

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

November Events

- 7 Election Day
- 11 Veteran's Day
- 13 Meeting @ Valenza's
6:30 pm Monday Night
Football Night
- 23 Thanksgiving
- 27 BOD Meeting @
Rabell's / First Day of
Antlered Deer Season

November Birthdays

- 14 Gene Burns
- 19 Ralph Snow

November Club Anniversaries

- 1 Tom Osborne 41st
- 1 John Yazembiak 27th
- 1 William Marino 6th
- 1 Sean Johnson 2nd

The Lions Gate



The Pride of Western Erie County

Albion Area Lions Club P.O. Box 366 Albion, PA 16401-0366
Bruce Hetrick, Editor

November 2006



New Members and sponsors. Front row l-r: Ken Graff and new member Greg Petrus. New members Meredith Schickling and Debbie Bennett and their sponsor Richard Bennett. Back row: King Lion Bruce Hetrick and Membership Chairman Mike Thompson.

Club Inducts 3 New Members

Three new members were inducted into the ranks of the Albion Area Lions Club on October 9th 2006, at Valenza's Restaurant. King Lion Bruce Hetrick and Membership Chairman Mike Thompson conducted the ceremony which welcomed new Lions Debbie Bennett, Greg Petrus and Meredith Schickling. New members received certificates of membership and new member packets. All current members are encouraged to introduce themselves and answer any questions the inductees may have about Lionism. A fourth new member, Ty Perry, will be inducted at the November 13th dinner meeting at Valenza's

MNF

The November 13th dinner meeting is Monday Night Football night and all members are encouraged to wear the colors of their favorite NFL Team. Prizes will be awarded for the Lion showing the most team spirit. The menu that evening will be Turkey and stuffing. Reservations need to be in to Lion Sean Johnson by November 10th. Browns fans will be charged an extra \$1.00 for their meal.



VS



Lion Laughs

More bad news for pessimists. According to a new Dutch study, Optimists live longer.



Night At The Races

May 5th, 2007



A meeting of the "Night at the Races" committee will be held Friday, November 17th 2006, at the home of committee Chairman Brad Tomlinson at 7:00 pm. The event will tentatively be held at the Platea VFD Social Hall on Route 18 in Platea. Any Lions interested in attending the meeting and helping on the committee can contact Brad or Dave Davis. Lion Brad has been diligently working to obtain a ticket package from Ganassi racing for tickets to the Memorial Day Weekend race in Charlotte, NC, on May 27th, 2006. The "Night at the Races" Event will take place on the night of May 5th, 2006 and will feature the Spring Race at the Richmond International Raceway. There will also be games, food and refreshments for all that attend. Tickets will be on sale soon.

First 90 Days

It's hard to believe but the first 90 days of my reign as King Lion is already in the books. I think that the Albion Area Lions Club has had a very successful three months. The Chicken BBQ was a success due to the fact that we had a great turnout of Lion's this year and the fact that it did not rain on Thursday, Friday or Saturday. The addition of 4 new members is our greatest accomplishment so far. Club growth is how we will be able to continue to provide services and donations for our community and for Lions Club International. My hat is off to Lions Dick Bennett, Ken Graff and Phil Perry for their sponsorship of the new members. Visitation has also been on the increase with visits to Conneaut Valley and Conneaut, Ohio Lions Club. Unfortunately I was not able to attend either visitation, but it sounds like those that did had a great time. The upcoming "Night at the Races" event is also very exciting. The addition of this event will give the Albion Lions three major fundraising events during the year and further strengthen our ability to perform community services. I look forward to the 90 days.

King Lion
Bruce Hetrick



Dinner's Over.....Time for a Nap

Almost everyone knows that turkey contains an amino acid called tryptophan that is a natural sedative. But most folks don't know that it's not the tryptophan that is making you sleepy after that huge Thanksgiving meal. It is the meal itself. Thanksgiving dinner is usually a high carbohydrate meal. Mashed potatoes, stuffing, bread, pie and sometimes alcohol, it's no wonder we're falling asleep after our holiday meal. Nutritionists and other experts say that the tryptophan helps the body produce the B-vitamin, Niacin which in turn helps our bodies produce serotonin, a remarkable chemical that acts as a calming agent and helps us to sleep. Tryptophan is best absorbed on an empty stomach which is why the experts say that it is the meal and not the amino acid that makes us sleepy. Of course it could be all the parades and football on TV.

