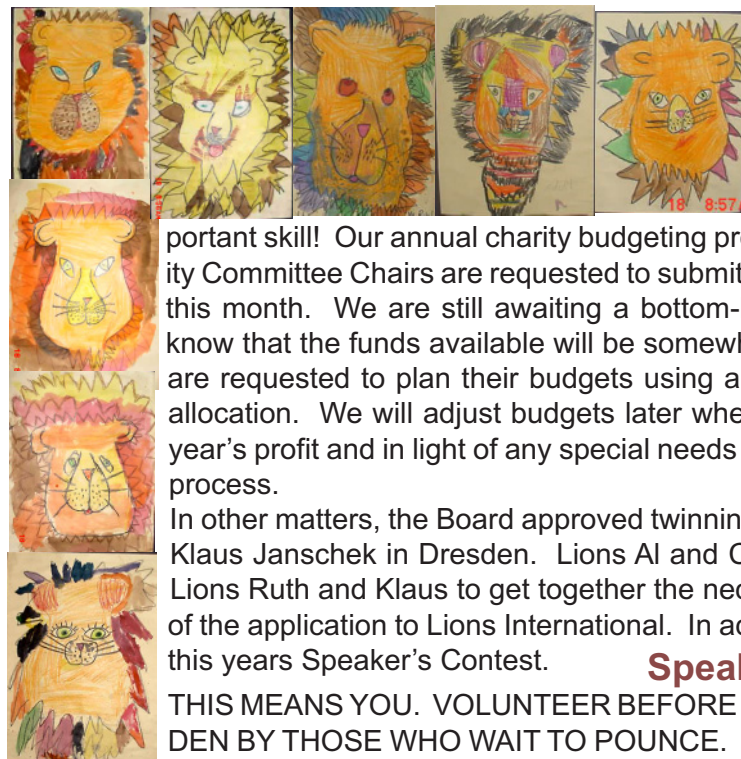




PRESIDING Lion President Ken Harker presided and Lion Roy Minor offered the invocation.

HEAR YE! Lion Al made the usual announcements. Lion Jim McLaughlin reminded us of the Seton Walkathon, on October 21st, and suggested that we help sponsor one of the classes.

Lion Jim also passed around a sign-up sheet for the Halloween Haunted Lake event on the evenings of October 28th and 29th. Volunteers are needed to supervise craft activities and monitor kids in their circumnavigation of the Haunted Lake. Most of us have been signing up for the 29th. See Lion Jim for details.



KNOW YOUR BOARD MEMBERS! Do you recognize these Lions? Look closely and see if you can name them. It's an important skill!

Our annual charity budgeting process is just beginning, and Charity Committee Chairs are requested to submit preliminary budgets by the end of this month. We are still awaiting a bottom-line number to work with, but we know that the funds available will be somewhat less than last year. So Chairs are requested to plan their budgets using a base figure of 75% of last years allocation. We will adjust budgets later when we have a firm number for this year's profit and in light of any special needs that develop during the budgeting process.

In other matters, the Board approved twinning with the clubs of Lions Ruth and Klaus Janschek in Dresden. Lions Al and Chaz were appointed to work with Lions Ruth and Klaus to get together the necessary information and take care of the application to Lions International. In addition, \$200 was appropriated for this years Speaker's Contest.

Speaker Chairs Needed for 2006

THIS MEANS YOU. VOLUNTEER BEFORE YOU GET SET UPON IN A DARK DEN BY THOSE WHO WAIT TO POUNCE. See Lion Bobbi now!



The Door Prize, a Lions 'racing mug,' was donated by the club and won by Gil Gilfix. Future door prizes: Oct. 11 - Joe Huestein; Oct. 18 - Jerry Rood; Oct. 27 - Mary Lou Robson; Nov. 1 - George Combes; Nov. 8 - Jim Steiner; Oct. 15 - Gil Gilfix; Oct. 22 - Jess Glidewell; Oct. 29 - NO MEETING.



Meetings

Oct 12 - Concoeurs Wkng Group Mtng 7PM Carr & Ferrell 2200 Geng Rd
Oct 15 - Walk for diabetes in San Jose

Palo Alto Concoeurs d'Elegance

Remember these coasters? They were Concoeurs thank-you gifts one year, probably back in the '70s. If you can remember exactly which year, please let us know. If you have other items of old Concoeurs memorabilia, bring it to a meeting and share it with us. And remember, the first meeting of the Concoeurs Working Group is Wednesday, October 12th, at Carr &



Ferrell, 2200 Geng Road in Palo Alto.

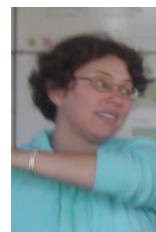
Lions Katrina Relief Program

Lions have contributed \$1.5 million to aid in the recovery from Hurricane Katrina and LCIF has established a \$200K fund to support relief projects when they run short of their own funds.



In addition, Lions from around the nation have sent teams of volunteers to assist. These teams are coordinated by LCIF directors who are residents of each of the concerned states. As the hurricane was winding down, MD4 fielded a 14-person Lions Disaster team from who took pickup trucks and motor homes filled with food, clothing and supplies to Mississippi and set up a central command post at the Gulfport Lions Deaf Center. There they organized four-person teams and traveled deep into rural areas to deliver supplies. They were the first responders on the ground in these areas. Similar Lions Disaster Teams have been sent by dozens of Districts around the nation and are playing critical roles in communities throughout the affected area.

For more information, go to: http://www.lions-katrina.org/what_lions_are_doing.shtml.



Lion Bobbi Harold introduced our Speaker Chair for October, Lion Bruce Whitson. Lion Bruce introduced our speaker, Carla Waters, an expert on fitness and exercise, who talked about the importance of exercise in maintaining health and quality of life in snaggle-toothed Lions like us. Three types of exercise are important - cardiovascular which should be done daily, strength training which should be done two days a week, and flexibility stretching, which should be done daily and also as a warm-up for any more strenuous exercise. Looking us over with a critical, but

kindly eye, Carla decided to focus on stretching. A wise choice, since many a nocturnal Lion firmly believes that stretching and awakening late in the AM consists primarily of gaping yawns accompanied by laborious blinks.



Oct 11 - George Marotta on the future of Social Security
Oct 18 - League of Women Voters on ballot measures
Oct 25 - Gray Anderson on next year's Concoeurs
Nov 1 - Marge Shively, Families of Spinal Muscular Atrophy



Remember to bring Fresh Fruit for Elizabeth Seton School.