. As always, the District needs your help in securing advertisements for our Convention Program . Each advertisement sold helps to keep the cost of our annual convention low.

**The AD DEADLINE is Monday, OCTOBER 2, 2006**

### PRICES

| <i>Advertising</i>           | <i>Size</i>       | <i>Cost</i>  |
|------------------------------|-------------------|--------------|
| <b>Back Cover (1 only)</b>   | <b>7.5" x 10"</b> | <b>\$150</b> |
| <b>Inside Cover (2 only)</b> | <b>7.5" x 10"</b> | <b>\$100</b> |
| <b>Full Page</b>             | <b>7.5" x 10"</b> | <b>\$75</b>  |
| <b>Lions Clubs Full Page</b> | <b>7.5" x 10"</b> | <b>\$65</b>  |
| <b>1/2 Page</b>              | <b>7.5" x 5"</b>  | <b>\$50</b>  |
| <b>1/4 Page</b>              | <b>3.5" x 5"</b>  | <b>\$35</b>  |
| <b>Individual</b>            | <b>Name Line</b>  | <b>\$5</b>   |

| <i>Sponsorship</i>  |
|---|
| <b>GOLD:</b> (1 only) \$1,000, Full page back cover, group table of 8, with 8 Fri evening & Sat noon tickets, lobby display, publicity as gold sponsor, hang banner in main hall. |
| <b>SILVER:</b> (2 only) \$500. Full page inside cover, group table of 4, with 4 Fri evening & Sat noon tickets, lobby display, publicity as silver sponsor.                       |
| <b>BRONZE:</b> (8 only), \$250, full page, group table of 4, with 4 Fri evening & Sat noon tickets, lobby display.  |

Make payments to "**District 31-F**" and mail to Cabinet Treasurer Bill Koontz, 215 Merion Circle, Pinehurst, NC 28374. Email: Wkoontz5503@aol.com

Please attach a business card or copy of the advertisement to be placed in the program. You can choose to use the same ad that appeared in last year's program. All ads will be printed in black and white.

Date: \_\_\_\_\_ Ad Name: \_\_\_\_\_

Size of Ad: : \_\_\_\_\_ Contact Person: \_\_\_\_\_

Telephone: \_\_\_\_\_ Club Name: \_\_\_\_\_

Sponsorship Type: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

# Health Watch

By Jan Holleman, RN

Are you a “new” diabetic? Are you confused by meal plans, carbs, exchanges, etc.? Are you about to throw up your hands and go back to eating as you always have? YOU NEED HELP! Well, help is out there. Not all doctors or their offices are geared to give the individual help some new diabetics need. They tell you to go a 1800 cal. Or 2200 cal diet, give you a pamphlet, and prescription and say see next month. Now what! You need to find some help for yourself. If you are in the hospital, the Diabetic Educator will come up to see you and work with you on meds, and diet and lifestyle changes. But, suppose you are not in the hospital, where do you get help? Believe it or not, help is out there. This is how you find it.

The phone book----Yellow Pages: Many of the counties in NC have Diabetic Educators working in their County Health Department. They sponsor classes for diabetic on meal planning and lifestyle changes. There are private Nutrition experts available, listed in the Yellow Pages. You can also call your local hospital and ask to speak to their Patient Education Department. At a time like this, most people need a one on one with a “live nurse”! Working out an eating plan that is simple and will work for you is not easy. It will take many weeks of trial and error, figuring out how to work in what you like to eat best (sweets!) into a plan that is simple and easy to follow. This person will help you plan an exercise program, eat-out menu, and general good health plan that will work for you, and also help you with your glucose meter and explain and show you how to care for it and keep an internal record of your blood sugar levels. Once you have “gotten the hang” of figuring out food groups and how to switch them around, you are on the road to good diabetic health.

There are many sites on the inter-net for computer savvy people to get information. I have just reviewed a new one by Abbott Laboratories, [www.DiabetesControlforLife.com](http://www.DiabetesControlforLife.com). This is an excellent site and by joining (free) you get a 24 week Diabetes and Weight Loss Plan with step-by-step support and education. It has free meal plans, recipes, areas to keep track of you blood sugar levels. The American Diabetic Association also has a web site with plenty of information, books and pamphlets and advice. If you have Blue Cross/Blue Shield, that have great support available for the diabetic. ( It costs them less if they can keep you healthy!) So, put your hands back down and let “your fingers do the walking” through the books, phone book and computer keys. Help is just a key stroke away! Also, remember that I am always available to help you find any information that you need.

Now, lets eat!!!!!!!!!!

## **SWEET POTATO, APPLE AND RAISIN CASSEROLE**

*You can prepare this casserole without apples up to the day before. Add apples, toss and bake just prior to serving. Chopped dates or apricots are a nice change of taste.*

*Recipe from **The Best Diabetes Cookbook**, edited by Katherine E. Younker, MBA, RD, CDE,*

*©2002 Robert Rose, Inc and Katherine E. Younker.*

**1 pound sweet potatoes, peeled and cubed**

**1/4 cup honey or maple syrup**

**2 Tbsp margarine, melted**

**2 Tbsp chopped walnuts**

**3/4 tsp ground ginger**

**3/4 tsp ground cinnamon (cinnamon is good for you)**

**1/4 cup raisins**

**3/4 cup sweet apples, peeled and cubed**

Preheat oven to 350°F. Spray a baking dish with nonstick vegetable spray and set aside. Steam or microwave sweet potatoes just until slightly underdone. Drain and place in baking dish. In a small bowl, combine ginger, honey or syrup, cinnamon, margarine, raisins, walnuts and apples; mix well. Pour over sweet potatoes and bake, uncovered, for 20 minutes or until tender. **Makes 6 Servings** *Tip: The darker the skin of the sweet potato, the moister it is. Per Serving: 216 Cal; 6 g Total Fat (1 g Sat Fat); 42 g Carb; 00 mg Cholesterol; 60 mg Sodium; 3 g Fiber; 2 g Protein. Exchanges: 1 Starch; 2 Veg; 1 Other Carb; 1 Fat.*

## District 31-F

**Ron Kelly**  
**District Governor**  
**Pinehurst Lions**  
**17 Beasley Drive**  
**Pinehurst, NC 28374**  
**(910) 295-4976**  
[rfkelly@mindspring.com](mailto:rfkelly@mindspring.com)

Tommy Brooks  
Vice District Governor  
Laurinburg Lions  
1006 W. Scotsdale Road  
Laurinburg, NC 28352  
(910) 276-7125  
[thomas.brooks@pioneer.com](mailto:thomas.brooks@pioneer.com)

### Zone Chairs

Pieter Westerbeek - Sampson  
Dave R. Martin – Lee, Harnett  
Harold Marion - Moore  
Bobby E. Dunn – Montgomery  
Randy Roller – Richmond, Scotland  
Ray Lewis - Cumberland  
Larry Dire – Robeson  
Open – Bladen  
Earl Duncan - Columbus

Jan Kelly  
Secretary  
Pinehurst Lions  
17 Beasley Drive  
Pinehurst, NC 28374  
(910) 295-4976  
[rfkelly@mindspring.com](mailto:rfkelly@mindspring.com)

Bill Koontz  
Treasurer  
215 Merion Circle  
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