

# Webster Groves Lions Newsletter

## Squeal

Dec/Jan 2017/18  
Volume 3, Issue 6  
[www.webstergroveslions.org](http://www.webstergroveslions.org)

Celebrating our 92<sup>nd</sup> Anniversary  
2017

President Lion John Gregory  
Members: 75



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Our Motto  
"We Serve"

Webster  
Groves  
Lions  
Est. 1925

## President's Message

### HEY YULE ALL!

The Holiday Season is upon us once again. I hope everyone enjoyed their "Thanksgiving".

Just imagine, "Thanksgiving", predates the pilgrims of 1621; as they borrowed the idea, from a "Traditional" English harvest festival.

Traditions - What would we do without them, especially when it comes to our families and the holidays.

All families have their own unique and special traditions, and rules too. We might not even be aware of them but they are there. How far back can you trace your family's traditions?

How long have you been using Grandma's "Turkey Day" recipes, and were they passed down from her Grandma? After the holiday feast, how many years have you gathered around the TV to watch football or better still, gone out in the yard, to play football! Or do you head for the basement for an annual ping pong tournament.

Traditions bridge gaps between generations, give us a sense of identity, and serve to keep families together, despite our differences.

One of the best traditions of holiday parties is rehashing old memories. It never fails, when you bring people together with a mutual history, inevitably, they start telling stories of events that they have gone through together. This is always a fun time for young and old, especially for the folks that haven't heard them yet, e.g. Mom and Dad might be surprised to learn about that time you got arrested, when one of your big mouth siblings, slips up, and starts talking about it.

(My sisters love telling the story about my pet chicken, that I had won, at a holiday fundraiser raffle, when I was only in the fourth grade. The family dog managed to get a hold of it. So, I put the chicken in a cardboard box and turned the bathroom into an intensive care unit, being careful to keep the door closed to protect it from the dog. I



In this season of Christmas, I wish you peace of the season, spirit of love, comfort of faith and beauty of the Yuletide.

The New Year is the time to acknowledge the people in your life who make a positive difference - so I take this opportunity to salute our friendship.

Lion Fred

stayed up all night watching it, as it lay there barely breathing. Sometime the next day, when I had to leave for a couple of hours, my chicken apparently made a miraculous recovery, escaped the box, only to drown in the toilet.)

Our Webster Groves LIONS Club is much like a family and we have our own traditions that define us and help keep us together. i.e. Our secret BBQ sauce recipe, the Webster Lion's Room at the district convention, and of course the carnival.

We have our traditional Christmas party this Friday, December 1<sup>st</sup>, at 7:00. I'm calling on all you Webster LIONS, to write down your favorite Stories and Traditions and email them, PRONTO, to Lion Fred, so he can blast them out before the Christmas party. There just might be a prize for the best one!

HAPPY HOLIDAYS / "IT'S A FAMILY TRADITION!!!"

President Lion John Gregory

### RSVP FOR DINNER

We have been spending more on meeting meals than we are bringing in. This is the result of not knowing who will show up.

Your meeting notification email has included a statement that you must RSVP for your meal to ensure sufficient food without wastage.

Please RSVP to Lion Teddi at [speeler36@hotmail.com](mailto:speeler36@hotmail.com)

For Eye, Eye Surgery, Hearing, & Glasses Assistance  
HOTLINE PHONE: 314-645-3500  
EMAIL: [hotline@lions26m2.org](mailto:hotline@lions26m2.org)  
WEBSITE: [www.lions26m2.org](http://www.lions26m2.org)

**OFFICERS 2017 - 2018**

President Lion John Gregory  
 Past President Lion Rob Halama  
 1<sup>st</sup> Vice Lion Sandy Halama  
 2<sup>nd</sup> Vice Lion Becky Speeler  
 3<sup>rd</sup> Vice Lion June Lenk  
 Secretary Lion Teddi Speeler  
 Treasurer Lion Norma Belcher  
 Tail Twister Lion Sharon Christ  
 Lion Tamer Lion Fred Yoder  
**Board Members:**  
 Lion Tony Baumstark  
 Lion Patrick Rabbitt  
 Lion Larry M. Schumaier  
 Lion Ryan Whittington

**Committee Chairs:**

Membership Chair:

Lion Teddi Speeler,  
 Cell: 314-724-3721  
 Email: [speeler36@hotmail.com](mailto:speeler36@hotmail.com)

Welfare Chair:

Lion Mike Swederska  
 PH: 314-289-3444  
 Email: [shur-way@sbcglobal.net](mailto:shur-way@sbcglobal.net)

Carnival Chair:

Lion Becky Speeler  
 Cell: 314-724-3735  
 Email: [speeler22@hotmail.com](mailto:speeler22@hotmail.com)

Scholarship Chair:

Lion Phil Hunt  
 Cell: 314-341-6340  
 Email: [phil@bhhsadv.com](mailto:phil@bhhsadv.com)

Small Event chair:

Lion Larry M. Schumaier  
 Cell: 314-952-5706  
 Email: [lmstgr@sbcglobal.net](mailto:lmstgr@sbcglobal.net)

Helen Keller  
 Circa 1944



Much of what Lions do is not conspicuous, grandiose, or "out there". But rest assured, there is much going on. Many individuals, including officers, are hard at work to make this club a success.

The Webster Groves Lions helps to support many charities. We are able to do this by the continued efforts by our members and volunteers in fund raisers. Among these charities are:

**What is WG Lion's Welfare and What are the Welfare Chair's Duties?**

It has been asked in the past, "What are the Welfare Chair's (WFC) duties?" and what is the budget item "WG Lions Welfare?"

This position is appointed by the President of the club. It is not an elected position or placed by the Board of Directors. This position is the go-between of the club and the members of our community that need our kind of help. The WFC is a Lion that other Lions may come to with the welfare needs of the community including sight issues. If it is something that the club does not do, such as eye surgery, hearing aids and eye care needs, (or needs outside of this club's area, Zip Code 63119), the WFC would connect that need to the proper District Chair for assistance. Other responsibilities are receiving donated glasses and hearing aids from the club's donation boxes, and getting them into the Lion's system.

It has never been really clarified as to how much the WFC can spend on one citizen. The Chair is pre-authorized by the President and has worked in the past under the ceiling of \$500 on one citizen without the membership vote. As with any expenditure of \$500 or more, the Chair must bring it to the club members at a business meeting to be voted on. It is the WFC responsibility to present the case to the President, Board of Directors and the club membership. Upon the vote tally, the Chair will contact the person in need to give them the result of the vote. With that said, it is the Chair's duty to negotiate the best deal for the club on cost, and the best help for the citizen in need. There is a budget set by the budget committee each year, and approved by the Board and the membership, that this Chair is governed by.

The real work of the WFC comes from our pledge to Helen Keller to help those with sight issues. The WFC works within the community to get eye and hearing care for citizens that cannot financially afford. Once the WFC approves the club's help for the citizen, the optometric center is contacted with the citizen's information and approval of payment. The optometric center bills come to the WFC for payment, and at that time the WFC validates the cost and name of citizen helped before sending to the Treasurer for payment. The WFC never pays directly to the citizen for their needs. The WFC gives a report to the President of what they had authorized for that month.

**How this system works:**

1. The citizen fills out the proper forms for the WG LIONS club and submits them to the WFC.
2. The information is kept confidential by the WFC.
3. The financial information of the citizen is then verified for qualification within the US poverty lines.

4. No citizen is given help within a two-year period from the last time they were helped.
5. Only under certain circumstances would more than one family member receive help at a time.
6. Approvals are emailed to the optometric center with a 30-day expiration date.
7. The citizen is then contacted by the WFC by phone with the optometric center's info to make an appointment.
8. All approved citizens are kept in a Excel spread sheet for record.
9. All paper documentation is kept on file. Nothing has or will be discarded.
10. Only eye exam and normal frames and lenses are preapproved to the optometric center.
11. Out of the ordinary issues like bifocal, polycarbonate lenses or approved as needed case by case.

*Respectfully submitted by Lion Mike Swederska Sr.  
 Webster Groves Lions Welfare Chair, 2017-2018*

**MAKE YOUR VOICE HEARD IN THE FIGHT AGAINST DIABETES**

As an International organization the Lions have made numerous strides in stamping out and/or reducing many diseases, for example measles and river blindness. This year's prime focus is Diabetes. November was Diabetes month with many service projects being performed the week of, November 13 - 19.

Although this time has passed, Diabetes does not take a break. As a club it is our duty to help in any way we can.

Diabetes afflicts individuals, families, communities, family, friends and loved ones. The statistics are shocking, calling for action to turn things around starting with awareness.

Diabetes is a global epidemic-642 million people will have diabetes by 2040. That is 10% of the global population.

An estimated 422 million adults currently have diabetes.

Diabetes is the 6th leading cause of death in the world and the 6th leading cause of death among women.

1 person dies every 7 seconds from diabetes.

5 million people die annually from diabetes.

50% of people with diabetes don't know they have it.

77% of people with diabetes live in low and middle-income countries.

We need to educate ourselves and each other on the symptoms, causes and treatments of diabetes. If we don't take care of ourselves, we are unable to help others.

*Lion Vicky Swederska*

*WG Lions Welfare has helped 10 people with eye glasses, exams and other vision related issues since April of 2016. Since Lion Mike started as Welfare Chair in April 2011, WG Lions club has helped 180 people with vision issues.*

Peace Poster Awards Night

Peace Poster Contest judging is complete and awards will be given on November 30<sup>th</sup>. Awards will be presented after dinner (6:30 pm). Location will be at the Hawken House Hearth Room. 1155 S. Rockhill Rd, 63119

Christmas Party

The club Christmas Party is currently scheduled for December 1<sup>st</sup> at the Hearth Room.

Please consult the website regularly for any updates.

Christmas  
December 25<sup>th</sup>



New Years  
January 1<sup>st</sup>



96<sup>th</sup> Annual Missouri State Lions Convention

April 26<sup>th</sup> - 29<sup>th</sup>, 2018 at the Double Tree Hotel - Westport in St. Louis Missouri. For more information, go to <http://www.molionsstateconvention.org/>

96<sup>th</sup> ANNUAL MISSOURI STATE CONVENTION

The Missouri Lions State Convention will be held in our district next year between April 26<sup>th</sup> through April 29<sup>th</sup>, 2018, at the Doubletree Inn in Westport Plaza, St Louis. Since it is in our district, it is hoped that all clubs will be at least partially represented.

The theme for the Friday night festivities is "Las Vegas". It will be set up like a casino with gambling, slots and roulette wheel. At this time, this is all in the planning stages.

The committee is trying to gather things to make it a great night, and we are in need of props, basket fillers, etc. If anyone has anything pertaining to Las Vegas, gambling or Elvis Presley they could part with, please let me know. We are also looking for donations for the silent auction. If anyone has a talent they would like to share, an item they are no longer using, or anything that someone else may want to bid on. We are also looking for an Elvis impersonator that is willing to donate his/her time that night. All proceeds go to LCIF.

Please don't hesitate to reach out to us for info, donations or if you would be willing to help on Friday evening of the convention.

For more information, please contact one of the following:

- Lion Missy Carr lionmissy14@yahoo.com
- Lion Vicky Swederska vswederska@sbcglobal.net
- Lion Teddi Speeler speeler36@hotmail.com
- Lion Becky Speeler speeler22@hotmail.com

*Lion Vicky Swederska*

**AND WHAT DO WE DO WITH CARNIVAL & BBQ EARNINGS (& OTHER DONATIONS)? (cont. from Page 4)**

"Thanksgiving Football Feast"

A 70 year-old tradition continues. For the 70<sup>th</sup> consecutive time, the Webster Groves Lions hosted a Thanksgiving Feed for 80 members of the WGHS football team, cheerleaders and coaches. They were treated to hamburgers, hot dogs, with all the trimmings as well as snacks and beverages. This tradition dates back to the '50s, and some past members of the team are now Lions. We hope to be able to continue this tradition in the coming years.



"Thanksgiving Meals"

The Webster Groves Lions assembled complete Thanksgiving meals for 4 Webster families in need. The meals contained all of the ingredients such as turkey, accompanying dishes, desserts, etc., to allow the recipients to prepare a complete dinner for their family. In addition, a \$35 gift certificate to Schnucks Markets was included to allow each family to "personalize" their meal. The names of these families were provided by the Martha Hilden Fund in the WG School District. Thanks to Lions Sandy and Rob Halama for taking their time to grocery shop, assemble, and personally deliver these meals to each family.



"Operation Christmas Child"

Operation Christmas Child collects and ships "shoeboxes" containing toys for various age groups, school supplies and hygiene products, for children in need around the world. The Webster Groves Lions purchased items and assembled 12 "shoeboxes" and delivered to a drop-off location at The Rock Church in Brentwood. Thanks to Lions Sandy, Teddi & Becky for taking time to shop, assemble, and deliver these Christmas gifts.

If you would like to participate in Operation Christmas Child, please go to: <https://www.samaritanpurse.org/what-we-do/operation-christmas-child/>



Just imagine if every Lion, **1.4 million**, asked one person to join their club...

...now imagine how much more Lions could do and how many more people they could serve!

All it takes is asking one person...get started today!!!



## AND WHAT DO WE DO WITH CARNIVAL & BBQ EARNINGS (& OTHER DONATIONS)?

### “Crisis Nursery St. Louis”

Saint Louis Crisis Nursery, committed to preventing child abuse, provides a 24-hour safe shelter and special care for children whose families are facing an emergency or crisis. SLCN quickly responds when crises occur in communities.

In 1993, the Nursery opened a temporary expansion site in Saint Charles to respond to families affected by the flood. This site served families who needed time to evacuate, apply for assistance and deal with the lengthy "clean-up" process. In the wake of tragic events in Ferguson in 2014, the Crisis nursery responded with increased crisis counseling,

respite care for children and basic needs assistance to families living in the heart of the violent aftermath. In 2017, the Crisis Nursery opened the Ferguson Outreach Center to continue providing empowerment activities to families in the region. In addition, the Crisis Nursery instituted the multi-community Homeless Outreach Program and Latino Outreach Program. These highly utilized programs provide critical assistance to vulnerable homeless and Latino families.

The SLCN is proactive in its approach to helping families overcome obstacles to maintaining family stability. The Parent Education Groups, Home Visits, Teen Parenting Groups, Art & Play Therapy Program, Holiday Hearts Campaign, School Supply Drive, Compassionate Care Program, Community Outreach, and Family Emergency Fund programs were developed in response to needs identified by families.

**Vision Statement:** The Saint Louis Crisis Nursery will continue to be recognized and acknowledged as the singular leader in the prevention of child abuse and neglect in the region through the provision of a safe haven for children and premiere services to families. The Saint Louis Crisis Nursery will increase and enhance services to children and families in crisis while ensuring fiscal sustainability.

### “Fisher House Foundation St Louis”

Since opening on July 28, 2010, the St. Louis VAMC Fisher House has been privileged to serve over five hundred families of Veterans and active duty military personnel.

Our 20 guest suites provide a "home away from home" for families of Veterans receiving care at the St. Louis VA Medical Center and families of active duty personnel who have loved ones in other area facilities. Guests are able to be near their loved ones while having a comfortable, peaceful place to find rest and support for themselves. More than a convenient and beautiful place to stay, the guests of Fisher House share common experiences, form friendships and become a unique kind of family, a Fisher House family.

The St. Louis VAMC provides inpatient and ambulatory care in medicine, surgery, psychiatry, neurology, and rehabilitation, and many other subspecialty areas. It is a two-division facility that serves veterans and their families in east central Missouri and southwestern Illinois.

### “Special Olympics of Missouri”

Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Our athletes find joy, confidence and fulfillment -- on the playing field and in life. They also inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential.

(Cont. Page 3)



*WG Lions Collected Donated Toys & Personal Products*



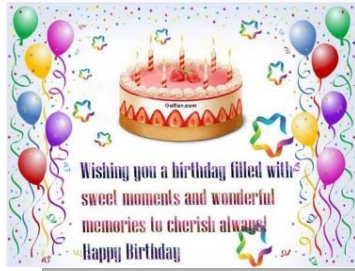
*Jim Donohoe of Fisher House accepts a donation from WG Lions*



*Officer Flannery of WGPD accepts a donation for Special Olympics*

## December Birthdays

Lion Kim Pepple - 3<sup>rd</sup>  
 Lion Barbara Schopper - 8<sup>th</sup>  
 Lion Vicki Swederska - 18<sup>th</sup>  
 Lion John Rabbit - 28<sup>th</sup>



## December Anniversaries

Lion John Gregory - 7 yrs  
 Lion Michelle Krabbe - 7 yrs  
 Lion Zachary Tullock - 7 yrs  
 Lion Victoria Turner - 7 yrs  
 Lion Jack Lenk - 19 yrs  
 Lion Mark Cereghino - 27 yrs

## January Birthdays

Lion Robert Halama - 5<sup>th</sup>  
 Lion Becky Speeler - 10<sup>th</sup>  
 Lion Missy Carr - 10<sup>th</sup>  
 Lion Mary Ulrich - 10<sup>th</sup>  
 Lion Bob Buerk - 28<sup>th</sup>  
 Lion Harris Gerhard - 30<sup>th</sup>

## January Anniversaries

Lion William Wood - 50 yrs  
 Lion Christy Pershall - 5 yrs  
 Lion Quin Swederska - 8 yrs  
 Lion Larry Sutter - 10 yrs  
 Lion Maria Sutter - 10 yrs  
 Lion Ryan Whittington - 16 yrs

### Perfect Attendance

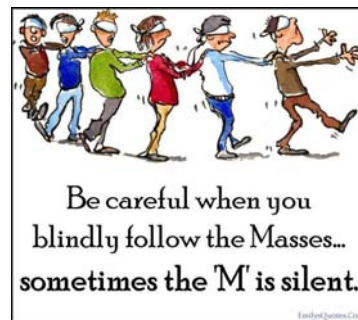
In order to receive a perfect attendance pin, you must attend all 22 meetings. If you miss a meeting you can make it up by working a function, or attending another Lions meeting (Board Mtg., Zone Mtg., etc.) within a two-week time frame.

### Matching Funds

If you have a specific organization you would like to donate to, the club will match your donation up to \$500. For the club to match your donation, you must submit to the president or secretary a description of your charity and what it represents, a check made out to that organization, and an addressed envelope.

If you are interested in being on a committee for the upcoming year, please see President Lion John Gregory.

Keep an eye out for the next squeal!  
 If you have any news or pictures, please submit to Lion Fred!



FEATURED LION

Who Is It: Lion Vicky Swederska  
 Married to: Lion Mike  
 Children: Quin, Benjamin, and Michael (stepson)  
 Resides in: Sullivan, MO  
 Pets: Barley (spoiled Beagle), Abby (inherited cat)  
 Church: St. Anthony Church (Catholic)  
 Born and Raised: St Mary's Hospital (St. Louis); grew up in Florissant, MO  
 Childhood Dream Career: Pharmacist  
 Something we don't know about you: I love to swim and assemble puzzles  
 Talents: Crafting, graphic design, decorating for holidays, entertaining  
 Free Time: Reading, enjoying my 4 grandchildren  
 Hobbies: Decorating shirts  
 Proud Accomplishment: Becoming the first female President of the Webster Groves Lions  
 Favorite Holiday: Christmas because I like giving  
 Favorite Food: Mexican, but not too spicy hot  
 Favorite Movie: Cutting Edge  
 Favorite TV Show: Was Outdoor World, now The Voice and Hannity on Fox  
 Favorite Music: Country & Metallica  
 What Do You Like About Your Job? I get to see my sons and niece all day.  
 Why Do You Like Being A Lion? Fellowship and helping others in need  
 Why Did You Become a Lion? Lion Marshall had brought Mike in as a member and I attended some meetings with him. I liked the people and the good things they did.

=====

FEATURED LION

Who Is It: Michael H. Swederska  
 Married to: Vicky Swederska  
 Children: Michael Jr., Quin, and Benjamin  
 Resides in: Sullivan, MO  
 Pets: Barley, Beagle and best friend; Abby (my dad's cat)  
 Church: St Anthony Church (Catholic)  
 Born and Raised: Born in St Louis, grew up in Webster Groves  
 Childhood dream Career: Never got the chance to have one  
 Something we don't know about you: I went to National VICA contest in Auto Body to represent the state of Missouri  
 Talents: Ability to teach people  
 Free Time: On the water fishing  
 Hobbies:  
 Proud Accomplishment: Marrying Vicky, our kids, and Shur-Way  
 Favorite Holiday: Thanksgiving  
 Favorite Food: Grandma's spaghetti  
 Favorite Movie: John Wayne movies and We Were Soldiers  
 Favorite TV Show: Forged in Fire  
 Favorite Music: Country and Classic Rock  
 What Do You Like About Your Job: As a collision/frame man - fixing the hardest of hits; As the owner - working with my family  
 Why Do You Like Being A Lion: I really enjoy the other members' friendship.  
 Why Did You Become a Lion? Lion Marshall kept after me until I joined.



October Lion of Month  
Sandy Halama



Lions of Month August 7  
September  
Larry M. & Larry Schumaier



Lion Pat  
Rabbitt  
20yr Service  
Award



Lion Fred Yoder  
10yr Service  
Award



Lion Sharon Christ  
20yr Service Award



Lions Maria & Larry Suiter  
10yr Service Award



Lion June Lenk  
20yr Service  
Award



Lions Sandy & Rob Halama  
10yr Service Award



Lion Jerry  
Clubbs  
20vr Service



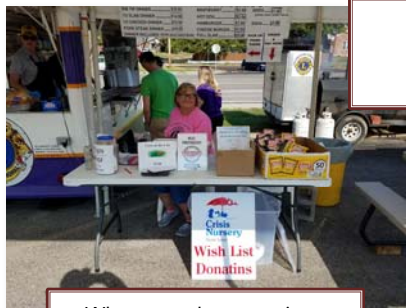
Smoke Detector  
Donation to WG Fire  
Dept.



Donation to Crisis  
Nursery



Lion Rob making  
"dogs" at WG  
Make A Difference  
Day



When you have a sign,  
probably should check  
spelling!"



With the help of Lions  
Jerry, John, Sandy &  
Missy



Good idea, at first!

### WHY DO WOMEN TALK MORE THAN MEN DO, BUT CAN'T READ MAPS AS WELL AS MEN?

While all human brains consist of the same material—about 40 percent gray matter and 60 percent white matter—the brain of a man is significantly different from that of a woman. From studies conducted using intelligence tests, it has been determined that men use nearly seven times more gray matter than women do, whereas women use nine times more white matter than men do. The main functions of gray matter seem to lie in the disciplines of spatial awareness, including map-reading, mathematics and problem-solving, whereas white matter connects the processing centers of the brain and is important in the use of language, emotional thinking and the ability to do more than one thing at once.

Because women use more white brain matter, they tend to be better communicators. In fact, the female brain has a greater number of areas associated with communication than the male brain does, which explains why women tend to use language as an emotional rapport-building device whereas men use language to exchange information and solve problems. On average, a woman says 7,000 words per day while a man says only 2,000. The two hemispheres of the female brain are also linked more effectively than those of the male brain, and they're more closely connected, which explains how women are better able to multitask than men, who generally have to concentrate on one job at a time. This greater connectivity in the female brain is also thought to be the reason for so called women's intuition.

These differences are thought to have been brought about by the social roles adopted by men and women in our ancestors' time. Men, for instance, would go out hunting, often tracking their prey for many days, which required problem-solving and navigation, whereas women needed to be more emotionally and linguistically attuned to protect their home and offspring. In fact, studies show that women with higher than average levels of the male hormone testosterone tend to be able to read maps more effectively than other women.

*From "What Did We Use Before Toilet Paper - 200 Intriguing Questions"*

### Why Can Some People *Get Your Goat* Instead of *Getting Your Mynah Bird* or *Getting Your Basset Hound*?

Although there is some dispute about how this colorful term for the uncanny ability of some people to rile us, annoy us, irritate us, vex us, and get under our skin, most lexicographers attribute the origins of *get your goat* to the world of thoroughbred horse racing. Horse trainers have long put a companion in stalls with high-strung thoroughbreds, particularly volatile stallions.

Putting a horse of the same sex in the stall would lead to territorial battles; putting a horse of the opposite sex in the stall might, to put it politely, distract the stallion from the task at hand. Goats, among the most boring and least demanding of animals, soothed horses effectively.

Horses tended to become attached to their goat roommates, so much so that rival barns sometimes would steal the goat of a rival the night before a race. The horse would become upset and presumably underperform the next day. So someone whose goat has been gotten is actually being compared to a horse rather than a goat.

### Chili Chip Casserole

4 cups vegan cheddar cheese shreds, divided  
 1 cup non-dairy milk  
 8 cups water, divided  
 2 TBS red miso  
 ¼ cup soy sauce, divided  
 1 lb extra firm organic tofu  
 2 TBS chili powder, divided  
 6 cups cooked red kidney beans  
 1 cup each chopped carrots, diced zucchini, diced tomatoes, diced red onion  
 1 ½ cups each chopped green onion, diced red bell pepper divided  
 ½ cup each chopped cilantro and chopped celery  
 1 TBS ground cumin  
 4 cups organic corn chips  
 ½ cup nutritional yeast



1. Blend together cheese (reserving 1 cup), milk, 1 cup water, miso and 1 tablespoon soy sauce until combined. Set aside.
2. In a food processor, pulse tofu and 1 tablespoon chili powder until ground.
3. In a large saucepan, add remaining water, ground tofu, carrots, zucchini, tomatoes, red onion, 1 cup red bell pepper, cilantro, celery, cumin, remaining soy sauce and kidney beans. Simmer for 30 minutes.
4. Preheat oven to 325 deg. In a mixing bowl, add corn chips, nutritional yeast and remaining chili powder. Crumble chips with hands and mix. Add 1/2 cup green onion, 1/2 cup red bell pepper and remaining 1 cup cheese. Oil a 1<sup>1/2</sup> quart casserole dish. Layer chip mix, cheese sauce, remaining green onions and chili beans until all ingredients are used up, ending with a layer of cheese sauce. Cover and bake for 25-30 minutes until cheese is bubbly. Makes 6 servings;

### Publication Dates:

Feb/Mar - Jan 18<sup>th</sup>  
 Apr/May - March 24<sup>th</sup>  
 Jun/Jul - May 26<sup>th</sup>  
 Aug/Sep - July 28<sup>th</sup>  
 Oct/Nov - September 22<sup>nd</sup>  
 Dec/Jan - November 25<sup>th</sup>

Please send any items you would like to see in this newsletter to Fred Yoder at: [fredy1@swbell.net](mailto:fredy1@swbell.net)  
 No later than 1 week prior to publication date.



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