

# The Roswell Roar

March 2011

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## Meet Your Fellow Roswell Lions

### Terry Chartock

Terry is one of our newest members. She works as a chef and runs her own catering business called Wild Oats Catering that services "all occasions, all the time." You can view her yummy menus at [www.wildoatscatering.com](http://www.wildoatscatering.com). Terry received a degree in journalism from Georgia State University. In addition, to being the mother of two teenage sons (a 15 year old son and 16 year old step-son), she is studying to be a comedian.

Terry was attracted to Lions Club because of eyesight awareness and the nice people our members are. She has been a neighbor of Liz and Tim Dunn since 1990 that sponsored her membership. In her spare time, Terry plays tennis, paints and travels. She is also interested in movies, the arts and nature.

Welcome to our club, Terry.

Her birthday: January 7.

Phone: 770.640.6222

Email: [tchartock@bellsouth.net](mailto:tchartock@bellsouth.net)



### Reverse Raffle Update

You should have received your tickets in the mail from Lion Tim Dunn. Sell, sell, sell! Remember the raffle tickets are \$100 and the companion tickets are \$30. Companion tickets can only be sold with raffle tickets. We also need raffle prizes. Please ask businesses you frequent to donate or you can purchase items. Minimum value is \$25. For more information contact chairman Tim at 678.427.2640.



**We Serve**

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has.”

Margaret Mead

## February Meeting '11

February's meeting focused on Diabetes Awareness. We were honored to have Past District Governor and Diabetes Awareness State Chair Vanessa Stanley speak with us on the importance of diabetes awareness and education. She stressed the need for Lions to educate the community, and especially children, on the importance of good dietary choices.

Diabetes is a chronic disorder and the 7<sup>th</sup> leading cause of death. It goes hand in hand with depression - once diagnosed it requires a life style change. Our club focus has always been eyesight, and diabetes and diabetic retinopathy go together. The scope of victims has reached 246 million people.

PDG Vanessa, a diabetic herself, reminded us that we already are supporting a program for those with diabetes by supporting the Camp for the Blind. They have a program for diabetes. She encouraged us to consider adding diabetic screening to our health screening events.

Our Diabetes Chair Carole Bethel will keep us up to date on upcoming awareness events.



**Next Meeting: Monday, March 21, 2011**

7 PM at the Holiday Inn

March comes in like a lion!

Be ready for the Tail Twister!





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### Lions' March Birthdays

3/1 Larry Zacharchuk

3/13 Phil Farias



## Opportunities to Serve

### Roswell Day of Hope

Volunteers are needed Saturday, April 16<sup>th</sup>, from noon to 5PM, to help with vision screening. The Roswell Day of Hope is held in the area around City Hall. A large turnout is expected. Please sign up to help at our March 21st meeting.

### White Cane Day

Volunteers are needed to stand at the usual locations (Wal-Mart, Kroger) with our white collection canes on Saturday, April 23rd. Please sign up at our March meeting. For more information contact Lion Millard Berman at [Millard.Berman@VerizonWireless.com](mailto:Millard.Berman@VerizonWireless.com).

### North Fulton Charities Easter Baskets

Help a local family celebrate the blessings of Easter by providing Easter baskets for children 12 and under. NFCC plans to provide 900 baskets this year and need completed baskets, the contents or a \$25 donation for one complete basket by April 14<sup>th</sup>. Donations can be brought during regular hours at the food pantry side of the building. Financial donations can be mailed to NFCC, Attention Lauri Szabela. For more information contact Eden Purdy at 770.640.0399 x 208 or visit <http://nfcchelp.org/easter>.

## Places to Go, Things to Do

### March 17 - Roswell Lions Night at Your Pie – Raise \$ By Eating!

Express Your Inner Pizza with the folks at Your Pie. Mention the Roswell Lions and they will contribute 10% of the proceeds to Eyesight Roswell. In addition to custom pizza pies, they have salads, calzones, Paninis, gelato and sorbets. Bring your friends!



### March 19 – 15<sup>th</sup> Annual Dash for Diabetes – See Below

### April 1 – Lions Golf Outing

Join us at Bradshaw Farms at 1:00 p.m. Lion Hammen announced the need for more golfers at \$500 a foursome or \$150 per golfer. <http://www.bradshawfarmgc.com/>



## Diabetes Den

From Chair Carole Bethel

### Diabetes Expo

On April 9, 2011 from 9am-4pm, The ADA Expo, sponsored by the American Diabetes Association, will be held at the Georgia World Congress Center. This is a wonderful learning opportunity for those with diabetes or those who have family or friends with diabetes. This power packed day will include health screenings, cooking demonstrations, product and service exhibitors and workshops with leading experts talking about diabetes management and prevention. The Atlanta Metro Lion's Club will be there, doing vision screenings. Admission is free. Learn how to live healthy, be active and change the future of diabetes.

For more information contact Carole Bethel at 770-643-1506, or call 1-888-DIABETES, ext.3166. You can also log on to [WWW.DIABETES.ORG/EXPOATLANTA](http://WWW.DIABETES.ORG/EXPOATLANTA).

### Free Test for Diabetes

Nearly 3 out of 4 Americans age 65 and older have diabetes or pre-diabetes, but many do not know it. If you are 65 or older, next time you see your health care provider, ask about a free test for diabetes, covered by Medicare.

### Coming Up

Coming up in May is ADA's annual motorcycle fundraiser, and a Tour de Cure for cycling enthusiasts. Stay tuned for more information.

### March 19 – 15<sup>th</sup> Annual Dash for Diabetes – Run or Come for the Fun!

The race starts at Hurt Park in downtown ATL (near GSU) at 9 AM. Whether you want to run (5K) or walk (1 mile), register online at [www.diabetesatlanta.org](http://www.diabetesatlanta.org) or mail a \$20 check and registration to ADA. For more information call Carole Bethel at 770-643-1506. Route travels past the Capitol and Historic Oakland Cemetery.

### Look Who Went to the District 18-A Convention!

