Presidents Message
The Passing of the Torch

Thanks for Your Support!

As my term as president of the Lion’s Sight and Hearing Foundation comes to an end on June 30th, I wish to thank every Lion in Arizona for all the support you have given me.

This is a job you can’t do alone. I especially thank Joan Williamson, the office manager at LSHF. She is a joy to work with and woman of great knowledge of the workings of the Lions Organization. Joan, thanks so much!

One of my goals for the last year was to enlarge and strengthen the LSHF board. Mission accomplished. We have loads of talent on our board. Talent we’ll call on going forward. Thank you, Board!

By the time you read this, the state convention will be behind us. You should have voted to merge the Lions Vision Center into the Lion’s Sight and Hearing Foundation. Many people, Lions and “civilians” alike have been confused by having two Lion’s entities overlapping. Problem cured!

The Lion’s Vision Center has a strong leader in Jeannette Russell, and a strong board. The cooperation has been great during the merger discussions and I know it will continue.

Finally, I want to pass the torch to your new Lion’s Sight and Hearing president, Lion Karen Pryce. Karen and I have worked on the board together for many years. I can tell you now she will be a great president.

Be sure and check out the article about Karen in another section of this newsletter.

Thanks again,

Lion Jim "Doc" Sterenberg

Bad Dog

A dog ran into a butcher shop and stole a prime cut of meat. The butcher caught up with the thieving pooch on the street and noticed that the dog was wearing a nice collar and tags. The butcher walked the dog back to its owner who just happened to be a lawyer with an office on a nearby street.

"Tell me something,” the butcher asked the lawyer. “If a dog steals a roast from my store, can I demand compensation from its owner?”

“Certainly,” the lawyer replied.

“In that case,” the butcher said, “you owe me $15. Your dog ate my best roast.”

“That’s only fair,” the attorney said as he wrote out a check to the butcher.

“Why, thank you!” The butcher was gleeful at having triumphed so effortlessly. He left the lawyer’s office and went back to his shop.

His mood quickly soured when the lawyer dropped off a letter for the butcher that evening. It contained an invoice for a $150 consultation fee.
Meet Our Incoming President

Lion Karen has served on the board of Lions Sight and Hearing for many years and is the LERC (Lions Eyeglass Recycling Center) chairman. She has received 4 Lion Club International Certificates of Appreciation and has been Lion of the Year for Phoenix Metro Lions three times.

Karen has been a member of the Phoenix Metro Lions Club for 12 years and has been very involved with the club. She has served as Treasurer, Secretary and President as well as being very involved with the Pathway to Reading Project and the Reading Buddies Program. She also served as 21 A Cabinet Secretary and Treasurer for the 2016-2017 Lionistic year.

Karen lives in Gilbert, Arizona and has been married to her husband 1st VDGE David for 50 years. They have two grown children Steve (Joan) and Marcia (Rich). They also have been blessed with three grandchildren, Matt who is 20; Kiera is 18 and Michael 12. They have a dog and a cat; (Oscar and Charlie). Both Karen and Dave love to travel and try to explore new places whenever possible.

Karen is looking forward to the new challenges that await her and the excellent board in the coming year.

Editors Note – Karen Pryce has sorted literally hundreds of thousands of pairs of donated eyeglasses. Her diligence has helped the sight of thousands of people. We are so lucky to have her!

7 Tips for Managing Diabetes

1. **Remain Calm** and don’t get overwhelmed. Listen to what your doctor has to say, realize the changes you’ll have to make in your life, and continue on with what you want to do with your life.

2. **Pay Attention** and Listen to Your Body. This includes how your body responds to food, exercise, and other factors that can affect your blood sugar level.

3. **Exercise** and Get Moving. Exercise becomes that much more important for those with diabetes.

4. **Enjoy Yourself** and by enjoying SMALL indulgences. Think small portions.

5. **Make it Part of Your Routine**

   Every day, we all wake up, brush our teeth, shower, and perform other parts of our daily routine. That’s how caring for your diabetes should be — part of the routine.

6. **Have a Sense of Humor** and don’t be ashamed of your diabetes. Instead of walking around feeling down, use humor when the subject of diabetes comes up.

7. **Face Your Fears** - You gotta face the fear of something new in your life. You have to to confront his fear to live. So do it!

The bottom line

Once you work diabetes management into your routine, there’s no excuse for not doing everything else you want to do. Enjoy your life. No one is going to do that for you.

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Video Feature

This is a new feature in our newsletter. Here is a clickable link to “Do Not Ignore These 10 Early Symptoms of Diabetes”. [Click to Watch](#)

10 of the most common early signs of diabetes that will help you spot the disease in time. The first symptoms can be so subtle that some people might brush them off as insignificant.
THANK YOU FOR YOUR DONATIONS!

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Your donations to Lions Sight and Hearing Foundation are greatly appreciated! They allow us to serve those in need in Arizona and fulfill our mission!
Nutrition

Tweak Your Diet

Healthy eating and improving nutrition can be intimidating concepts to many people, simply due to the level of confusion over calories, fat and other issues. However, there are some pieces of advice on which almost all nutritionists agree.

Many people are under the mistaken belief that all kinds of fat are bad for them, but the truth is that the likes of polyunsaturated and monounsaturated fats, otherwise known as omega-3 fatty acids, are the exact opposite, capable of helping with good heart health and reducing inflammation. These fats can be incorporated into snacks and meals with foods such as nuts, avocados, vegetable oils such as canola and olive, and fish such as salmon.

Many people still do not get enough fiber in their diet, and the best way to correct this is to consume the likes of fruits, vegetables and whole grains. Rather than taking away other food stuffs, it is often simpler just to think about what to add to your diet, as adding fruit and vegetables is only ever going to be a good thing for your health.

Increase Your ‘Tech’ IQ

Technology and Overseas Travel

Moving overseas or even just for a holiday can be an eye-opening adventure that you will never forget, but it is important to make sure that your mobile handheld devices and computers will still work when you take them abroad.

Making certain you will be able to charge electronic devices is the number one priority. Many people heading overseas think they will need a voltage convertor, which is very expensive, to charge up their devices but the great majority of laptop computers, cell phones, camera battery chargers and tablets are actually already dual voltage and will work on 110 volts (in Canada or the United States) and 220 volts (Europe and most other countries) and on electric frequencies that range between 50 and 60 Hertz. It is important to make sure your device is dual voltage, as you could damage it otherwise, so check the tiny note that will be written on the bottom side of the device. In the event it is dual voltage, all you will need to have is a plug adaptor.

Unless you have a plan that specifically allows for use overseas, it can often be cheaper to buy a European SIM card, so you can text, talk and browse, as they will be a lot cheaper than continuing to use a local carrier overseas.

The Whats APP for your phone will allow you to text and video chat from anywhere in the world.