



Sonora Lions Club, P.O. Box 101, Standard, CA 95373
Pine Tree Restaurant, 19601 Hess Rd, Wednesdays at 12 noon
District MD 4-A1, Mountain Region, Zone 3
www.SonoraLions.org

PRESIDENT'S MESSAGE

Fellow Lions: I wanted to share a short story with you that I read recently that illustrates how we sometimes get confused in our priorities:

A group of students were asked to list what they thought were the current 7 Wonders of the World. Though there were some disagreements, the following received the most votes: Egypt's Great Pyramids, the Taj Mahal in India, the Grand Canyon, the Panama Canal, the Empire State Building, St. Peter's Basilica in Rome and the Great Wall of China.

While tallying the votes, the instructor noticed that one student had not finished. She asked the girl if she was having trouble with her list. "Yes, a little" she replied. "I couldn't quite make up my mind because there are so many."

The teacher said "Well, tell us what you have and maybe we can help." The girl hesitated, then read: "To see, to hear, to touch, to taste, to feel, to laugh and to love."

Sometimes, the things we overlook as simple and ordinary, and that we take for granted, are truly wondrous! Gentle reminder: The most precious things in life cannot be built by hand or bought by man.

Thank you for all that you do for Lionism!!

Pres. Tim Atchley

timothy_atchley@comcast.net

www.SonoraLions.org



FEBRUARY BIRTHDAYS



February 2 – Frank Meckler

February 4 – Novie Heppner

February 6 – Dennis Schroeder

February 17 – David Wynne

February 29 - Lynda LaFlamme

GENERAL DISCUSSION (All meetings are opened with a patriotic song, pledge, and a prayer. Our Lions' Welcome song is sung for visitors and guests).

- For the January 6th meeting, we had Paige Angelo, visiting us with her father, our speaker for the day. We celebrated Lion Joe Skaff's birthday by singing our rambunctious version of Happy Birthday to him.



- Visiting us on January 13th was Jerry Jensen, a guest of Sec. Bader, Tom McMullen, Lion Michael Presson from Jackson Lions club and son to Lions

Bob and Joanne Presson, and Junior Lions Member Daniel, Lion Paul Berg's son.



Tom McMullan's new smile! Lookin' good, Tom!

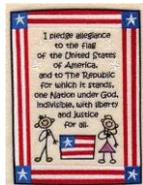
- On January 20th, Ethel Cole, Lion Ron's wife was visiting us, along with Bert Maxwell, a friend of Lion Bill Dunlavy, PCC Denny Grotrian, Keith and Karen



Keith and Karen Davis, visitors and former SML members

Davis who were former Sonora Mountain Lion Members, and Adam Suess, our guest speaker for the day. 1st VP Wendy Dart was acting President today in Pres. Tim Atchley's absence.

- For the January 27th meeting, we were visited by Stephanie and Charlene, former Lion members, Jerry Jenson and Keith Davis again, along with our guest speaker, Dr. Ralph Retherford. There were 33 Lions present for today's meeting. Pres. Tim's birthday was yesterday and he was conveniently absent from the meeting, so his birthday song will have to wait another week. 2nd VP Joe Skaff was acting president today in Pres. Tim Atchley's absence. Region Chair, Lion Wendy Dart presented a Certificate of Appreciation (her last one) to Lion



Glenn Gottschall for his invaluable help at the District Meeting in November.



TAIL TWISTER TALES

Our Tail Twister Lion Kenny fined all of those in the club who could not tell us who's birthday it was on the 13th. It was our very own Founder of Lions Club, Melvin Jones. The Secret Lions this month were Cecil Steen, John Egger, and Mike Eachus.

There were 2 dozen eggs that were each auctioned for \$5 and went to Lions Bill Dunlavy, Chris Halley and Chris Link. Also auctioned off was a small stuffed Lion that went to Lion John Moyer for \$5.



HAPPY BUCKS

Lion Paul Berg had a very Happy Buck because the Carolina Panthers were going all the way! And the



Sac Kings were now in 8th place ~ Sec. Bob Bader is happy because he is going on vacation to Pismo Beach next week ~ Lion Ruth Moyer's Happy Buck was because Denver won! ~ Lion Kelly Ward was happy to be back and healthy and also they had collected 50



pairs of eye glasses ~ Pres. Tim mentioned that the Sonora Police Dept.'s toilet was stolen and so far, they had "nothing to go on." Groan.....~ Lion Bill Simpson asked us to pray for his aunt in Oakland who has cancer and is in the hospital ~ Lion Ron's Happy Buck was because he gets to have his cast removed ~ Lion Jerri Critchfield was happy to have had her kids visiting, and very happy they were now going home again ~ Lion Kenny Ayers had a sad buck because his dog was diagnosed with lupus; he also told us a story of how Indians used to get their names ~ Lion Mike Eachus was happy because his grandson visited him from San Jose ~ Visitor and former Lion member, Keith Davis was

happy to be here with us ~~ Lion Frank Meckler is now the proud papa of 10 pigs they are helping to raise ~~ Visitor Stephanie was very happy to meet all of us ~~ Tail Twister Kenny also managed to fine Lisa Melville for hurting his feelings, because it was about the time he joined our club that she stopped coming regularly to the meetings!



RAFFLES

The cash raffles in January went to (Lions all): Chris Link, Joe Skaff, Mike Eachus, Mal Perry, John Egger, Chris Link (again) and Ray Bailey.



The fine-free critter was awarded to: Ray Bailey, Dennis Heppner, and John Egger.

The Black Ball Draw chance was won by: Tom Penhallegon, Wendy Dart, and Jim Gormely, who all withdrew that darned ole white ball. The pot is at \$197 and continues to grow.



INTERNATIONAL PRESIDENT'S MESSAGE



Convention: Your Best Week Ever as a Lion

Japanese have a word for our culture of hospitality—*omotenashi*. You'll experience *omotenashi* while shopping, dining or really at any public place. At a department store an attendant in a well-tailored uniform may welcome you at an elevator bank with a bow and polite greeting. After pushing the call button, he or she will direct you to the arriving elevator with arms held at a perfect 90-degree angle. It's highly choreographed and highly welcoming. When dining out at a nice restaurant, the staff may stand in a line and bow at the end of the meal and escort you to the sidewalk. The graciousness stems from *omoiyari*, an acute sensitivity to other people.

You can experience this wonderful culture of hospitality if you attend the 99th International Convention in Fukuoka June 24-28. But as a Lion

you will feel a sense of welcome even warmer and more embracing than the average tourist. Do you know the feeling of camaraderie and the sense of pride that arises when you attend your Lions meeting or do a service project alongside fellow Lions? That feeling is multiplied exponentially at a Lions international convention. Being alongside Lions from around the world is incredibly uplifting and affirming.

You can be a great Lion and enjoy the fellowship of Lions without attending an international convention. But you'll appreciate being a Lion in a new, profound way and understand the vast, important scope of Lionism by taking part in the annual convention.

Convention is the opportunity to be with like-minded people from around the world. You can march in our grand parade, listen to inspiring speakers, hear the latest news about Lionism, delight in world-class entertainment, help decide the future of our association and learn proven strategies about successful projects, public relations and membership drives. It's five days of unparalleled fun, fellowship and fruitful learning.

Japanese Lions are feverishly preparing for a most memorable convention. Japan is a place where Lionism is particularly strong. Lions here are among the first to respond to any disaster worldwide; their service projects in Japan are strikingly effective and creative. You can bet your bottom yen that the *omotenashi* and *omoiyari* of Japanese Lions will provide you with one of very best experiences of your entire life.

Dr. Jitsuhiro Yamada

COMMITTEE REPORTS

- **Club Calendar Fundraiser** – Lion Wendy Dart is trying to close out this project for the year. If you haven't yet turned in your calendars and/or money, please do so. There are several club members who have not done so. It will be discussed at a future BOD meeting if this project will be continued or not.



• **Mother Lode Food Project** - The next Green Bag food collection will be Wednesday, February 10th.

Please bring your donated nonperishables in your green bag (if you have one) and put them in the lounge area of the Pine Tree Restaurant on that day. Sue Mundy will be in towards the end of our meeting to collect the donations and to give us new green bags for next time. Please do not bring your donations on another day unless you

make arrangements for someone else to take care of it for you. If you need green bags prior to this date, please let Lion Wendy Dart know and she can arrange to get you some, or you might try to ask for them at any Umpqua Bank location here in Sonora.

• **Student Speaker Contest** – The Sonora Lions Club student speaker contest will be Wednesday, February 10th at our regularly scheduled meeting place and time. This is also the day of our Spouse Appreciation day, so please feel free to bring your spouse/significant other to the meeting and celebrate the day.

• **Candy Sales** – If you visit an establishment and notice they sell our mints or have a candy machine and you see they need restocking, we ask that you please let us know (the location and what type of candy is needed). Many of us handle several locations and do not always make it to each one every month, so your help would be very much appreciated. If you are interested in handling a site, please let Lion Diann Kaiser know.

• **Speaker Procurement** – We still have a need for someone to assume the month of June to procure speakers for our weekly meetings. There should be only 3 weeks you would have to cover, as the 2nd Wednesday of the month is usually our monthly business meeting. However, for the month of June, the 2nd Wednesday will be the day of officer installation, so no speaker will be needed. We also



will need someone to chair over this committee for the next year. If you are interested in this position, please talk to Pres. Tim Atchley, Sec. Bob Bader, or Lion Wendy Dart for details.

• **District 4-A1 Convention** – We have a couple tickets for sale for \$10 for a chance to win all expenses paid for this year’s District Convention. Please see Sec. Bob Bader for more info. The convention will be April 21-24 in Sacramento, CA. There is a link now available on the 4-A1 District website to register for the convention and to get details on the events occurring that weekend.

• **Meals on Wheels** – More drivers are still needed for the food delivery. For more information, contact Lion Frank Meckler or Meals On Wheels, 540 Greenley Rd, Sonora, CA 95370, [\(209\) 532-1124](tel:2095321124).



• **A-TCAA Project** – Lion Jim Gormely gave his report on the work that needed to be done at the local food bank. He asked for several volunteers to help replace the sheetrock in the building, and several Lions stepped up to the plate to get the job done on 5 different days.



• **Club Excellence Process** - Lions Jim Gormely and Frank Meckler are conducting a new CEP, starting with the club satisfaction portion. All members should have received a copy of the survey to fill out. These can be filled out anonymously and returned to Lion Frank Meckler or mailed back to the club at our mailing address: P.O. Box 101, Standard, CA 95373.

• **Lions University** – Lions Jim Gormely and PDG Tom Penhallegon were encouraging attendance to the Lions University sponsored by the district, to aid in leadership skills. The first meeting took place on Saturday, January 23rd in Linden, with the second one occurring January 30th at the Merced Library. Lion Gormely will give details on the outcome at a future meeting.

• **Dandelion Days** – Lion Michael Presson gave a short presentation on the Jackson Lions Club major fundraiser, Dandelion Days, and invited our club to participate by having a food booth.

- **Copperopolis/Lake Tulloch Lions Club Lobster Dinner** – This will be held Saturday, February 6th, \$45 each, at the Black Creek Club House. The



Copperopolis club heavily supports our fundraisers, both the Cioppino and Lobster dinners, so it would be great if we would reciprocate and support this event for them.

- **Shriner's Crab Feed** – Lion Ron Cole announced the Shriner's will be hosting a crab feed also on Saturday, February 6th at 6 pm at the Senior Center. For information and tickets, please contact Lion Ron Cole.



- **Club Newsletter** - I am actively seeking someone to replace me as newsletter editor next year. Since I will be your president next year, it may prove to be very difficult to run the club meetings, take pictures of speakers and important events, plus take the notes for the newsletter every week. I will still be available for help or advice on this, but need someone to take over the newsletter. This person needs to be computer savvy to a certain extent, attend meetings regularly, and be able to hear what is being said in the meetings and proficiently transfer this information into the monthly newsletter. Please contact Lion Wendy Dart at 209-406-5015 or by email at wendy.dart@sonoralions.org for questions or information.

**** If no one steps up to take over this position, the club will lose its newsletter and valuable Top Club Points, as well as a great way to communicate our club's activities around our community and district.**

SECRETARY'S MONTHLY REPORT, NOVEMBER 2015

Submitted by Lion Secretary Bob Bader



- Total Membership from Last Report – 51
- New Members – 0

- Dropped Members – 0
- Transferred Members – 0
- Total Members at Close – 51
- Service Hours – 148 / YTD – 1,745
- Number of People Served – 99 / YTD – 2,084
- Number of Lions – 20 / YTD – 297
- Number of Eyeglasses Collected – 0 / YTD – 1500
- Twinning Relationships – 0 / YTD – 0
- Funds Raised - \$196 / YTD - \$18,845
- Funds Donated - \$1,604 / YTD - \$20,954
- Total Activities – 8 / YTD – 84

OFFICIAL MINUTES OF BOARD OF DIRECTORS MEETING



SONORA LIONS CLUB of **Sonora, California** held its regular Board Meeting at the Pine Tree Restaurant on January 13, 2016. The meeting was called to order by President Atchley at 10:00 am.

The following Board Members were in attendance:

Atchley (P), Dart (1VP), Skaff (2 VP), Bader (S), Meeks (T), Berg (PP), Critchfield (M), Ayers (TT), Meckler (LT), Gottschall (1D), Penhallegon (2D). Others present: Lions Gormely, Bob and Joanne Presson, Cole and Michael Presson (Jackson Lions Club)

Minutes of the Business Meeting

Minutes of December 9, 2015: Approved (Meckler/Gottschall)

Financial Report:

- Accepted as presented. Dec 31 balances: Admin. \$6,640.81, Proj. \$13,348.35. Copies attached.
- Treasurer Meeks will contact Lion Maddox about filing 2015 Sales and Use Tax return.
- A motion (Berg/Penhallegon) was approved to donate \$300.00 to Parker's Prom.

Presentation of Bills:

- Candy purchase \$54.63 and Sierra Instant Printing \$22.58 approved for payment (Penhallegon/Dart)

Committee Reports:

- A. Membership - Lion Critchfield encouraged members to recruit. Lion Sec Bader said he is bringing a guest today. President Atchley is working on 2 potential members.
- B. Student Speaker Contest - Lion Gottschall has judges lined up. He will be working w/ the Toastmasters for coaching assistance for the students again this year. Summerville HS will have 3 or 4 contestants and Sierra Gold Rush Charter, possibly 1.
- C. Cioppino Dinner - Lion Meckler is working on tickets. He will add the \$500 door prize donor's name to the ticket. Chair Ayers will meet with key committee chairs next week prior to our meeting.
- D. Club Excellence - Lion Meckler will hand out the Club assessment survey to membership today. This is the first of 3 phases of the Club Excellence process.
- E. Lions Calendar - Lion Dart reported current sales at \$1325 and expenses were \$1900. She encouraged members to continue sales if possible. President Atchley suggested next year's calendar not be so "Sonora Lions Club" specific if it is decided to do again. Lion Meckler noted that while this year's effort may result in a net loss, it was great to see the Club try new projects which will encourage Club growth.
- F. Glenn Baas Run - Lion Berg handed out a list of potential Sponsors and asked members to suggest additional sponsors. Sec Bader suggested we work closely w/ Coach Bass to highlight the schools quality runners.

Communications:

- A. LCIF acknowledgement of \$500 donation towards Melvin Jones Award.

Report of Secretary:

- A. All members will be current on dues.

Unfinished Business:

- A. Rhodes/Romo Scholarships - Lion Skaff will meet w/ Amy Neilson, Columbia College, to select candidates for the scholarships soon. President Atchley asked that Lion Skaff arrange to have recipients speak to the Club.
- B. Tree Mortality - Lion Gottschall will meet with the County Committee regarding financial assistance for private land owners. There could be a possible LCI grant if the County could come up with matching funds.
- C. Buddy Bench - Sec Bader reported NARFE is planning to build at least 8 benches. There has been a good response from the schools contacted.

New Business:

- A. Jackson Dandelion Days - Lion Michael Presson, Jackson Lions Club, reported their Club raised over \$35,000 for the Butte Fire Relief Fund. He thanked Lion Penhallegon for his assistance. He invited the Sonora Lions to participate in the Jackson Dandelion Days Street Fair Mar 19 & 20, possibly with a food booth. Profits would go to our Club. Lion Penhallegon will see if we can generate interest in manning a chili food booth.
- B. County Welfare Call - Sec Bader received a call from the County Welfare Dept. requesting assistance for a needy family in Mi Wok getting rid of a few P/U loads of scrap material. Several members said they would help.
- C. Nominating Committee - Lions Dart, Gottschall, Bailey, and Skaff will comprise the Committee.
- D. ATCCA Food Bank Project - Lion Gormely will ask for assistance in hanging sheet rock at their facility Thurs and Fri. Lions Berg, Penhallegon, Gormely and Ayers volunteered. Tom McMullan will assist as crew leader.

Calendar of Events:

- A. Feb 6 - Hwy Clean up (rescheduled); Feb 10- Green Bag day and Student Speaker Contest; Feb 19 - Flag Day Presentations; Mar 25- Cioppino Dinner.

Remarks by the President: None

Adjournment: There being no further business, the meeting adjourned at 11:15 am.

DISTRICT, MULTIDISTRICT & INTERNATIONAL CALENDAR OF EVENTS

February 4-7 – Multidistrict 4 Convention, Modesto, CA

February 27 – Modesto 500 Lions Club Crab Feed

March 11-12 – San Joaquin Region District Meeting

April 3 – Lions City of Hope Day

April 21-24 – District 4-A1 Convention, Sacramento, CA (Red Lion Woodlake)

May 13-14 – Yosemite Region District Meeting, Camp Pacifica

June 24-28 – International Convention, Japan

June 30-July 4 – Centennial Convention, Chicago

SONORA LIONS CALENDAR OF EVENTS

February 10 – Club Student Speaker Contest and spouse appreciation day

February 10 – Green Bag Day for Mother Lode Food Project

February 17 – BOD meeting and business meeting

(Note: Change in regularly scheduled day)

February 19 – Flag Day presentations

March 2 – Zone 3 Student Speaker Contest, 6 pm, Pine Tree Restaurant, Sonora, CA

March 9 – BOD meeting and club business meeting

March 25 – Harvey “Dusty” Rhodes’ Annual Cioppino Dinner

March 31 – Region Student Speaker Contest

April 6 – First reading of officer ballot for 2016-17

April 13 – 2nd reading of officer ballot for 2016-17

April 20 – BOD meeting and club business meeting, second reading of the officer ballot (Note: Change in regularly scheduled day)

April 20 – Third reading of officer ballot; election of officers

April 21-24 – District 4-A1 Convention, Sacramento

May 7-8 – Relay for Life

May 11 – BOD meeting and club business meeting

June 8 – Installation of officers

June 11 – All-Star Football Game

June 25 – Omelet Breakfast Fundraiser

WEEKLY PROGRAMS

• Our guest speaker for the January 6th meeting was Paige Angelo, from Jamestown Elementary School. She spoke to us regarding their need to raise money for a trip to Washington, D.C. in June. There is a group of 20 students from Jamestown who are planning to go, and each must raise at least \$2,000. They are hosting several fundraisers to do this. First, they are having a recycling event on the first Saturday of every month. They are also having a flapjack breakfast at Applebee’s on Saturday, February 20th. Their 3rd fundraiser is a Black and White Dinner (please see the flyer). A basket was passed around the following week for individual donations from the club members, who raised \$103 for that cause. Please see page 8 for flyers regarding these events.



Paige Angelo from Jamestown Elementary School

• January 13th was our business meeting, so no formal speaker was scheduled. Lion Michael



Lion Michael Presson from Jackson Lions Club

Presson gave a short presentation on the Jackson Lions Club Dandelion Days fundraiser and invited our club to participate this year.

• On January 20th, our guest speaker was Adam Suess, a local financial planner. He also deals with health, disability and life insurance. He discussed the pros and cons of Obamacare - Covered Care California, and feels it’s going to be a bumpy road this year. Adam also helps the community by working with the football team. It has been 20 years since the team had a winning season like this year; and ironically enough, that was the year he was on the team himself! Mr. Suess discussed the help that Area 12 Agency on Aging can provide. They are a government entity helping seniors. He also provided important tips on what to do if your Medicare bill looks wrong, and also what Medicare does and does not cover.



Adam Suess, Financial planner

• For our meeting on January 27th, we had Dr. Ralph Retherford, a local general physician. He was not here, however, to discuss medicine or health, but rather serenade us with mesmerizing music from his cello. In my infinite wisdom, I had hoped to provide a recording of the first movement he

played, but I cannot find a way to attach it to this newsletter. I do have the recording on my mobile phone and will play it for you if you want. He played J.S. Bach's 1st Suite for Cello, which was composed in 1720 but still widely used today. Dr. Retherford also has written a book, which corresponds closely to his philosophy of health and life, "When Chicken Soup Is No Longer Enough." It is available online at Amazon at the following link: http://smile.amazon.com/When-Chicken-Soup-Not-Enough/dp/0883910853/ref=dp_ob_image_bk

Dr. Retherford is also a director at Maynords Recovery Center, (<http://maynords.com/>) where one of his goals is to cut down on the over-prescribing of narcotic pain-killers for controlling pain. He subscribes to a more holistic approach to health and well-being, and believes in the power of meditation and Qigong (the art of stretching and relaxation similar to Tai Chi), and he totally believes in the mind-body connection of health and healing.



Dr. Ralph Retherford playing his cello

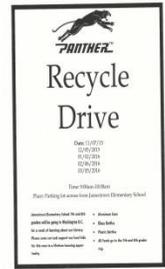
UPCOMING SPEAKER PROGRAMS

February 3 – John Maciel, TUD

February 10 – Student Speaker Contest

February 17 – Business meeting, no speaker

February 24 – Mick Grimes, California State Railroad Museum Foundation



Jamestown Elementary School Washington, D. C. fundraiser flyers



**That's all for now folks...Meow
Lion Wendy Dart**

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