

# THE

# ALABAMA LION

A newsletter for members of Alabama Lions Clubs

November 2017

The Alabama Lion is published for Alabama Lions Sight Conservation Association, Inc. 700 S. 18th Street Birmingham, AL 35233

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## November is Diabetes Awareness Month

### Do you know what causes diabetes?

Lions International is encouraging Lions Clubs around the world to focus their service and support efforts on diabetes awareness. Alabama Lions are already leaders in diabetes service through their support of Camp Seale Harris for children and families with diabetes!

As Alabama Lions seek to serve those with diabetes, we need to know the causes, symptoms, warning signs, and treatments that will help us be able to understand, and help.

### What's the worst thing you can say to someone with diabetes?

That list is long, but at the top is, "Losing weight and eating right will cure your diabetes!" This is simply not true. Let's review some important diabetes facts:

"Diabetes" means your body has difficulty processing the food you eat into usable energy. All foods break down into glucose (sugar), except pure fat and protein (like butter and eggs). Bread, potatoes, and oatmeal are examples of carbohydrate foods that break down into sugar. A natural hormone called insulin "unlocks" your cells to receive this sugar. Diabetes means sugar cannot get into your cells to convert to energy, and instead remains in your bloodstream. It can't get in either because there is no insulin to "unlock" the cell, or because the cell is "resistant" to the insulin.

So what about "healthy" sugars like in fruit or honey? They still become glucose in your bloodstream, and can cause dangerously high blood sugar levels in people with diabetes.

There are several different types of diabetes, with different causes and treatments: (From the American Diabetes Association, website; diabetes.org -2017)

### TYPE 1 DIABETES:

- Causes by an autoimmune disorder
- Body stops producing insulin naturally
- Cannot be prevented or cured, will not outgrow
- Usually diagnosed in children and young adults, but can affect older adults
- Absolutely no connection to being



## CAMP SEALE HARRIS

SOUTHEASTERN DIABETES EDUCATION SERVICES

overweight or types of food eaten

- 5% of people with diabetes
- Treatment: Must take synthetic insulin by shot or pump continuously for rest of life

### TYPE 2 DIABETES:

- Risk factors include: Obesity, family history, ethnicity, age
- Body does not use insulin properly, cells are "resistant" to insulin
- Most common form of diabetes (over 90%)
- Treatment: Exercise, losing weight, pills to increase cell insulin sensitivity, synthetic insulin shots/pump

In type 2 diabetes, your body does not use insulin properly, it's like your cells push back or "lock up." At first, the pancreas makes extra insulin but over time isn't able to make enough insulin to keep blood glucose levels normal. Some people with type 2 can control their blood glucose with healthy eating and being active, others need oral medications and insulin. But, Type 2 is not "cured" by these treatments,

**NOVEMBER 13-19  
IS WORLDWIDE  
WEEK OF SERVICE  
FOR DIABETES**

simply held under control, and usually gets worse over time. Being overweight is one risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only

Please see Diabetes, page 6

**We educate, encourage & empower children with diabetes and their families to LIVE WELL!**

## A word from our camp director

By Lion John Latimer

It is always amazing to me how quickly summers go by and how much I miss being at camp! Camp Seale Harris's 2017 summer programs were outstanding - and it is always wonderful to meet new friends AND reconnect with old ones. Once again, I was privileged to spend time with more than 500 campers and 200 volunteers - in addition to many parents and guests!

As I was reflecting over the summer one particular aspect (of many) came to mind. At the end of our closing ceremony of our summer overnight programs, each person (campers and volunteers) puts a wishboat with a candle inside of it on the water and sees it float ("sail") along with everyone else's wishboat. It was a powerful time for me growing up at CSH to know that

I wasn't alone. Each of us at camp is a "light" that others can see - there is always someone "out there" who we can support, or who can support us. Combining this knowledge with the other aspects of diabetes camp and the natural education that camp provides makes it one of the most powerful environments for support for those of us living with diabetes and our families.

I have had so many great experiences with camp - and Camp Seale Harris, in particular - in my 27+ years of living with diabetes. Even as a staff member I not only teach, but learn, as well. The "power of camp" is an amazing one that I was excited to be a part of again this summer.

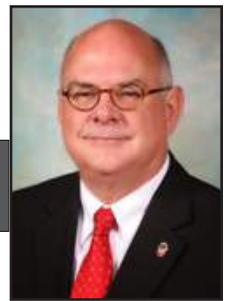
If you have any questions about the Camp Seale Harris experience, or anything else, please email me at john@campsealeharris.org. I hope to see you soon!

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# VISIONS

Durden  
Dean



## ALS Executive Director's Report

### Take the challenge

*"Always do right. This will gratify some people and astonish the rest"*

— Mark Twain

As we head into the holiday season with Thanksgiving at the end of this month and with Christmas just around the corner in December, it is fitting for the Lions of Alabama to look back on a remarkable year.

Over the last year Alabama Lions have brought the sense of thanksgiving to over 12,000 children that we provided eye screenings for and for those that needed follow-up eye exams and glasses, the Lions were there!

For the over 4,000 seniors, Special Olympians, the homeless, and others, Lions provided eye exams, glasses, transportation for operations, food, clothing and so much more, the Lions were there.

For the 5,000 indigent patients served through the Lions Eye Clinic at the UAB Callahan Eye Hospital in Birmingham, many having sight saving operations that will allow them to continue to live productive lives, the Lions were there!

The Lions of Alabama give thanks for the ongoing partnership with Callahan Eye Hospital that

allows us to partner with them to help provide new, state of the art operating room equipment that is being used in the 8 new operating rooms on the 3rd floor at Callahan. The new operating rooms will allow Callahan and Lions to almost double our patient capacity from the current 5,000 through the Lions Eye Clinic to between 9,000 and 10,000 patients. Our total operation room capacity for the entire hospital will go from approx. 23,000 patients per year to over 40,000 per year over the coming years.

Over the next 30 years over 75 million Baby Boomers will be in critical need of various eye surgeries and advanced eye care. The Lions of Alabama, through our statewide association, Alabama Lions Sight, is taking the necessary steps through our partnerships with UAB Callahan Eye Hospital, UAB School of Optometry, Alabama Department of Rehabilitative Services, Alabama School for the Deaf and Blind, Health Services Incorporated, Rural Health Inc, Capstone Health Services and the Maude Whatley Health System Inc. among many others, to provide the gift of sight and live out our legacy as Knights of the Blind.

It is through the support of Lions Clubs throughout Alabama that Alabama Lions Sight is able to offer the gift of thanksgiving in November and throughout the entire year.

If you have donated to Alabama Lions Sight this past year to make all our services possible, THANK YOU! If you or your club did not contribute, won't you take a moment to reflect on how many more people we could serve and bless with your contribution and support?

Won't you take the challenge from Mark Twain and astonish those that you know and "do the right thing" by donating to and supporting the efforts of YOUR association, Alabama Lions Sight.

From all of us at Alabama Lions Sight, we wish you and your family a joyous and safe Thanksgiving!

Yours in Lionism,  
Lion Durden



Pictured is Headland Lions Club President Pete Crews presenting a donation to Alabama Lions Sights Executive Director PDG Durden Dean during his his resent visit to the club. The Headland Lions Club has a long history of outstanding service in their community and are noted for their unique "Pigeon Race" fundraiser!

### Meet our DOCTORS



Dr. Robert  
Knox  
2nd Year



Dr. Richard  
Martindale  
2nd Year

Each month the Lions Club will introduce a doctor.

## PATIENTS SEEN IN THE LIONS EYE CLINIC

- 2,872 patients seen year-to-date
- 320 were in the month of September



# DISTRICT 34-A

DG  
Mark  
Stevens



## In and Around the District

Hello everyone. Another busy month, boy how time flies. I have been busy with club visits and club events. It is so much fun to visit the clubs and meet everyone. I am so grateful to be allowed to visit these great clubs. This last month I visited with Fairview, Hanceville, Elkmont, and Falkville. I went to event at Fort Payne, and Cullman. I thank both of those clubs for inviting me and my family to their events. My family, kids and grandkids, really enjoyed the fair at Cullman. That was so nice, it reminded me of the county fairs I went to growing up in Iowa. It is always good to be reminded of where you came from. Without that knowledge then the course into the future can be very difficult to chart. With Lions we all know where we came from. Now it is a matter of charting our course for the future. I am still working on my goals of increasing membership, and leadership. For membership I am still talking to everyone I can about getting each club in the district to a plus one for the year. There are clubs that have exceeded that so far. I hope it continues. Here is a list of the new members;

BRILLIANT LIONS CLUB  
DIANNE BROWN  
Sponsor: SARAH SOARS

DAN TREAS  
Sponsor: ANN SEABORN  
CENTRE LIONS CLUB  
CAROL S GULLATT  
Sponsor: TERAH PATTON  
NICOLE QUEREDO  
Sponsor: ANNE SHUMAKER  
CHEROKEE LIONS CLUB  
SUE FLOYD-DEATON  
Sponsor: LELA COLLUM  
DOUBLE SPRINGS LIONS CLUB  
PHILLIP BATCHELOR  
GUNTERVILLE LIONS CLUB  
MANDY L HANDLEY  
Sponsor: RENIE BRIGHT  
ROBERT MOXLEY  
Sponsor: WILLIAM BAGLEY  
HOKES BLUFF LIONS CLUB  
TIM FRANKLIN  
Sponsor: DONALD JARRELLS  
ARTHUR WAYNE OLIVER  
Sponsor: DONALD JARRELLS  
HUNTSVILLE VON BRAUN  
LIONS CLUB  
RICHARD C ALEXANDER  
Sponsor: ALICE SAMS  
SCOTTSBORO LIONS CLUB  
RICHARD W HENRY  
Sponsor: TIMOTHY KINNISON  
TUSCUMBIA LIONS CLUB  
ELIZABETH M. FOSTER  
Sponsor: KEITH BROWN  
HOWARD GLENN FOSTER  
Sponsor: KEITH BROWN

As you can see this is a good start. These are 14 new members this year. Let us all welcome them



Lion James Williams cuts the ribbon at the 2017 Cullman County Fair.

and help them learn about Lions. For leadership there is still a lot of work to do. I have talked to the clubs I have visited and most agree with me. That is great that they agree. Now something has to start happening. We need to get the volunteers to start filling the positions needed for next year. Filling those positions this early

means that we can train and work with them so they can hit the floor running next year. This would be a great help to the district and to 1st Vice District Governor Linda Starr. Doing something like this would enhance the service that the district will be able to provide. Please consider helping and then let me or one of the Vice Gover-

nors know. There are several positions that need filled on the different committees. Find one that you would enjoy and work with us to make a better organization in Alabama. Thank you for all that everyone does to make Lions better in District 34A. Everyone have a safe and happy Thanksgiving.

DG Mark Stevens



DG Mark Stevens, Lion Dawn Stevens and granddaughter.

## A small part of something big

It was over 10-years ago, and around this same time of the year, that I was traveling down Highway 31 with a business partner of mine. The Cullman County Fair was just wrapping up for the year and as we were passing by, I mentioned that when I was able to get back to working in Cullman I would like to join the Lions Club. His reaction was priceless. "Are you crazy? That is the hardest working service club in town." Fast forward, this year's Fair has come and gone and we could not have asked for better weather. With all the hours and hard work our Cullman Lions put in this year, it is great to know that I am just a small part of something big. That is the same feeling I get from the visits I've made this year as a Zone Chair, as well as my official visits as your 2nd Vice District Governor, to Hamilton and Red Bay Clubs. Our district is made up of a variety of clubs, some large, some small, some from small towns and big cit-

ies too. In the end, we all have a common goal, "We Serve."

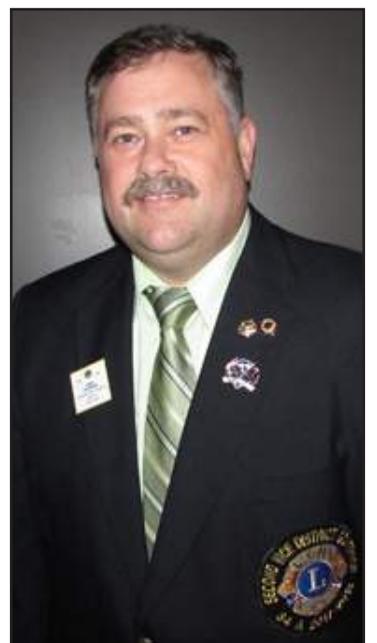
At the time of writing this article, I am looking forward to my upcoming visit to the Cherokee Lions. I will also be assisting with helping induct four new Lions to the Tuscumbia Lions. It is always exciting to be a part of a new member's journey to awareness and contribution to such a great organization.

I look forward to serving the District of 34A as your 2nd VDG. I am still needing to reach out to the following clubs for this year's visit:

Double Springs, Florence Downtown, Gurley, Haleyville, Killen, Lexington, Russellville, and Town Creek

I have been unable to contact the named clubs and would love to meet with you. Please contact me to schedule a date and time that works for you.

Yours in Lionism,  
2nd VDG Barry



Barry Willingham  
2nd VDG 34A



DG  
Pedro M.  
Pino Sr.

# DISTRICT 34-B



## In and Around the District

### PRESIDENT'S MESSAGE WE NEED LIONISM FROM EVERY LION

Dr. Naresh Aggarwal, Lions Club International President reminds us that the success of our organization, is our members devotion to serving others.

Sometimes in the busy day-to-day world we get distracted from our personal mission of helping others.

#### Ask yourself.....

- Am I eager to tell family and friends about my lion's club activities?
- Am I wearing my Lions pin, shirt, hat, etc.?
- Am I displaying the Lions Clubs International member decal on my car?
- Am I displaying the Alabama Lions Sight car tag on my car?
- Am I doing my part in displaying my pride in lionism, by telling others?

#### Remind yourself.....

- Why did I become a Lion?
- The feeling you had when a parent thank you for helping their child.
- The sensation of accomplishment when you helped your club raise funds for a diabetic child to attend diabetic camp.
- You are part of an organization that has been helping



others for a century.

- You are a seasoned Lion, you are now a mentor to other Lions.
- This is your time to step up and lead us into the second century of service, as those before you, have done in the past.

#### CLUB ANNIVERSARY - OCTOBER

Club	Charter	Age (yrs.)
Adamsville-Forestdale	10/17/1947	70
Margaret	10/05/2015	2

**Thank You, to your current and past members for your Service to your community.**

#### THE ALABAMA LION NEWSLETTER

I need each club to submit articles about service projects in their community. When you send photos, please, use the following format: JPG, PNG or GIF Files. Also, include a caption of who is in the photo.

#### DISTRICT WEB PAGE

- [www.alabamalions34B.org](http://www.alabamalions34B.org)
- Visit our web page and submit your articles and photos.
  - We have added links to other web sites and training materials.
  - You will also find names and contact information about your district officers.

Membership Update	This Month	This Year
Opening Balance	872	886
Added Members	4	28
Dropped Members	2	40
Closing Balance	874	874
Net Gain/Loss	2	-12

#### MARK YOUR CALENDAR

- October 28, 2017 - 2nd Cabinet Meeting @ Bevell State University, Tom Bevell Building, 2631 Temple Avenue North, Fayette, AL.
- January 27, 2018 - Third Cabinet Meeting in Adamsville-Forestdale, AL.
- March 24, 2018 - District Convention in Sylacauga, AL.

**Yours in lionism,  
DG Pedro M. Pino Sr.  
205-515-0494**

Email: [pmpino44@yahoo.com](mailto:pmpino44@yahoo.com)



Above and right, photos from Lions Day at AIDB on Friday, September 22, 2017.



# DISTRICT 34-C

DG  
Claudia  
Wigglesworth



## In and Around the District

The first quarter of this Lions Club year is in the history books. Around the district fall signals a time of much activity. There are too many activities to list and showcase in this newspaper. Therefore, I ask all clubs to share photos and stories by posting on the district Facebook page at [www.facebook.com/Lions-of-Alabama-District-34C](http://www.facebook.com/Lions-of-Alabama-District-34C) or send them to me for posting on the district website [www.alabamalions34c.org](http://www.alabamalions34c.org).

One of the six priorities for the district this year is to train district leaders. More specifically our goal is to train Lions at all levels. Every individual joins our great association for different reasons. It is incumbent for every sponsor to provide initial training so that every new member truly understands the vision, mission, framework and goals of Lions Club International (LCI). For every club officer position and district level position, LCI provides online training and information and the District provides training opportunities. I would encourage all Lions to learn and grow professionally through participation in training whether in the comfort of your home with online options or by attending training opportunities. The LCI conducts an Emerging Lions Leadership Institute focusing on building the skills of Lions members for leadership opportunities at the club level, including the position of club president. Candidates must be Lions in good standing who have not



Covington VIP Lions Club President Julie Schaub, left, and DG Claudia, right, present Marilynn Pippin with the Melvin Jones Fellowship Award.

yet served as club President. This program requires an application for selection. The LCI pays for food and lodging. For more details on this training as well as information on the Advanced Lions Leadership Institute go to the website: <http://members.lionsclubs.org/EN/resources/leadership-resource-center/development-programs/emerging-leadership-institutes/index.php>

Another great training and development opportunity is the USA/Canada Forum. Hear from our First Vice District Governor and Global Leadership Team Chair:

USA/Canada Forum - 1VDG/GMT-D



PDG Daryl McDaniel presents ZC Iris Ethridge with the Tom Jones Lion of the Year Award for Multiple District 34.

Andy Marshall - It was my distinct honor and privilege to attend the recent US/Canada Forum in Portland, Oregon where over 1600 Lions Leaders from the United States and Canada gathered to enhance their leadership skills. Over one hundred of the Lions Leaders were First Vice District Governors facing the same challenges and opportunities as I do. Over the three-day event, that was led, as General Chairman, Alabama's own Past International Director, Lowell Bonds, attendees had the opportunity to attend ten different forum sessions selecting from over eighty total sessions. In addition to attending the sessions there was time to meet new Lions Leaders and renew friendship with some others, learning from each their individual successes and opportunities.

Since my focus in the District this program year is membership growth, most of the sessions I selected to attend were related to membership growth and retention with one session being led by Past International Director Jerome Thompson, during which the chartering of specialty clubs was addressed.

This Forum was a great learning experience for me and I hope during the upcoming year I can transfer

some of the knowledge gained to the District and see our service and membership increase to our local communities.

USA/Canada Forum - PDG/GLT-D Daryl McDaniel - I had the fortunate pleasure to attend my first Lions USA/Canada Forum held in Portland this year. It was an opportunity to learn more about Lions from other lions and to catch up with fellow lions I haven't seen for some time. Not only did I gain greater knowledge for my personal benefit, but also learned of tools which will help me be a better GLT for our district.

Each day there were 44 sessions from which to choose. Some of the sessions I attended included, "Training Leaders Just Got Easier," "Social Media-Making It Work for Service," "Technology Tips," and "Service Models of the Future." The Forum also supports the "Lions University" which provides Lions an opportunity to "got to school and learn about Lions." A Bachelor's, Master's, and Doctorate Programs are available to you as lions for free! Check it out at <http://www.lionsuniversity.org/>. Now that our Multiple-District has made it possible, as your GLT-D, I plan to conduct some future training via webinars. Utilizing this tool will enable more lions to attend training without travel.

At each lunch and dinner meal, we heard from an array of great motivational speakers and got to dine with different lions each meal. So if you can see your way to attend a forum in the future, I highly encourage you to do so. Next year the USA/Canada Forum will be held in Columbus, OH, third weekend in September 2018.

### MARK YOUR CALENDAR

Next District event: Cabinet meeting & District Convention, March 10, 2018 Andalusia, Alabama

We Serve!  
DG Claudia



Attendees at the Covington VIP Lions Club Extreme Experience Retreat (EER)



### 100 Saraland Leos for our Centennial

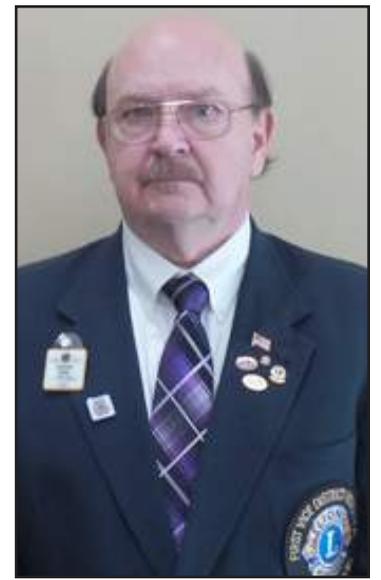
On Friday, September 29, 2017, the Saraland Lions Club inducted 100 Saraland High School students into the Leo Club. This is the largest number of new Leos in school history. There are now 117 Saraland High School Leos that will be serving their school and the community. Saraland Lions Club president Joe Leach conducted the ceremony while Saraland Mayor Howard Rubenstein, a Lion, led the oaths. Members of the Saraland Lions Club were on hand to show support and provide refreshments. It was a great day for Saraland Lions and Leos!



The Mobile Club sent 8 members and other family and friends to participate on September 16 in the Alabama Coastal Clean-Up. They were assigned to clean up a marsh area along the west side of Mobile Bay near McNally Park in Mobile. The Alabama Coastal Clean-Up is in its thirtieth year and has many sites for clean up along the coast, bay and river areas of south Alabama. Thousands of people participate every year and the Lions Club of Mobile is proud to join the ranks of participants. This is an example of the club working in the core service area of the environment and they look forward to making this event an annual part of the club calendar.



# Lions and LCIF



**PCC George Head**



This young man saw us at our new Adopt-A-Mile sign and he and his brother joined the Hayden Lions Club on the spot. Pictured, from left, are Hayden Lions President Tim Sosebee and Josh Best.

As pointed out in my article last month, disaster has and continues to affect much of the USA. LCIF has responded with initial Major Catastrophe Grants approved for many areas and Emergency Disaster Relief Grants have been requested by and awarded to Lion District Governors. Help is needed and the need is great. While there are many outstanding relief agencies working hard to provide assistance, LCIF is OUR Foundation, and this is what we do!

Where do LCIF funds come from? Individual Lions and Lions Clubs contribute the vast majority of these funds. What can we do to help? I encourage you to please help those affected by making a tax deductible financial contribution to LCIF. These donations are eligible for Melvin Jones Fellowship recognition, and contributions may be made by individual Lions or by Clubs.

How do you make a donation? Go to the website: [www.lcif.org](http://www.lcif.org) where detailed information is provided about LCIF, Melvin Jones Fellowships, and how to donate. When you give to the Foundation, you can be sure that your contribution is making a difference in the lives of people in need.

THANK YOU Alabama Lions who have responded to the call for help! Donations received in the first quarter of this Lions year

from our 130 Lions Clubs in Alabama:

- District 34-A, donations received from Lions of 8 clubs; total: \$ 13,850.
- District 34-B, donations received from Lions of 5 clubs; total: \$ 2,470.
- District 34-C, donations received from Lions of 8 clubs; total: \$ 5,350.

This is a total of \$ 21,670 for the first quarter, and is more than double the donations received for the same period last Lions year.

Remember, Lions are there to provide help to the people of the areas affected by disaster, and many Lions are included as being affected by these disasters as well. I ask the Lions of MD-34 to step up; consider this need, and continue to do your part to help as We Serve!

"Where there is a need, there is a Lion."

**PCC George Head, LCIF  
Coordinator, MD34**

## Diabetes

Continued from page 1

risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

So why does losing weight help, and why does obesity increase risk? Because, the more cells you have that are resistant, the more insulin production is needed. Reduce weight, reduce insulin need. Exercise increases cell insulin sensitivity.

Other more rare types include: Gestational (caused by pregnancy hormones); LADA: Latent Autoimmune Diabetes in Adults (slow onset Type 1 in adults); and MODY: Mature Onset Diabetes of the Young (Type 2 in children caused by a gene defect).

**Alabama Lions are proud to be the largest Civic Club supporter of Alabama's children with diabetes!**

Camp Seale Harris helps all children with diabetes. No matter which type they have, with the help of insulin and tech-

nology, even young children can learn to manage diabetes and live long, healthy lives. There are many support groups and education programs for adults with diabetes, but Camp Seale Harris is the only learning and support for children and families after hospital diagnosis.

As your club determines how to serve in diabetes, consider continuing to support one of the most visible, successful, and beneficial state service projects that Alabama Lions have helped build over the last several decades, Camp Seale Harris. Your state project helps children with diabetes and their families from EVERY community in Alabama, and without Lions, many children would not have access to diabetes camp.

Camp Seale Harris programs in every area of the state provide clubs with opportunities for volunteerism and sponsorship of children. Over 30 separate camps and events are conducted annually serving over 1500 participants. Many clubs volunteer and 60 clubs sponsored a child this year. Each club's giving is needed, noticed and appreciated by the families you help!

**Grateful camper parents want to let Lions know:**

"It's the one week out of the year that my teenage son is completely surrounded by other diabetic teens. The teen years are some of the toughest, diabetes it makes it even tougher. Camp gives my son support, information, and encouragement that I truly believe benefits him all year long."

"My child doesn't have to feel alone or different."

"My daughter gets to just be a kid for once, enjoy herself, and learn about diabetes and how to take better care of herself in a fun and educational environment. And she gets to be around other children and adults that understand what she goes through with diabetes."

"After the first day of day camp my son came home giving himself his own shots, after I had tried to get him to do for the past year and half. Just that alone made camp worth it for me. Enjoying going every day was a bonus!"

"The confidence he came back with is amazing! Being around other kids who are dealing with the same fears, frustrations, and

changes seemed to break down a barrier he had put around himself. Now he is comfortable talking about his diabetes and in the daily routine of managing his diabetes. I am very thankful to every single person who is involved."

**How Your Club Can Help**

Most families don't know that a Lions Club in their community can help them, or how to reach you. So, they call us at Camp Seale Harris! If your club can sponsor a child, please let us know (205-402-0415).

We will connect your donation to a child in your community. Over 400 children in Alabama need sponsoring each year. Every club and every individual Lion makes a difference. Please consider including SDES in your club's charity budget for the 2018 Camp Seale Harris program year now. Club Presidents, please respond to our request/info letter in the mail this month! Thank you!

**Heartfelt thanks,  
Lion Rhonda McDavid  
Executive Director, SDES-Camp Seale  
Harris  
[Rhonda@sdiabetes.org](mailto:Rhonda@sdiabetes.org)**