



The Lion's Roar

Sonora Lions Club



PO Box 101, Standard, CA 95373

The Sonora Lions Club meets every Wednesday at 12:00 PM at the Senior Center, 540 Greenley Rd., Sonora
Board Meetings are every 2nd Wednesday at 10:30 am prior to the noon meeting
District 4-A1, Mountain Region, Zone 2

Club Website: www.SonoraLions.org ~ Club email: SonoraLions@yahoo.com ~ [Club Facebook page](#)

Lion Secretary Wendy Penhallegon, Editor, #23
wenpen@sonoralions.org

Volume CI, No. 3

"Sonora Lions, Serving the Mother Lode Since 1922"
"Liberty, Intelligence, Our Nation's Safety"
"We Serve"

September 2023

August 2nd Meeting

Lion 1st VP Jerry Jensen opened the meeting in usual fashion. Our guests for the day were introduced: Jeff Sargo from TuCARE, our guest speaker for the day, hosted by Lion Lydia Osias, and Wyatt Oakes, owner of Woods Creek Café, a guest of PDG Tom Penhallegon. The Welcome Song was sung for them. Fortunately, there were no birthdays to celebrate this week, so they were spared our version of the Birthday Song. **Committee Reports:** Sunshine: Lion Judy is still struggling while undergoing chemo, as is Lion Inez. We are presuming Lion Lynda is in the hospital again, as Lion Jerri had a message from her healthcare provider. Lion Dennis is now bed-ridden and homebound. Please keep all our fellow members in your prayers. Holiday Bazaar: The sign-up sheet for workers was passed around. PDG Tom also passed around descriptions of the various positions and their duties. Sonora Lions Park: The Sonora High School maintenance department for Cassina High was contacted. They will take care of the final heap of refuse and dispose of it. A picnic table was donated by Lions Bud and Jerri. It will be refurbished and placed in the park along with 3 other new tables. One of the tables will be ADA compliant. Lion Bill D. will have the estimated expenses for the Board to review next week. The signs were taken down from the board to be replaced with new signs. **Tail Twister:** The Secret Lion was Lion Cecil who managed to have Lions Jim and Irene fined for not greeting him properly. Happy Bucks: Lion Jill reported happily that all 4 of the cats she was trying to rehome last week were adopted ~ Lion Jerry had a Happy 2 Bucks as he and Sharon are going to get married!!! CONGRATULATIONS!! ~ Lion Bill D. had a \$2 Happy Buck because he survived the night fire at 3 am on Saturday. Their dogs alerted them. They got up to



investigate, heard a noise, then a gasoline tank blow-up. "Growers" were probably the culprits. He and his neighbors were able to fight off the flames until the fire department arrived. The fire was contained 100 yards from his home. Lion Bill D. is now officially on the Grand Jury! ~ Lion John told a story from when he was on the Modesto PD and he pulled a person out of their car just moments before it exploded ~ PDG Tom had a Happy Buck because he was able to get the first load of hard wood on Monday in Groveland. He was able to get it home and unloaded and ready to use for our BBQ. ~ Lion Jan had a Happy Buck and thanked Lion Bill for closing up her car when she forgot to do so. She also brought in the excess Heirloom tomatoes for giveaway to the members. **Cash Raffles:** Lions Jerry J. and Lydia won the Cash Raffles for today. **Fine-Free Critter:** Lion Lydia won the Fine-Free Critter and will be fine-free next week. **Black Marble Draw:** Lion Walt won the chance to draw for the black marble, but only fished out a white one.

Guest speaker, Jeff Sargo, from [TuCARE](#) was our guest speaker this week. Jeff is the owner of Central Heat and Air here in town. Folders with information were passed out to every member present. TuCARE is part of the wise-use movement. They feel we can and should use all the natural resources available and be good stewards of it. It is the largest grass-roots organization in the city. We watched a short video on the Paradise Fire and the Washington Fire (in Sonora/Jamestown). We should all realize that what happened in Paradise, can also occur here. The difference in the two wildfires was the wind factor. The Washington Fire started on the bank right across from the Mill Villa Road



Continued from page one:

entrance and spread very rapidly. The cause was most likely man-made, not naturally occurring, but the homeless were not the reason for it starting. In the Paradise Fire, high winds prevented all air attacks—no dropping water or fire-retardants, and no spotter planes could fly in the high windy conditions. On March 26, 2021, when the Washington Fire began in Sonora, there was no wind and we had access to incredible air power. We were very lucky as it burned only the fuel available. The local crews shifted everything they had to fight that fire and stop it. Remember, it's not a matter of IF it will happen, it is WHEN and WHERE. How long will it take Paradise to become a thriving town again? How long would it have taken Sonora to rebuild? Those landscapes will never be the same again in our lifetime. It is time to take action now and get personally prepared, create a plan to evacuate. Here in Sonora, Highway 108 is just about the only route out of town. Share your escape plan with family and friends. Get your stuff together to grab and go. Remember, a significant amount of the people who perished in the Paradise Fire were people who were stuck in traffic. Clean up your home and ember-harden it. You can go [online](#) to find out more on how to do this. There are "Be Ember Prepared" films you can view. Also, after you have completed your fire escape planning and preparation, lend a hand to your neighbor who may be struggling to do this. A threat to your neighbor is also a threat to you. The Fire Safe Council is creating a 27-mile fire break for the community. The Habitat for Humanity project behind 80 acres of existing houses has been cleaned up. This is a MUST-DO job for our community. Start now! You can't wait until the next fire start. There is a community wildfire protection plan already in place.



AUGUST 9TH MEETING

Pres. Paul opened the meeting in the usual fashion. After opening formalities, our visiting District Governor Claudia Miller was introduced and Wyatt Oakes, back for his second visit. The Welcome song was sung for them. There were no birthdays or anniversaries to celebrate this week. **Tail Twister:** The Secret Lion today was Lion Bill D. Since everyone shook his hand, we all had to pay a fine.

Happy Bucks: Lydia had a Happy Buck because she will be hosting a Concert in the Garden event at her home on September 10th where the Mother Lode String quartet will perform. We are all invited ~ Ray talked about his eye injections he has to get for his retinal occlusion and that he had actually gotten it on the day of our summer social at Strings ~ Bill D. had a Happy Buck because there are 7 federal and state agencies with guns in the Jupiter area busting the pot growers, along with Animal Control. ~ Jerri is happy because of her upcoming trip, but sad because she will miss us all while she is away ~ Jill reported that the executor of her friend who recently passed contacted her. Evidently there are several cases of wine that needed a new home, so they will be donated to the Sonora Lions Club for future raffle gifts! **Cash Raffles:** Lions Don Rolle and Bob Bader won the Cash Raffles today. **Fine-Free Critter:** The Fine-Free Critter went to Lion Phil, who shall be fine-free next week. **Black Marble Draw:** Lion Jan won the chance to draw for the Black Marble but only fished out a white one.

Guest Speaker: DG Claudia Miller wanted to have just an informal conversation with us. She handed out her pin for the year along with a rock with a special word on each rock. The words are to encourage you if you're having a rough day/week. She would like us to think of 3 things that went well and be grateful for something every day. Our new IP Dr. Patti Hill's



theme for this year is "Changing the World." Our service does that! We are change agents. She passed out the District's goals for the next 3 years, one of which is to increase our membership numbers. The Vice District Governors are now the Region chairs (two each) and she is asking all the Zone chairs to get going on their meetings, fundraisers, and projects for all. She is counting on the clubs for feedback. The projects that will be done during the district meeting are the Piece of Magic Yarn (wigs for kids with cancer) and the fire hose project (to cover tow chains to help prevent fires from chains dragging on the ground). She wants to make sure all the clubs are able to perform at their very best and report all their activities to Lions Clubs International, so there are many folks you can reach out to for support, like PDG Don Allen, Lion Susan Newman, or even DG Claudia herself. There are now 8 initiatives that Lions are to focus on: Humanitarian, Youth, and Disaster were recently added to the other 5. She had a "Super Hero" pin that she wanted to award to Lion Judy Meeks. Pres. Paul was given an "Agent of Change" pin from IP Patti Hill.

AUGUST 16TH MEETING

Lion Pres. Paul Berg opened the meeting in the usual fashion. Our visitors were welcomed, Donna Mason and Karen Townley, along with Wyatt Oakes on his third visit to our club. The Welcome Song was sung for them. Lion Jim and his bride Joanne are celebrating their 8th anniversary on the 21st. **Announcements/Committee Reports:** Lion Ray reported on Lions Clubs International Foundation and what it does and means to us as a club. He recommended for us to donate to Lions Clubs International Foundation for the victims in the Hawaii fire. Sonora Lions Park: Lion Bill D. will be doing work at Sonora Lions Park next Wednesday, 9 am. Please plan to be there to help out for an hour or so. **Happy Bucks:** Lion Lydia had a happy buck in that her children are visiting next week and her daughter Rachel may attend our meeting ~ PDG Tom had a Happy Buck because the spider bite he got on his face last week got really swollen, but has improved vastly with 2 visits to Urgent Care and some antibiotics ~ Lion Frank said his resident peacocks are getting very friendly and are finally taking grapes from his hands. ~ Lion Ray paid his own penalty fine. A lady gave him a bag of eyeglasses to donate, which were then passed on to Lion Tom. Lion Ray realized he should have introduced her to everyone so we could all recognize her gesture and thank her ~ Lion Phil told a story about a family of peacocks that climb a tree nearby every day and the antics that go on while they are up there. **Cash Raffles:** Lion Lydia won the Cash Raffle today. **Fine-Free Critter:** Lion Irene won the Fine-Free Critter and will be fine-free next week. **Black Marble Draw:** Lion Glenn won the chance to draw for the black marble, but only fished out a white one.



Guest Speakers: Donna Mason and Karen Townley, from [Area 12 Agency on Aging](#) were here today to speak on HICAP and other benefits those on Medicare can receive. They passed out [HICAP](#) shopping bags with lots of information inside about who to contact for more information. HICAP stands for Health Insurance Counseling and Advocacy Program. The state also has a similar program called SHIP (State Health Insurance Program). They offer free information to help you make educated decisions about your options. You may learn how to sign up in drug plans, the advantage plan option, learn about fraud, and part D of the Medicare system. HICAP is available in 5 counties, Monday-Friday, 209-532-6272 or 800-434-0222. They have the availability to help you if you call or book an appointment. Open enrollment time

begins later in the year, but their appointment slots are booked up early. The television commercials you see are only for certain areas and are not available up in our area. If you have the Advantage Plan, check with Area 12 to see if it is compatible with providers in this area. To help avoid fraud, please be very cautious, especially with unsolicited phone calls and door-to-door salesmen or folks in front of the grocery stores, etc. There is a Senior Medicare Patrol (SMP) that also provides guidance and education for the prevention of Medicare fraud. They address complaints, refer potential fraud cases to the appropriate investigators. Go to their webpage <https://cahealthadvocates.org/> to sign up for their monthly newsletter. Protect your Medicare card like it was a credit card. Do not respond to any free offers, protect your information and don't carry it if you don't need it. It is estimated there is about \$60B (low estimate) fraud each year.

Keep a health care tracker and review your summaries you receive from Medicare and identify discrepancies. Report and reach out to your



provider if you are unsure or suspect fraud. Contact the Medicare fraud hotline or HICAP office (listed prior). Remember, if Medicare calls you, they will never ask for your information over the phone.

AUGUST 23RD MEETING

Lion Pres. Paul opened the meeting in the usual fashion. He mentioned it was great to see Lion Tim back in the fold after having taken a break to handle some personal matters. **Birthdays:** Pres. Paul mentioned it was Lion Sherry Pert-Burns' birthday on the 28th, but since she wasn't present, we weren't able to sing for her. **Announcements:** PDG Tom announced that the Holiday Bazaar at the fairgrounds on Labor Day Weekend has been canceled and will be rescheduled to another venue and date. Lion Tim announced that the Red Cross donation center in Sonora will be closing in mid September. Pres. Paul displayed the Certificate of Appreciation the club received at the District Meeting for the Bags For Benches project. **Tail Twister:** Lions Bill D. and Kailen had to pay a fine for being late. Later in the meeting, Lion Glenn tried to sneak in also, but had to pay a fine. **Secret Lion:** Pres. Paul failed to select a Secret Lion today, so he paid a fine for that. **Happy Bucks:** Lion Jan finally received the help in clearing the huge pile of wood in front of her house from PG&E. She has been asking them for help since June.. ~ Lion Paul's son Daniel had his first football
Continued on Page 4....

Continued from Page Three...

game last Saturday where his son was able to sack the quarterback, but unfortunately they lost the game by one point. ~ Lion Lydia had a Happy Buck because she and her hubby, Gary, did a 3-day show in Tahoe City and did quite well. Lion Gary thought they should do that again next year, even though he grumbled most of the way there. ~ Lion Bob's wife was in the shower when she noticed they were without hot water. After checking out the water heater, he ended up calling a friend who was a plumber and had the water heater replaced...at a cost of \$1300! ~ Lion Tim gave us a Happy \$10. It has been quite a while since he has been present, but was dealing with relocating his parents to a new location in Fresno county. Both of them are around Lion Frank's age, so the transition wasn't all that smooth. They are now settled in quite nicely. ~ Lion Ray paid a fine for taking a call during the meeting. The call was from the doctor who said his wife's knee procedure went well and she is doing fine. ~ Lion Bill D. teased Lion Bob with his Happy Buck, stating he just finished his water heater installation certificate—where was he when Lion Bob needed him??!! ~ Lion Tim thanked the club for dedicating the boat for him back in June. The family that is using it are catching tuna like crazy! ~ Lion John had a Sad Buck, stating that to fix the drainage problem behind his home will cost around \$12K. Ouch! The **Cash Raffles** today were won by Lions Ray and Lydia. The **Fine-Free Critter** was won by Lion Don Rolle. The chance to draw for the **Black Marble** was won by Lion Lydia, who was only able to find a white marble. The pot continues to grow. **Committee Reports:** Lion Bill D. reported that Lions Paul and he put up the new signs in the Sonora Lions Park and it looks fantastic. Lion Bill's wife, Sharrol, did a lot of work sprucing up the park while they were all there. Lion Bill talked with the high school maintenance who mentioned that if we were to put any trash or refuse towards the ball field end of our park, that they could come by and pick it up for us. The water fountain will not be put back in. There will be more work days scheduled to finish the work needed in the park and to place the new picnic tables. Pres. Paul handed out several Longevity Chevrons that we received from LCI to several members of the club (Lions all): Cecil Steen for 25 years of service in Lions; Jan Newman for 10 years; Mike Eachus for 50 years!!!; Lynda LaFlamme for 10 years; and Tim Atchley for 20 years. Congratulations to you all! **Business meeting:** The Glenn Bass Run will have to be postponed until October 21st because of conflicts with the school's Cross Country Team's schedule. We will have the help from the Rotary Club. The committee will ask the high school for help in setting up the course this year. Peace Poster Contest: Lion Bill D. stated that Sonora and Summerville Elementary will both be participating this year. Excellent news indeed!

The Lobster Dinner Fundraiser was the main topic of our business meeting today. Lions Bob and Phil double checked that our date was reserved at the Elk's Club. We still need to procure the contract for that. Lobster is still running around \$12 per pound and that we needed to purchase around 200 of them. Lion Frank will assume control of the ticket sales again, keeping control of the money and numbers sold. Lions Jill and Lydia have volunteered to handle the raffle gifts. It was discussed that we will need to sell approximately 120 tickets just to cover our expenses. Lions Bob and Tim will co-chair the event and the price will be \$50 per ticket. Lion Wendy was requested to canvass the club members and get a firm commitment from them to help with the function. We have been noticing a lot in recent years that our "help" has been fading away when things become a little slow, leaving the rest woefully understaffed when the pace picks up again. It was also discussed that the need for selling of the tickets is crucial and it may be necessary to require each member to sell/buy a certain number of tickets. Members will also be expected to wait until the guests have all been fed before they eat their own meals (perhaps just taking it home with them). With our club members not getting any younger, it is very important that everyone pull their fair share and participate in some way. The 15 or so "core" members are getting very burned out and need the help and support of all our members. We have 43 members in our club, and need the help from every one of them!

New Member Induction

On Wednesday, August 30, 2023, PDG Gabby McKechnie traveled up to our area to induct our newest member, Wyatt Oakes.

PDG Tom Penhallegon is his sponsoring Lion and will take him under his wing to familiarize him with Lionism. Wyatt is a 2nd generation Lions member, with his grandfather being a Lion in Cloverdale. He owns and is a cook at the local restaurant, [Woods Creek Café](#), located

at 18256 State Highway 108, Jamestown, CA. He originally studied Animal Science/Ag business, but then bought the restaurant, which now takes up about 95% of his life. He was a ski instructor in school, goes to the gym and works out on the rowing machines. He owns a Great Dane dog! Being in his mid 20s, Lion Wyatt is officially the youngest member of the club. We're hoping this is the start of a productive and meaningful membership for Lion Wyatt. Welcome to the Pride!



AUGUST 30TH MEETING

Lion Jerry Jensen stood in for Pres. Paul to lead the meeting today. Justin Flynn, Justin Fowler, our guest speakers, and Tom Newell a guest of Lion Sherry's were introduced. The Lions Welcome Song was sung for them. **Committee Reports:** The Lobster Dinner tickets are being handed out. Lion Bob passed around the work sign-up sheet. The posters are available now. Lion Lydia reported that the Bags for Benches program has officially submitted #199 of bags for this cycle. Glenn Bass Run: Will be online registration only. The run will be Saturday, October 21, 2023 at the Wildcat Ranch, starting at 7 am. **Tail Twister:** The **Secret Lion** for today was Lion Jan, who had several members fined for not shaking her hand. **Happy Bucks:** Lydia loves the new theme from IP Patti Hill, "Changing the World" ~ Ray paid a fine for interrupting the club last week by taking 2 phone calls while he is playing Nurse Nancy during his wife's recovery ~ Jim had a Happy Buck because he thoroughly enjoyed his visit in New York for his 70th HS Reunion, had Maine Lobster, and arranged to meet with cousins that live nearby that he hasn't seen in 40 years! ~ Wendy proudly announced that she is going to be a great-grandmother around Christmas! ~ John told an emotional story about some folks he met who described how one escaped from Poland and another's father who was put in Gulag, did anything he needed to do to survive; he is 97 years old now. **Announcements:** Lion Tom had a few sets of Fire Hose Chain covers to give out to the club. These covers are to keep the tow chains from hitting the ground and causing a spark which could lead to a fire. This was a project that Tom and Wendy worked on at the recent district meeting. PDG Tom also made a suggestion that if anyone doesn't want to keep their Lions Magazine, to bring them in to the meetings, and he and Lion Wendy will put a label over your address, and distribute them to local offices for folks to peruse. **Cash Raffles:** Lions Ray and Joe won the cash raffles today. **Fine-Free Critter:** Lion Bob won the Fine-Free Critter. **Black Marble Draw:** Lion Jan won the chance to draw the black marble, but only ended up with a white one.

Justin Flynn and Justin Fowler were here today to talk about the [Sonora Action Sports Park](#) and their vision for Tuolumne County. They desire to create a safe, active, drug-free environment for all ages to enjoy. There are several complimentary sports activities currently going on. Construction is underway for a bike park in downtown Tuolumne City, a first BMX and lightweight mountain bike park. They will eventually create a 7-10 acre park in Sonora to include a remote-control car track, music stage, farmers market, BMX races and tricks, and walking paths all the way around.

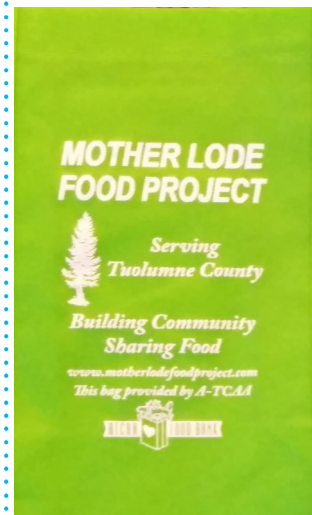
There will be community competitions and have participants do their own videos of their events to receive prizes for them. Currently there is no legal dirt jump for bicyclers in our area. They are looking for a new location for their office, and the old cosmetology building at the Dome could be a possibility. Mr. Flynn's own grandfather was member of the Cloverdale Lions Club years ago. Their funding comes from the generosity of our community, fundraisers, and grants. They will be doing a Bike Awareness day on September 29th at Tuolumne Park. They have about 20 people on their staff at the current time. You can contact them by email at SonoraActionSportsPark@gmail.com.



Green Bag Day Totals (Mother Lode Food Program)

Here are the totals for August (per Tristan Kaiser):
Misc. Shelf Stable Foods = 1,509 lbs. (!!)
Personal Hygiene = 76 lbs.
Pet Food = 93 lbs. (special shout-out to Jodi Bolton of Bolton Feed for helping keep the dogs fed!)
Those are year-highs for each category! Woohoo!

I also got to spend some time talking to Joe Tobin, the director of the ATCAA Food Bank. He expressed his gratitude for all that you do, and emphasized how important the Green Bag is in ensuring that they don't run out of food for our food-insecure neighbors. I was excited to hear that they are able to source fresh food from a few of the supermarkets in Tuolumne (there are, of course, a lot of rules about how and when it can be distributed). The non-perishable food that you provide thus complements that fresh food very well.



The Sonora Lions Club contributed 14 bags of non-perishables to the Mother Lode Food Program this month. We seem to be on an upward trend and improving our numbers with this project. Keep up the great work, Lions!

August 19th District Meeting

Saturday, August 19th greeted us with fair weather at the Oakhurst Community Center where many Lions from around the 4-A1 district gathered together. Our visiting guest speaker was Past District Governor Mark Piva, from 4-L4, who is the current CA-1B Leader, talking about membership and Service. PDG Mark is running for International Director, which will be voted on this coming February. He asked each of the clubs represented today if we think we are doing the right things? Have we specified and written down our goals? That actually is something our club is gearing up to do in the very near future. He reminisced about clubs having binders with tons of information about running projects/fundraisers, and the single person who thought he didn't need any of these. That left subsequent chairs of that program dangling in the air, because, unlike that single person, they didn't know everything. It is important to follow the process, whether it be for running a particular project or fundraiser, or for garnering and maintaining club membership. There is a process.

Later in the meeting, we were given the chance to participate in a couple of projects, the Magic Yarn Program and the Fire Hose Program. The Magic Yarn Project is a simple process of taking a skein of yarn and wrapping it around some pre-measured pegs on a board. This is then cut and bundled and sent on to another group, who will take those bundles and sew them onto crocheted beanies to create Disney Princess wigs for girls with cancer who have lost their hair, and also in styles such as the Pirate Jack Sparrow type wig for boys who have lost their hair while going through their cancer treatment. The Fire Hose Program is a very simple, yet incredibly helpful project where old fire hoses are cut into 18" segments. Those portions of hoses can then be placed to cover a tow chain to your trailer or some other type chain, to help prevent the chain from banging on the pavement, causing sparks and igniting fires. (Pictures below).

The remaining Club Recognition Awards were passed out today. For Top Club, Division A (20 and fewer members): 1st Place was West Point Lions Club. 2nd Place was Tracy Tank Town. Division B (21-40 members) Copperopolis/Lake Tulloch Lions Club. 2nd Place was Lodi Mexican American Lions Club. Division C (41-70 members): 1st Place was Atwater-Winton. 2nd Place was Merced Breakfast. Division D (71 and greater members): Jackson Lions Club. Congratulations to you all!

The Relay for Life and Bags for Benches Recognition certificates were handed out. The Sonora Lions Club received a Bags for Benches Certificate of Appreciation along with several other clubs.



(Left to right, top row: PDG Chiragumar (Kevin) Patel, Lion Wendy Penhallegon, PDG Tom Penhallegon, & PDG Falguni Patel. Magic Yarn Project being worked on. The Lion Standup. Bottom Rows (Left to right): PDG Mark Piva, Lion Wendy Penhallegon working on the Fire Hose Project. (Bottom Middle): Leos and Omega Clubs from Merced and Lodi working together to exchange ideas. (Bottom Right): Lion Jennifer Gass, PDG Kent Christensen, and Pres. Lion Lisa R. (Stockton San Joaquin Lions)

Fresh & Easy Key Lime Pie

Ingredients:

- 1 package (11.3 ounces) pecan short-bread cookies, crushed (about 2 cups)
- 1/3 cup butter, melted
- 4 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 teaspoon coconut extract
- 1 package (8 ounces) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup Key lime juice
- 1/4 cup sweetened shredded coconut, toasted
- Sliced Key limes, optional



Directions:

1. In a small bowl, mix crushed cookies and butter. Press onto bottom and up side of a greased 9-in. deep dish pie plate. In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and extract; beat until stiff peaks form. In another large bowl, beat cream cheese, condensed milk and lime juice until blended. Fold in 2 cups whipped cream. Spoon into prepared crust.
2. Top with remaining whipped cream; sprinkle with toasted coconut. Refrigerate for at least 4 hours before serving. Place sliced Key limes on top if desired.

Total Prep Time: 40 minutes + chilling

Servings: 12 Recipe by: Shirley Rickis, Lady Lake, Florida



Sonora Lions Club Presents

Newt McKenna's

Lobster Dinner Fundraiser

Whole Maine Lobster, Sweet Corn on the Cob,
Garlic Bread, Salad, and Dessert

Friday, October 6, 2023

Dinner 5:30 pm—7:30 pm

Sonora Elks Lodge

100 Elks Drive, Sonora

Donation: \$50 pp—No Host Bar

Door Prize and Raffle Gifts

Tickets available for sale at Sierra Bridal & Balloons in the Junction, 209-532-2000

Lion Bader @ 209-352-0648 ~ Lion Atchley @ 209-985-3837

Or any Sonora Lions Club Member

For Secure Credit Card/Debit Orders call Lion Penhallegon @ 209-406-5015

All Proceeds go towards Sonora Lions Club Programs and Projects

Bring your used/old eyeglasses and hearing aids for our recycling program!

Vintage Baking Tin Hanging Planters

The perfect home or office decoration, these cute hanging planters are made from vintage (you can also use new) baking tins.



To make: For the Bundt pan, thread twine through a series of craft beads (making sure they are large enough to not slip through the center hole of the pan), tie a knot in the twine to keep in place. Thread the twine up through the center hole of a small Bundt pan. Add more craft beads on top, for decoration, then tie a loop in the top of the twine for hanging. Fill pan with pebbles, soil, and desired plants.

For the loaf pan, thread craft beads through two separate pieces of twine, tie knots in the twine to keep in place. Thread one piece of twine through each of the holes in the loaf pan handles. Join the twine above the pan and add more craft beads for decorations. Tie the two pieces of twine together at the top for hanging. Fill pan with pebbles, soil, and desired plants.



On September 21, 1932, in a dank basement in Sheboygan, Wisconsin, one of the greatest conspiracies of all time is formed.



International President's Message

Dear Lions,

I am truly honored and humbled to serve as your international president, and I am happy to share with you my message of Changing the World.

For years, Lions and Leos have been

changing the world, one community at a time. Now, collectively, we are setting bold ambitious goals to meet the needs of our neighbors, our communities and our world. Boldness and action are exactly what we can deliver as we tackle the biggest challenges that lie before us.

Boldness, focused on success and excellence, and commitment to service: these are the benchmarks we must use to grow our clubs and districts so we can be there every time we're called on to serve.

At our international convention in Boston, I had the privilege of announcing our annual priorities and our four-year initiative, MISSION 1.5, which is our drive to reach 1.5 million members worldwide by the conclusion of the 2027 Lion year. Although I've been a Lion for over 30 years, it never ceases to amaze me how, as Lions and Leos, we rise to any challenge placed in front of us. I'm excited to embark on this exciting mission with you as we grow our membership and capacity to serve.

I hope the stories in this issue will not only inspire you to grow your clubs and expand your service, but also to share your own stories. When you share your service and membership stories, you let the world know what it means to be a Lion. Every day is a great day to extend an invitation to a potential Lion to join us. Let's be bold and lead the way to a better future and a world of change.

Sincerely,
Dr. Patti Hill
International President, Lions Clubs International

You Can Help Improve Our Newsletter

By Lion Sec. Wendy Penhallegon

While you are out doing some community service or working a club project, it is helpful for you to capture a picture or two of the activity and send it to the club's newsletter editor Lion Wendy at wenpen@sonoralions.org, and scrapbook chair Lion Judy at sonorajudy@yahoo.com for inclusion in the newsletter, website, our Facebook page, and scrapbook. This is the best method we have of letting people in our community see who we are and what we do. Thanks for all you do and I'm looking forward to seeing your pictures in the future!

NEEDED: OLD EYEGASSES



Do you have old eyeglasses lying around the house? Why not donate them to your local Lions Club? We refurbish and redistribute prescription and nonprescription glasses and sunglasses, including clip-ons. We have several drop-off areas around town including a big yellow mail box in front of the Senior Center. There is also a donation box at the Optical Center at Walmart or at many local optometrist's offices around town. Our club also accepts old hearing aids with their batteries and accessories, aluminum pull tabs from soda and food cans, old cell phones, and empty ink cartridges for recycling.



EAR OF THE LION REPORT

August 2023

Submitted by: Lion Tim Atchley, Chair
tim.atchley52@gmail.com

One box of hearing aids, batteries, and accessories was sent to the Ear of the Lion Program Center in Clovis. No other activity.



Have You Ever Seen a Complete Rainbow?

A complete rainbow! Photo taken at 30,000 feet altitude by pilot *Lloyd J. Ferraro*. A full rainbow is actually a complete circle, but from the ground we see only part of it. From an airplane, and in the right conditions we can see this incredible display. Absolutely stun-



- There are now eight (8) Global Causes that clubs may participate in to promote Lionism. These are: Hunger, Vision, Environment, Childhood Cancer, Diabetes, Youth, Disaster Relief, and Humanitarian Efforts. There are multiple ways in which clubs can cover all of these causes. Donating blood is one way to help with Childhood Cancer and Diabetes. Recycling plastic programs help tremendously with the environment. Your donations to Lions Clubs International Foundation can help in virtually any category.

Sonora Lions' Social at Strings

Submitted by Lion Frank Meckler

On July 27th at 1 pm, 15 Lion members and guests were seated at a reserved section at Strings Italian Café. It was a welcoming sight with place settings in place with cloth napkins. Our first impressions were striking as the surroundings were done very well. We were greeted by our servers who explained our needs and were very helpful. After a bit of visiting, we were served a complete Italian meal with raviolis and spaghetti, and all the fixins' that go with it. We did more visiting and left around 2:30 pm. As we left, our members thanked the staff and indicated that they would like to come back and do this again.



I've hosted many culinary events over the years and I could say that Strings, in my view, is one of the best. Mark Green, the owner, was very understanding of our needs and even when we had several no-shows, he still followed through with great service and food. It was great to see MaryLou Dunlavy again, brought by Lion Bill D. and his wife, Sharrol. It was also fun talking with Nick and Kat Reuter, who drove all the way up here from Manteca, CA. We have tried to get them to return to Sonora, but to no avail. They are happy with their new adventures.

For many of you who read this bulletin, my recommendation is for you to dine at Strings, and if you do, please tell them you came because you read about them in the Sonora Lions Roar Newsletter.

P.S. I looked up the word "supper" and it means dinner served at midday, "brunch" — breakfast/lunch, "Lunsup" - lunch/dinner...new words to remember.

A Piece of History in Tuolumne County

From an article in the Union Democrat, July 31, 2023, Alex MacLean

Did you know we have a bona fide movie star residing in the Railtown 1897 State Historic Park in Jamestown? The Sierra No. 3 engine has starred in over 200 films and productions along with some very prominent actors since the early 1900s. It was built by Rogers Locomotive and Machine Works in 1891 and acquired by Sierra Railway owners from a railroad in Arizona in 1897 to help with the completion of the company's line from Oakdale to Jamestown. It has appeared in movies such as *"The Virginian"* with Gary Cooper, the very first movie filmed live with sound outside the studio. Other notable movies it has been used in are *"High Noon," "Back to the Future III,"* and *"Unforgiven"* with Clint Eastwood, which won the Oscar for Best Picture. Television shows in which it has been featured include *"Petticoat Junction," Wild, Wild West,"* and *"Little House on the Prairie."* It was modified from time to time with a different smoke stack or headlight to disguise it, but that's what makes it a different locomotive in all these shows. The locomotive was used to haul freight and passengers in the 1930s before embarking on its movie career. Since undergoing a \$1M restoration, Sierra #3 has been operating at Railtown as one of the locomotives used to take visitors on excursions through the park. It puts it in the public view and that is what garners its grants and other things should it need other types of restoration. To read the entire article, please click [here](#).



Hollywood Boys Choir, 1973

Hollywood Boys Choir, 1973. From top left Kent McCord, Martin Milner, Charles Nelson Reilly, Ed Asner, Glenn Ford, Red Foxx, Jack Carter, Ernest Borgnine, John Wayne and Howard Cosell.

According to an article from the Paley Center for Media, the Hollywood Boys Glee Club were singing "Row, Row, Row Your Boat." The performance was part of the 1973 NBC TV special "Rowan & Martin Present RCA's Opening Night."



Historical Jamestown, CA

Did you know that Jamestown was first founded in 1848, following the discovery of a 75# nugget of gold by Benjamin Wood in a creek south the town. The creek is named for him, and his discovery was considered part of the historic California Gold Rush that began at John Sutter's Mill near Sacramento. Today, several buildings dating back to Jamestown's busier times remain, occupied by coffee cafes, historic inns, a micro-brewery, restaurants, shops, wine tasting rooms for local vineyards, and more. The Railtown 1897 State Historic Park gives visitors a look at Jamestown's important railroad history. Walking tours, gold panning, and nearby recreation areas round out a visit to historic Jamestown, one of the best boom town examples left in California.



Transportation of a dangerous criminal.



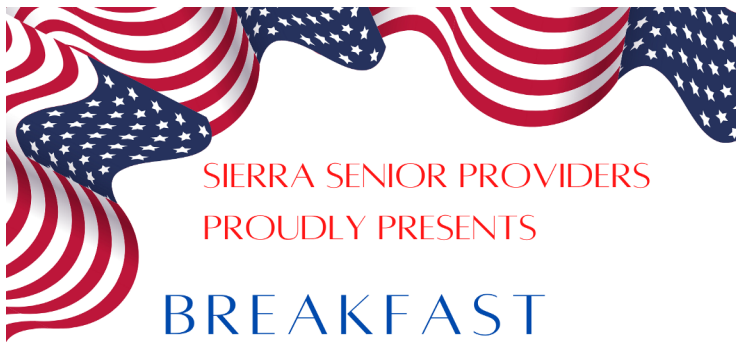
GOT CHICKENS? Emptying a few cans of corn into a muffin tray, adding water & then freezing it is a very small act of kindness. On hot days, it'll mean the world to the chickens! Pecking away at an ice block to finally be rewarded with a cold corn kernel is a great way to help them keep cool.



Foster Tales Puppy Therapy Program

Is your club looking for a new program to introduce to your local schools and businesses? Here is a very simple yet heartwarming project to consider. The [Foster Tales Puppy Therapy](#) Program is designed to bring puppies from shelters to schools and businesses to support social and emotional health. Not only do the puppies provide joy, in return they have a safe and loving place to learn and grow while they await their fur-ever home. Studies have shown that the simple act of petting a puppy lowers one's blood pressure and heart rate. In kids, the decreased feelings of anxiety and depression enables them to focus on learning. The NIH states that interacting with a school dog has a "social catalyst" effect which leads to "increased stimulation of social behavior." It also enables the child to develop empathy. Puppies make the best reading buddies. What better way then to practice your reading than to a fuzzy, cozy, non-judgmental listener? Not only does reading to a puppy improve reading comprehension and fluency, but it builds self-esteem and confidence. Want to start your own Puppy Therapy Program but don't know where to start? You can obtain a Foster Tales Puppy Therapy Guide containing the proposal, permission slip, lesson plans, classroom management tools, and tips and tricks, that will be available this summer. Just go to their website (above) for more information. You can view a short video clip of one such class program by clicking [here](#).





SIERRA SENIOR PROVIDERS
PROUDLY PRESENTS

BREAKFAST FOR VETERANS!

1ST THURSDAY EVERY MONTH

8:00–10:00 AM

(209) 533-2622

SIERRASENIORPROVIDERS.COM



The Breakfast For Veterans on Thursday, August 3rd, saw even more participants, as this function gains more and more popularity in the community. The breakfasts themselves usually consist of fresh fruit, donuts/muffins, biscuits and gravy, sausage, eggs, pancakes/French toast strips, or some variation of the above. What is even more important is the connection that these veterans have and continue to make every month, as their friendship bonds grow and strengthen each time they meet. You can eat and enjoy the music provided by Paul and his accordion. The Senior Center is reaching out to various Veterans' groups to come in each month and give a short presentation on topics of interest to Veterans.



Words to Rescue From Obscurity

- * **Agerasia:** A more youthful appearance than one's true age (derived from a Greek word for "eternal youth").
- * **Beard-second:** Based on the same template as a "light-year," it is the approximate length a man's beard grows in one second: five nanometers.
- * **Dimber-Damber:** The Top man, or chief rogue of the gang.
- * **Eucatastrophe:** A sudden and unexpected fortuitous event, such as the happy turn in a story which pierces you with joy that brings you to tears.
- * **Iddy-Umpty:** An affectionate term for Morse code, a word possibly to imitate the stuttering sound of a Morse Code transmission.
- * **Mountweazel:** Fictitious entries made in a book to set a trap for would-be plagiarists. It was the name of an Ohio-born fountain designer and photographer named Lillian Moutweazel. Despite her renown photographs of rural mailboxes and her tragic death in an explosion while on assignment for Combustibles Magazine, Ms. Mountweazle never existed.
- * **Oaf-rocked:** From Yorkshire dialect, meaning "weak as an adult due to a sheltered or pampered childhood."
- * **Proditomania:** The irrational belief that everyone surrounding you is a traitor; the unnerving feeling that you are surrounded by people who want to get you.
- * **Schnapsidee:** The crazy or impractical idea that seems ingenious when you're drunk.
- * **Ucalegon:** A neighbor whose house is on fire.
- * **Spanghew:** To inflate a frog and bowl it across a pond.
- * **Twankle:** According to the English Dialect Dictionary, to "twankle" is to twang with your fingers on a musical instrument.
- * **Wantum:** A cross between want and quantum, "wantum" was created by Samuel Beckett to mean a "quantifiable deficiency or desire."
- * **Vermigrade:** Moving in a worm-like manner.
- * **Yogibogeybox:** The paraphernalia carried by spiritualists.
- * **Smilesmerk:** To smile in a smirking, supercilious manner.
- * **Pornosophical:** Pertaining to the philosophy of a brothel.
- * **Filicology:** The study of ferns.
- * **Homerkin:** An old liquid measurement for beer; "I'm so thirsty, I could drink a homerkin of beer."
- * **Icasm:** A figurative expression. "He protested at his trial that the death threat he delivered was only an icasm."
- * **Jussulent:** Full of broth or soup.
- * **Lampistry:** The art of decorating lamps.



BACK TO SCHOOL



EMUPMATHEMATICSYOSZK
 CFOSASOLITICQNLNBXCU
 ZQRHISTORYVPLJYDGEEZ
 IUAIKITZQQVHSDPBA PQN
 SIPGEGFEJZHUILUKIEEI
 ZZYYLWNSSUPRINCIPALY
 NZAMGMDEQTGACAUVIDSD
 KEENLECSGGSHPRUASGDL
 BSPAUNOTQTAKEEAGTYPJ
 LCESETPGSSCHUCRYESNW
 SINIASESRACVQZSOORSP
 XSCUOHMBBANDBILSZNZQ
 VSIMMYMSEEPYANTFTKSP
 NOLUXQZTIPCHF IQSXQPQ
 GRADESAIAMBOYYPEYQVO
 KSUESV FQMMAMSWVPUOAT
 PGCRSMBPHNCANIURADQO
 HSI EANPRPSLGOSSGJUGW
 ZHPQVQIVJAHABLBNBPI'S
 UQG YUGPSTYYPBUGSEOOV

ASSIGNMENTS BACKPACK BAND CRAYONS FRIENDS GEOGRAPHY
 GLUE GRADES GYMNASIUM HISTORY MATHEMATICS PAPER PASTE
 PENCIL PRINCIPAL QUIZZES SCIENCE SCISSORS TEACHER TESTS

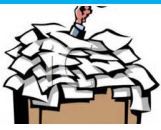


Word of the Month

Vicissitudes: (Noun, plural) | *vuh-SISS-uh-toods*

Definition: The word vicissitudes usually refers to events or situations that occur by chance. It can also apply specifically to the difficulties and hardships, usually beyond one's control, that are commonly encountered in a life, career, or simply to the quality or state of being changeable.

Used in a sentence: Capricorns are often described as persistent, down-to-earth strivers, unlikely to be thrown off by the vicissitudes of life.



**SECRETARY'S MONTHLY
REPORT
July 2023**

Submitted by: *Lion Wendy Penhallegon, Secretary*

- Total Membership from last report 42
- New Members..... 1
- Dropped Members 0
- Transferred Members..... 0
- Total Members At Close..... 43
- Service Hours250/YTD 645
- Number of People Served1,705//YTD 4,071
- Number of Lions Performing Service.....95/YTD 220
- Number of Non-Lions Performing Service.....10/YTD 19
- Number of Hearing Aids Dispensed..... 0/YTD 0
- Number of Eyeglasses Donated0/YTD 1,068
- Pounds of Pull Tabs Donated0/YTD 30.21
- Pounds of Plastics (Bags For Benches)49/YTD 199
- Number of Cell Phones donated0/YTD 30
- Funds Raised\$0/YTD \$0
- Funds Donated\$2,625/YTD \$5,370
- Total Activities29/YTD 64

Lion Members Doing the Community Service

Eyeglass collection*: Wendy Penhallegon & Tom Penhallegon
 SLC Community Outreach: Phil Baylis, John Nolen, Lydia Osias, Wendy Penhallegon
 Interfaith Eye & Ear Program*: Phil Baylis, Jan Newman
 Bags for Benches*: Lydia Osias, Jan Newman, Frank Meckler, Wyatt Oakes
 SLC Food Bank Program: Tim Atchley, Jan Newman
 Holiday Bazaar: Tom & Wendy Penhallegon, Bill Dunlavy, Jr., John Nolen, Paul Berg, Lydia Osias
 Sonora Lions Park*: Bill Dunlavy, Jr., Paul Berg
 Friends of the Pet Club*: Wendy & Tom Penhallegon, Jill Schwab, Jan Newman
 SLC Elderly Persons Assistance Program: Wendy Penhallegon, Ray Bailey



If Monday had a face.

I think this is valuable for everyone !!



Veterans Network @Comcast



Comcast Veterans Network would COMCAST like to offer its services to replace your American flag with a new one, for free! This offer is open to anyone, whether a Comcast customer or not. If you are interested in having your flag replaced you may call your local Comcast Center or send in a request via email to:

California_VeteransNetwork@comcast.com

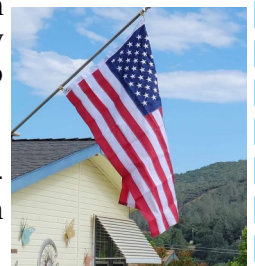
(that is an underscore between California and Veterans), with your name, address, and the location of the flag you would like replaced.

Who will replace the flag? A designated employee and member of Comcast's Veterans Network.

What is Comcast's Veterans Network? A veteran-focused group dedicated to supporting Comcast employees who are veterans and our local veteran community.

What kind of flag will I receive? All flags are made in the USA.

What will happen to my old flag? If you would like to keep your flag, we will gladly fold it up and return it to you. If you do not wish to keep your flag, we will gladly retire it with honor in partnership with the VFW.



Pictured here is the new flag installed at the home of PDG Tom & Wendy's home recently.



**H.E.L.P. Report
Diann Kaiser Memorial
Hospital Equipment Loan
Program**

August 2023
Lion Dan Ward, Chair
sonoraminstorage@yahoo.com

Item	Loaned	Value	In-Kind Value
Wheelchairs	17	\$50.00	\$850.00
Commodes	24	\$20.00	\$480.00
Bath Chairs	7	\$20.00	\$140.00
Shower Benches	5	\$20.00	\$100.00
Walkers	16	\$20.00	\$320.00
Walker w/seat	8	\$30.00	\$240.00
Canes	5	\$10.00	\$ 50.00
Crutches	4	\$10.00	\$ 40.00
Risers	6	\$10.00	\$ 60.00
Reachers	1	\$5.00	\$ 5.00
Sock Aide	0	\$5.00	\$ 0.00
Misc.	8	\$5.00	\$ 40.00

Total People Served	101
Total Contributions in Kind	\$2,325.00
Total Hours Contributed	26
Month	August 2023
Prepared By:	Dan Ward

The standard US ammo belt was 27 feet long (nine yards) this is where the expression "the whole nine yards" comes from



Life Before Air Conditioning

Submitted by: Lion Dennis Schroeder

During extreme hot days and with living by two rivers, I enjoyed the crisp, fresh water, as we cooled ourselves in it several times a day. We often felt the heat more when we were driving somewhere. We would have all the car windows open and the little wing windows turned so as to blow the hot wind in my face. We also had a little handle under the dash to open a vent to blow air on our

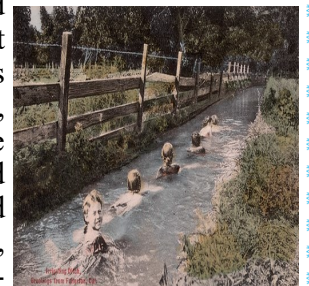


lower bodies. Passing by dry fields didn't help, but irrigated fields provided a little relief. Sometimes we would be in a car with a water cooler attached to a window. It had a round mesh that would be turned by a cord in the car, rotating through the water and

cooled the air entirely in the car. They really didn't work that well.

Submitted by: Lion Frank Meckler

Being born and raised in San Francisco with temperatures hardly ever getting in the low 80s, we did not have a need for AC. I learned about hot weather during my trips to Merced in the late 1930s. There was no air conditioning and no electricity until 1939. This was a home built in the late 1800s. Summers then are the same as they are now. So how did we cool? 5:00 am rising, do chores, work until it is too hot. Sit under the umbrella trees drinking Kool-Aid and eating watermelon, spitting the seeds in the yard, and waiting for a breeze. We put wet towels over our heads when the heat was extreme, or chase the pigs out of the irrigation ditch and cooled off in the water. We did chores again at 6 pm, supper, then again sat outside. Bed-



time was 9 pm, sleeping on cots outside, waiting for cooler breezes. The best part of sitting outside was all of us with fly-swatters swinging at flies and mosquitos. The dragonflies were flying above, consuming the mosquitos. I haven't seen a dragonfly for many years. Another way to keep cool was to go to the Merced Theater. It had a banner advertising refrigerated cooling 20 degrees cooler, so movies were another way to keep cool. The banners had penguins and snow-capped mountains on them. Now we are staying cool with good memories.

CLUB OFFICERS & BOARD OF DIRECTORS 2023-24

President Paul Berg
dpberg65@gmail.com

1st Vice President Jerry Jensen

2nd Vice President Jill Schwab

Secretary Wendy Penhallegon
wenpen@sonoralions.org

Treasurer Judy Meeks

Membership Chair Jerri Regelin
littlebluehse@gmail.com

LCIF Coordinator Ray Bailey

Marketing/Publicity Wendy Penhallegon

One-Year Director Kailen Hill

One-Year Director Cecil Steen

Two-Year Director Inez West

Two-Year Director Bill Dunlavy, Jr.

Club Chaplain Lydia Osias

Tail Twister John Nolen

Lion Tamer Cecil Steen

Immediate Past President Tim Atchley

Webmaster/Newsletter Editor Wendy Penhallegon



"Serving the Mother Lode Since 1922"



Sonora Lions Club Calendar of Events

September 6: Regular membership meeting @12 noon, Nate & Amanda from [Raising Arrows K9 Rehab](#), guest speakers

September 13: Board of Directors meeting @10:30, followed by business meeting @12, no guest speaker

September 20: Regular membership meeting @12 noon, Haley Tallent, [Literacy and Tutoring Program](#), guest speaker

September 27: Regular membership meeting @12 noon, Dr. Brent Lockman, Physiatrist, guest speaker

October 4: Regular membership meeting @12 noon, guest speaker TBA

October 6: Newt McKenna's Lobster Dinner Fundraiser, Elk's Lodge, 5:30—7:30 pm

October 11: Board of Directors meeting @10:30 am, followed by business meeting @12, no guest speaker

October 18: Regular membership meeting @12 noon, Nina Resnik, Rose Wolf Wildlife Rescue, guest speaker

October 21: Glenn Bass Run, Wildcat Ranch, 7 am

October 25: Regular membership meeting @12 noon, Patti Aguiar, Jamestown Family Resource Center, guest speaker

November 8: Board of Directors meeting @10:30 am, followed by a business meeting @12 pm, no guest speaker.

District, Multi-District, and International Calendar of Events

September 9: Autumn Cruise Car Show, Escalon Lions

September 15: Blood Drive, Sutter Creek Lions

September 30: Up Country 88 Golf Tournament

October 1: Deadline for ordering Peace Poster Kits

October 7: Bingo, Chowchilla Lioness Lions

October 14: White Cane Day, Stockton San Joaquin Lions Club.

November 10-11: District Meeting, Mountain Region, location TBD

THIS IS YOUR NEWSLETTER!

Submitted by: Lion Sec. Wendy Penhallegon

If you would like to see more of something, less of something, or contribute an article of interest or even write a story, please do submit it! It does get challenging at times to find "news" to fill the pages, and I could use the help from all of you. Just email me at wenpen@sonoralions.org and we can put it in for you! It's a NEWSletter and it needs to have News!

Our next Board of Directors meeting will be at 10:30 am, Wednesday, September 13, 2023 at the Senior Center.

ALL ARE WELCOME TO ATTEND!

District Governor Claudia Miller

2023-24
District 4-A1

Phone: 209-596-1219
 Email: ckay613cayucos@gmail.com

