



Broadcaster

Temple Founder Lions Club
Boss Lion Randy Sepulvado



Servant Leadership

Volume 100, Issue 17 Editor, 2nd VP Stan Giles www.templelionsclub.org October 19, 2016

What's Coming

CLUB CALENDAR:

- 10/21-22: District 2-X3 Cabinet Mtg (Palestine, TX)
- 10/25: **Reverse Raffle Meeting Noon** (Schlotzky's on 31st Street)
- 10/26: Regular Noon Meeting (Gober)
- 10/28: **WILDCAT PARKING** (Wildcat Stadium 5pm)
- 10/29: TFLC Annual **GOLF TOURNAMENT**
- 11/2: Regular Noon Meeting (Gober)

UPCOMING PROGRAMS:

- 10/26: Patty Benoit, State Historical Marker Program
- 11/2: Sherri Street, Dwntwn Dev. Coor., C of Temple
- 11/9: Reuben Marek—"All about Cuba"
- 11/16: Randy Sepulvado—Food for Families

BIRTHDAYS:

- 10/22: Lions Michael Fry & John Mischtian
- 10/24: Lions John Francis & Dennis Jupe
- 11/2: Lion Jim Hagen

UPCOMING GREETERS:

- 10/26: Lion Don Gregory & Lion Gil "TheGrill" Gregory
- 11/2: Lions Reuben Marek & Gary Jones
- 11/9: Lions Charlie Pierce & Pam Pierce
- 11/16: Lions Jake Herndon & John Bailey

VISITORS : Dr. Patricia Sulak, Lindsey Zampolo

Meals:

- 10/26: Friars
- 11/2: Fat Boy's BBQ
- 11/9: Friars



Perfect attendance recipients: Lions Tex Burrows, Mark Cermak, Gary Gosney and Thumper Gosney.

What Happened at the Meeting



Dr. Patricia J Sulak, founder of Living WELL Aware and author of, "Should I Fire My Doctor?" spoke at our Lions Club meeting today.

Dr. Sulak teaches that eleven essential elements in your life will lead to health and happiness.

1. Normal numbers now.
2. Critique caloric consumption.
3. Make movement mandatory.
4. Halt harmful habits.
5. Meticulously manage money and minutes.
6. Graciously give your gifts.
7. Forgive: family, friends, foes—ourselves.
8. Passionately pursue purpose and priorities.
9. Stifle stress/ Sever suffering.
10. Periodically pause, ponder, plan and pray.
11. Seek and secure support.

For more information on Dr. Sulak's Eleven Essentials, go to www.livingwellaware.com.

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## Did you know?

Did you know that Coca-Cola originally contained cocaine?

Did you know that in eastern Africa you can buy beer brewed from bananas?

Did you know that apples are more effective at waking you up in the morning than coffee?

Did you know that after petrol, coffee is the largest item bought and sold?

Did you know that 70% of all Irish barley grown goes towards the production of Guinness beer?

Can you identify the Lion that belongs to this ear?

