

# THE SQUEAL

## FROM THE PRESIDENT:

**2/17/10**

I would like to remind everyone that the March BBQ is just around the corner. We need to make this our benchmark in profit for our monthly BBQ for 2010. Start now getting the word out to all possible customers. Stick a sign in your office coffee room on the front of your desk. Talk it up to every friend and family member. Now is the time to make people aware of the March BBQ the weekend of 12-13.

The Lions that Roar show is really a fun night that Vicky and I have always enjoyed. We recommended and suggest to other fellow Lions to invite to others besides lions to this event. This is the biggest fundraiser that our fellows South Side Lions do. Please participate by getting in touch with Lion Mary Bohn. March 6.

The district convention is coming up soon at the Viking. To all members "Be there or be square." March 19-21.

Now, the most important thing that I would like to ask all fellow lions to do, come to the Installation dinner. This is the function where your fellow lions get a big thank from all the clubs members for performing in duties running this club in the year 2009, also the swearing in of the

new leaders of this club for 2011. Even if you are not very active or not at all active, but still belong to, and proud of being a Webster Groves Lion, please come to this function. It is truly your duty to be a part of this celebration of the fellow lions that have donated their time and energy at the highest level to this club. March 20.

Proud President  
Webster Groves Lions  
Mike Swederska Sr.

As you have heard the 2<sup>nd</sup> 26-M2 District Convention is coming up and time is running out. **LAST CHANCE TO SIGN UP FOR MEALS AT THE CONVENTION, MUST HAVE YOUR REPLY BY FRI. FEB 26TH SEND TO LION LEO CHRIST [leochrist@hotmail.com](mailto:leochrist@hotmail.com)**

## The Squeal

Got News, Tips or Picture's

Call or email Teddi Speeler  
314-724-3721 or at  
[tspeeler@aol.com](mailto:tspeeler@aol.com)

**Hey Lions The vests are in. If you ordered one come to the meeting February 25<sup>th</sup> to get yours.**

February 2010  
Volume 2, Issue 2

EST. 1925

## Inside this Issue

- 1 From the President, Convention meals, Got Tips
- 2 Bowling Report, Upcoming BBQ and Meetings, Safety Focus, New Directory, Lions International Purpose.
- 3 Safety Focus Cont, Upcoming Events, Photo Contest Information.

### Board of Directors

President-Mike Swederska  
Past Pres-Randy Johnson  
1<sup>st</sup> Vice-Ryan Whittington  
2<sup>nd</sup> Vice-Larry Schumaier  
3<sup>rd</sup> Vice-Scott Young  
Secretary- Teddi Speeler  
Treasurer-Vicki Swederska  
Tail Twister-Dennis Ureche  
Lion Tamer-Dick Nahm

### Directors:

Tim Rabbitt, Marshall Yost,  
Pat Rabbitt, Rob Halama

## New Directory

Okay Lions I have the newest updated roster ready I used the wrong copy but I think I have it now. It will be included with this Squeal. I will also have copies at the meeting February 25<sup>th</sup>.

## Bowling Report

Starting the night of February 22 the standings are as followed.

1. Meramec North
2. Webster 2
3. Hampton
4. Webster 1
5. Webster 3
6. Southside Red
7. Southside Blue
8. Vacancy

If you would like to come out and cheer on the teams it's Monday nights at Crestwood Lanes.

---

When it comes to meeting challenges, our response is simple: We Serve. It's something that unites Lions around the world. And it's unconditional. Lions aren't limited by continents or restricted to certain causes. We help wherever, whenever, wherever and however we can.

## Upcoming Meetings

February 25<sup>th</sup> General Meeting @ The Barn 6:30pm

March 4<sup>th</sup> Board Meeting @The Swederska garage Apt. 6:30pm

March 11<sup>th</sup> General Meeting @ The Barn 6:30pm

March 25<sup>th</sup> General Meeting @ The Barn 6:30pm

---

## BBQ Report

Well it's that time of year again if you are interested in helping with the BBQ get in touch with Lions Randy or Ryan. There's always stuff to do Everyone Welcome and looking forward to seeing you there.

---

## Lion International Purposes

1. To Organize, charter and supervise services clubs to be known as Lions clubs.
2. To Create, and foster a spirit of understanding among people around the world.
3. To Take, an active interest in the civic, cultural, social and moral welfare of the community.

4. To Unite, the clubs in the bonds of friendship, goof fellowship and mutual understanding.

I thought this was very cool and enjoyed reading it. I hope you enjoy it too. I will have more next month.

## Safety Focus

### Home Heating Safety

Older people are three times more likely than younger people to die or be injured in a house fire. Seniors also need to beware of the dangers of carbon monoxide, a colorless odorless gas that can be given off by heating devices fueled by gas, oil, kerosene or wood. Carbon monoxide replaces oxygen in the bloodstream and can cause dizziness, headaches, nausea, convulsions and death within two hours. The effects can happen even faster for someone with a respiratory or heart condition.

### Protect against Hypothermia

As we get older we produce less body heat. That makes us especially susceptible to hypothermia, a drop in body temperature below 96 degrees. If not detected early, it can be extremely dangerous. Conditions such as stroke,

Parkinson's disease and severe arthritis, and some medications can limit the body's response to cold leaving us even more vulnerable. Signs include: uncontrollable shivering, numbness, confusion, drowsiness, loss of coordination, stiff muscles, slurred speech, slow and shallow breathing, slow and irregular heartbeat and weak pulse.

### Prevention

Limit time outdoors, and stay in on windy days. Go inside if you begin to shivering.

Wear warm, layered clothing of natural fibers. To reduce heat loss wear a hat, gloves, warm socks and boots. Cover your mouth to protect your lungs.

To keep your body temperature up eat hot nourishing meals and drink warm beverages.

Seek medical attention for anyone you believe is suffering from hypothermia.

---

### Upcoming Events

March 6<sup>th</sup> Southside Lions Lion's That Roar Show.

March 12-13<sup>th</sup> BBQ @ Sappington Market

March 19-21<sup>st</sup> District Convention @ The Viking Convention Center and Hotel.

March 27<sup>th</sup> Installation Dinner @ Orlando Gardens

March is a very busy month for The Webster Groves lions if you need more information about an event just call a Board member.

-----  
When I was given the list of Carnival Chairs there was a missing area the beer chairs. Bud Halteman and Dick Roth will be doing a superior job keeping the beer flowing in the beer tents. We are gearing up for a great Community Days celebration.

Okay I am posing a question to you. Who can tell me how The Webster Groves Squeal newsletter got its name?

I would like to change it to something more in the line of "The Roar" or something like that. Let me know if someone can answer the question and if you have a comment about changing the name or a suggestion.

---

Don't forget we are going to have a photo contest in the spring. You can enter an original, unaltered, black& white or color photo of the environment in the following categories.

- Animal Life,
- Landscape (Urban or Natural)
- Plant Life
- Weather Phenomenon

The special annual theme category is:

Lions going green – photos of Lions in action implementing a Lions environmental project.

---

Below is the 2010-2011 Official Ballot of The Webster Groves Lions please take a look at it and send in your yes or no to Teddi Speeler by email, phone call, or by mail.

---

I would like to start featuring a Lion in the Squeal again if you are interested in having an article written about you please get with me for an interview. Your Editor Teddi Speeler

---