

# THE SQUEAL

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### Board of Directors

President-Ryan Whittington  
 Past Pres-Mike Swederska  
 1<sup>st</sup> Vise-Larry Schumaier  
 2<sup>nd</sup> Vise-Scott Young  
 3<sup>rd</sup> Vise-Tim Rabbitt  
 Secretary- Teddi Speeler  
 Treasurer-Vicki Swederska  
 Tail Twister-Becky Speeler  
 Lion Tamer-Fred Yoder

### Directors:

Dennis Ureche, Marshall Yost,  
 Pat Rabbitt, Greg Hanser

## FROM THE PRESIDENT:

1-06-11

### Presidents Message –

Happy New Year fellow Lions. I am excited to say that our club enters 2011 healthy both in membership and financially. I have been impressed and excited for the positive events held in 2010. If you missed it, the year was capped off with a full spread article on your Webster Groves Lions Club last month in the Webster Kirkwood Times. What a great testament to the clubs community involvement.

As we begin a new year, it is hard to ignore the incredible work that is ahead. This year will bring with it new and old challenges to long standing traditions as well as many laugh and smiles. I know I am up for the challenge and I believe you are too.

One of the first pieces of business for the New Year will be the mid winter forum, which is held in Branson MO in February. The mid-winter forum is an exciting opportunity to learn more about what being a lion means as well as connecting with other individuals and clubs from around the state.

There will be a group of WG lions going and if you are interested in attending please contact Lion Greg Hanser. In years past, our club has been recognized as the most attended club in the state. Let's see if we can do it again this year.

Before we know it, the weather will be warming and our club will be in full swing. What will you help with this year? If you have found it hard to volunteer your time over the last weeks, months, years, please consider

making 2011 the year you take steps to reconnect with your club. We could sure use your talents and helping hands.

Until next time, continue to live the lions pledge... We Serve

President

Lion Ryan Whittington

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### Lion of the Month

November

Rob Halama

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## Got News or Tips for The Squeal

Send to Teddi Speeler

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### Peace Posters

Another year of Peace Posters is over. I hope everyone saw The Webster-Kirkwood Times article and pictures. What a great turn out we had at the award night. I think the parents, students, and teachers enjoyed the evening. Thanks for letting us continue to have this event. Peace poster committee

HAPPY NEW YEAR TO YOU  
ALL!!!!!!!

## Safety Focus

With winter officially here and the possibility of snow arriving at anytime. I thought I would offer some tips for staying safe while shoveling!

Shoveling snow can lead to sore muscles, back injury, and even heart attack.

### The most at risk for heart attack include:

- Anyone who has already had a heart attack.
- Individuals with a history of heart disease.
- Smokers
- Those with high blood pressure or high cholesterol levels.
- Males

The cold air makes it harder to both work and breathe, which adds extra strain on the entire body including the heart. Avoid drinking caffeinated beverages or energy drinks prior to shoveling. These elevate the heart rate making a heart attack more likely.

### To reduce sore muscles:

- When possible, don't lift the snow but push it aside instead. This puts less strain on the body and requires less energy overall.
- Drink plenty of water before and after shoveling. Dehydration is a complication of exerting the body in the cold, and will increase the chance for sore muscles.
- Warm up your muscles by doing light stretching

exercises. Warm muscles will work more efficiently and be less likely to be injured.

- Use a small shovel, so you are not lifting as much snow. Plastic shovels weigh less than metal shovels.
- Take frequent breaks.

Back safety should also be considered when shoveling snow. Even if you exercise regularly and are not at risk for heart disease, shoveling improperly could lead to a strained back.

- Always lift with your legs and not your back. Bend your knees and keep your back as straight as possible, never bend at the waist.
- Step in the direction that you are moving the snow. This will help prevent the lower back from twisting which often leads to back pain and even injury.
- A curved handle shovel is designed to take strain off the back.

By following these few simple tips, we can all have a safe winter season.

### Cold weather Tips

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body heat loss caused by wind. Wool, silk or polypropylene inner layers of clothing will hold more heat than cotton.

Stay dry—wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too

warm. Also avoid getting gasoline or alcohol on you skin while fueling and de-icing your car. These materials in contact with the skin greatly increase heat loss from the body.

### DO NOT IGNORE

SHIVERING. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

### What is frostbite and what should be done with its warning signs?

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body.

At the first signs of redness or pain in any skin area get out of the cold or protect any exposed skin- frostbite may be beginning. A victim is often unaware of frostbite until someone else points it out because the tissues are frozen and numb.

### What should you eat and drink during extreme cold?

Eating well balanced meals will help you stay warmer. Do not drink alcoholic beverages they cause your body to lose heat more rapidly. Instead drink warm sweet beverages such as hot chocolate to help maintain your body temperature.

## Bowling Report

Upcoming meeting & Events  
January 6<sup>th</sup> Board meeting @  
The Senior Home Care Offices  
6:30pm

January 13<sup>th</sup> General meeting  
@ The Barn 6:30pm

January 24<sup>th</sup> Carnival Meeting  
@6:00pm Rec Plex

January 27<sup>th</sup> General meeting  
@ The Barn 6:30pm

February 3<sup>rd</sup> Board meeting @  
The Senior Home Care Offices  
6:30pm

February 4-6<sup>th</sup> Mid-Winter  
Forum in Branson, Mo

February 15<sup>th</sup> Zone Meeting  
@ Duffys Kirkwood

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### From your Tail Twister

January we will be collecting  
old coats and blankets to give  
to the needy and homeless.

Any monies raised from fines  
for the months of December  
and January will go to the  
homeless shelter St. Patrick's  
Center Downtown.

As always be prepared to  
answer the question or pay a  
fine. Don't forget to wear your  
Lions gear shirt, hat or pin will  
do.

Thank you,  
Lion Becky Speeler

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Well Lions here are the  
standings in the Monday Night  
bowling league as of Monday  
1/3/2011

Webster 2  
Meramec North  
Webster 1  
Southside Red  
Webster 3  
Southside Blue

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Hey Lions check out our  
website you can find a lot of  
information about the Webster  
Groves Lions there. Just click  
and you will see.

[Webstergroveslions.tripod.com/](http://Webstergroveslions.tripod.com/)

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### Joke of the Month

After being married for 41 years I  
took a careful look at my wife one  
day and said "Honey 41 year ago we  
had a cheap apartment, a cheap car,  
slept on a sofa bed and watched a 10"  
black and white TV, but I got to sleep  
every night with a hot 25 year old gal.  
Now I have a \$500,000 home, a  
\$45,000 car, nice big bed and a  
plasma screen TV, but I'm sleeping  
with a 65 + year old women. It seems  
to me that you're not holding up your  
side of the deal."

My wife is a very reasonable woman,  
she told me to go out and find a hot  
25 year old gal and she would make  
sure that I would once again be living  
in a cheap apartment, drive a cheap  
car, sleep on a sofa bed and watch a  
black and white TV.

Aren't older women great? They  
really know how to solve a mid-life  
crisis.

May the New Year fill your heart  
and home with all that's happiest –  
More love and warmth, more joy  
and cheer than you had hoped or  
guessed,  
And may you find the coming year  
holds added pleasure too,  
And favorite plans all working out  
for every one of you!!

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### New Year's resolutions

I feel like my body has gotten  
totally out of shape, so I got my  
doctor's permissions to join a  
fitness club and start exercising.

I decided to take an aerobics class  
for seniors. I bent, twisted,  
gyrated, jumped up and down, and  
perspired for an hour. But by the  
time I got my leotard and tights on  
the class was over. HA-HA

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Okay Lions the slate of officers for  
next year is included at the end of  
this issue. If you are in good  
standings and wish to run against  
someone you need to talk with a  
board member by the January 27<sup>th</sup>  
meeting. Otherwise we will be  
voting on this slate by March  
2011. You can mail back your  
vote, call in your vote, email your  
vote, etc... somehow get your vote  
to Secretary Lion Teddi Speeler.

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Don't forget matching funds lions  
it's a great way to help your  
favorite charity by doubling your  
donation. Talk with a board  
member if you have questions or  
would like to turn in a check for  
matching.

I leave you with this:  
"Give the best you have, and it will  
never be enough. Give your best  
anyway."  
Good health to you all in 2011  
Until next time.....

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## Here is the new Board of Directors Ballot for 2011-2012

President – Larry Schumaier

Past President – Ryan Whittington

1<sup>st</sup> Vice President – Scott Young

2<sup>nd</sup> Vice President – Tim Rabbitt

3<sup>rd</sup> Vice President – Vicky Swederska

Secretary – Teddi Speeler

Treasurer – Rob Halama

Tail Twister – Becky Speeler

Lion Tamer – Fred Yoder

### Directors

1 year – Dennis Ureche

1 year – Pat Rabbitt

2 year – Mike Swederska

2 year – Larry Schumaier

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