



ROAR Newsletter

3.27.2024
Edition

Chartered February 18, 1924

2023-2024 OFFICERS & BOARD

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IMPORTANT NOTICE

Our IT, Lion Wayne, will not be able to attend the 4/3/2024 meeting.

ZOOM will not be an option for this Wednesday.

Good News!!!

The Biloxi Lions Club will continue to meet at the Biloxi Maritime and Seafood Museum!

A Change to the Provided Meal Structure

The weekly meal will no longer be included in your monthly statement.

Starting at the 4/3 /2024 meeting you now have the option each week to:

- 1) bring your own lunch, or...
- 2) enjoy a provided meal for **\$10**

(The \$10 donation may be remitted by cash, check, Venmo, or CashApp. If your dues/meals are paid by your employer, the Treasurer will continue to bill on your monthly statements)

SO...don't forget your \$10 (or bring your lunch) on Wednesday if you plan to eat.

*Water, coffee, and member provided desserts available each week

UPCOMING DATES, EVENTS AND PROGRAMS

APR 3	Biloxi Lions Club MEETING LOCATION, noon, at the Seafood Museum as stated the announcement above
APR 10	OPEN
APR 11	Board Meeting, TBA
APR 12-13	Mid-South Lions Visiting Lions Day at Hamilton Eye Institute Memphis
APR 17	Board Meeting Minutes Review
APR 24	Candace Wheeler, New Book Review, 'Sunset in the Sound'
APR 29-30	Lions of MS State Convention, Biloxi, DoubleTree Hotel & Biloxi Visitors Center
MAY 1	NO MEETING
MAY 8	Mother of the Year Presentation
MAY 9	Board Meeting, TBA
MAY 15	Board Meeting Minutes Review
MAY 22	OPEN
JUN 12	Father of the Year Presentation
JULY 10	Biloxi Lions Installation and Awards Banquet

The Biloxi Lions Club meet every Wednesday at noon
Maritime & Seafood Industry Museum, first floor, 115 1st Street, Biloxi, MS 39530

3.27.2024 Meeting Recap

- Opening:** Lion President Jerry Gardner called meeting to order at 12:05pm; The BLC Choir led us in God Bless America; Lion Pres. Jerry led the Pledge of Allegiance; and Lion Jerry Dodge offered the prayer
- Guests:** Lion Mary Jo introduced her friend Cindy; Lion Elijah introduced a prospective member Shirley Peyton
- Zoom:** Lion Larry and Lion Susan
- 50/50 drawing:** Lion Mary Jo—\$24; **King of Clubs Progressive Drawing:** Lion Greg drew the Ace of Clubs. \$291 to the winner if the King of Clubs is drawn.
- Auction Item:** Steering Wheel Cover donated by Lion Miriam was won by Lion Jerry for \$3
- Club Business and Announcements:**
- Lion President Jerry's Announcements:**
 - Welcomed back Lion Melinda
 - Members were presented with a new option to stay at the Seafood Museum starting 4/3/2024. Members will no longer be billed for weekly meals. Meals will be provided at the cost of \$10 (cash, check, Venmo, CashApp) per person or can bring their own lunch. With this new structure quarterly dues will be approximately \$75. A vote was taken on the new option and was passed by the majority of the members presented at today's meeting
 - 2nd reading of the 2024-2025 Slate of Officers and Directors
 - Seafood Museum's volunteer request for Wooden Boat Show May 18-19
 - Lion Elijah presented a recap of the Biloxi Outstanding Citizen presentation and thanked the members for helping to put things together on such a short notice. Mother of the Year will be held May 8, 2024 at the Kroc Center.
 - Lion Carl presented recap of Boys Leadership weekend. He said that more adult men are needed as there were only 2 men this year, him and 1 other
 - Lion Penny reminded members to please register for the State Convention. She gave a brief run down of the two day schedule and where volunteers would be needed
 - Lion Cindy asked members to please attend the free Camp Wilkes Sunrise Service/Breakfast/Egg Hunt on Easter Sunday morning
 - Thank you Lion Kathryn for the red beans and rice meal; thank you Lions Carl and Dorothy for the brownies for dessert
 - Program:** Lion Jerry D. introduced the speaker Dr. Rogin Subedi, Interventional Cardiologist. Photo below

Dr. Rogin Subedi, Interventional Cardiologist

Dr. Subedi educated the members of the BLC on heart disease as the #1 killer in the US for the last 100 years and in 2021 it claimed more lives in the US than all form of cancer and chronic lower respiratory tract infection combined.

51% of the population in the US do not know that heart disease as the leading cause of death in the country. Approximately every 40 seconds someone will have a heart attack and every 34 seconds someone will die of Cardiovascular Disease (CVD) which calculates to about 1905 deaths from heart disease, including heart attacks, each day. This lack of awareness and knowledge is potentially deadly. Currently, 48.6% of all people in the US have some CVD such as coronary artery disease, heart failure, stroke, or high blood pressure and may not realize it.

Deaths from CVD declined over 60% since the 1950s but have recently trended upward with increase prevalence Modifiable Risk Factors such as high blood pressure, cigarette smoking and vaping, obesity, dietary habits, sedentary habits, diabetes, and high cholesterol; and non-modifiable risk factors of gender, race, family history and advancing age.

Due to time and the amount of questions being asked by club members Dr. Subedi was only able to cover the modifiable risk factors of high blood pressure and smoking.

High Blood Pressure:

- 46.7% of adults has HBP, only 38% of those are aware of it
- HBP is the leading risk factor for heart disease and stroke
- With proper treatment and management, BP can be well controlled and risk of CVD can be greatly reduced

Smoking:

- Cigarette smoking has fallen dramatically from less 40% of US adults smoking in the mid-1960s to about 11% today
- This has been possible through the increased public awareness about the dangers of nicotine and tobacco use
- Vaping and the use of electronic e-cigarettes has been increasing, especially in youth, middle school and high school student

Hopefully, the BLC can have Dr. Subedi return at a future date to give us more awareness on cardiovascular disease.



Don't forget you can ZOOM a meeting if unable to attend in person. Please contact Lion Wayne in advance at the number below if you plan to attend via ZOOM.

Direct Access to the Biloxi Lions Club weekly meeting is available on our website www.biloxilions.org just by clicking the ZOOM HERE button.

Or, by the following information below

<https://us02web.zoom.us/j/89166624322?pwd=V25tWXJMRkRXdGRWTTIHSJJsMEZWUT09>

Or, Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID 891 6662 4322 Passcode: 996230

Log on a few minutes prior to our 12 noon meeting to assure your connection

*Issues Logging on...Please call or text Lion Wayne at 228.348.1334 (or Lion Greg 228.760.0239) for help.

Remember you can reach me c/o Lion Penny's email: lionpennyedwards@gmail.com to help spread any LIONS news you feel need sharing! Please send in a separate email. Your email may be lost in the shuffle if sent as a reply in the ROAR email you receive.



APRIL LIONS

Ronnie Cochran Elijah Mitchell
Austin Knue

There is still a lot going on so PLEASE READ!!!!

The Biloxi Club will not be meeting on May 1, 2024. This is the day after the State Convention of Monday/Tuesday April 29-30.

The Convention will be considered the weekly meeting so please attend all events. Mail your Registration in today! I hope you did not miss the hotel deadline of the State Convention slip up on you if you wanted to stay at the DoubleTree in Biloxi. Deadline for the special hotel room rates was March 31st.

As previously stated...the Biloxi Club is the host club of the State Convention, which by-the-way is in 4 very short weeks. Final preparations are underway and volunteers will be needed to see that the convention runs smoothly.

At the April 3rd club meeting assignments and times will be available so please signup. The evening events (The Hall of Fame on Monday night and the Governor Dinner on Tuesday night) and the PDG Tuesday afternoon event are the areas that will need the most attention. However, there are some additional areas that will also need assistance and those assignments will be also be addressed at the meeting.

For those two days Biloxi will get to shine and promote what we do best....

IN BILOXI WE SERVE

ARLO

ROAR



Dates to Save

Dessert Pledges



Your dessert does not need to be home made, we will enjoy store bought just as much, and bring dessert plates if needed. If you are not able to attend the meeting in which you have pledged a Dessert, please ask another member to cover your date.

APRIL

- 3rd Penny & Mary Jo
- 10th Miriam Mitchell
- 17th Jaye Brice
- 24th Mary Jo Walsh

May 29th is still available for a pledge on the April-June Dessert Sign Up

Lions Club of Biloxi
P.O. Box 196 Biloxi, MS 39533
228.424.7840

<http://www.biloxilions.org>
<http://m.facebook.com/BiloxiLions>

To enjoy back editions of the Biloxi Lions ROAR newsletter please visit our website.

April 12-13, 2024
Mid-South Lions Visiting Lions Weekend, Memphis, TN

April 19-21, 2024
Lions Deaf Camp, Biloxi, Camp Wilkes

April 29-30, 2024
Lions of MS State Convention Biloxi, MS

May 17-19, 2024
Lions Sea and Sun Camp, Biloxi, Camp Wilkes

June 7, 2024
Mid-South Lions Golf Tournament Olive Branch, MS

June 8, 2024
Mid-South Lions Cataract-A-Thon

June 21-25, 2024
Lions International Convention Melbourne, Australia