



Please share with your Leos and Lions interested in learning more about the Leo Club Program. If your Leo Club is school-based, the Leo Advisory Council would be happy to speak to principals or faculty advisors to better explain the Leo Forum or answer questions. For more information please contact: [info@leosforum.org](mailto:info@leosforum.org).



MD Leo Chair Ramona Sago



## **Spring into Service – PCC Cindy Glass, District Global Service Coordinator**

Now that we are all so anxious to spend some time outdoors, it's a great time for our clubs to plan some Environmental projects for our communities. Keep your club's service going with some small things – 2 or 3 members can accomplish small projects in order to get some momentum going after inactivity. Also consider partnering with another community group, Scouts and other youth groups especially, to accomplish bigger projects. Here are a few easy suggestions:

Adopt-a-Highway

Plant trees

Plant a flower garden at a community gathering area

Take part in a community vegetable garden

Clean the yard of elderly residents in the community

Host a clean up along a river or stream

Construct bird feeders for a senior home or school

Recycle plastic shopping bags, ink cartridges, books, and phones

Clean up a community center

Don't forget to invite a few non-Lion friends or family members to help with whatever service project you undertake. Who knows what may happen? And please report your service in MyLCI!



## What's Happening In The District

### Adamston Lions Club

On 5/1/21 Lion Patti Hamrick, Paul Hamrick, and Wayne Worth scrubbed and cleaned the "Welcome to Clarksburg" wall. We also want to give a special thanks to the Clarksburg Fire Department for their help rinsing the wall.



April 2021

#### NEW MEMBER

Aimee J. Comer  
Susan E. Alkire  
Logan P. Pfaff  
Gordon McAlister  
Robert G. Gatto  
Sheila Devilder  
Wanda Rogers

#### LIONS CLUB

Clarksburg  
Fort Ashby  
Fort Ashby  
Moorefield  
Mountain  
Parsons  
Romney

#### SPONSOR

Brock Malcolm  
Renee Douthitt  
Linda Laird  
Donald Baker  
John Adams  
Tom Felton  
Paul Rogers



#### DECEASED MEMBER

Clarence L. Hazelett  
Willard H. McWhorter  
Douglas Widmyer  
Richard A. Himes

#### LIONS CLUB

Elkins  
Jane Lew  
Martinsburg  
West Milford

## **Food and Diabetes**

Many of you may not know this, but I grew up as a PK (Preacher's Kid) and one thing that minister's families love to do is eat. Growing up in churches, I attended many potlucks which I grew to love. There was always a vast array of food to choose from, however looking back, if you wanted to eat healthily you had to become creative with what you chose. When one is diagnosed with diabetes, many believe that attending these potlucks have to cease all together because their food choices will be greatly restricted. However, with a few modifications, there is a vast food variety that both Type One and Type Two diabetics can enjoy. In this article I will be talking about the effects of food and diabetes. It is important to keep in mind that the information about carbohydrates and food that I will be sharing in this article will be geared toward mostly pre-type two diabetics/type two diabetes since their disease is metabolic and watching what they eat can prevent or reverse their disease. However, even though Type One is autoimmune and is not preventable, these eating habits can be beneficial to managing their disease as well. In reality, these healthy eating habits that I will discuss can help everyone including non-diabetics. I will then provide you with two of my favorite diabetic friendly recipes. After this, I will then talk about my visit with District Governor Mason to Rowlesburg Lions Club to honor the second place winner of the district diabetes awareness pin contest and briefly mention another fundraiser that will be starting in May before concluding about speaking at the Multiple District 29 Virtual Conference.

As you have heard me say before, anything can affect blood sugar whether it is stress, weather, temperature, but especially food. The type of carbohydrates (carbs) and when you eat can affect blood sugar greatly. First of all, the type of carbs that one with diabetes should eat are complex carbohydrates. When eaten, complex carbs turn into glucose and are either automatically used as energy for the cells or stored in the liver to be used at a later time. If the liver has enough carbs and the body does not need them for energy at that time, it is stored as fat. Due to a long structure, complex carbohydrates take a longer time for the body to process, thus giving the body energy for a long period of time and making a steady and slow raise (if any) in blood sugar. However, because sugar still rises with complex carbs a diabetic needs to watch the amount they eat since over eating will cause higher blood sugars to collect in the blood, thus potentially causing ketones to develop. Complex Carbohydrates are found in such foods as peas, beans, whole grains, and many vegetables. However, there is one exception, white potatoes. Instead of white potatoes, sweet potatoes would be a better choice. A general rule is to stay away from anything that is white: Flour, Sugar, Potatoes. Milk is another white product that one has to watch out for since lactose (the disaccharide) is a sugar that occurs in milk. Not to mention that some brands of milk add sugar within the milk to assist with flavoring, but this will be listed on the label. Many think that fruit juices are a good choice because the container states that it is all natural, however when one looks at the ingredients label of most of these juices, one will notice that there are large amounts of sugar that are dumped into many of these products in addition to the natural sugars that occur in the fruit. For example, a gallon of orange juice roughly contains thirty-six oranges, an eight ounce glass of orange juice contains roughly four oranges. So in this one cup of orange juice we are up to 48 carbohydrates in one glass. If sugar is added to this, like many companies do, this one glass of orange juice can easily be close to or over 100 carbs which can wreak havoc on a diabetics body. A great way to remember how to eat healthy is the following:

1. Avoid all white stuff (Flour, Sugar, Potato, and Dairy).
2. Eat lots of Leafy Greens and a variety of other vegetables.
3. Eat fruit in moderation (The juicier/riper the fruit, the higher the carbs)
4. Eat natural, organic/grass fed (if you can find it/afford it) meats, free range eggs, and wild caught fish/seafood.

With these healthy eating rules, it does not mean that you should be denied a sweet treat every now and then. With creative choices of flours and sweeteners one can adapt their favorite dessert recipes into a low carb recipe. Instead of using sugar, honey, pure maple syrup, and unsweetened applesauce are good substitutes. There are also great substitutes for white self rising flour. For example, in our house, when cooking pancakes, instead of using white flour we use almond or coconut flour. Using these types of flour for baking gets a little getting used to, but once you perfect using it these types are excellent substitutes. Attached to this article I have included a great healthy dinner recipe that is versatile called Chicken Power Bowl. I have also included a favorite sweet that my daughter loves called: Regan's Fat Bombs.

### **Regan's Fat Bombs**

#### **Ingredients:**

- ½ c coconut oil, melted
- ½ c cacao powder (we use Hershey's)
- ½ c of peanut butter-We use Smuckers all natural (Almond Butter is a great substitute)
- Melted Chocolate (Dark or Milk Chocolate)

#### **Instructions:**

- Melt the coconut oil and whisk in the cacao and peanut butter until no lumps remain. Roll 1 Tablespoon into a ball and put them on a parchment paper covered cookie sheet. You can also spoon 1 tablespoon of the mixture each into Silicone Candy Molds. You need to work fast with this step as they can melt easily depending on the room temperature.
- Refrigerate or freeze until hard.
- Once hard, take them out of the freezer and quickly dip each ball into melted chocolate and then put back into the refrigerator or freezer.
- Once hard they are ready to enjoy. Store in a sealed container in the refrigerator or freezer.

**Nutrition Information: Yields 30 servings/ Amount per Serving-1 Fat Bomb:** 41 calories, 4g fat, 3.3g saturated fat, 0mg cholesterol, 1mg sodium, **1.1g Carbohydrates**, 0.5g fiber, 0.6g, sugar, 0.5g protein.

On April 13, 2021, District Governor John and I traveled to the Rowlesburg Lions Club to present the second place finisher of the District 29I "Design a Pin for Diabetes Awareness" Contest with a certificate, winning pin, and a fifty dollar check. It was a pleasure getting to know our second place finisher, Noah Humphrey, and his family as well as meeting Lion Kevin and the rest of the Rowlesburg Lions Club. DG John and I will be traveling to honor the other finishers in the near future.



Please remember that the winning pin is currently being sold for \$4.00 per pin with the proceeds going to such things as supporting diabetic children across the district to attend diabetes camp, help diabetics in need obtain diabetic supplies, and promoting awareness through diabetes educational events. If you are interested in purchasing pins or would like to order more, visit the clickable link: <https://forms.gle/NaMcYASyKop9fupw8> and fill out the order form. Information concerning who to make out checks to and where to send them as well as money can be found on this clickable form.

During the months of May and June another fundraiser will be promoted to raise money for diabetes awareness that will get you outside and active. During the month of May and June we will have a virtual benefit walk/run to promote diabetes awareness throughout District 29I. The entry form is attached to this newsletter and can be printed. Participants will go out and gain sponsors to donate money per mile throughout the month of May. Then between June 1-15 participants will walk or run and record their mileage. At the end of this time, on June 15, participants will then collect the money from their donors. All money and forms will be due to me by June 22. Send all money and checks to the address indicated on the entry form. If you have any running or walking enthusiasts in your family or friends, please share this great philanthropist opportunity with them. In addition, feel free to share this fundraiser with local businesses or on social media. The more people that know and participate, the better.

Lastly, on April 24, 2021, I had the pleasure of presenting at the Multiple District 29 Virtual Conference. I hope that all of you that attended enjoyed the presentation and were able to learn about an aspect of diabetes that you never knew. Furthermore, I want to extend a thank you to those that have congratulated me on receiving the International President's Award. It was and still is a shock to have received such an award. I am truly honored and humbled to have received this prestigious award for doing what I love; promoting diabetes awareness in order to educate the public about this terrible disease that affects millions.



Lion Brendan

Diabetes Chairperson District 29I

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# CHICKEN POWER BOWL

## THAI STYLE INGREDIENTS

### *Base:*

- 4 cups brown rice & quinoa blend, cooked

### *Chicken:*

- 1/4 cup chicken stock
- 1 tablespoon minced garlic
- 1 tablespoon brown sugar
- 1 tablespoon freshly squeezed lime juice
- 1 pound (454g) boneless, skinless chicken breast, cut into 1-inch chunks
- 2 tablespoons olive oil or sesame oil

### *Toppings:*

- 1 cup cup soy beans, shelled
- 1 cup shredded purple cabbage
- 2 avocados, sliced
- 1 cup carrots, shredded
- 1 red bell pepper sliced
- 1/2 cup red onion, thinly sliced
- 1/4 cup sesame seeds (*optional*)
- 1/2 cup peanuts, diced
- 1/4 cup minced cilantro

### *Peanut Sauce:*

- 1 1/2 tablespoons creamy peanut butter
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon brown sugar
- 2 teaspoons sambal oelek, optional



TOTAL TIME: 30 MINUTES  
YIELDS: 4 SERVINGS

## DIRECTIONS

1. In a large bowl, mix together chicken stock, garlic, 1 tablespoon brown sugar and 1 tablespoon lime juice. Once ingredients are mixed well, add in chunks of chicken breast. Let marinade for a few minutes.
2. Prepare all of the ingredients for toppings.
3. In a large saute pan, on medium heat add in olive oil. Pour chicken and marinade and cook for about 10-12 minutes or until chicken has reached the internal temperature of 165 degrees farenheight. Take off the heat.
4. While chicken is cooking, make the peanut sauce. In a medium bowl, whisk together peanut butter, 2 tablespoons lime juice, soy sauce, 1 tablespoon brown sugar and sambal.
5. Now it's time to prepare your power bowls. Place 1 cup of rice & quinoa mixture at the bottom of 4 bowls. Top with chicken, soy beans, cabbage, avocados, carrots, and red onions, divided evenly between bowls. Sprinkle peanuts, sesame seeds, and cilantro on each bowl. Drizzle peanut sauce on top. Enjoy!