

Northstar Lions News

Volume 2.

November, 2009

Fellow Lions

Birthday's

Happy Belated
Birthday

Lion Jerry Lyman!

10-18

Christi Hauptert

11-11

- Please E-Mail Lion Christi your birthday's!
- Hach11@yahoo.com

Volunteer Hours
(Please remember to turn your volunteer hours in!)

We Serve!

Managing Diabetes: It's Not Easy, But It's Worth It

Health Care Professionals who treat those with diabetes know that it is not easy to manage the disease, but it's worth it. The UKPDS Follow-Up Study found that people with type 2 diabetes who kept their blood glucose targets as close to normal as possible starting in the early years after diagnosis reduced complications years later. Compared to those in the study with less well-controlled glucose, participants who had blood glucose control as close to normal as possible during the trial not only had reduced eye, nerve, and kidney disease during the trial but also had a lower risk of heart disease and stroke a decade later.

They had a continued reduction in eye, nerve and kidney disease a decade after the trial ended. This "legacy effect" indicates that the benefits of blood glucose control that is as close to normal as possible in the

early years after diagnosis can lead to a lasting impact on health risks over a long period of time. People with diabetes know that managing the day-to-day activities of diabetes can be hard. But it is important to remind them that keeping their blood glucose as close to normal as is safe for them can reduce their chance of serious health problems. It is worth the effort. Encourage people with diabetes to set a goal for managing their diabetes and choose something that is important to them and that they believe they can do. Help them make a plan by choosing the small steps they will take to accomplish the goal. People managing their diabetes should ask others for help with their plan.

For more information on managing diabetes, order a free copy of *4 Steps to Control Your Diabetes. For Life.* from the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

Lions Diabetes Awareness Month

November 14th is World Diabetes Day

Twitter page

Thank you.

John Leggate Benefit

We want to thank all the Lions and Lioness for all their generous donations of time, bake goods and silent auction items. Your friendship, prayers and support has meant a lot to our father and family since he was diagnosed with cancer. The benefit would not have been such a great success with out all of you!

Thank you so much again!!!
The John Leggate Family

Hi all fellow lions!

This is the Second edition of our newsletter so bear with me. (page 3 contains the calendar) The December Newsletter and Calendar will be out in your e-mails on 12/1/09 if you would like any information in the newsletter get it to me by 11/29/09. Check your e-mails on the first of each month for your newsletters/Calendars. Or pick one up at the board meeting.

Lion Christi



Mark your Calendar for these upcoming Northstar events:

January 15th, 16th & 17th Mid-Winter Convention

May 21st & 22nd Citywide Garage Sale

- At the November 4th board meeting we will be discussing Salvation Army Bell Ringing dates, So get your warm clothes ready!
- If you have ideas for the Christmas party come to the board meetings and share your idea's!
- Idea's for our hospitality suite at the mid-winter convention are needed!

5m7 News

Mark your calendars! On January 15-17, 2010 we will be having our annual Mid-Winter Convention at the Marriott Hotel in Bloomington. This year the Convention Committee has made some changes to the Friday night program.

The Flag Ceremony will be different than we have seen in the past.

I have asked that we concentrate more on the Memorial Service because that is a very important part of the program.

The Business Meeting will be Saturday morning. We will have seminars on Saturday afternoon that will be unforgettable.

DG Clay O'Flanagan

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i> Waffle Break- fast	<i>2</i>	<i>3</i>	<i>4</i> Board Mtg. 7:00	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i> Dinner Mtg, 7:00	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i> Happy Thanks- giving	<i>27</i>	<i>28</i>
<i>29</i> Waffle Break- fast	<i>30</i>					