



*Lion
President
Tim Watts*

It's April and it's Volunteer month...

People volunteer for a variety of reasons; some are motivated by altruistic values, some seek social justice while others see service as a way to enable a democratic political system. Whatever your reason,

Lions believe volunteering can transform you and the world around you.

So if you are questioned, “**Why do you volunteer**”?

Let them know that part of being a great volunteer, is loving what you're doing. Let them know you have found something that you're passionate about or how it inspires you, and give them an example; The Sanchez home, building handicap accesses for a neighbor, bringing joy to children faces at Macy's. Whatever your event is, there are dozens of reasons why you volunteer; you just need to find the one that feels right for them. Here are some good reasons I do.

Help others - Make a difference - Find purpose - Enjoy a meaningful conversation - Connect with your community - Feel involved - Contribute to a cause that you care about - Use your skills in a productive way - Develop new skills - Meet new people - Explore new areas of interest - Get out of the house - Feel better about yourself – Tease Lion Bill H.

I was honored to accept the CSD 2006-2007 Volunteer Appreciation Award for the Elk Grove Lions, their motto: “**Volunteers Plant**

THANKS TO LION JOE TALLERICO, JIM SWITZGABLE AND MY CELL PHONE FOR PICTURES USED IN THIS MONTHS STAG. THANK YOU'S TO LARRIE DAPELO FOR THE FINE ARTICLE ON CITY OF HOPE.

The Seeds of Kindness”. Lion **Andy Anderson** and I attend the evening event and found so many other community residents both young & old who have placed numerous personal hours into our community for the better. Once the Elk Grove Lions name was announced Lion Andy and I walked up to receive heart felt thanks and comments of “...**we could not have done it without you.**” from the CSD board.

Our very own Lion **David Ogden** and his family also shared a key highlight that evening and were presented with an award for their contribution for work at the Elk Grove Park. It was a very moving evening.

But most importantly I want you all to know...people of our community know...they see, hear and appreciate the Elk Grove Lions. You are a volunteer who makes a difference. Thank you for being a volunteer.

Lion President Tim

Take me out to the ball game . . .



On Thursday, June 14th LIONS will invade Raley Field to watch the Sacramento RiverCats take-on the Las Vegas 51's.



Tickets are \$13.

for Delta Box seats and game begins at 7:05 p.m.

The evening will be “buck nite” where \$1.00 will get you an ice cream or a hot dog.

For ticket reservations contact Lion Bob Turner at 685-6021.



EG Lions Board Meeting 3/19/2007

Call to Order: Lion President Tim Watts @

6:30 PM

Attendance:

X President: **Tim Watts**

Ex Secretary: **Jerry Salamy**

X 1st VP: **Andy Anderson**

X Bulletin Ed: **David A. Simpson**

X 2nd VP: **Jim Switzgable**

X Tail Twister: **Sterling Kloss**

A 3rd VP: **Pancho Sanchez**

X Treasurer: **PDG Mel Oneto**

X Lion Tamer: **Rod Dixon**

X 1 Yr Director: **Randy Feist**

X 1 Yr Director: **Heinz Leonhardt**

X 2 Yr Director: **Jack Megna**

X 2 Yr Director: **Danny DiBenedetto**

X Membership Director: **Bill Hibbard**

X Immediate Past: **David Ogden**

X Public Relations Coord.: **David King**

Also present: Lion **Joe Tallerico**, Lion **Al Jauregui**, Lion **Jack Edwards**, Lion **Bob Hillyer**, Lion **VDG Gary Dapelo**, Lion **Dan Pearson**, Lion **Ellard Whisman**.

Motion to approve Board Minutes of: February 19, 2007. - Approved - 1st Lion Andy Anderson, 2nd Lion Rod Dixon.

Treasurer Report:

Check with PDG Mel Oneto for details.

Approved - 1st David Ogden 2nd David Simpson.

Visitors:

None

Elk Grove High School (dinner for Elk Grove High graduates).

Special Announcements:

None.

Correspondence:

- Letters / Greetings – CSD (2) & Chris Utterback "People-to-People trip.
- Sac Sierra Lions Club 8th Annual Korea Night 3/24 - 7 PM \$30.
- Union Bank of CA, Grand Opening 3/29.
- The Stage Stop Gazette.
- Islands invite.
- Tax-Exempt Organization in CA seminar 6/1.
- EG Historical Society, a Victorian Tea and Luncheon 5/12 \$25.
- City of Hope News - See article pages 4 & 5.

Committee Reports:

- *Placement of plaque for flagpole* - Lion **Jim Parino**. - Lion PDG **Mel Oneto**.
- *"Lions Meet Here" indoors signs* - Lion **Jim Parino** ordered and will instal when he has them.
- *Will Vance, Troop 380 Senior Center* - Lion **Randy Fiest** - Another meeting with Troop by the end of the month to review the design.
- *Student Speaker Contest Update* - 3/8 Lion **Joe Tallerico**. - Zone speaker contest. Freshman from Franklin High School won the zone contest. 6 Lions attended.

- *March Crab Feed* - 3/3 - Lion **Jim Switzgable** updated report submitted.
 - *Elk Grove Police Crab Feed* - 3/10 Lion **Chuck Woodson** - Very successful.
 - *Senior Center Drinking Fountain* - Lions **Jack Magna & Jim Parino** installed – meets accessibility requirements.
 - *City of Hope 50th, Tribute Day* - 3/25 - Lion PDG **Mel Oneto** - Lions Wall has been taken down - Now looking for donations. Tickets are \$98 per ticket. Due date is 3/25/2007.
 - *Cioppino Feed* - 4/6 Lion PDG **Mel Oneto** April 6th. - Lion Mel will have tickets at next dinner meeting. It has been changed to a project funded item.
 - *Sheldon Senior Ball Assistance* - 4/11 - Lion PDG **Mel Oneto** - No response yet from Sheldon contact (Spaghetti feed for graduating seniors at Sheldon High School.
 - ◆ *EG Lions FFA/4H Golf Tournament* - 4/20 - Lion **Andy Anderson** - Event is progressing well. 11 flags , 12 Tee boxes, 11 teams, raffle items coming in. Probably 72 golfers.
 - *Jesse Baker School Lunch* - request 4/25 & 26 Lion **Bill Hibbard** Going according to plan. Lion Bill has enough volunteers.
 - *CSD Creek Week* - 4/21 - Lion **Jim Parino** will chair this event.
 - *Rancho Mureitta Coral Night* - 4/28 - Lion **Andy Anderson** Received letter from Rancho Murieta Optimist and Kiwani's Club. Asking for support.
 - *American Cancer Society Relay 4 Life* - 5/19 & 20 - Lion **Don Thompson** - Meeting on Thursday to get things started.
 - *EGHS Marching Band Spaghetti* - Feed - 5/11 Lions **Dan Pearson & Jack Megna**. Tickets for \$10 apiece. Looking for donations for raffle items. Put on the side of the trailer "Sponsored by Elk Grove Lions Club".
 - *Senior Center Fundraiser Breakfast* - 6/2 - Lion **Jim Parino**.
 - *Baseball Game* - Lions District 4-C5 River Cats vs Las Vegas 51's - 6/14 - Lion **Bob Turner**.
 - "07" TNT Fireworks - 6/28-7/4 Lion **Jim Switzgable & David Ogden**.
 - *Senior Center Fundraiser Breakfast* - 7/7 - Lion **Jim Parino**.
 - *Elk Grove Lions Annual Wine Tasting* - 7/13 - Lion **Jack Megna**.
 - *Senior Center Fundraiser Breakfast* - 8/4 - Lion **Jim Parino**.
 - *Child-Spree Breakfast, Mervyn's* - 8/4 Lion ???
 - *Senior Center Fundraiser Breakfast* - 9/1 - Lion **Jim Parino**.
 - *EG Quilter Guild Sale* - 9/8-9 Lions **Jim Switzgable & Don Thompson** – No report.
 - *Gin Fizz Brunch* - \$20/person. - Lion **Jack Megna** / Lion **David Simpson**. Perhaps have a Shrimp feed (100 people at Senior Center).
 - *Membership Directory* - Lions **Jim Switzgable, David Ogden & Jack Megna**.
 - EG Foundation (*Ted Schmidt Memorial*) - Lion **Joe Tallerico**. Should have this ready for next meeting.
 - *PONY Baseball of Elk Grove* - Lion **David Simpson**. David needs to contact John Hull.
 - *EG Teen Center Benefit* - Lion **David Simpson** & Lion **Joe Tallerico**. Lion **David Simpson** made contact with Cosumnes River College. 10 computers will be made available and Frontier will network the computers, clean them up and install. Get the computers from CRC at the end of April.
 - *Lions Contact List* - Lion **Jim Switzgable** - Still working. Completed list distributed to board. We need birthdates and anniversaries.
 - *Western Festival*: - Lion **David Simpson** has met with Western Festival. They may be willing to go to a 20% of net agreement rather than a \$500 fee per booth. We could do a Chili cookoff on Friday night (*once done by Project Ride*). Downgraded Cinco de Mayo on Sunday (*Strauss Festival Stage with their own beer booth*).
- ### Special Reports:
- *Wellness Chairperson*: Lion **Danny DiBenedetto** - Lion **Steve Andrews** had a back operation and is doing OK. Lion Danny will follow-up Lion Andy Anderson has surgery on April 6th.
 - *Public Relations Chairperson*: Lion **David King** Sent pictures for community service awards. Get a recap form together Beverly Neal at Laguna Post Office.
 - *Mission of Sight Update* - Lions Don Thompson. - EG Lions collected (1168) pairs of glasses as of 12/11/06. EG Lions have collected 2241 plus. Need to get a couple of additional mail boxes. Lion Salamy to prepare a letter to thank the Postal Service thanking them for the box and asking for other mailboxes. Lion Heinz put a request in to Beverly Neal at Laguna Post Office to get some old mail boxes. She must request them from San Francisco.
 - *Application for Membership* - None.
- ### New Business / Requests:
- Visitation Awards: Lion **VDG Gary Dapelo** and **Andy Anderson** receiving the Lions Long Tail, Short Tail and Round Tail awards. Points earned also goes to club points. First is visiting 40 clubs, Short Tail is visiting all clubs in your zone and Round tail is visiting clubs in your zone 3 times.
 - *Capital Campaign to help the Society for the Blind* - Letter of Intent and Pledge form Pledge for \$200 per month over 5 years - \$12,000 **Motion: Lion David Ogden, 2nd Lion Rod Dixon Passed.**

- *59th Annual Lions Youth & Community Activities Fund* - District 4-C4 - 07 Chevrolet Cobalt presented at the last dinner meeting. Tickets were available to buy.
- *Lions Project for Canine Companions* - \$5 per ticket, 20 tickets per book. **Motion: Lion Andy Anderson to purchase 2 books, 2nd Lion Bill Hibbard. Passed.**
- *Strauss Festival Notes* - Donation request. Looking for volunteer support. Tabled.
- *Friends of the EG Library* - Donation **Motion: Lion David Simpson – become a member at \$50 for a 1 year membership, 2nd by Lion Sterling Kloss. Passed.**
- *St. Jude donation request.* Tabled.
- *Spot Light For Excellence May 11th* - Lions Cook, 800 people max. Should be no cost to the club, just manpower. Lots 12pm to 10pm Spaghetti, no bar, cleanup kitchen, general liability for insurance, First Baptist Church **Motion: Lion PDG Mel Oneto, 2nd Lion Jim Switzgable, Passed.**
- *Sacramento Youth CSI Training* - Sponsored by the Sacramento Region Lions Club - Cost to club \$100.00, 7000 Florin Rd Sheriff’s Substation, **Motion: Lion PDG Mel Oneto, 2nd Lion Randy Feist, Passed.**
- *Food Fair at 4-C5 convention* - Modesto May 4th, 12:PM, cost to Club \$150.00, **Motion: Lion Mel Oneto, Lion Andy Anderson, Passed.**
- *Lion David Ogden* investigate having Elk Grove Library commit a special reading room or other fitting honor to the Lions Club.
- *District Installation Dinner* - July 14th, St. Joseph’s Church. Request to cook the dinner, no host bar, expect 180 – 200 people. \$25 ticket: the club would get \$15, district would get \$10. Club would realize approximately \$5.30 per head profit. **Motion: Lion Danny DiBenedetto, 2nd Lion Rod Dixon, Passed.**
- *Senior Center asking for \$3000 - \$4000* for a 40-foot storage unit like our own. With a roll-up door and walk-in door. Lion **Jack Megna** to get information about best option for the trailer.
- *Lion Jack Megna:* Food needs to stay at the Senior Center and not stored at people’s homes. State is coming down hard about this and we can be fined. We need to have receipts for all of our purchases. Need to inventory items when they are returned.
- *Lion David Ogden:* Take a closer look at who we are donating to and make sure the money is serving as efficiently and directly as possible.
- *Lion Al Jauregui:* Lids to pots are getting lost. We need to purchase additional pot lids. **Motion: Lion PDG Mel Oneto, 2nd: Lion Andy Anderson, Passed.**
- *Template for Chairman’s report* - Lion **Jim Switzgable** put a template together on CD, USB and to Bulletin Editor for distribution.
- *Installation Dinner:* Lion **Tim Watts** is asking about options in addition to Vince’s. Vince’s is not handicap-friendly.

Old Business:

Good of the Order:

1. Guest speakers, Lion Andy A.

Important Dates

Not listed: - None.

Adjournment @ 8:30 PM

Items to address next Board Meeting:

Senior Center asking for \$3000 - \$4000 for a 40-foot storage unit like our own. With a roll-up door and walk-in door. Jack Megna to get information about best option for the trailer

March Crab Feed



“I got plenty of tickets”



“Have I told you about the glory days when the Buckeyes were number#1?”



The raffle was more successful because of the new “choose the raffle prize you want”



“Eatin’ is a lot more fun than actually selling tickets”

CITY OF HOPE

Lion Gary Dapelo and Laurie Attended the 50th Anniversary of Lions Involvement at City of Hope

Every Lion or Lions Club who has ever contributed to the City of Hope, whether through the donation of a tile in someone's honor or with a "dime and a prayer" has touched the lives of thousands of patients each week. This is no run of the mill hospital. City of Hope is one of the leading cancer and diabetes research centers in the world.

As we toured the campus we were moved by the testimony of patients who are forever grateful to Lions Clubs for making their treatment and even their cure possible. They talked about how caring the hospital is and how they treat the whole patient and not just the disease. One patient said she had not ever heard of the Lions until coming to City of Hope and she is so appreciative of everything the Lions do.

We listened while doctors talked about the incredible advancements they have made in finding a cure for type I diabetes. In 2000 a group in Canada discovered that you could transplant the insulin making cells (islet cells) from a donor's pancreas into the pancreas of a diabetic. In



The "Spirit of Life" fountain is a source of hope and inspiration to the patients at City of Hope.

2003-2004, City of Hope did more islet cell transplants than any other hospital. Since 2004 they have become the largest islet cell distribution center in the country, supplying these life saving cells to other hospitals for transplants.

The problem with the islet cells is that they can only come from deceased organ donors – they cannot take them from a live donor as with bone marrow or even a kidney. As with any organ transplant situation, there are not enough people willing to be organ donors when they die so there are not enough islet cells available to supply the need. For this reason, City of

Hope is working on engineering cells in the laboratory.

They are also working on a technique using bone marrow cells to keep rejection of any transplanted organ (heart, lungs, kidneys) down and will keep the patient from having to take anti-rejection drugs for the rest of their life. This may also result in something that can eventually be used to treat alzheimers, parkinsons, lupus and other auto-immune diseases.

The doctors assured us that exercise and diet are the best way to avoid adult onset diabetes. Expanding the size of the fat cell by just 5% makes it insulin resistant. Just 30 minutes a day of brisk walking is enough to reduce your risk.

"If there is no profit in curing the body if in the peocess you destroy the soul"



Club Anniversary

April

Lion *Rodney Grossman* 13 Years
 Lion *Robert Hilyer* 8 Years
 Lion *John Jackson* 23 Years
 Lion *Max Rogers* 11 Years
 Lion *Bud Schafer* 16 Years
 Lion *David Smith* 7 Years



Lion *Gary Dapelo* 29th
 Lion *David Smith* 4th
 Lion *Joe Tallerico* 17th



Coming Events

- ▲ 5 - 4 & 5 Western Festival Bingo
Contact: Lion Jim Switzgable
- ▲ 5 - 4 & 5 Western Festival Beer Booth
Contact: Lion Jim Parino
- ▲ 5 - 20 EG/FFA Golf Tournament
Contact: Lion Andy Anderson
- ▲ 6-27to 7-4 FireWorks Booth
Contact: Lion Jim Switzgable
- ▲ 7-14 *Elk Grove Wine Festival*
Contact: Lion Andy Anderson

Cooks List!

4/9 *Joe Tallerico*
 4/23 *Bob Hilyer*
 5/14 *Randy Feist*
 5/28 *David King*
 6/11 *Rod Dixon*
 6/22 *Tim Watts*



(Vince's - Installation)



We had a full house



March Crab & Shrimp Feed



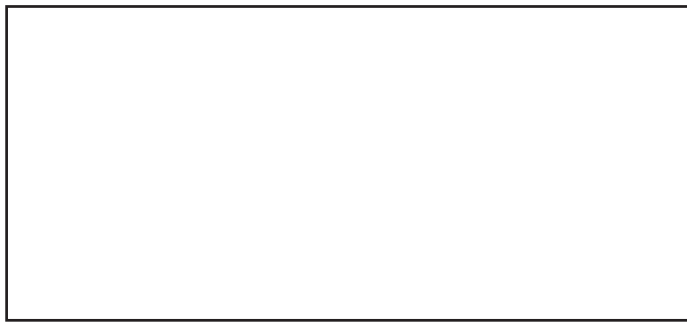
Do you think they will notice that little tip of figure?



Cooking the pasta



Life is more the a bowl of bread rolls



Postmaster: Please treat this as First Class Mail
BECAUSE IT IS!

LION



ELK GROVE LIONS CLUB
P. O. Box 465
ELK GROVE, CA. 95759

EG LIONS STAG

International President

Jimmy M. Ross
2006-2007



“ We Serve ”

District Governor

Joe Flores (Lion Karen)
Embarcadero Lions
3334 Bonaire Road
West Sacramento, CA. 95691
Home: 916-371-4904
joeandkarenflores@msn.com



Vice District Governor

Gary Dapelo (Laurie)
Elk Grove Lions
8508 Cherry Crest Court
Elk Grove, CA. 95624
Home: 685-7642
egliongary@Frontiernet.net

Sacto Region Chair

Ester Carrasco
Rizal Lions
6331 Sunrise South Drive
Sacramento, Ca. 95824
Home: (916) 386-2716
Cell: (916) 256-7926
teray71439@aol.com

Cabinet Secretary

Erv Gon (Lion Cat)
Sacto Embarcadero Lions
32 Sunlit Circle
Sacramento, CA. 95824
Home: 916 427-5747
gonfishing32@sbcglobal.net

Sutter Zone Chairman

Mark Dawson (Joanne)
Pride of Laguna Lions
9416 Appalachian Drive
Sacramento, Ca. 95827
Home: (916) 363-0726
Bus: (916) 205-5064
markdawson@infostations.com

Cabinet Treasurer

Vivian Chline-Shimm
(Lion Milton)
Woodland-Yolo-Sunset Lions
441 Truckee Place
Woodland, CA. 95695
Home: (530) 662-7176
Bus: (530) 662-4745
mvshinn@aol.com

District Pride Editor

Susan Giles
(Lion Dusty Harrison)
5523 Sparas Street
Loomis, CA. 95650
Home: (916) 652-3556
Bus: (916) 786-3552
FAX: (916) 786-3821
for-the-birds@prodigy.net

ELK GROVE LIONS CLUB

OFFICERS 2005-2006

President:	Tim Watts (<i>Terri</i>)	1003 Snowlily	Galt, CA 95632	Res. 209-744-8427
Secretary:	Jerry Salamy (<i>Leann</i>)	8709 Cabra Court,	EG, CA 95624	Res. 916-685-3907
Bulletin Ed:	David A. Simpson (<i>Ginger</i>)	9582 Polhemus Drive,	EG, CA 95624	Res. 916-686-5261
1st Vice President:	Andy Anderson		687-8133	
2nd Vice President:	Jim Switzgable		684-7700	
3rd Vice President:	Pancho Sanchez		686-6805	
Treasurer:	PDG Mel Oneto		684-2900	
Tail Twister:	Sterling Kloss		685-3237	
Lion Tamer:	Rod Dixon		685-6045	
One Year Director:	Heinz Leonhardt		686-6136	
Two Year Director:	Jack Megna		686-6369	
Two Year Director:	Danny DiBenedetto		685-9035	
Membership Director:	Floyd Averitt		714-2858	
Immediate Past:	David Ogden		687-6977	
Public Relations Coordinator	David King		685-4274	

Attendance

Make-up Clubs

Delta Lions Club

2 & 4 Thurs, 7 am
Courtland Church
147 Primasing Ave.
Courtland

Pride of Laguna

Thursday 2 & 4 7 pm
Cassidy's Restaurant
9625 E. Stockton Blvd.
Elk Grove

Galt Lions Club

2 & 4 Thurs,
6:00 pm Social
7:00 pm Meeting
Papa's Pizza
505 C Street, Galt

Valley Hi Lions Club

1 & 3 Thurs, 7:30 pm
South Villa Restaurant
7223 - 55th Street
Sacramento

Dinner Meeting on

2nd and 4th Monday, 6:30 p.m. social, 7:00 p.m. dinner.

Board of Directors meet 3rd Monday of each month, 6:30 p.m.

Bulletin Information due to Editor by the last Monday of the Month.