



Biloxi Lions Club

Lions Roar



Founded February 18, 1924

<http://biloxilionsclub.org>
www.facebook.com/BiloxiLions

November 3, 2021



Avery McKinley Pins

Many thanks to everyone that contributed to Avery McKinley! These are the Lions that received their pin today.

Pageants and Ads

The pageant committee met yesterday. We have two needs right now, and they are both equally important. We cannot have a pageant without contestants, so please get the word out to possible contestants. Contestant applications are on our web site. And, we cannot have a pageant without resources, i.e., funds. Please start selling ads. We will not have a printed program book as we have had in previous years. We will be projecting sponsors information (business cards, logos, what ever they provide) on a continuous loop during the pageant. There is an ad form at the end of the ROAR that you can use to sell ads.

Scout Coupe

Biloxi's 1st Friday is coming up and we will be selling tickets there. Please help out if you can.

District 30-S Mid-Winter Convention

This year, the Mid-Winter Convention will be on our door step at Gulf Hills. It will be held on January 21-22. There will be more information to follow.

Eye Screening

Our first eye screening will be held at the Ohr-O'Keefe Museum of Art on Saturday, November 13 from 11 – 5 PM. There is a sign-up sheet with 2 hour shifts available. Please sign up!

Campaign 100

While we have not talked about this project in a long time, Campaign 100 is still active. This is a fund raiser by Lions Clubs International to raise money to support: vision, youth, disaster relief, humanitarian efforts, diabetes, childhood cancer, hunger, and environment protection.

Meetings are noon every Wednesday at the Maritime and Seafood History Museum

Guest Speaker

Our guest speaker was Stephen Farrow, Executive Director of the National Diabetes & Obesity Research Institute.

In relation to health, prevention is easier than fighting or curing a disease. But this takes resources. From your discussions earlier in this meeting I saw that you are doing eye screenings (prevention) as well as doing fundraising activities!

There are three things that I keep track of: global prevalence of obesity, diabetes, and COVID mortality. When mapped out, everywhere you find obesity you will find diabetes. And everywhere you find obesity and diabetes you will find COVID mortality.

Unfortunately, Mississippi has a high number of people that are obese and have diabetes. We believe that one reason might be a lack of access to fresh food. While we live in a culture where prepared food and fast food is very popular, we have areas of high food insecurity, meaning we have problems accessing natural food (fresh produce) and beverages. Even though we consider our state to be an agriculture state, and it is, our concept of farming has evolved. Instead of lots of small-scale farms of the past, we now have large scale farms for mass production. This problem is worse for the lower socio-economical groups.

Obesity is more than just size and body mass index. When you use your size to make a living, you are burning more calories than a person of similar size who does not. This difference is important. Just as size is important to someone playing football, when that person retires and is no longer as active, their size now works against them. They are no longer burning the same amount of calories they did when they were active.

Why do we care about diabetes and obesity? Because they tend to be some of the more expensive illnesses to treat. They are both considered to be chronic regressive disorders. There is no magic bullet to cure either of them. People need to change their habits to overcome them: eating, exercise, and sleep.

Life-style disorders are among the most expensive to treat, probably because it's so hard for patients to manage medical advice and follow.

In 2014, the National Diabetes & Obesity Research Institute was founded here in Mississippi. The governor decided that we needed a place to bring all the state expertise together to fight obesity and diabetes!





Miss Gulf Coast / Miss Gulf Coast Teen Pageants

December 4th, 2021 - The Slavonian Lodge, Biloxi - 7:30 p.m.

Showcase your business logo / business card for \$50.00

Slideshow presentation before the pageant and during intermission

Sponsored by Lions Club of Biloxi

Name of Business _____

Address _____

Contact Person _____

Phone Number _____

Prepaid _____ Please Bill _____

**Mail Payment to: Lions Club of Biloxi
P.O. Box 196
Biloxi, MS 39533**

Email Business Card / Logo to Lion Greg Crapo at BiloxiLions@gmail.com

