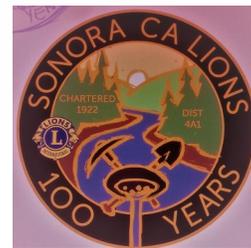




The Lion's Roar

Sonora Lions Club



PO Box 101, Standard, CA 95373

*The Club meets every Wednesday at 12:00 PM at the Senior Center, 540 Greenley Rd., Sonora
Board Meetings are every 2nd Wednesday following the noon meeting*

District 4-A1, Mountain Region, Zone 2

Website: www.SonoraLions.org

Club email: SonoraLions@yahoo.com

[Club Facebook page](#)

Lion Secretary Wendy Penhallegon, Editor, #10

"Sonora Lions, Serving the Mother Lode Since 1922"

"Liberty, Intelligence, Our Nation's Safety"

Volume C, No. 2

August 2022

OUR NEW INTERNATIONAL OFFICERS!



We have new International officers:

President—Brian E. Sheehan – Bird Island, Minnesota, USA

First Vice President—Dr. Patty Hill – Edmonton, Alberta, Canada

Second Vice President—Fabricio Oliveira – Catole do Rocha, Brazil

Third Vice President—A. P. Singh – Kolkata, West Bengal, India

Immediate Past President—Douglas X. Alexander – Brooklyn, New York, USA

As you can see we have a truly diverse international organization.



Name Change—To reflect on the changing times, Lions will enlist a slight name change. We will now be called "Lions International." This will be above the heading of "Lions Clubs International" and "Lions Clubs International Foundation," and will be used when talking about Lions Clubs and the Foundation as a whole, instead of just LCI or LCIF.

News From Lions International—To help ensure that they're able to meet the rising costs of doing business and the ongoing needs of our incredible Lions, the International Board of Directors proposed an international dues adjustment. It's a modest increase, but such an important one. The resolution would gradually adjust our current international dues of \$43 by \$7 over a three-year period:

\$3 increase on July 1, 2023

\$2 increase on July 1, 2024

\$2 increase on July 1, 2025

Even with this modest increase, our dues will still be significantly lower than the dues of Rotary or Kiwanis today. The Sonora Lions Club has no plans to raise our club dues at this time and will absorb these costs for its members.

Veterans Honored at Senior Center— The first Thursday of each month, the Tuolumne County Senior Center (Sierra Senior Providers) will be honoring the Veterans in of our community by giving them a free breakfast. The Sonora Lions Club has joined with them in celebrating and will now be providing the donuts and pastries being served. Please spread the word and tell your friends, neighbors, and relatives to mosey on down to the Senior Center and check it out. They need help in getting this information out there. Pictured here are PDG Tom and Lion Wendy, getting to know two "regulars" at the Center, Irene and Roland. In the background, you will notice that they are being serenaded by an accordion player with songs from every genre. (See flyer on page 8.)



COMMUNITY SERVICE



Did you know that Community Service comes in all forms, shapes, and sizes? It is not just about holding food drives or picking up trash along the highway. Our club has endorsed several projects over the years. If you donate blood — that's community service. If you help out at the food bank (even your church food bank) — that's community service. Providing assistance to the elderly or visually impaired — that's community service. So you may be doing a lot more community service than you realize. The Sonora Lions Club has added several new programs to our Endorsed List. Here are a few of them:

- Sonora Lions Club (SLC) Elderly Persons Assistance Program
- SLC Visually Impaired Person(s) Assistance Program
- SLC Food Pantry Projects
- SLC Blood Donation Program
- SLC Community Assistance Program

Even if you cannot make it to our meetings every week, you can still report your community service hours simply by sending Lion [Secretary Wendy](mailto:wenpen@sonoralions.org) an email (wenpen@sonoralions.org) with your service (Please include in the email how many people performed the service (Lions and non-Lions), the date(s) it was performed, where the service was performed, how many people were helped by doing this service, how many hours were spent in doing the service, and a brief description of what was done. That's it...Easy Peasy! After all, we Lions know what service is, since that is our motto. "WE SERVE!"



CLUB LUNCH MEETING

July 5th's meeting was opened by our new President Lion Tim Atchley in the usual fashion with the pledge of allegiance, patriotic song, and prayer. Pres. Tim outlined his expectations and goals for his year as president to the club. It is his (and many other members' also) desire to rebuild the club, start getting members back into regularly attending the meetings, and a reminder to all about common courtesy during meetings and especially during the guest speakers' presentations.



Happy Bucks—Lion Jerri has squatters...her son, his wife and 2 kids moved into her home and will be living in the trailer on the property until their home is built ~ Lydia reported that her 2 kids spent the last 2 weeks with her and just left yesterday ~ Pres. Tim had a Happy Buck to welcome Lion Bill to his first meeting as a real Lion Club member ~ Lion Bill had a Happy Buck because he was happy to be here as a real lion! ~ Lion Ray had a Happy Buck because he has officially been re-

tired for 31 years now. He also recently had a checkup and got some bad news—he is healthy. **Tail Twister**—Lion Lydia was fined for having her phone ring during the meeting. **Announcements**—Lion Wendy



brought up the fact that we are able to reorder the "Lions at Work" T-shirts for some of the newer members if they wanted. If you want one, or want to get another one, Lion Wendy can take your information and make the order. The more T-shirts that are ordered, the cheaper the price. If you are interested,



please contact Lion Wendy. ~ Pres. Tim would like to know if the members would like to participate in a "Get to Know You" moment at the club meetings. Perhaps once a month, we could feature one member who will deliver a short autobiography of themselves, and let everyone know things about them that we might otherwise never get to know. He asks that you contact him if you would be willing to participate. ~ Lion Jerri, as Membership Chair, explained how members can still achieve their 100% Attendance pins even if they miss a meeting. (An article will be written about this in a future newsletter.) ~ It is official...we have officially surrendered our section of Hwy 108 for the Adopt-a-Highway program as it is getting to be just too hazardous for our aging membership. We will look for another "Environmental" project we can adopt to still participate in the Lions Club International Initiatives.

Continued on Page 3

Continued from Page 2

Cash Raffles—Lion Bill Dunlavy, Jr. won both cash raffles today! The Fine-Free Critter was won by Lion Wendy Penhallegon, who shall be fine-free next week.

Black Marble Draw—Lion Bob Bader won the chance to draw for the black marble, but was only able to find a white marble. The pot is around \$60 and will continue to grow.

Concluding remarks from our President—Our thoughts and prayers are with the residents and first responders of Amador and Calaveras Counties who are involved in the fires raging the countryside.

WEEKLY CLUB MEETING

Our July 13th meeting was opened by Pres. Tim in the usual fashion. He acknowledged the three guests we had attending, Mark Murphy (Lion Ray Bailey’s son-in-law), former Lion Jim Beatty, and Emily Gatesman from the Sierra Repertory Theatre. Our warm Welcome Song was sung for them. We had three birthdays coming up this week including lions Bob Bader, Doug Fleming, and Glenn Gottschall. Our guests were honored to hear our special rendition of Happy Birthday. It was very good to see and visit with Lion Mike Eachus while he dropped in to say hello for a bit. He is recuperating from a surgery and had to leave early, but we were still touched and pleased that he took the time and effort to come by and say Hello! **Tail Twister**—The Secret Lion this week was Lion Cecil, but since everyone greeted him properly, we all had to pay a fine. Lion Jill was fined for not wearing any Lions apparel. **Happy Bucks**—Lion Bob had a Happy Buck because he made it through another year! ~ Lion Frank had a sad buck because he lost his beloved dog last week, and after leaving the meeting last week to visit Lion Dennis, found he had also lost his dog on the same day. Our deepest sympathies to both for their losses ~ PDG Tom had a sad buck because



Tail Twister Ray sold the “fine pot” for \$15 to PDG Tom (without disclosing the total amount of money in the pot—it was \$12). Lion Ray told a story about the Godfather and his Accountant. Former Lion Jim Beatty told a story about Ole and the Fokkers. Both were hilarious.

Committee Reports—Lion Judy submitted the final financial report on the 100th Anniversary Celebration. We were ecstatic to hear that we didn’t go “in the hole” on this celebration but basically broke even and still had a fabulous celebration!

Cash Raffle—Lions Cecil won the cash raffle and Joe won the Fine-Free Critter. **Black Marble Draw**—Lion Bob drew for the black marble but only found a white one.

Guest Speaker Emily Gatesman, from the [Sierra Repertory Theatre](#) was our guest speaker for today. She is the Hospitality Director for this organization. The SRT is celebrating their 43rd Anniversary this year. They provide multiple productions each year and have a season calendar online. They are associated with two theaters, one in East Sonora and one at Fallon Park. The Sierra Rep is able to bring in actors, designers, and others from all over the country and beyond. There are multiple discounts available such as for Veterans, First Responders, Educators, and Students. They launched a program that brings SRT to the schools since field trips were being cut and eliminated from the school budgets. They now perform at the schools. The Sonora Ford dealership has provided a van for SRT to use to help facilitate this program. They hope to resume this program and begin performing at the schools again. There are several ways in which we can as individuals and as a group, get involved and help the SRT. You can become a Season ticket holder (which gives you a discount on price). You can become a business partner where they will advertise your business in their programs. Local businesses can also be sponsors, and several already are, like Adventist Health, Blue Mountain Minerals, Clarke Broadcasting, and Black Oak Casino. One might also be a volunteer usher at the productions. They also need volunteer drivers for their guest actors where you would drive to whatever airport they are flown into and bring them back to town.



Emily is the point person for all of the guest artists. She is in charge of their travel arrangement and local lodging. A typical artist residency is about 8 weeks. There are local residents who open their homes to host the actors. Some of the requirements to being a host home would be to have a spare bedroom and bath, access to the kitchen, and Wi-Fi. Emily related she frequently has to warn the visitors to our area of the hazard of driving around here with the risk of deer running into the roads. Over the course of a year, they need to house approximately 100-120 people. The SRT was closed down for 1-1/2 years due to Covid, but during their closure, the owners completed a big renovation of the space. It now features a full bar, a big lobby, and have expanded the front to include an entire wing just for the women’s restroom, with dressing rooms and a green room. SRT is hosting the next “mixer” for the Chamber of Commerce, so you might want to take advantage of that and check it out.

SRT does not mandate masks anymore, but the actors do have certain protocols to keep them safe and healthy. SRT can also provide preview performances that can raise money for your organization.

JULY 20TH WEEKLY MEETING

Lion Pres. Tim opened the meeting promptly at 12 noon in our usual fashion. The guest speaker and visitors were introduced, including Alice Drake, sister of Lion Wendy Penhallegon, Joanne Gormely, our guest speaker and wife of Lion Jim Gormely, and Charlotte Anderson, caregiver and friend of Lion Dennis Schroeder. We sang a pretty good version of our Welcome Song. It will be Lion Jill's birthday shortly, but she wasn't here for this meeting, so we couldn't offend anyone by our singing. However, Lion Joe & Terry Skaff's anniversary is coming up soon, their 30th, so we sang Happy Anniversary to them. **Happy Bucks:** Lion Ray Bailey paid a \$1 fine because he wasn't here when his anniversary was announced at a previous meeting ~ Lion Glenn had a happy buck because he recently celebrated his 30th anniversary of his 50th birthday! ~ Lion Lydia happily paid a buck so she could spread the news about the Twain Harte Summer Outdoor Market coming up soon ~ Lion John had a sad buck because his wife got Covid, then hurt her knee, and then had to have an operation—all very recently. Yikes! **Secret Lion:** Lion Pres. Tim paid a fine because he forgot to ask someone to be the Secret Lion today. **Auction:** Lion Lydia brought in an awesome looking candy dish that she made to be auctioned. Lion Pres. Tim won the auction for \$20! **WTG!** Tail twister Ray brought in a hobby horse (otherwise known as a horse on a stick) for auctioning. Charlotte, our guest, won it for \$10 to give to her grandchild. **Raffles:** Guest Charlotte and Lion John won the cash raffles. Lion Bill won the Fine-Free Critter. The Black Marble draw chance was won by Lydia, who only found a white ball.



Pres. Tim with
candy dish



Alice Drake, guest



Lion Ray's hobby
horse

Use the letters in the word F.A.S.T. to spot a STROKE

F.A.S.T. WARNING SIGNS

Face Drooping—Does one side of the face droop or is it numb? Ask the person to smile. Is it uneven?

Arm Weakness—Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty—Is their speech slurred?

Time to call 9-1-1!

Do not wait as time is limited for treatment of a stroke.

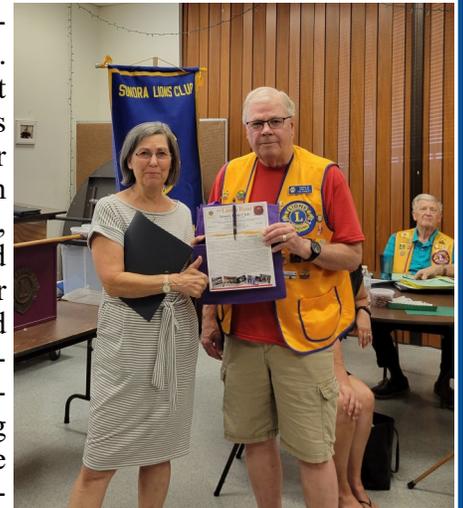
Lion Pres. Tim handed out some of the 100% Attendance Awards today also. Present today to receive their pins were (Lions all): Tim Atchley, Ray Bailey, Jim Gormely, Jerry Jensen, Frank Meckler, Judy Meeks, PDG Tom Penhallegon, and Wendy Penhallegon. Congratulations on a great year of Lionism!



GUEST SPEAKER

Joanne Rios (Gormely) is a Clinical Nurse Specialist with the Adventist Health System in Sonora. Spreading the word about warning signs and recognizing stroke symptoms has been a mission of hers for quite some time now, especially since two of her close relatives have suffered from a stroke. Common symptoms of strokes are face drooping, arm weakness/numbness, and difficulty with speech. If you suspect you're having a stroke, do not hesitate, call 9-1-1.

There are different kinds of strokes you could suffer from. One is an ischemic attack, where the blood supply to your brain is obstructed by a clot. The other is a hemorrhagic stroke, meaning something broke open and is compressing part of



of the brain tissue and that tissue dies. Your perception of things can be altered after a stroke. Women tend to have more strokes than men and tend to die more frequently. If you suspect someone is having a stroke, look at their face, have them lift up their arms and talk and answer simple questions. Time is of the essence! There are a lot of things you can do to help ward off having a stroke including taking care of your health, weight loss, blood pressure/cholesterol control, etc. There are certain things you cannot control such as your age, gender, or having had a previous stroke already. Strokes can be hereditary, so be more aware of it and know the symptoms. Remember, every 45 seconds, someone is having a stroke. Time loss = brain loss.

JULY 27TH WEEKLY MEETING

Today's meeting was opened in the usual fashion by Lion 1st VP Jerry Jensen. Lion Jim G. introduced our guest speaker, Alex MacLean, Editor of the Union Democrat and we sang our Welcome song for him.



Sunshine Report: Lion Jerri reported Lion Mike E. was recuperating from a major surgery and was being cared for at his daughter's home in the Valley. Lion Bill S. is still recovering at home after his surgery. Former Lion Ellie Duste was reported to now be living in a care home in San Mateo after being diagnosed with a form of Alzheimer's.

Secret Lion: This week's Secret Lion was Lion Frank, and the only member who did not shake his hand was Lion Bill. When our Tail Twister went to collect the fine, Lion Bill held up the Fine-Free Critter and thus did not have to pay the fine! Well played, Lion Bill!

Happy Bucks: As a result of the hot weather, Lion Frank now has 12 turkeys, a quail, and 2 fan-tailed pigeons living on the property because of the water he provides for them ~ Lion Lydia has 4 baby quail living on her property also ~ Lion Jerry has needed a replacement window for his RV and finally got it in after waiting a few months for it ~ Lion Jan had a very Happy Buck in that she is now fully and completely living here in Sonora and had 7 baby foxes on her porch this morning! ~ Lion Jerri was glad to be home from vacation and has decided that she will not go on vacation during the hottest days of the year and she's too old to take the grandkids with her on vacation also ~ Lion Bill D. said the smoke has finally lifted in his area and he can now breathe again ~ Lion Ray had a sad buck, reporting that former Lion Glenn Carroll had passed away recently from Parkinsons. He had learned from the obituary that Lion Glenn had been a Lieutenant Commander during his time of service.

Announcements: Lion Wendy asked the club for someone to chair the [Peace Poster Contest](#) this year. This is a cool way for students aged 11-13 to demonstrate their artistic talents and create a poster according to what the current year's theme is. This year's theme is "Lead With Compassion." After the meeting concluded, Lion Bill volunteered to take on this project. Thank you so much, Lion Bill! At this point, Lion Jim G. related a story dating back to his earlier days in Lions, circa 1990ish, where the club received many entries from Sonora Elementary. After choosing their preference, the winner's poster went on to the District Level. When Lion Jim went back to the school to reward the student, the teacher pulled him aside and let him know that the winning poster they had selected was created by a legally blind student! After winning that contest, her life changed dramatically with a new respect from the other students!



The cash raffle went to Lion Jerry J. and the Fine-Free Critter went to Lion Jan, who shall be fine-free next week. **Black Marble Draw:** Lion Bill won the draw to try to obtain that elusive black ball, and guess what? He did it!



Guest Speaker: Alex MacLean, Editor of the [Union Democrat](#) here in town was our featured speaker this week. He has been the editor of the paper since 2020, but has worked for the newspaper since 2011, first as a crime reporter. He has done a lot of different assignments throughout the years, including being our contact person during the Rim Fire Evacuation in 2013. Mr. MacLean attended Arizona State University and earned a degree in Journalism. In his early years as a reporter, he wrote several series of stories, including one about the drought and one about the water system in the area and state. He dug deep in one story about the Tuolumne County Economic Authority and uncovered some unsavory practices. That entity does not

exist anymore, saving the county hundreds of thousands of dollars a year. He is working with a very small staff of 4 to put out a paper each day. The reporters are assigned stories. One does sports, another does the layout, etc. Alex himself is responsible for their website and social media as well. They are looking for more reporters at this time. The paper itself is somewhat in a



"rebuilding phase" as it was sold just around the time of the pandemic but that company went under fairly quickly. They are finding it quite a challenge to keep people interested in reading the paper and it is very nerve-wracking to try to hold on. Small town papers need the "glue" from the community to hold it together. The best way to support them is to subscribe to the paper, or purchase it from a store or newsstand. The paper itself is not printed in town; it is printed out of Lodi. Each day they start from scratch and recreate a new paper. They look at police reports, logs, and get together to toss ideas around. By the end of the day, they have all the files set and sent to Lodi where they are printed, shipped back to east Sonora, where folks put in the inserts and then take them to the delivery drivers. Clubs can send their news reports to the Community Page.

HOUSEHOLD CHORES: A LOVE/HATE RELATIONSHIP

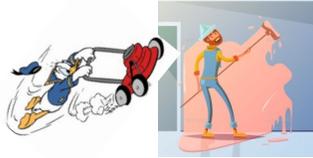
submitted by Lion Sec. Wendy Penhallegon

I got a fairly good response back from you all. We all have those pesky chores that never seem to go away. But there is always that ONE thing that drives you absolutely bonkers that has to be done. For me, cleaning the toilets is the pits! I used to really enjoy doing yardwork, but lately, it doesn't like me very much. It takes me days to recover from a weed-pulling session.



For Lion Jill, she said she asked her mom once "how is doing dishes going to enrich my life?" You can guess what her answer was!

Lion Jerry says interior painting is his kryptonite—he abhors it! However, he does enjoy doing yardwork



For Lion Joe, he absolutely hates weeding, but he and Terri split the inside chores between them. Fortunately, Terri loves to weed, so it balances out.



For PDG Tom, he has a problem with picking up the doggie poo, but he adores cooking for us



Lion Crazy Bill says getting out of bed is a chore that he hates, but he loves going to bed! I'd definitely call that a love/hate relationship!

Lion Frank hates to wipe down the shower, but loves to cook. While his wife, Naomi, hates changing the sheets but loves to quilt.



Do you have old eyeglasses lying around the house? Why not donate them to your local Lions Club? We refurbish prescription and nonprescription glasses. 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 in front of the Vision Center at Walmart. Alternatively, you can check with your optometrist to see if they collect them for us.



Effective communication will inevitably lead to conflict. Without conflict, there can be no change or growth. So, for us as Lions, the way forward must lie in effective communication and positively-framed, managed conflict.

Here's to lively debate. #lionsneverasleep #lionsinternational #togetherwecan #weserve

OUR H.E.L.P. PROGRAM RECEIVES A SIZEABLE DONATION OF ITEMS

On Tuesday, July 26th, our [H.E.L.P. Program](#) received a very generous donation from Past District Governor Mike Retzlaff. He came all the way up here from Elk Grove to deliver this load of hospital equipment for us to use in our Hospital Equipment Loan Program. There were wheelchairs, walkers, and canes brought up here, some of which were brand new with the original wrapper still on them! It seems PDG Mike befriended a local nursing home who was going through their equipment and weeding stuff out. If no one wanted the items, they were going to be thrown away. That would have been a terrible shame. Kudos and many thanks to PDG Mike for thinking of us and out H.E.L.P. program!



PDG Mike Retzlaff with a truckload of hospital equipment for our program.



Sunshine Report

If you know of any member who is ill, having surgery, or needs acknowledgment, please let me know at 209-532-7828 or by email at: littlebluchse@gmail.com

Submitted by Lion Jerri Regelin, Sunshine Chairperson

Lion Mike Eachus is reportedly recovering slowly from his surgery and is being cared for down in the Valley by his daughter. Lion Bill Simpson is slowly recovering at home, but still has daily struggles. Lions Frank and Dennis both lost their beloved dogs recently.

Do you know what most people find attractive?

Effort
Thoughtfulness
Appreciation
Compassion
Honesty
Respect
Integrity



EAR OF THE LION REPORT

June 2022

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



There were no hearing aids dispensed or new applications for assistance this month.

Mother Lode Food Project (Green Bag Day)

Submitted by 2nd VP Jill Schwab

The schedule for collecting the Green Bags with the nonperishables is as follows:

August—The 17th will be our collection day.

October—The 19th will be our collection day.

December—To be determined (will probably be earlier because of the Holidays).

Please remember to make sure your donations are not beyond their “sell-buy” date. The food bank cannot use these products at all, even if it is by 1 day. They are looking for the usual donations, such as canned meats/stews, veggies, fruit, cereals, pastas, sauces, and other basic staples. Please do not bring food in glass jars; plastic and canned are preferred as they do not break as easily. Low-salt and low-sugar content items are also preferred. Remember, we collect these bags only during even-numbered months.



M.O.W. Friends of the Pets Club— July 2022 Report

Submitted by: Lion Frank Meckler

I'm pleased to report that M.O.W. Friends of the Pets Club members have donated enough to keep our program going to December of this year. Inflation is being taken into account, so we may need more funds sooner than December. We did have donors contribute during the month of July, Lions Nick & Cat Reuter and Judy Meeks, both of whom donated a generous amount. We thank them, as well as all the others who support this program. Lion Jill Schwab is managing the project until we get new volunteers. Thanks to her for her support! We do need someone to help. Please call and talk to Lion Jill as to what you can do to help with the program.



HAPPY
National
WATERMELON
DAY!



SIERRA SENIOR PROVIDERS
PROUDLY PRESENTS

FREE BREAKFAST FOR VETERANS!

1ST THURSDAY EVERY MONTH
8:00–10:00 AM
(209) 533–2622
SIERRASENIORPROVIDERS.COM

SAVE THE DATE - 16th Annual Meals on Wheels Fundraiser
Friday, August 12th - 9am to 11am

SSPI and Meals on Wheels "LIVE" on air Radiothon! Tune into Star 92.7 for live interviews, information and music. Meals on Wheels Radiothon Pledge

Please make your check payable to "Sierra Senior Providers, Inc./ MOW" on the memo line. Your donation will then qualify for the \$25,000 match from Sonora Area Foundation

Name: _____ Business: _____
Address: _____ Phone Number: _____ Email: _____
Pledge Amount: \$ _____

Thank you for your support!

Sierra Senior Providers is a tax-exempt organization under section 501(c)(3) of the IRS code.
Tax ID# 77-0432625

We have a new Facebook Page! If you have not visited it yet, won't you please do so and click Like and Follow us? Just click on the Facebook icon to the left to connect our page. You will be able to keep up on current happenings, upcoming events, featured guest speakers, and any changes in schedules that may occur. Let us know you're out there and are supporting our page! We need to let the community know we are here for them and available to help whenever we can!

Senior Center Wednesday's Menu—August

- Wednesday, August 3—Diestel Turkey & Rice, stuffed bell peppers, capris blend veggies, green beans, and apricots.
- Wednesday, August 10—Broccoli Beef, brown rice, cauliflower, carrots, and cantaloupe.
- Wednesday, August 17—Pork carnitas taco, corn tortilla, Italian chop salad, Caribbean blend veggies, and peaches.
- Wednesday, August 24—Shrimp scampi, angel hair pasta, asparagus, super greens salad with tomatoes and carrots, and cantaloupe.
- Wednesday, August 31—Bean & Cheese burrito, fajita blend veggies, 5-way blend veggies, and peaches.

ATTENTION NEW MEMBERS!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

☆☆ If you are a new member, then your sponsor who brought you into our club should have been talking to you already about how you can obtain your "Proud Lion" pin. To achieve this award you must, within the first 6 months of your induction, do the following: 1) Attend a club Board of Directors' meeting. 2) Participate in a club service or fundraising activity. 3) Introduce a new prospective member to the club. 4) Visit to another club and secure a visitation slip (or attend one of their functions...pictures count as proof!). 5) Attend a Zone, Region, or Multiple District Meeting and report back to the club.

The goals listed above must be attained within the specified six month time period, and must be accompanied by the Protégé Lion sponsor to each of the five activities.

☆☆ This may sound complicated, but it is really easy to do! If you need more information, please do not hesitate to reach out to your sponsor or myself.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Sierra Senior Providers
Click on the link above to connect to the Sierra Senior Providers' website (Senior Center/MOW)

Sonora Senior Center
Click on the link above to connect to the Senior Center's Facebook Page.



SECRETARY'S MONTHLY REPORT

July 2022

Submitted by: Lion Wendy Penhallegon, Secretary

• Total Membership from last report	41
• New Members	0
• Dropped Members	1
• Transferred Members	0
• Total Members At Close	40
• Service Hours	327/YTD 327
• Number of People Served	990/YTD 990
• Number of Lions	108/YTD 108
• Number of Hearing Aids	0/YTD 0
• Number of Eyeglasses Donated	0/YTD 0
• Pounds of Pull Tabs Donated	0/YTD 0
• Pounds of Plastic Bags (Bags 4 Benches)	0/YTD 0
• Number of Cell Phones donated	0/YTD 0
• Funds Raised	\$3,052/YTD \$3,053
• Funds Donated	\$0/YTD \$0
• Total Activities	23/YTD 23

Lion Members Community Service—July 2022

- Hospital Volunteer Program—John Nolen
- Adventist Church—Jill Schwab
- Church Food Giveaway—Jan Newman
- MOW Friends of the Pet Club—Tom Penhallegon, Jill Schwab, Frank Meckler
- Sierra Bible Church—Tim Atchley, Phil Baylis
- Senior Center Veterans Day Salute—Jill Schwab
- TC Fire Safe Council—Glenn Gottschall
- Sonora Lions Club Elderly Persons Assistance Program—Wendy Penhallegon
- Help for Visually Impaired Person—Tim Atchley

Fire Season—We're right in the middle of a very dangerous time of year again for California residents. The risk of wildfires is high and a very real danger every day. The Sonora Lions Club has provided relief aid in four fires in our state in the last several years, - the Rim Fire, the Butte Fire, the Detwiler Fire, and the Carr Fire. If you aren't aware, LCI sent out a video team to film us while at work here in Sonora and created a short film featuring the Lions' helping during the Rim Fire. You can view it here if you have not seen it already: [Rim Fire](#). Don't wait until we have our next emergency to get prepared. Start now and be prepared to evacuate at a moment's notice. Make a plan and share it. It's not "if" it will happen, it is "when" it will happen. Be prepared!



Correction from last month's newsletter: The picture of President Tim Atchley holding up the Proclamation was actually from the City's Board of Supervisors, not the City of Sonora.



Worried About Climate Change? One of our members, Lion Frank, decided to conduct his own experiment and came up with some interesting numbers he thought he would share with you. He kept a record of average temperatures during the month of June for 2021 and 2022, and here are his results:

June 2021	June 2022
Average High: 93F	Average High: 90F
Average Low: 65F	Average Low: 63F
Day temps over 100F: 6	Day temps over 100F: 0

Is it global warming? Is it just normal climate changes? You can make your own decision.

Did You Know Trivia Corner...

Humans can't swallow and breathe at the same time
 ~ Adults have fewer bones than babies ~ Your stomach has to produce a new layer of mucus every 2 weeks, otherwise it will start to digest itself ~ The soda "7-UP" was named because of its original 7 oz size and the direction that the bubbles went ~ To escape the grip of a crocodile's jaw, push your thumbs into its eyes. It will release you instantly ~ Reindeer like to eat bananas ~ The electric chair was invented by a dentist ~ Mel Blanc (the voice of Bugs Bunny) was allergic to carrots ~ The average person spends 6 hours of their life sitting at a red light ~ Because of the rotation of the earth, an object can travel farther if it is thrown westward ~ There are castles and even lighthouses that are cheaper to rent than a NYC apartment!



Sonora Lions Club Presents

Newt McKenna's

Annual

Lobster Dinner

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

Friday, October 7, 2022

Dinner 5:30 pm—7:30 pm (Doors open @5)

Sonora Elks Lodge

100 Elks Drive, Sonora

Donation: \$50 pp—No Host Bar

A Door Prize and Oodles of Raffle Gifts

For Tickets or Information Contact:

Any Sonora Lions Club member, or call Lion Bader @ 209-352-0648 or
Lion Baylis @ 510-552-7596 (Also available at the door)

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!



8/21 – Jim and Joanne Gormely – Anniv.
8/28 – Sherry Pert-Burns



H.E.L.P. Report
Diann Kaiser Memorial
Hospital Equipment Loan
Program
June 2022
Lion Dan Ward, Chair
sonoraministorage@yahoo.com

Item	Loaned	Value	Total
Wheelchairs	17	\$50.00	\$850.00
Commodos	15	\$20.00	\$300.00
Bath Chairs	11	\$20.00	\$220.00
Shower Benches	7	\$20.00	\$140.00
Walkers	22	\$20.00	\$440.00
Walker w/seat	9	\$30.00	\$270.00
Canes	7	\$10.00	\$ 70.00
Crutches	1	\$10.00	\$ 10.00
Risers	3	\$10.00	\$ 30.00
Reachers	0	\$5.00	\$ 00.00
Sock Aide	0	\$5.00	\$ 00.00
Misc.	12	\$5.00	\$ 60.00

Total Pieces Loaned	104
Total Contributions in Kind	\$2,390.00
Total Hours Contributed	26
Month	July 2022
Prepared By:	Dan Ward



AUGUST

- | | |
|------------|--------------|
| BEACH | HIKING |
| BONFIRE | ICE CREAM |
| CAMPING | NEW TEACHERS |
| EXCITEMENT | POPSICLES |
| FISHING | SMORES |
| FRISBEE | SUNFLOWERS |
| FLIES | SWIMMING |
| HEAT | TENT |

B E S H F I S H I N G N F I S
A G E B O E R I F N O B R U E
E F L I E S C A M P N G N E E
S I C E C R E A M S I F B O X
W T I E A M E N T M L S E F C
I E S L M S I F G O I H A I I
M S P F P B T R W R N I C S T
M H O T I K N E F E G I H C E
I E P H N I R I N S R C E T M
N A E A G S M C N T E W A T E
G N I K I H P X O S R E A E N
M S A N E W T E A C H E R S T

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WORD OF THE MONTH

Luddite: noun | LUH-dyte

What It Means: Luddite refers to someone who is opposed to change, and especially to technological change.

This may be one of the most appropriate words as related to many Lions Clubs now days. Tradition is fine, but change is inevitable. Things may have worked reasonably well for years, but there are always different ways to travel. Technology can sometimes be scary and confusing, but there are ways to get around this and since we do have the capability to ask for help, there is no reason not to try. If it succeeds, Yay! If it doesn't, we can stop doing it. We are told to keep thinking outside the box. This is just one way to start doing that. Technology can be our friend.



Download from Dreamstime.com



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“We Serve”



District Governor Doug Campbell
2022-23
District 4-A1

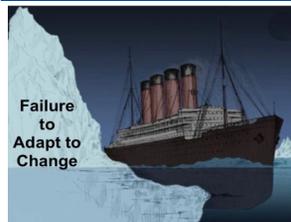
Email: liondoug1963@gmail.com
209-495-8053

Sonora Lions Club Calendar of Events

- Aug 3:** Regular meeting. Lion Jim Weaver, guest speaker, talking about the “[Honor Flight](#).”
- Aug 10:** Regular meeting, Shannon Ingram, guest speaker talking about the economy. Board of Directors meeting immediately following the regular meeting.
- August 17:** Regular meeting, Pres. Tim with slide show of our 100th Anniversary Celebration.
- August 24:** Regular meeting, Lion Lefty Serpa, guest speaker, with entertainment, jokes, and a little bit of magic
- August 31:** Regular meeting, [Tuolumne County Sheriff's Office](#), talking about EMD protocols and procedures.
- Sept 10:** Lions Yard Sale, Lion Jill's Home, 7 am—4 pm
- Oct 7:** Lobster Dinner Fundraiser, Elks Lodge, 5-7:30 pm
- Oct 26:** District Governor Doug Campbell visitation

District, Multi-District, and International Calendar of Events

- August 13:** District Meeting Stanislaus, Turlock Salvation Army (finish the awards and recognition from Convention 2022)
- August 25:** Deadline for submitting articles to the District Newsletter. Click here for past issues of the [District Newsletter](#).
- October 1:** Deadline for ordering Peace Poster/Essay Contest Kits from Lions International's Store
- October 1:** Relay for Life of Linden
- October 8-9:** Relay For Life of Greater Stanislaus County—Modesto
- October 22:** Relay For Life of Tracy—Mountain House
- November 15:** Peace Poster & Essay Contest deadline
- November 18-19:** District Meeting, San Joaquin Region
- March 4, 2023:** District Meeting, Yosemite Region, Merced



Don't be afraid of change. New ideas can be a good thing! Keep an open mind and remember, every project and program we do was new to us at one time!

Our next Board of Directors' meeting will be Wednesday, August 10, 2022, immediately following the regular weekly meeting starting around 1 pm at the Senior Center.

ALL ARE WELCOME TO ATTEND!

If you are a Lion and enjoying this newsletter,
Share it!

If you are enjoying this newsletter and are not a Lion, we would encourage you to

Become a Lion!

For more information call
Lion Jerri Regelin, Membership Chair (209) 532-7828