

Webster Groves Lions Newsletter

Squeal

August/September 2018
Volume 4, Issue 4
www.webstergroveslions.org

Celebrating our 93rd Anniversary
2018

President Lion Sandy Halama
Members: 64



President's Message

President Message Aug 2018

Can you believe it? Carnival is done! A big "shout out" to everyone that made the 2018 Carnival a success. They say it takes a village to raise a child, well it takes a big pride of lions to raise a carnival!

Now August is here and kids are already getting ready to go back to school. Time sure flies when you are busy. That time is going to go by fast whether you work, volunteer, or just enjoy life and all it has to offer.

Part of enjoying life is renewing and refreshing those areas in your life that you see or use daily. Take for instance the bathroom project Lion Rob and I have undertaken. Our master bath had not been changed or refreshed for many, many, years and it was looking pretty worn and sad. If a sink and tub could tell me they are tired I am sure I would hear a faint, "Heellppp Meee!" So with that, we are stripping, tearing out, and replacing everything. Pretty exciting. Although it will take a bit of effort and elbow grease, soon we will have a completely new and beautiful master bath!

So too is our club, a little worn out, a little down, and quite a bit tired. Somehow, we need to refresh and renew. The WG Lions have put on barbeques and a Carnival for many, many years. It has become a tradition not just for our club, but for many in the local community that look forward to our great BBQ. But as we continue with our current membership, the intense effort required is causing more of our most faithful to question their commitment and ability to continue. Is it time to review our events? Replace some of the BBQs with less demanding events? Maybe scale back on the number and level of events? Times, they are a changin'.

I would love to hear from our members to get opinions and ideas on how to help our club go forward. Please send me a note at halamas@sbcglobal.net.

Lastly, we all know it is each member's responsibility to try to cultivate our



membership, because that is what LCIF tells us. But it has been a difficult task these past few years. I would like to try something different. With the help of our Membership Chair, Lion Becky, I want to assign a committee to plan an informational meeting where we can invite individuals from the community, our vendors, donation recipients, as well as friends who may share our Lionistic goals. The meeting will provide not just what LIONS International is about, but more close to home, the who, what, why, when and where of the Webster Groves LIONS. I hope you will join me with enthusiasm on possible ways to bring more awareness of our club, and encourage new pledges. Please send me a note if you would like to be a part of this planning committee or if you just have an idea or suggestion.

Just like our master bath project, cultivating our club will need brainstorming, planning, compromise and initiative. But just think how refreshed we will feel when we succeed!

Yours in Lionism,

President Lion Sandy

"If you are working on something you really care about, you don't have to be pushed. The vision pulls you." Steve Jobs.

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Our Motto
"We Serve"

Webster
Groves
Lions
Est. 1925

For Eye, Eye Surgery, Hearing, & Glasses Assistance
HOTLINE PHONE: 314-645-3500
EMAIL: hotline@lions26m2.org
WEBSITE: www.lions26m2.org

RSVP FOR DINNER - TAKES ONLY A CLICK

Meals for our meetings are purchased & prepared by Lions Teddi & Becky which requires a lot of effort on their part.

In addition to the effort required, we have been spending more on meeting meals than necessary. This is the result of not knowing who will show up.

Our calendar service sends members notices of meetings with the opportunity to RSVP directly from your email with the click of a mouse.

Please utilize this service **that we pay for.**

**OFFICERS & BOARD MEMBERS
2018 - 2019**

President	Lion Sandy Halama
Past President	Lion John Gregory
1 st Vice	Lion Becky Speeler
2 nd Vice	Lion Missy Carr
3 rd Vice	Lion Pat Rabbitt
Secretary	Lion Teddi Speeler
Treasurer	Lion Vicky Swederska
Tail Twister	Lion Rob Halama
Lion Tamer	Lion Fred Yoder
LCIF Coordinator	Lion John Gregory
Service Chair	Lion Teddi Speeler
Mktg/Comm. Chair	Lion Fred Yoder
Membership Chair	Lion Becky Speeler

Directors:

- Lion Mike Swederska
- Lion Jerry Clubbs
- Lion Theron Poe
- Lion Ryan Whittington

Committee Chairs:

Membership Chair:

Lion Becky Speeler,
Cell: 314-724-3735
Email: speeler22@hotmail.com

Welfare Chair:

Lion Mike Swederska
PH: 314-289-3444
Email: shur-way@sbcglobal.net

Carnival Chair:

Lion Becky Speeler
Cell: 314-724-3735
Email: speeler22@hotmail.com

Scholarship Chair:

Lion Phil Hunt
Cell: 314-341-6340
Email: phil@bhhsadv.com

Small Event chair:

Lion Larry M. Schumaier
Cell: 314-952-5706
Email: lmstgr@sbcglobal.net

**Anne Sullivan
Circa 1881**



Much of what Lions do is not conspicuous, grandiose, or "out there". But rest assured, there is much going on. Many individuals, including officers, are hard at work to make this club a success.

SCHOLARSHIP AWARDS



The Lions Club of Webster Groves awards \$1,000 college scholarships to selected college bound Webster Groves students or residents, who are in their senior year. These scholarships have been presented annually since 1964. The scholarship program was originally developed and supervised by Lion Warren E. Gerlach, a life-long resident of Webster Groves and a long-time member of the Webster Groves Lions Club. His vision of the WG Lions Scholarship program was to assist a deserving student to pursue a career through higher education.

Since 2009, over \$100,000, and since inception in 1964, approximately \$300,000 in scholarships have been awarded to WGSD high school students.

The Gerlach/Webster Groves Lions College Scholarships are available to any high school senior who resides within the boundaries of the Webster Groves School District, whether he or she attends Webster High School or not. The scholarship awards may be applied to higher education after a student has been evaluated and approved by the Gerlach/Webster Groves Lions Scholarship committee.

A scholarship committee evaluates applications from students and selects those students to be awarded scholarships based on need, academic achievements, and community service.

2017-2018 Scholarship Awards

Congratulations to the following Webster Groves Seniors for receiving college scholarships for 2017 - 2018.

The scholarship awards for FY2017-2018 are:
Warren Gerlach/Webster Groves Lions Awards:

Alissa Bradford, Jeremy Ling, Benjamin Varghese, Noah Erb, Trinity Baker-Simmons, Marcus Thompson, Will Hartrich, Lauren Henry, Abigail Wuebbeling

Art Lowenau Award: Kamryn Haynes

By Lion Fred

MELVIN JONES FELLOWSHIP AWARD - JASON FLANERY

What is a Melvin Jones Fellowship award? And who is "Melvin Jones"? It is an award that is given by the LIONS Clubs International to a person that has gone above and beyond in many ways to help his fellow man - and Melvin Jones is the person who founded the LIONS Clubs in 1917 "to work for improving communities".

This Fellowship Award is a way that the LIONS clubs of the world can thank that person for their sacrifice to their community and the world to make them better places. When a person is of the mind set that I speak of, they never want recognition in any form, therefore, LIONS International created the Melvin

Jones Fellowship. The recipient is given an engraved plaque that has the founder of the LIONS clubs name on it, Mr. Melvin Jones, and at that time the recipient's name is put on the marquee at the world headquarters of LIONS International to be displayed there forever and all the clubs thru out the world are notified of the new recipient. So with that, they honor that person throughout the world as a Melvin Jones recipient.

In the Webster Groves Lions Club, this award is only given to a very few select people chosen by the few Melvin Jones recipients in the club. The club donates a \$1000.00 to the LIONS Clubs International Foundation in the recipient's name.

I am proud to announce that WG Police Officer Jason Flanery has been awarded a Melvin Jones Fellowship by het Lions Club of Webster Groves.

I have been the security chair for the WG LIONS Carnival since 2008, and during my years with the carnival, in 2012, I started to understand the needs of working hand and hand with the police, fire and paramedics.

The following year I met Officer Jason Flanery with some ideas of how we could start to work together and he took the time and listened. Officer Flanery assisted with organizing a joint meeting with various city officials; these meetings continue to this day before every carnival. Officer Flanery was instrumental in setting up a communications system for the carnival using cellphones. Because of his willingness to work with everyone he went step by step making things safer the patrons.

As the years went on with the carnival Officer Flanery seemed to be where he needed to be. As I worked with him during the carnivals, I started to notice his attitude towards the community over the years and realized that he truly was living the vocation of his choice. I knew what the description of a Melvin Jones person is and started to realize that this man was a living breathing example of a true Melvin Jones.

In addition to his involvement with the Webster Groves Lions, Jason Flanery has been deeply involved with the Special Olympics Missouri for over 19 years and has served on many committees as well as coordinating the Special Olympic Torch Runs for 11 counties and the City of St Louis

This is the first time a Melvin Jones Fellowship has been awarded by the WG Lions to an individual who is not a Lion.

By Lion Mike Swederska, Melvin Jones Fellow



WG Lions Welfare has helped 10 people with eye glasses, exams and other vision related issues since April of 2016. Since Lion Mike started as Welfare Chair in April 2011, WG Lions club has helped 180 people with vision issues.

Board Meetings

August 2nd & September 6th, 2018
3540 Greenwood Blvd.
Maplewood, MO 63143

Business Meetings

August 9th & September 13th, 2018
Hawken House Hearth Room
1155 S. Rock Hill RD. Webster Groves, MO 63119

General Meetings

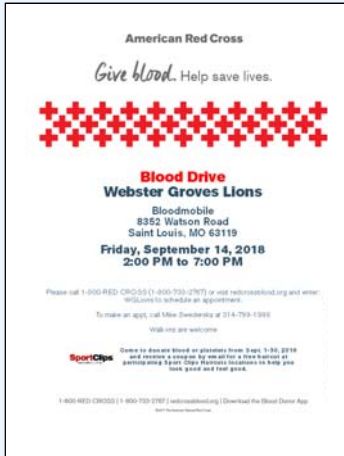
August 23rd & September 27th, 2018
Hawken House Hearth Room
1155 S. Rock Hill RD. Webster Groves, MO 63119

Next BBQs of Season

August 10/11th & September 14/15th, 2018
General Grant Center, 8400 Watson Road, Webster Groves, MO 63119

Red Cross Blood Drive

September 14, 2018 at BBQ



QUIZ ANSWERS:
1. Africa (15) unless you count Armenia, Azerbaijan, & Kazakhstan which are trans-continental, then Europe (17)
2. USA - 655,700,000
3. 13,710.70 mile
4. 33.9 sets of twins/1,000 births
5. Nepal
6. Mount Thor, Canada - 4,100 ft.
7. Sudan
8. Russia (15,500)
9. Guam (speed limit 35mph)
10. Because Betsy Ross pointed out that 5-pointed star could be made with one cut whereas the 6-pointed star on the original took more than one.

CARNIVAL & BBQ 2018

It has been said before, and it will be said again. "Carnival has come, and Carnival has gone, and I am glad for both!"

Our biggest "HURRAH!" of the year has done its job and helped us fulfill our monetary needs to help others for the year.

Considering the heat. Considering the asphalt. Considering the cramped quarters..... Sorry. After all that considering, I just kind of shut down for a minute there. Final numbers are not available yet, but we do look to make budget. HUZZAH! Opening on Sunday at 2:00 to sparse crowds was a great time for those wanting to avoid lines.

Monday, opening at 5:00 on a work day, was a bit better. We had nicer temperatures and those pesky armbands. With Tuesday being a workday, crowds were still somewhat missing though.

Then there was Tuesday. Open at 5:00, no work the next day and again, ARMBANDS and FIREWORKS! Tuesday went like gangbusters! Lines of folks were everywhere. *Everywhere!* Final day, Wednesday the fourth, started with the parade. Crowds seem to go home afterward for a bit, but they came back later to make it a respectable day to ride, eat, drink, play, and watch fireworks.

Thanks go out to all those that worked to make this a success, the LIONS that volunteered (not just ours, we had Meramec Heights, Southside, and Downtown LIONS all join the fun), and to the non-LIONS, er, I mean *Future* LIONS. The folks from Young Life, Webster Rock Hill Ministries, Rockets, Boy Scouts from Troop 303, the Near Southside Coalition and the folks from OPUS were an invaluable asset to the success of our carnival. And for those interested, as of this writing, in just 342 days, we get to do it all over again. Oh-oh! I feel another shutdown coming.....

By Lion Rob Halama

Special Note of Thanks

To all the Webster Groves Lions members and their families that helped at the 2018 Carnival this year, I thank you. If you worked a shift, a day or days I truly thank you. It is with all the club members support that we were able to put this event on. I know that this was a hot year and knowing that you all came and helped in the heat means so much to me. To all the chair heads, I thank you for all your time and effort that you put in to make the event successful.

Elizabeth Andrew once said "Volunteers don't necessarily have the time but they have the heart" this quote is special because all of you have a heart for serving others and with the carnival, we're able to do just that. So once again I say thank you!

*Yours in Lionism
Lion Becky Speeler, Carnival Chair*



FACTS OF INTEREST
Net Proceeds from past Carnivals
1927 - \$3,800
Average of 1929 - 1940: \$4,000
1982 - \$2,025 1990 - \$28,000

WHAT DID WE DO WITH THOSE FUNDS
In **1931** the WG Lions gave the following to needy families:

4,299 Bottles of Milk
31 Pints of Cod Liver Oil
118 Pints of Malt
24 Tons of Coal
\$95 worth of food

Just imagine if every Lion, **1.4 million**, asked one person to join their club...

...now imagine how much more Lions could do and how many more people they could serve!

All it takes is asking one person...get started today!!!



AND WHAT DO WE DO WITH CARNIVAL & BBQ EARNINGS (& OTHER DONATIONS)?

The Webster Groves Lions helps to support many charities and community causes. We are able to do this by the continued efforts by our members and volunteers in fund raisers. Among these community causes are:

File of Life

500 each, 'File of Life' refrigerator magnetic pouches were donated to the Affton and Webster Groves Fire Departments. These pouches will be distributed by first responders primarily to senior adults, however, the File of Life is applicable for people of all ages, especially individuals with chronic or severe medical conditions and/or developmental disabilities.



The File of Life packet will enable first responders to obtain a quick and accurate medical history when a patient or family member is unable to offer one. The File of Life is a red, magnetic packet that contains vitally important medical information about you and also provides an area to list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel should know in caring for you. The File of Life pouch is placed on the refrigerator door with the form completed by the recipient. A door decal alerts the first responders to the availability of this magnet.



WG Fire Chief Yohe accepts Sparky the Fire Dog costume & 500 File of Life refrigerator magnets.



Members of the Affton Fire Department, Capt. Jim Cove, Eng. Steve Westbrook, Pvt. Scott Manning & Pvt. Ian Shay, accepts Files of Life refrigerator magnets (see article above) and Little Anne CPR mannequin upgrade kits.

Officer Jason Flanery accepts blank Thank You notes, a tactical safety device, refills for their "shot boxes", and a tourniquet for each officer. Officer Flanery also gave a great presentation about the Special Olympics.



Not a money issue, but....

A cancer survivor in Affton, Steve Grant, is a patient's advocate at SSM St Clare Hospital for cancer patients. caps/hats for male chemo patients.

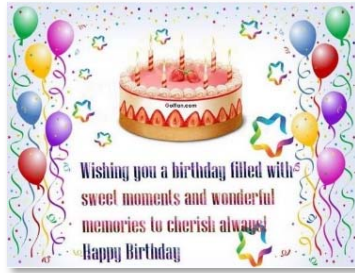
Seems the ladies have access to much finery during chemo, but men, not so much.



Thanks to the generosity of the WG Lions, a more than 110 hats/caps were donated to this cause.

August Birthdays

Lion Cheryl Davidson - 1st
 Lion Phil Hunt - 1st
 Lion Tim Rabbitt - 5th
 Lion Kurt Weisenfels - 8th
 Lion Bill Belcher - 16th
 Lion Larry Sauter - 16th
 Lion Lee Scherzer - 20th
 Lion Frank Tallis - 26th
 Lion Sandy Halama - 30th



September Birthdays

Lion Tony Baumstark - 10th
 Lion Tim Donze - 12th
 Lion Mike Capriglione - 12th
 Lion Mark Cereghino - 20th
 Lion Jerry Davis - 24th
 Lion Larry Schumaier - 28th

August Anniversaries

Lion Theron Poe - 1 yr
 Lion Mabrakh Khan - 6 yr
 Lion Vicki Swederska - 14 yr
 Lion Larry M. Schumaier - 16 yrs
 Lion Mike Capriglione - 17 yrs
 Lion Jim Greenlaw - 17 yrs
 Lion Kim Pepple - 20 yrs
 Lion June Lenk - 21 yrs
 Lion Harris Gerhard - 24 yrs

September Anniversaries

Lion Lee Scherzer - 7 yrs
 Lion Georgia McGuire - 9 yrs
 Lion Patrick Rabbitt - 20 yrs
 Lion Greg Hanser - 30 yrs

Perfect Attendance

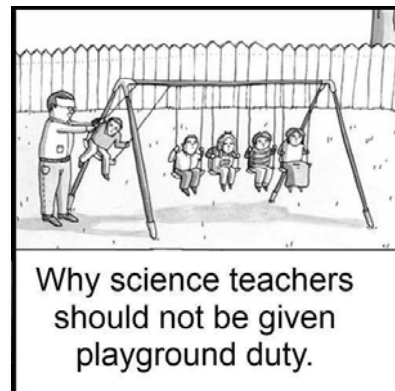
In order to receive a perfect attendance pin, you must attend all 22 meetings. If you miss a meeting you can make it up by working a function, or attending another Lions meeting (Board Mtg., Zone Mtg., etc.) within a two-week time frame.

Matching Funds

If you have a specific organization you would like to donate to, the club will match your donation up to \$500. For the club to match your donation, you must submit to the president or secretary a description of your charity and what it represents, a check made out to that organization, and an addressed envelope.

If you are interested in being on a committee for the upcoming year, please see President Lion Sandy Halama.

Keep an eye out for the next Squeal! If you have any news or pictures, please submit to Lion Fred at contactus@webstergroveslions.com



LIONS CRAIG KRABBE & MICHELLE KRABBE

FEATURED LION

Who Is It: Craig Krabbe
 Married to: Lion Michelle
 Children: 1 daughter
 Resides in: Lakeshire
 Pets: None
 Church: First United Methodist
 Born and Raised: St Louis
 Childhood Dream Career: Own my own business
 Something we don't know about you: I was stationed in Germany for 3 yrs
 Talents: Painting in multiple colors; 7 colors on historic houses
 Free Time: Helping the YMCA & veterans
 Hobbies: Golf
 Proud Accomplishment: 8 yrs combat engineer/29 yrs as a Lion
 Favorite Holiday: Thanksgiving
 Favorite Food: Steak, baked potatoes, salads
 Favorite Movie: Rocky, Godfather
 Favorite TV Show: Bonanza, Gunsmoke, Blue Bloods
 Favorite Music: Southern Fried. Lynard Skynard, CCR, Faith Hill, Tim McGraw
 What Do You Like About Your Job? Houses that I work on look better when I am done.
 Why Do You Like Being A Lion? For all we do as a group of Lions
 Why Did You Become a Lion? To raise funds for good causes.

=====

FEATURED LION

Who Is It: Michelle Krabbe
 Married to: Lion Craig Krabbe
 Children: 1 son, deceased
 Resides in: Lakeshire
 Pets: None
 Church: St George Catholic Church
 Born and Raised: St Louis
 Childhood dream Career: To be a painter
 Something we don't know about you: I belong to the Box 5 Club helping fire depts. Give blankets to the homeless.
 Talents: Painting different colors
 Free Time: Lions Club
 Hobbies: Riding a Harley and hanging with friends
 Proud Accomplishments: Being a painter & a Webster Lion
 Favorite Holiday: Valentines Day
 Favorite Food: Pizza
 Favorite Movie: Green Mile
 Favorite TV Show: Brady Bunch
 Favorite Music: 70's
 What Do You Like About Your Job: When I show up, it needs work; when I leave it looks better..
 Why Do You Like Being A Lion: To help people.
 Why Did You Become a Lion? To help raise money for the less fortunate.



Eye Wrap @ House Springs Lions



2017-2018 Scholarship Winners



Paving trailer lot with gravel



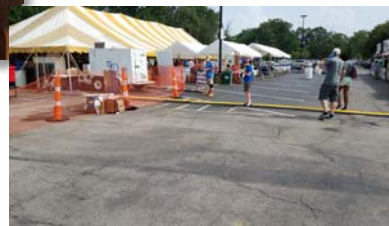
Alien Volunteers



Hats/Caps for Chemo Patients @ SSM St Clare. (Patient's Advocate Steve Grant)



Carnival 2018



What is Jet Lag & How to Prevent It?

Jet lag, or desynchronization, is a condition that's caused by crossing time zones during air travel. It is said to be a symptom of the disruption of the body's circadian rhythms—i.e., the day/night, light/dark cycle, which controls the timing of bodily functions such as when you sleep and eat.

Other contributing factors to jet lag are the dry atmosphere of planes and the lack of fresh air; the discomfort caused by cramped conditions; swelling caused by cabin pressure; the food and drink consumed in transit; and the direction of travel. North/south travel doesn't result in jet lag because the time zone remains the same, while some suggest that flying east results in the worst jet lag, as it accelerates the passage through the time zones and that, because time is "lost," there is less time to "absorb" (the human body is more adept at compensating for enduring longer days than shorter ones). Others maintain that jet lag is greater when traveling away from your normal time zone than toward it.

The symptoms of jet lag are irregular sleep patterns and insomnia, fatigue, confusion and disorientation, irritability, headaches, nausea, dehydration and a loss of appetite. It's estimated that one day of recovery time is needed for every one-hour time zone crossed.

The effects of jet lag can be reduced in various ways. For example, before a flight you should be well rested and relaxed. Plenty of exercise before a flight can help, too, and no alcohol should be consumed beforehand, though some medical professionals suggest the taking of certain drugs and hormonal supplements.

To reduce the effects of jet lag while in the air, drink plenty of water and avoid alcohol (it's thought that the effects of alcohol are more pronounced at high altitudes) and caffeine-based drinks. Get as much exercise as possible by stretching in your seat or walking about the plane. Remove your shoes and get comfortable. Adjusting your watch to the new time zone can also be psychologically beneficial.

Once you're on the ground, take a shower to get your blood moving, drink plenty of water and try to adapt to the environment of the new time zone as quickly as possible. Maximizing your exposure to the sun can help you to adjust to your new environment, so you shouldn't sleep upon arrival; instead, wait until night.

HOW ABOUT A QUIZ? (Answers Page 3)

1. What continent has the most landlocked countries (could be 2 answers)?
2. What country has the highest rate of incarceration?
3. How long is the Great Wall of China (in Miles)?
4. What country has the rate of twins births?
5. What country worships children as "Living Goddesses"?
6. Where in the world is the highest vertical cliff?
7. What country has the most pyramids?
8. What country has the most military tanks?
9. What island paves its road with coral?
10. Why does the U.S. flag have 5-pointed stars?

Grilled Corn Salad w/Honey-Lime Dressing

(B's Cracklin' BBQ, Savannah, GA)

Ingredients

3 ears of corn, husked
2 Tbsp. unsalted butter, melted
1½ tsp. kosher salt, plus more
Freshly ground black pepper
3 Tbsp. fresh lime juice
2 Tbsp. honey
1½ tsp. Sriracha
1 tsp. **granulated garlic** or garlic powder
1½ avocados, cut into ¾" pieces
1 serrano chile, thinly sliced
½ cup cilantro leaves with tender stems



Recipe Preparation

Prepare a grill for medium-high heat. Brush ears of corn with butter; season with salt and pepper. Grill, turning occasionally, until kernels are very tender and charred in spots, 10–12 minutes. Let cool slightly, then cut kernels from cobs.

Meanwhile, whisk lime juice, honey, Sriracha, granulated garlic, and 1½ tsp. salt in a large bowl to combine. Add corn, avocados, chile, and cilantro to vinaigrette and toss to combine; season with salt and pepper. Cover with plastic wrap, pressing in direct contact with salad to prevent avocados from turning brown. Chill at least 2 hours.

Do Ahead: Salad can be made 1 day ahead. Keep chilled.

Publication Dates:

Feb/Mar - Jan 18th
Apr/May - March 24th
Jun/Jul - May 26th
Aug/Sep - July 28th
Oct/Nov - September 22nd
Dec/Jan - November 25th

Please send any items you would like to see in this newsletter to Fred Yoder at: fredy1@swbell.net
No later than 1 week prior to publication date.



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