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1st V.P.

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2nd V.P.

Carol Linehan

3rd V.P.

Tom Ahrens

Immediate Past

President:

Bill Howes

Leo Advisors:

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:

Mike Narz

Growl Editor:

Herb Groom



August is generally a slow month for the Seal Beach Lions and so it is again this year. We did have a lot of good food and fellowship at the End of the Year Party. My thanks to Lions Jackie and Bruce for a job well done. And thanks to Lions Alan, Renee, Bill, and Dino for making it a success. I'm sorry that more Lions and their families were

unable to attend. And speaking of success, I want to congratulate Lions Bruce and George for being co-Pirate Parrot recipients.

On August 15, we had a great program on sting rays in Seal Beach by Dr. Chris Lowe from C.S.U.L.B. My hat is off to Lion Tom Ahrens for lining up this informative program. I hope Lion Tom continues to bring interesting programs to our meetings.

I want to congratulate our three newest members, Lion Christine Albertalli, Lion Erik Dreyer-Goldman, and Lion Joe Gallo to the club. I think they will be outstanding additions to our organization.

We visited the Garden Grove Lions on Wednesday, August 22. There were 14 members in attendance. I think we outnumbered our hosts. Great job, Lion Carol!

A special thanks to Lion Gary Denni for volunteering to be our new Growl Editor. Thank you Lion Gary.

The next 2 months are really busy, so please check the calendar to see what's going on. We need volunteers for most of the events. Please try to help when you can. It takes the efforts of all of us to be successful. Let's continue the journey we embarked upon last month with the same enthusiasm we began it with. Remember, you're the BEST! AAAARRRRRRGGGGHHHHH!

The Captain,
Lion Dave

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



CLUB CALENDAR

Saturday, September 1, 10am
Lions Booth, "Orange International Street Fair"

Sunday, September 2, 10am
Lions Booth, 'Orange International Street Fair'

Monday, September 3
Labor Day'

Tuesday, September 4
Leo's "Kick-Off Pool Party"

Wednesday, September 5, 7pm
Lions General & Board meeting – Lone Star Steakhouse

Thursday/Saturday, September 6 – 8
USA/Canada Forum, Grand Rapids, MI

Friday, September 7
Leo's set up – "Seal Beach Arts & Craft Faire"

Friday, September 7, 7pm – midnight
Fullerton Host Lions / Casino Night & Texas Hold'em Tournament

Saturday, September 8
Lions Camp at Teresita Pines "Open House" – 10:00am – 2:00pm

Saturday, September 8
Leo Barbeque – "Seal Beach Arts & Craft Faire"

Sunday, September 9
Leo Barbeque – "Seal Beach Arts & Craft Faire"

Sunday, September 9
'Grandparents Day'

Monday, September 10
Foothill Region Meeting – Masonic Temple, Ontario – 6:30-8:30pm

Tuesday, September 11
'Patriot Day'

Wednesday, September 12, 6pm
Upland Host Lions – Wine Tasting & Hors D'oeuvres for Charities

Wednesday, September 12, 6:30pm
Cucamonga District Host Lions 60th Anniversary Dinner

Wednesday, September 12
Tustin Host Lions - 18th Annual Charity Golf Classic – Anaheim Hills Golf Course

Thursday, September 13
Rosh Hashanah – Jewish New Year

Saturday, September 15
Seal Beach 'River Clean-up'

Saturday/Sunday, September 15-16
Costa Mesa–Newport Harbor Lions
"Hamburger and Hotdog Barbeque"



CLUB CALENDAR

Sunday, September 16
Independence Day - Mexico

Monday, September 17, 10am
Orange Region Meeting – Garden Grove Lions Clubhouse – 6:30pm

Monday, September 17
'Citizens Day'

Wednesday, September 19, 7pm
Lions General meeting – Lone Star Steakhouse

Saturday, September 22
Yom Kippur

Sunday, September 23
Autumnal Equinox

Monday, September 24
Saddleback Region Meeting – Aliso Viejo Library – 7:00pm

Tuesday, September 25
Steering Committee meeting

Saturday, September 29
Casa Youth Shelter Auction



An Equal Opportunity Employer

The Collie walked up to the sign outside a business that read “Help Wanted: Apply within. Must have good typing skills, good with a computer and be bilingual. We are an Equal Opportunity Employer.”

He walked in to the office and sat in a chair opposite the receptionist. “Hello fella, who do you belong to?” The dog pointed his paw at the sign and wagged his tail. The receptionist left, went into an office and came back with a gentleman following her. “OK, we’re going to have to call someone to get you out of here.” The dog once again pointed to the sign, getting the attention of the man. “Oh, you’re applying for the job?” The dog nodded his head, “OK, let’s see if you can type, hee, hee?”

The dog quickly banged out a couple of form letters, clearly and without error.

“But, what about the computer?”

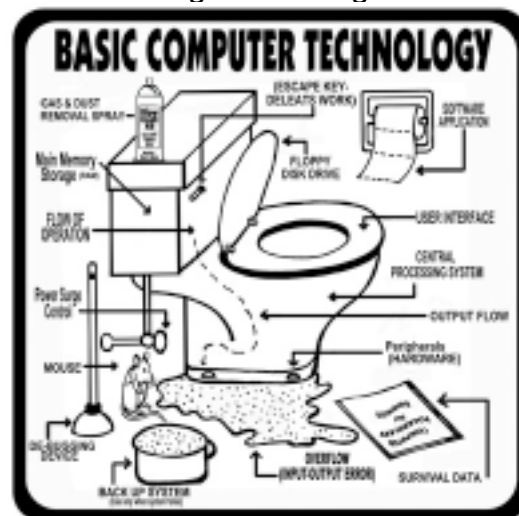
The dog climbed up in a chair and quickly did several spread sheets and cost analysis reports.

“I am amazed, but you are a dog, and I’m afraid we can’t hire you.”

The dog went over to the sign and pointed his paw at the statement regarding Equal Opportunity Employer.

“Yeah, but what about being bilingual?”

Pausing a moment, the dog got close to the man looking him straight in the eye and said “Meow.”





Seal Beach Host Lions Club

The Growl Seal Beach, California, U.S.A.

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page 5

Lions End of Year Barbeque



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



Keys to Success

Self-discipline is the key to winning in life.

An important key to success is self-confidence.

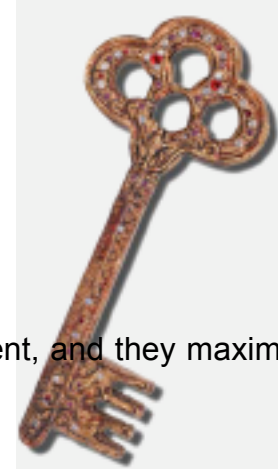
The key to self-confidence is preparation.

Disciplined people are always growing, always striving for improvement, and they maximize the use of their time.

The keys to discipline:

1. Identifying specific long and short-term goals.
2. Having a plan for achieving those goals.
3. The continual motivating desire to accomplish these goals.

If these steps are followed, you will become successful in life.



Progress comes at a high price.

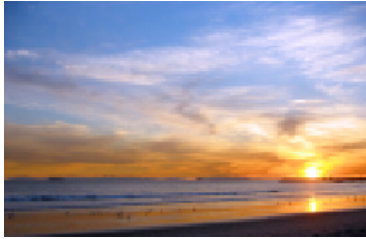
EXERCISE FOR PEOPLE OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

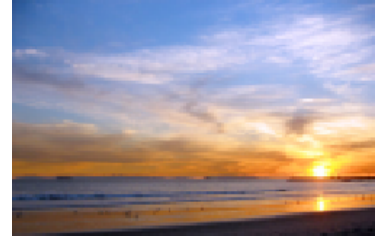
After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put **A** potato in each of the sacks





Following the ebbing tide...



It took six plus years for the last tide change. For the recent occurrence to take place a little more than four have transpired.

Many Lions -young and old- probably don't recall, yet the last decade of time has witnessed only two editors to 'The Growl' – Lion Bill Howes and moi. With the transition of the literary helm in July 2003 the club instantly saw the introduction of a portable document format to our monthly gazette and the incorporation of vibrant color used in text and images.

From Fish Fry to Beach Clean-Up, annual Christmas Parade and Storytelling Santa to Spring Fest, reading to children at McGaugh School and Honor the Teacher Night to the Leo's Community Giving Night its been a privilege to amass the many happenings within the four corners of our seaside village community.

Sadly, owing to a lack of devotion in making a few scribbles each month, the time has come to place my name alongside the editor lineage and usher in a new day of journaling for the next compiler of Seal Beach Lion lore. May Lion Gary Denni go about this task with Godspeed.

Before concluding this last edition as your editor, I wish to extend my sincere gratitude to Lion Webmaster Mike Narz for his infallible partnership in creating the many editions we collaborated on and to all that have contributed their articles and images for consideration throughout the years, thus providing future Lions a 'legacy' file as the Club slowly roar's toward its centennial in 2039.

Cordially,
Lion Herb Groom

Editor, "The Growl"

"You cannot stay on the summit forever; you have to come down again. So why bother in the first place? Just this: What is above knows what is below, but what is below does not know what is above. One climbs, one sees. One descends, one sees no longer, but one has seen. There is an art of conducting oneself in the lower regions by the memory of what one saw higher up. When one can no longer see, one can at least still know."

--René Daumal, Poet, 1908-1944

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