

The Burlingame Lions Club Newsletter

November 2021
Editor: Leonard Ma



President Bunny Macchia
Burlingame Lions Club: District 4-C4
2021-22



990 Burlingame Avenue
1st & 3rd Thursday of the Month
12:10 pm— 1:30 pm
Phone: (650) 344-LION

Dear Burlingame Lions,

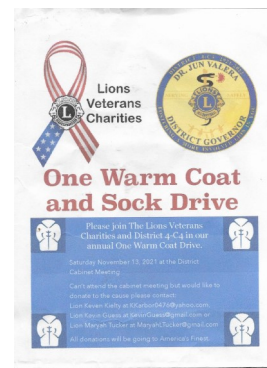
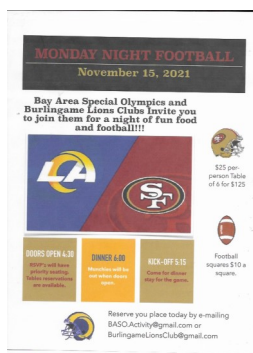
As you probably know from my recent e-mail, we had a very successful Bingo fundraiser--a large turnout and super help from members in setting up, donating door and Bingo prizes, selling tickets, cooking and serving dinner, operating the Bingo machine and calling the Bingos. So huge thanks to: Lions Michael Cihak (Bingo chair), Maryah Tucker, Erik Winkler; Kevin Kielty; Ken and Nancy Ingram, Jack Van Etten, Betty Wuestefeld, Jackie Sontag, Ann Loper, Pete Garrison, and Kwang Park. Also thanks to members of other Lions clubs that worked in the background to help serve dinner and service the bar. If I have forgotten anyone, it is because I'm so giddy that this event was so successful and so excited and hopeful for the upcoming fundraisers. The final net proceeds for Bingo will be announced at the next luncheon meeting.

Next on our fundraising agenda are:

- The BASO/Burlingame Lions Monday Night Football (LA vs SF 49ers) on November 15 at the Hall. Doors will open at 4:30 PM and dinner will be served at 6:00
- And on November 18, the Cal/Stanford Big Game luncheon at the Lions hall, co-hosted by the Burlingame Lions Club and Berkeley Host Lions Club
- On Saturday 11/13, the Lions Veterans Charities and District 4-C4 are having their annual "One Warm Coat and Sock" drive at the District cabinet meeting. Even if you do not attend the District meeting, let us all donate for our veterans!

I so hope we can all get enthusiastic about these events. It's been a long time since we've been able to contribute to our Charities account, which we need to continue our support to the community.

Lion President Bunny



Be a Booster



San Mateo County Health is now providing COVID-19 booster vaccinations at the San Mateo Event Center. All three vaccinations, Pfizer, Moderna, and J&J, are available. Appointments are recommended. You can set one up at <http://myturn.ca.gov>. This is a drive through clinic, so you will stay in your car during your visit. Registration is done on site, so bring some form of identification and your vaccination card with you. Wear a short sleeve top to make getting the shot easier.

For days and times of operation, go to: <https://www.smchealth.org/covidvaccine>

Veterans Day: November 11, 2021

Veterans Day was originally celebrated as Armistice Day, marking the end of World War I, on the “11th hour, of the 11th day, of the 11th month”. Today, it is celebrated on November 11, regardless of the day of the week it falls. In 1954, the holiday was changed to “Veterans Day” to honor all veterans of all wars.

It is a day for us to pay our respects to those who have served in all branches of the armed forces.

Many of our Lions have served honorably in the defense of our country. Some of them are Lions Pete Campanile, Gary Lang, Paul Davis, John Hughes, Arthur Preston, Don Stanaway, and Paul Constantino. These are only a few of our members who have served in the armed forces during conflicts. We regret any oversights, or omissions to this list. If you are a vet, please let us know and we'll add you to the list.



Happy Thanksgiving

Thanksgiving Day will be celebrated on November 25th this year. Although celebrations to give thanks for good fortune have been in existence for many years prior to the one held in 1621, President Lincoln proclaimed a national day of thanksgiving to be held on the last Thursday in November. One of the explanations for this action was that a day of thanksgiving would promote unity within the nation during the Civil War. The date for this holiday was changed by Franklin D. Roosevelt, in 1942, to the fourth Thursday in November.

The traditional story of the first feast between the Pilgrims and the Wampanoag people has come under scrutiny in the last few years, as researchers have determined that things were not as idyllic as once thought. An alliance was negotiated by the Wampanagos with the Colonists to protect them from their rivals, the Narragansetts. Over the years, tensions between the Colonists and the Wampanoags resulted in the King Philip's War, which resulted in the devastation of the Wampanoags, and the influx of European colonists.

The focus of today's Thanksgiving is on family, food, and sports. This is a highly traveled day, as families gather together to share a meal and bond. A big part of our day of celebration is giving thanks for the blessings provided by our family, friends, and even our service organizations.

November 2021



Birthday Shout-out!

Hap Pedigo

Happy Birthday to this Great Old Lion

November 7: “Fall Back”: Daylight Savings Time

November 11: Veterans Day

November 14: Diabetic Awareness Day

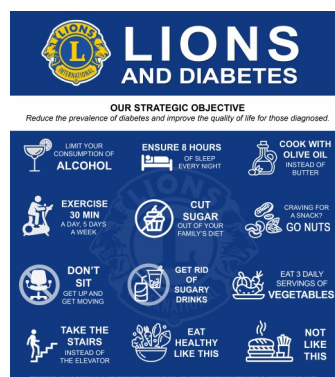
November 15: Thanksgiving Day





Lions International has designated November to be Diabetes Awareness Month. The mission of this program is to reduce the prevalence of diabetes and improve the quality of life of those effected. Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation. Worldwide, the prevalence of diabetes has grown from 108 million diabetics in 1980, to 422 million in 2014. The economic impact of this disease is staggering, and will continue to grow as more and more people become diabetic.

Flattening the growth curve of this disease is a multifactorial process, requiring lifestyle adjustments, changes in diet, and adhering to a course of medication. Simple lifestyle changes, such as watching your weight, exercising more, and eating a healthy diet have shown to be effective in preventing the onset of diabetes.



So You Think You Know Burlingame

This is a picture of a beautiful snowy egret. It is a small white heron that is seen in the shallow coastal waters in the Bay Area. These birds were once endangered, but have been brought back through protective regulations. These birds are widely seen here in Burlingame. If you know Burlingame, where was this bird photographed? If you have the right answer, maybe the Tail Twister will let you be fine free for the day!

Burlingame Lions Club: 2021-22

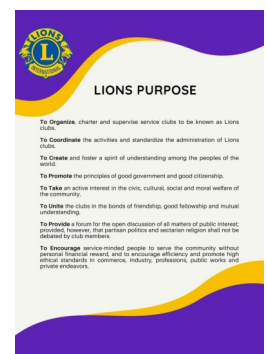
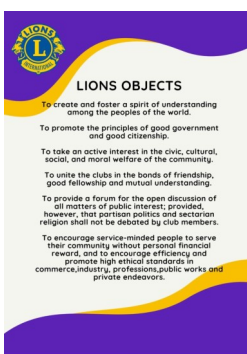
President: Bunny Macchia 1st VP: Jack Van Etten Immediate PP: Kevin Kielty
 Secretary: Carlus Blevins Treasurer: Nancy Ingram Lion Tamer: Pat Kinsella
 LCIF chair: Geno Caccia Service chair: Leonard Ma Membership /Media/Marketing chair: Erik Winkler

Directors

Pat Kinsella Ken Ingram Nirmala Bandrapalli Ann Loper Alice Castillo
 Hall Manager: Ken Ingram Newsletter: Leonard Ma

District 4-C4 Officers

District Gov: Dr. Jun Valera 1st VDG: John Hui 2nd VDG: Kevin Guess
 Region 6 chair: Paul Larson Region6/Zone 1 chair: Wayne Lee



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Ret. 8/14

Burlingame Lions Club
Special Guests:

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Feith, Astrid (Cees)
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Goodman, Jill (Bob)
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Harrison, Dolores (Bud)
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Dublin, CA 94568

Heffernan, Maggie (Jack)
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Kliwer, Marsha (Ray)
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Foster City, CA 94404

Parish, Marcia (John)
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LEGEND
Regular Member
Life Member
Affiliate Member
Privileged Member
Associate Member

The Lions Hall is at
990 Burlingame Avenue

Monthly Meeting Schedule:

1st and 3rd Thursdays
12:10 p.m. Lunch

5th Thursdays
5:30 p.m. Social Hour

Revised 10/12/2021
38 + 1 + 8 DAS