

The Roswell Roar

August-October 2011

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Meet a Fellow Lion – Doris Westbrook



Doris is no stranger to work or volunteer work. She's been a resident of Roswell since 1958, when she moved here from Buckhead. Doris joined our club in 1987 when she was invited by former president Lion Joe Corder to be the first female Lion. She wasn't the first, as another club beat our club, but she's number 1 to us! She says that she's enjoyed being a Lion and seeing more women join the club.

Doris has had an interesting work career. After college, she taught high school for a few years and then moved to Georgia Power for several years. After divorcing, she worked the Eastern Airline ticket counter, and later as an assistant to the station manager. Doris remarried her husband, went back to school at GSU and divorced her husband again. After several years working as Financial Officer for the now GA Perimeter College, she retired a Dean of Students for the Technical Division in 1986.

Doris has a generous heart and gives herself to the community in many ways. In addition to being an active member of the club, e.g. serving as club secretary for many years, she is an active member of the Roswell United Methodist Church. She has taught defensive driving, volunteered with AARP & the IRS with the Taxaide program for 27 years, delivers baked goods to NFCC, drives friends to doctors' appointments, and knits lap blankets for wheelchair bound residents of assisted living facilities.

Doris has two sons, one from each marriage. She says that she and her husband used to tease the boys that they were "half brothers with the same mother and father!" Doris also has 1 granddaughter and 1 great granddaughter.

Email: agtfan@charter.net
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Birthday: September 19



We Serve

“Only a life
lived for others
is a life
worthwhile.”

Albert Einstein

Roswell Green Expo

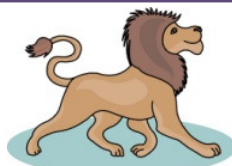
The Roswell Lions Club was an exhibitor at the 1st annual Roswell Green Expo on Saturday, October 15 from 10:00 am - 2:00 pm at the Hembree Park Gym. Exhibitors at the Expo focused on products and services that are eco-friendly.

We put together a display featuring the program Lions Recycle for Sight. It was a good opportunity to get information out into the community about where they can go to drop off used eyeglasses, sunglasses, reading glasses and contacts. It was also an opportunity to get more information out into the community about the activities that the Roswell Lions Club participates in, especially our Eyesight Roswell Program. Also, we are always looking for new members and hope we made an impact on a few people. Cheryl Henleben, Mike Henleben, Tim Dunn, Jeff Hammen, and Diane French worked with this event.



APPLE SALE! APPLE SALE!
Orders due to Doris Westbrook
no later than October 10!

Delivery October 25



Next Meeting:
Monday, November 20, 2011
@ Holiday Inn 7:00 PM

Speaker: Commander Bill Mithu VFW Post in Roswell



Lions' Birthdays

August-October

8/15 Chris Wong
8/22 Troy Holman
8/22 Virginia Robinson
8/24 Robbie Robinson
8/25 Folly Teko-
Ahatefou
9/6 Cheryl Henleben
9/10 Milt Brand
9/16 Doris Westbrook
9/30 Frances Parsons
10/1 Ross Thomas
10/3 Julie Fazlollah
10/6 Vince Kartley
10/9 Tom Phillips
10/26 Linda Spudic
10/27 Earl Ake



We Can Serve

Roswell Alive After Five

The last Alive After Five is Thursday, October 20. Volunteers are needed to man our table. Contact Cheryl Henleben 678-591-8675 or at henlebennc@aol.com.

Thursday, October 20, Alive After 5: Providing information on the Christmas Tree Lot & Selling Lions Camp for the Blind \$1 Raffle Tickets

4:30 - 9:00 - Cheryl Henleben (set-up/breakdown)
4:30 - 7:00 - Jonathan Crooks
5:30 - 7:30 - Linda Spudic
6:00 - 7:30 - Diane French
6:00 - 8:00 - Jeff Hammen
6:00 - 9:00 - Mike Henleben
8:00 - 9:00 - Phil Farias

Reader Donated

Our club donated a reader machine to a local assisted living center last month. The donation was set up by Lion Doris Westbrook and delivered by Lion President Tim Dunn.

Tree Lot

Starting **November 25** we will need help at the Christmas tree lot. Sign-up will begin at the October meeting so check your November/December schedule to see when you can help! This is one of the major fundraiser's for our Club!

Georgia Ensemble Theatre Tickets

Our next super deal theater offering is for **Glimpse of the Moon, Tuesday, November 1 at 7:30 PM**. Jonathan Crooks has tickets for this show. He will also be working with the group MeetUpOver35 to offer them tickets at the \$10 Lions Club price with all profits going to the Lions Club. Get your GET tickets soon. It was a great success last time and is sure to be one again.

Events from Other Clubs

Atlanta Metro Lions Club Food Tasting: Sunday, October 23 at St. Paul AMR Church, 3-5 pm

Alpharetta Lions Wine Taste Gala: Monday, October 24, 6-10 PM

\$50 pp - Dinner, Wine Pairings, Entertainment, Live Auction, Silent Auction, "Wine Wall"; Held at Dal Cuore Restaurant; contact Lion Bill Staley 404.290.4414 stabil@comcast.net Help support our neighboring Lions!



Not Sure When the Next Meeting is?

Log on to the Roswell Lions Calendar at <http://roswellions.org/events.htm>

Diabetes Den

From Chair Carole Bethel

“PRE-DIABETES”—A Serious Condition

What Is Pre-Diabetes?

Pre-diabetes, a new word coined by American Diabetes Association and National Institutes of Diabetes, Digestive and Kidney Diseases, is the state that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes. Having pre-diabetes does not mean you will definitely develop type 2 diabetes, but it does mean you have a higher likelihood than others of developing this disease, and your risk for heart disease significantly increases.

How to Check For Pre-Diabetes

There are two tests that doctors can use to detect it. Both require a person to fast overnight:

Fasting Blood Glucose Test (FBG) A person's blood glucose is measured first thing in the morning before eating.

Oral Glucose Tolerance Test (OGTT) A person's blood glucose is tested fasting, as above, then again two hours after drinking a glucose-containing solution (a drink high in sugar).

Either test is appropriate to measure pre-diabetes and the decision is at the discretion of the health care provider.

What Can You Do

If you went to learn whether you may have pre-diabetes, see your health care provider and request a screening test.

If you have pre-diabetes, you can and should do something about it! Intervening early can actually *turn back the clock* and return elevated blood glucose levels to the normal range, or keep you from progressing on to diabetes.

For further information about pre-diabetes contact Lion Carole Bethel, Diabetes Awareness Chairman, Roswell Lions Club.

Save the Date: On November 12, 2011, the 18th Annual Diabetes University will be held at Americas Mart (Apparel Mart) from 8:30 – 3:30. Information on registration and classes to come later. Mark it on your calendar.