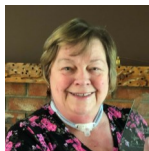




Let's End Diabetes



From the desk of 19-L Diabetes Chair

I ended off last year stating "New Beginnings". Yes, it is a new beginning for all Lions of our newly formed District L. I am happy to announce there are a lot of things going on and hopefully your clubs will be able to join in with some of them. First let me introduce myself:

I joined the Sooke Harbourside Lions in 2004, soon thereafter taking up the position as club secretary, which I held for four years. Holding the position of club president in 2011-2012. I served as Zone Secretary MD19-I-2 2007-2008, serving later as District I Cabinet Secretary 2011-2012 and 2013-2014. I served as Zone Chairperson to MD19-I-2 from 2012-2013 and 1st Vice District Governor 2013-2014, District Governor 2014-2015 and later District Cabinet Secretary in 2020-2021.

At the club level I was Lion of the Year 2007-2008 and held 100% Secretary Three times and hold numerous 100% attendance. I am the recipient of a Melvin Jones Fellowship in 2013 and Judge Brian Stevenson in 2015.

At the District and International Level, I have earned numerous DG Certificates of Appreciation, two International President's Medals of appreciation, one in 2015 from PIP Joe Preston and one in 2021 from PIP Jung Choi. A Zone Chair medal of Excellence in 2013 and a District Governor medal of excellence in 2015. I held the District I, CARE chair position in 2009-2011 And the District Diabetes Chair position since 2014 as well as the Multiple District Diabetes Chair in 2015-2016.

I was instrumental in spearheading the District Playhouse project in 2011, which netted over \$4,500 for Camp Shawnigan a camp for kids with disabilities on Vancouver Island. The annual rubber duck race held by the Sooke Harbourside Lions was spearheaded and began under my direction in 2006 netting over 70 thousand dollars for Diabetes and over 70 thousand dollars for Camperships at Camp Shawnigan since it's beginning.

I am a graduate of Leadership 101, Membership 201, Northwest Lions Leadership Institute and the Guiding Lion Program. This newsletter is for you and your community, share as you like, I will do ten in a Lions calendar year, if there is anything special you would like to read about, drop me an email and I'll research and add it in. [gdalmaine@gmail.com](mailto:galmaine@gmail.com)

INSIDE THIS ISSUE:

Diabetes 101	2
Did you know?	2
Myths about Diabetes	2
Exercise	3
Diabetes GST Project	3
Healthy Eating	4
From the desk of...	4
A thought to ponder	4



MD 19-L Step Challenge



We're about to start a new year of Lions. I am looking forward to another Step Challenge, or Fitness Challenge. I hear there will be many clubs signing up this year!

When do we start? Start walking on **Monday September 4th** record your steps daily and report them each Sunday night (before you go to bed) to your club step coordinator who will compile totals and send to me on the following day (Monday September 11)

When does it end? Last walking day is Sunday April 7/24, Last reporting day to me is **Monday April 8th 2024**. The winner will be announced at the District Governors Convention on Saturday April 13th, 2024.

Clubs/walkers can join at any time during the 30 weeks. Any questions? Send me an email and I'll get back to you as soon as I can.

Diabetes 101



“...uncontrolled diabetes has immediate health consequences ...”

Diabetes is a chronic condition that has no cure. One in 500-600 children have type 1 diabetes. These children require insulin injections daily to survive. Type 2 diabetes in children, which until recently affected primarily adults, has been deemed “an epidemic.”

Uncontrolled diabetes has immediate health consequences, and long-term complications affecting the eyes, vascular system, heart and kidneys. This makes it essential for everyone to be knowledgeable and ready to support healthy management.

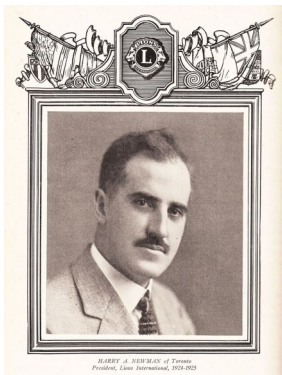
Diabetes results from the body's inability to secrete or produce an adequate amount of a hormone called insulin. Insulin is produced by the beta cells in the pancreas and acts like a “key” that opens up the body's cell “doors” to allow glucose to enter. The foods that we eat, especially carbohydrates, are converted to glucose. Without insulin, the body's cells cannot be nourished because the glucose cannot be used for energy and cell repair.

When this happens, the glucose builds up in the blood stream causing symptoms including: Excessive Thirst, Frequent Urination, Extreme Hunger, Unusual Weight Loss, Blurry Vision, Fatigue and Irritability.

In Type 1 diabetes, pancreatic beta cells have been destroyed by an autoimmune process eliminating the production of insulin forever.

In Type 2 diabetes, which is associated with obesity, the body is not able to use insulin to regulate blood glucose. People could have Type 2 diabetes and not know it. A mildly elevated blood glucose level may not cause a dramatic symptom. Keeping ones weight in a healthy range is the best prevention for Type 2 diabetes.

Gestational diabetes is a type of diabetes that occurs during the second or third trimester of pregnancy. In most cases women with gestational diabetes did not have diabetes before their pregnancy; however after giving birth, the diabetes usually goes away.



HARRY A. NEWMAN of Toronto
President, Lions International, 1924-1925

Did you know?

Mr. Harry A Newman was the first Canadian President of Lions Club International in 1924-1925. It was in this year that Helen Keller challenged Lions Clubs and Lions to become Knights of the Blind. In honor of this PIP Harry's family are pleased to have the Harry A. Newman Diabetes Award offered to all Lions and Leos in good standing in Canada. Check out Lions International for the application or email me.

There were no recipients of this prestigious award last year, lets do something to change that! Contact me for information!

Myths About Diabetes

Myth:

People who follow their treatment plan never have high blood glucose readings.

Fact:

A person with diabetes may experience highs even when diligently following their treatment plan.



Exercise

taken from Diabetes Canada website

Whether or not you have diabetes you would benefit from regular exercise. It is well known that health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels. Regular exercise has special advantages if you have diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood sugar levels.

Exercise is a form of physical activity that is done at enough intensity to improve your fitness. Resistance training, brisk walking, cycling, and jogging are examples of exercise. As exercise is more challenging than just accumulating physical activity through your day, it often needs some planning, a certain level of ability, and a little more effort. The benefits of exercise are greater than that of general physical activity. A brisk walk or resistance training uses more muscles at greater intensity, so more energy is used up. This allows you to control your blood sugar more easily. Over the long term, exercise can result in: improved fitness and body composition; reduced complications of diabetes such as lowered risk of heart disease; improved diabetes, including blood sugar, blood fats, blood pressure; and improved overall fitness and health.

Both aerobic and resistance exercise are important for people living with diabetes. Your goal should be to complete at least 150 minutes of moderate to vigorous intensity aerobic exercise each week (eg. 30 minutes, 5 days a week) You may have to start slowly, with as little as 5 to 10 minutes per day, gradually building up to your goal.



GST Project

Walk 10,000 Steps Today!

To bring DIABETES awareness to the public and promote the “standing up” of our new District L

Pick a date in November, we have chosen November 12th the closest Saturday to November 14th World Diabetes Day, but any day in November (World Diabetes Month) will do. You can do this just as a club or zone or community.

Objectives: Promote Diabetes Awareness, cultivate the habit of Daily walking of 10,000 steps and reinforce the Diabetes Fitness Challenge.

Pick a venue/area: where you will hold your event. Registration and walk times would be up to your committee.

Fee: It is suggested that individual entrants pay \$5.00 each or clubs \$50.00 per club with all monies going to Diabetes Canada or the American Diabetes Association to help send kids to camp.

Have prizes for Individual & Clubs and take pictures for the DG newsletter

Report all hours and \$ under Service Activities in LCI.

Report all Lions steps to your club coordinator to send in to the District L Diabetes Chair.

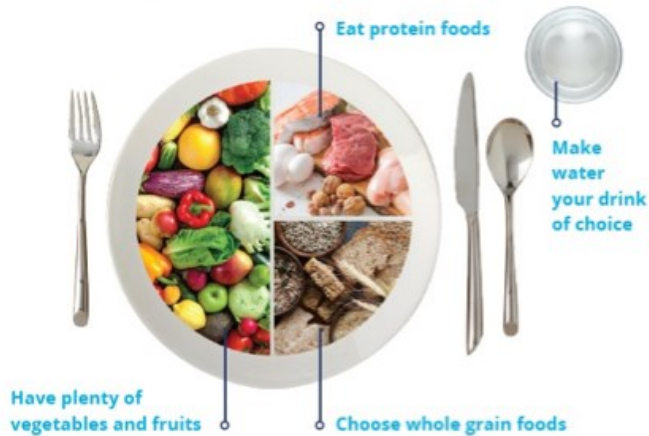
Contact your GST Coordinator for more information

PZC Clara Chow lionclarac@gmail.com

PDG Georgia Medwedrich gdalmaine@gmail.com

Healthy Eating

Eat a variety of healthy foods each day



Everyone, including Diabetics should eat a variety of healthy foods each day. Even if you are taking diabetes medications, all types of diabetes are managed better with healthy eating. Knowing what to eat and how much to eat will help you manage your blood sugar levels. Eat more vegetables. These are very high in nutrients and low in calories. Include lean animal proteins such as fish, chicken, lean meats, low-fat cheese, eggs, dried beans and peas as part of your meal. Select plant oils such as olive and canola, and nuts instead of animal fats and coconut oil. Have yogurt and a piece of fruit to complete your meal. Eat small portions of grains and starches including rice, potato, pasta, cereals, breads and corn.

Your hands can be very useful in estimating the right amount of food to eat. When you are planning a meal, use the following portion sizes as a guide:

Fruits/Grains & Starches: Choose an amount the size of your fist for grains, starches or fruit.

Vegetables: Choose as much as you can hold in both hands. Choose brightly coloured vegetables.

Protein Foods: Choose an amount the size of the palm of your hand and the thickness of your little finger.



Lions Clubs International

A Thought To Ponder



"I don't think this is what your doctor meant by lowering your carbs, honey."

© 2005 Diabetes Health

From the desk of the Diabetes Chair



As the BC Liaison for Diabetes Canada and Lions International, as well as District L's Diabetes Chair, I hope to bring awareness and education to the Lions of District L.

This newsletter is a way of bringing different articles of information to you to keep better informed regarding our fight to end Diabetes. Thanks for reading, if you have any input or comments regarding the newsletter please direct them to me at [gdmaine@gmail.com](mailto:gdamaine@gmail.com)

PDG Georgia Medwedrich

"Stepping up to the plate", "Changing the World"