



Seal Beach Host Lions Club

The Growl

Seal Beach, California, U.S.A.

Volume 70 Number 5

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2nd V.P.

Carol Linehan

3rd V.P.

Tom Ahrens

Immediate Past

President:

Bill Howes

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Scott Newton, Allyn Mattox,
Brad Barras, Chris Langlais,
Herb Groom.

Board of Directors:

Renee Schulte, Judy O'Neill,
Bob Heenan, George
Dooley, Dan Sinks, Dewey
Linehan, Jackie Maloney,
Scott Newton.

Tail Twister:

Ray Longoria

Lion Tamer:

Gary Denni

Membership Director:

Bruce Gormley

Webmaster

E-Growl Pub.

Mike Narz

Growl Editor:

Gary Denni

Presidents message:



What a month... October was a very busy month. We finished September with the Casa Youth Shelter Dinner and Auction. I want to thank those who went for their generosity. Our best guess is that slightly over \$3,000.00 was donated. This year, the big winner was Lion Kristine. I think she had way too much fun. My hat's off to Lion Kristine.

October 10th, was the first New Member orientation of the year. Kudos to Lions Bruce and Renee for hosting it and for sharing some of the experiences as Lions. Also thanks to Lion Jacqui Howes and Lion Jim Klisanin for adding to the experience. Our new members received an excellent orientation.

For those of you who missed the Chili Cook-off, you missed a fantastic time. Lions Mike and Dino hosted a great night of fun. Congratulations to Lions Barbara Locastro and Elizabeth Locastro for winning the Chili Cook-off. All of the chilies entered were great. The judges had a hard time determining a winner and the carnival games were great. A big AAARRGGGGHH to Mike and Dino.

Yo Ho Yo Ho, a Lion's life for me. We had a busy month in September. Labor Day was HOT. Cooking bratwurst at the orange street Fair was definitely hot. But, it was worth it helping the Orange Host Lions Club. It was truly a joint service project,

District governor Jon Casteel and his cabinet visited the club on October 17th. The Governor, Lion Sheila Casteel and Vice Governor Elizabeth Warren conducted a moving induction for new club members Kristine Albertalli, Todd Bolander, James Carson, Erik Dreyer-Goldman, Joe Gallo and Patti Wojanrowski. My congratulations to all of our new Lions. Jon passed on his governor's message with enthusiasm. I hope we can follow his example.

We started another first in the district, the 1st Lions Environmental Photo Contest. It was tremendous success. Six Lions participated and the photos that were entered were great. Congratulations go to Lion Herb Groom for his winning photo of a sunset in Seal Beach. His winning photo will be entered in the District contest at the next

Meeting schedule: First and Third Wednesday of the month. Meetings begin at 7pm sharp and are held at 'The Lone Star SteakHouse', 6575 E. Pacific Coast Highway, Long Beach, CA

E-mail: President@SealBeachLions.com - Secretary@SealBeachLions.com -

More information & updates at - <http://SealBeachLions.com>



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cabinet meeting on November 3.

The 20th of October was an exceptionally busy day. Mike and Dino were at their best handling the McGaugh Carnival. We also had a silent auction item in the auction this year. It is a ride in the Christmas Parade for the lucky winner. Ten Lions assisted in the Sailing for the Visually Impaired. What a great turnout. Three couples attended the Taste of Los Al. Eleven Lions attended the Buena Park Noon Lions Silverado Days. I myself cooked about 1,000 tortillas for the Huntington Beach Host Lions Club.

Additionally, Lion Gail and I attended the second Zone C Meeting in Stanton. Lion Carol and I attended the Lions TTT seminar in Garden Grove. We learned that we are doing almost everything according to Hoyle. Lion Carol scheduled a number of visitations for November. I hope that you all attend at least one visitation. Keep up the good work Lion Carol.

I need to thank the Pirate Parrot winner for September, Lion Scott Newton. Lion Scott was there when we needed him. Congratulations, Lion Scott. I would also like to congratulate Membership Key awardee Lion George Layman. I had the honor of presenting immediate Past President Bill a "We Serve" medal (with diamond) from International President Jimmy Ross for having a positive membership growth.

We had some FUN. We did some GOOD. And we continue to grow. As we go forward, let's all remember that we are the best service club in Seal Beach. We are the best Lions Club in the District. We are the BEST. October still has 3 or 4 visitations. Rebuilding Together, and cooking dinner at Ronald McDonald House. November is upon us. Let's keep up the good Work. Let's visit some more clubs and induct more new members. Yo Ho Yo Ho, a Lion's life for me....

The Captain

CLUB CALENDAR

"LCIF Contributing Member Month"

Saturday, November 3 – Second Cabinet meeting – Diamond Bar Golf Course – Jack Lightfoot, Foothill Region Chair – Cost \$20.00

Saturday, November 3 – Laguna Niguel Lions – American Diabetes Association "Diabetes Walk" – The Block at Orange in Orange.

Sunday, November 4 – Daylight Savings Time ends.

Tuesday, November 6 – Election Day.

Wednesday, November 7 – Lions General & Board meeting – Lone Star Steakhouse.

Sunday, November 11 – Veterans Day.

Thursday November 15 – LCI Peace Poster Contest postmark deadline.

Wednesday, November 21 – Because Thanksgiving is on November 22, there will be no meeting.

Thursday, November 22 – Thanksgiving.



The District Governor's Message

Thanks to PCC Ed Bordenkircher, I recently saw a wonderful performance of "I do, I do" at the Candlelight Pavillion Dinner Theater. It is a story about a couple's marriage over a span of 50 years. So many things hit home for Sheila and I. It also struck me that there are similarities between marriage and our life as Lions. We begin with big plans and thoughts of "happily ever after", then reality sets in marriage involves work, bills, dirty diapers, leaky sinks and weeds. We discover that our spouse has irritating habits (so do our fellow Lions); perhaps we are even tempted to throw-in-the-towel. Then, we rediscover why we fell in love and wanted to get married (or join Lions). There is a cycle of highs and lows. If we leave during a low time, we miss out on the great times ahead.

As you know, my motto for the year is "Roar with Enthusiasm". How do we maintain our enthusiasm if we find ourselves in a down cycle? As in marriage, what helps maintain your enthusiasm in Lions is a little different for each person. I would like to offer some suggestions. Visit another club. Other clubs can give us ideas about how to improve our own clubs....they can also highlight the things about you club. As District Governor, not only am I required to visit all the clubs in District 4-L4, I GET to visit all the community. Go to a Zone, Region, or District meeting. Get to know outside your own Lions world. Our Region Chairs have recently held super region Meetings. Well done, Jack, Margaret and Jack. Go to a convention and get re-motivated about Lions. Conventions are a celebration of Lions. The USA/Canada Forum held early in September was filled with outstanding motivational speakers. Our own Pirate Theme convention was loaded with fun and friends.

Maintain your enthusiasm. Keep up the good work of Lions. In fact, as the Seven Dwarfs sing..."whistle while you work!"

With Enthusiasm in Lionism,
Lions Jon Casteel
District Governor





Orange Region Meeting

The Orange Region meeting was held on September 17th. Lions Dave Hubbard, Gail Hubbard, Bruce Gormley, Barbara Locastro, Elizabeth Locastro & your editor were in attendance. Lion Dave gave an informative talk about the history of Lionism. We all got to meet old friends and make new ones.

I strongly recommend that fellow Lions attend at least one regional meeting. You will become better acquainted with your District Governor and his cabinet and meet fellow Lions from various clubs in the region.





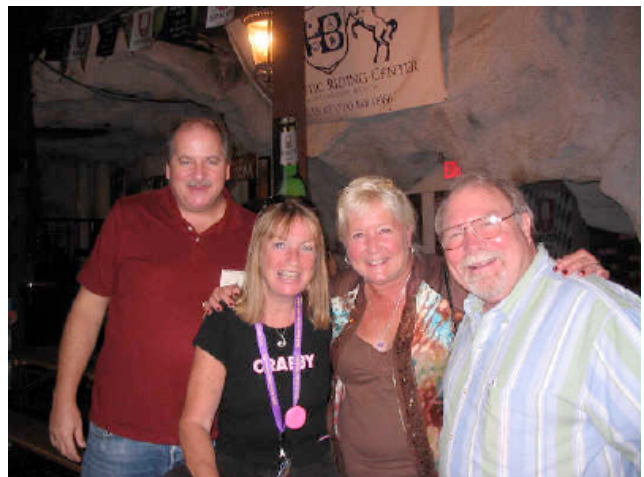
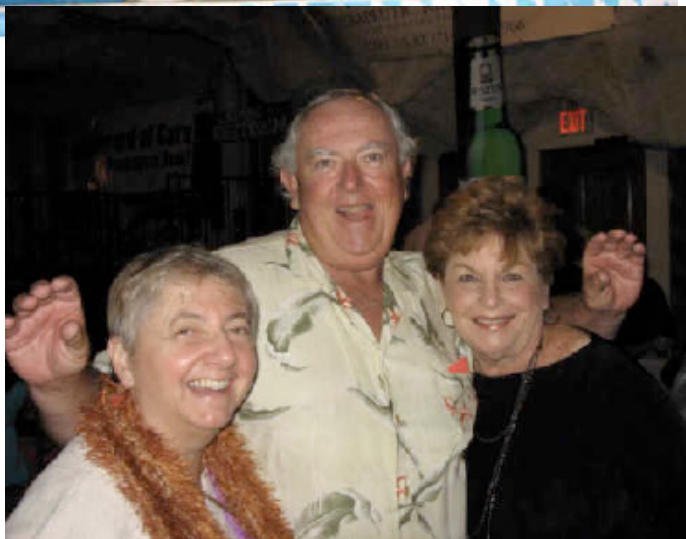
Casa Auction

The casa Youth Shelter 29th Anniversary Dinner and Auction was held on September 29, 2007. The shelter, located in Los Alamitos was founded by Myidred Jones. Proceeds go to the "Light Up the Lives of the Runaway, Throwaway and Abused Children". The Seal Beach Lions Club is a supporter and Table Sponsor of the event.

In attendance were Lions Dave and Gail Hubbard, Mary Newton, Kristine Albertalli, Bruce Gormley, Renee Schulte, Barbara Wright, Mary Luddington, Scott Newton, Allyn Mattox, Carol and Dewey Linehan, Marilyn Redd, Ray Longora, Bob Heenan, Bill and Jacqui Howes, and Barbara Locastro.

Oktoberfest – Huntington Beach Host Lions

On Thursday October 4th the Huntington Beach Host Lions Oktoberfest was in high gear. A good time was had by all.





Member Orientation Night.

On October 10th Bruce and Renee Gormley hosted the member orientation evening. Renee talked about the History of Lionism, the structure from International level down to club level, history of the Seal Beach Lions Club and dynamics of the club. Tentative plans for another session (sometime in the spring) were made.

Governors Visitation

The October 17th Meeting of the Seal Beach Host Lions was also the Governors Visitation. During the meeting the governor addressed the meeting about being a Lion and how to improve our club. The governor also inducted six new members, Patricia Wojnarowski, Todd Bolander, James Carson, Kristine Abertalli, Joseph Gallo and Erik Dreyer-Goldman.

The Seal Beach Lions Photo contest also took place during the meeting. Lions Gail Hubbard, Herb Groom, Dewey Linehan, Erik Dreyer-Goldman, Allyn Mattox and your editor contributed pictures to the contest. Herb Groom's was the winner hands down. Well done Lion Herb.





Transfusion/Transition/Transformation

I attended a very informative training class the other day to hopefully help our District and most importantly our Lions Clubs. The modules were on the following topics: Recruitment/Induction/Orientation/Involvement/Recognition/Retention and a few other subjects. I would like to share one of the topics with you that I found quite interesting.

Retention seems to be a problem in Lions Clubs all over the world and every other organization. It was brought up that maybe we are not reaching out to all our new members who are joining and getting their involvement and participation from the beginning. Also, why after a Lion has been active for a few years has he or she stopped participating or coming to the meetings? We must also realize that there are members who join and really have no plans of participating; they heard Lions International is a great organization who helps people in their communities and also all over the world so they want to be a member, without participation.

Here are some points to ponder. Are meetings interesting and to the point? Do we have a variety of programs that make members want to attend? Do we listen to all members equally when they have an idea? It was brought up that we need to change with the times. The saying "if something works don't fix it" is not always true. We as Lions need to keep evolving, changing and asking ourselves how to improve. Listen to new ideas. Just because we've always done this or that in a certain way does not mean we can't look into a new way or approach.

We all need to ask ourselves, the most important reason is WHY he or she has not been attending meetings, fundraisers or socials anymore.

We as individual or a club need to make an effort to find out the reason why members decide to leave.

Lion Carol Linehan



Seal Beach Host Lions Club Lone Star Steak House Meeting Minutes September 19, 2007

Call to Order: 19:00 by President Dave Hubbard

Introduction of Guests: There were two guests in attendance.

Announcements: Seal Beach Animal Care Center 12th Annual Walk for the Animals, Saturday, October 13 9 to Noon. Thank you from Mary Wilson Library. Thank you from Casa. Reminder about Governor Visitation October 17th. White Cane month of October Peace Poster Contest Progress. Request sent to MD4 asking for the Student Speaker materials.

Reports:

A. Art Fest (Leo Project) 11th year for the fest.

B. River Clean-Up. 500 volunteers came out and over 300 hot dogs were cooked by Lions. Drinks, cookies, chips and candy also provided.

C. Orange Region Meeting. Six people were in attendance. Lion Dave Hubbard gave the program.

D. Steering Committee Meeting held at Lion Bill Howes house.

E. Visitation Schedule – Lion Jackie Maloney reviewed. Lion Carol Linehan will have new schedule for October.

F. Casa Auction. Twenty members will be in attendance.

G. Ronald McDonald House. Lion Barbara Locastro has the sign-ups. Dino will be doing the first one scheduled for 10-28-07. A total of four are planned. Check with Barbara Locastro if you want to help.

H. Chili Cook Off. Set for 10-13 at Dino's.

I. Sailing for the Blind. Set for 10-20-07.

J. Photo Contest. Pictures are due by October 17th meeting. Theme is "Our Changing Environment".

K. New Member Orientation Meeting at the Gormley residence Wednesday October 10th.

L. Melvin Jones Nomination Forms will be out in October. The dinner is planned for the latter part of January.

M. Padre Foundation was not listed in this year's directory. This was an oversight the project is alive and well.

N. Student Speaker-Club Contest is scheduled for around 2/10/08/. Questions? Contact Lion Renee.

O. Leo Mitch Stevens spoke to the club regarding a fundraiser by Los Alamitos High School. Tickets \$45.00. A Taste of Los Alamitos scheduled for 10-20-07 has been brought to the Steering Committee for discussion.

With no further business to discuss the meeting was adjourned at 20:01. Next meeting will be 10-3-07.



**Seal Beach Host Lions Club
Lone Star Steak House
Meeting Minutes
October 3, 2007**

Call to Order: 19:00 by President David Hubbard.

Introduction of Guests: Harbor Mesa Lions Visitation, A Y Olds-Signal Hills, Lions, Denise Horvat – Guest of Lion Robin, Harbor Mesa spoke regarding their Casino Night fund raiser scheduled for 10-26-07n cost \$35.00. Need to make reservation ahead for the food count. No tickets at the door.

Announcements: GG Golf Tournament 10-12-07 the club donated money for a Tee Sponsor, 12th annual Wag'n Walk fundraiser for the Seal Beach Animal Shelter on Oct 13, Laguna Niguel Golf Tournament October 2, and HGH Laughlin Bus Trip – Oct 26, 2007. Denise Horvat, store manager from Von's Pavillions spoke regarding Breast Cancer Oct Fund race for the cure. A charity auction is scheduled and asking for assistance from the club. To be brought to the board for discussion. Also mention of a Prostate Cancer Fund race for the Cure scheduled for June.

Reports:

A. September Parrot award went to Lion Scott Newton

B. Animal Care Center Wag n Walk fund raiser information by Lion Gay.

C. Awards by Lion Bill Howes – Sight and Hearing Life Membership to Lion Robin. Lion Jim Klisanin for sponsoring new members. Lion Bill Howes himself received a membership diamond pin for a gain of new members during his presidency.

D. Steering Committee Chairman Bill Howes. Meeting held with presentation of recommendations to go to the board for approval

E. Visitations – Oct Schedule includes Fullerton 10/2, Huntington Beach Host 10/4 and Silverado Days 10/20 weekend, Costa Mesa-Newport Harbor 10/23, San Clemente 10/24 and Harbor Mesa 10/26. Anyone interested see Lion Carol Linehan.

F. Casa Auction – Lion Dave.

G. Melvin Jones Awards – 10 to be given this year. Recommendations to Lion Bruce by 11/10/07.

H. Ronald McDonald House – Lion Elizabeth Locastro scheduled for 10/28. Lion Dino to be the chef. Time is 4:00 PM. Serve time around 6:00 PM.

I. Chili Cook-off scheduled for 10/13 at Lion Dino's house at 5:00 P. Cost 5.00 if you do not bring chili.

Desserts to be brought by several of the lions.

J. McGaugh Carnival – 10/20/07. Interested contact Lions Mike Haley or Lion Dino. Leos can serve but not cook.

K. Sailing for the Blind – 10/20/07. To assist Newport American Legion. Approx 150 parties will be there. 7:30 AM till Noon.

L. Peace Poster contest update by Lion Karen Russell is hard at work. McAuliffe is interested. Judging to occur 11/2/07 at Lion Karen's house. Two judges will be choosing a winner from each school.

M. Lion Photo contest – 8x10 glossies need to be ready by 10/17 meeting for judging.

N. New Member Orientation – 10/10/07, 7 PM. Lions Bruce and Renee to host.

O. District Governor Visit is scheduled for 10/17. NO FINES THAT NIGHT.

known to help with the cleaning and painting. Food will be served to the volunteers.

Q. Annual Christmas Party – 12/21/07

With no further business to discuss the meeting was adjourned at 20:38



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Seal Beach Host Lions Club Lone Star Steak House October 3, 2007

Board Meeting Minutes

Roll Call: Lions; Dave Hubbard, Gail Hubbard, Mike Goodrich, Mike Galey, Carol Linehan Tom Ahrens, Renee Schulte, Judy O'Neill, George Dooley, Dewey Linehan, Scott Newton, Bruce Gormley, Ray Longoria, Gary Denni and Bill Howes.

Reading of the Minutes: Minutes distributed by e-mail and postal mail. Motion to approve, Lion Scott Newman, seconded by Lion Bruce Gormley. Carried.

Communications: Request by Lambeth U in Jackson, Tennessee requesting a donation. No decision after discussion by the board members.

Old Business:

A. Steering Committee – updated report of 9/25/07 meeting reviewed by the board, changes as follows: Governor's Gift-LCIF CSFII, 10 Melvin Jones not 5, American Legion is doing the Bingo, so instead of Veteran's Bingo Project to be listed as Veteran's Support, Postage and Supplies raised. Motion to approve by Lion Scott N, seconded by Lion Carol L. Discussion should state "as amended", carried.

B. Christmas Party – No discussion at this time.

New Business:

A. Donation to American Cancer through Denise Horvat store manger for Von's Pavillions. Check to be payable to "American Cancer Society". Motion to approve by Lion Bruce and seconded by Lion Bill H. Carried.

B. Information learned at Stanton Visitation regarding the Council for the Blind Convention scheduled for 10/25/07 was presented. Talk about volunteering hours vs a monetary donation. Motion brought to the floor by Lion Carol L to make a donation. Seconded by Lion Bill H no discussion. Carried.

C. Information regarding a potential new fundraiser brought to the board by Lion Dave H. After discussion it was recommended that the e-mail received by Lion Dave needs to be presented at the regular club meeting, where a larger pool of people will offer input. It was further suggested that additional information be obtained prior to presentation.

With no further business to discuss a motion to adjourn by Lion Bill H, seconded by Lion Bruce G carried.

Meeting adjourned 21:02

November Visitation Schedule

The following visitations are planned for November:

Thursday, November 1, 2007, 7:00 AM – Costa Mesa Orange Coast

Tuesday, November 6, 2007, 12:15 PM – Tustin Host

Sunday, November 18, 2007 – Stanton Lions 60th Anniversary \$20.00

If you cannot attend a meeting and can attend one of these Visitations please give Lion Carol a call at 714-846-2478. We need 6 Lions to commit so that we can attend and visit another club.

Lions Christmas Party

Friday, December 21, 2007 – 7 PM – 11 PM

Old Rancho Country Club - \$50.00 per person



A Short History of Thanksgiving

In the United States Thanksgiving is a four day weekend which usual marks a pause in school and college calendars. Thanksgiving meals are traditionally family events where certain kinds of food are served. First and foremost, turkey is the featured item in most Thanksgiving feasts (so much so that Thanksgiving is sometimes called "Turkey Day"). Stuffing, mashed potatoes and gravy, sweet potatoes, cranberry sauce, corn, turnips, yams and pumpkin pie are commonly associated with Thanksgiving dinner.

The early settlers of Plymouth colony in Massachusetts were particularly grateful to Squanto, the Native American who taught them how to catch eel, grow corn and who served as their native interpreter (as Squanto had converted to Christianity and learned English as a slave in Europe). Without Squanto's assistance the settlers might not have survived in the New World.

The Plymouth settlers (who came to be called "Pilgrims") set apart a holiday immediately after their first harvest in 1621. They held an autumn celebration of food, feasting and praising God. Contrary to legend, there is no evidence that any Native Americans actually attended the event.

The first official Thanksgiving Proclamation made by the American colonies that rebelled against the Crown of England was issued by the Continental Congress in 1777. Six national Proclamations of Thanksgiving were issued in the first thirty years after the founding of the United States of America as an independent federation of States. President George Washington issued two, President John Adams issued two, President Thomas Jefferson made none and President James Madison issued two.

After 1815 there were no more Thanksgiving Proclamations until the Presidency of Lincoln, who made two during the Civil War. He declared Thanksgiving a Federal holiday as a prayerful day of Thanksgiving on the last Thursday in November. Since then every U.S. President has always made an official Thanksgiving Proclamation on behalf of the nation. President Franklin D Roosevelt set the date for Thanksgiving to the fourth Thursday of November in 1939 (approved by Congress in 1941).



Eating Right

Friday I went to the doctor for my yearly physical.

My blood pressure was high, my cholesterol was high. I'd gained some weight, and I didn't feel so hot.

My doctor said eating right doesn't have to be complicated and it would solve my physical problems.

He said just think in colors. Fill your plate with bright colors... greens, yellow, reds, etc.

I went right home and ate an entire bowl of M&M's



And sure enough, I felt better immediately. I never knew eating right could be so easy. Just thought I should pass this tip on to you. Thank God for our Medical Professionals!

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