



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

Volume C, No. 4

Lion Secretary Wendy Penhallegon, Editor, #12
"Sonora Lions, Serving the Mother Lode Since 1922"
"Liberty, Intelligence, Our Nation's Safety"

OCTOBER 2022

SEPT 7TH WEEKLY MEETING

The meeting opened in regular fashion at 12 noon with pledge, song, and prayer. A special visitor Joe Tobin, from the [ATCAA](#) food bank, was introduced, as was Inez West, who was here for her second visit! The guest song was sung for them. Due to time constraints, Joe Tobin was allowed to speak first to the group, and he expanded on their "Stuff the Bus" program that the food bank has done in the past, which could very easily be morphed into our "Turkey Trot" fundraiser that we are trying to coordinate with them. The food bank will supply the refrigerator trucks to



store the donated turkeys that the community will buy for us, and the Lions Club members will man the front of the store, asking the people as they enter to buy a turkey for charity. Lots of ideas were thrown about but the fine details can be worked out in committee after the board has made their final decision as to whether to proceed or not. The food bank is also looking for volunteers to help in-house on a regular basis also. **Happy Bucks:** Lion Lydia had a Happy Buck because her son and DIL are visiting, so she won't be able to help at the yard sale ~ Lion Pres. Tim had a Happy Buck because after his visit to the hand specialist, his right hand was doing a lot better, after 2 injections and finding out that he had carpal tunnel and trigger finger, and ulnar neuropathy ~ PDG Tom had a Happy Buck because Lion Jill was able to sell some of our yard sale stuff to her garbage men! ~ Lion Bob had a Happy Buck because his grandson and his girlfriend came up for a visit and they hiked and went out to dinner. Luckily, even though we had historic high temperatures, no one was harmed or injured on the hike!



Committee Reports: The leftovers from the yard sale will go to either [Interfaith](#) or [Restore](#) (Habitat for Humanity). The Glenn Bass Run's donations are up and doing very well this year. This is the 10th annual Glenn Bass Run! The SHS Cross Country Team has some very promising runners this year. The Lobster Dinner reports around 50-60 tickets sold so far. We are aiming for around 250. Let's keep pushing those tickets, Lions! Curtis Creek students or the Boy Scouts will be enlisted to help us the night of the dinner. We are in search of a good door prize to award. **Cash Raffles:** Lions Jill and Lydia were the cash winners this week. And Lion Bob won the Fine-Free Critter again! That's 4 times in the last month or so. The **Black Marble Draw** chance went to Lion Frank, but pulled a white one.

Guest Speaker: Today's guest speaker was none other than moi...Lion Wendy. I spoke on the ins and outs of using our website and Facebook page. I explained what it meant if you get a "warning about our website being unsafe" if you try to log onto it. You won't always get this warning, but if you do, it is completely safe to proceed to the website. Just scroll down that page, click on "Advanced," and tell it to go to the page anyway. Now, when you see any word that is in blue lettering and is underlined, that means it is a clickable link to whatever website it may be representing. For example, the [Sonora Lions Club](#) website could be accessed by clicking the blue words above. The picture to the right is what the top of the page will look like when you go there. There are several "tabs" at the top that you can click on to take you to a different page. Each one describes a different aspect of our club, i.e. our programs and projects, fundraisers, photographs, etc. At the bottom of each page, there is our contact information and information on where and when we meet. Please do check it out and let me know what you think!



!! OUR YEARLY YARD SALE !!

**I DON'T ALWAYS
GO TO YARD
SALES...**



**BUT
WHEN I
DO,
I GO TO**

**20135 GIBBS DR.,
SONORA, CA**

Saturday,

Sept. 10th, 7-?



Our yearly yard sale, thanks to the relentless work and dedication of Lion Jill Schwab, went off very smoothly with very few problems. Lion Jill wishes to thank everyone for their participation and help throughout this 2-month process of getting ready for our GINORMOUS YARD SALE!. Due to an oversight, we ended up starting it on Friday instead of just having a sneak peek, but ended up doing very well both days we were open. Lion Jill was relentless in getting everything ready and shipshape, so it was very easy to navigate the tables full of hidden treasures. In spite of the soaring temperatures and threat of rain on Saturday, people came out in droves (and in waves) and perused the offerings all day long on both days. In total, the club made \$2,700-3,000. There were some very interesting stories related to us throughout the two day event and tons of touching moments, especially when a young girl wanted to donate her money to our club (but not purchase anything). This community has the biggest heart I've ever had the privilege of witnessing in my life. We are hoping to have this again next year, but at a different venue. We will be searching for a place to have it. Below are some highlights of the sale.



Lions Wendy & Jan out there to lend a helping hand



Attention Lion Bill Coffill—we're working hard on getting your assistant to join us! Would love to see you both at a meeting.



Lions Wendy & Judy manning the cash box.



Lion Jill looking like she's ready to collapse!





Happy HALLOWEEN

SEPT 14TH WEEKLY MEETING

The meeting was opened in usual fashion. Our guests were introduced, including Big Joe Marshall, Inez West, and Robin Barton. We sang our Welcome Song for them. There were a few birthdays and anniversaries to celebrate: Glenn and Nancy Gottschall and Frank and Naomi Meckler (69 years!), with Judy Meeks and Dan Ward having birthdays. We, of course, sang our awful rendition of the Birthday Song. **Tail Twister:** Lion Ray didn't feel like hammering down on the fines because of the fantastic yard sale we had over the weekend. **Happy Bucks:** PDG Tom had a Happy \$5 because of all the work everyone put in to make the yard sale so successful ~ Lion Tim had an angry buck because his power was shut off...again (no apparent reason)! Thank you PG&E ~ Lion Judy's Happy Buck was because of her enjoyable class reunion, but she did notice there were a lot of OLD people there! ~ Lion Bill had a Happy Buck because he is off the grid so he doesn't have any issues with PG&E ~ Lion Wendy had a Sad Buck because of her BIL Jack going into Hospice, her brother Gary having had major surgery and now has an infection, and they have NO WATER today! Ughh!! ~ Robin was very happy to have met everyone at the yard sale !! ~ Lion Bob had a *#@! buck because he was hacked! The issues are all worked out now though ~ Lion Phil had a mystery buck because his friend received a new laptop from Amazon, but didn't order it. The next he day received another one! He thinks they might be just put away and not use them, just to be safe. Lion Phil also had a Sad Buck because he was using a shopping cart at the fruit stand that got away from him and ran into a car, causing over \$2K in damage! **Special Awards:** Lion Jill had special awards for those folks who helped out above and beyond during the yard sale fundraiser. See pictures on the next page.

About Those Double-Yolk Eggs

Submitted by Lion Frank Meckler

In response to last month's joke about double yolk eggs, Lion Frank submitted this essay. Double yolk eggs comprise only 0.025% of all eggs laid. To keep it simple, there are only 3 ways a double yolk is formed.

- ◆ A young pullet, as she grows, develops a cluster of yolks in her body that start at the size of a salmon egg and grow to a normal yolk size. At about 18-20 weeks of age, she has enough yolks in her cluster to release one every 25 hours. The yolk is dropped into her reproductive tract and in 24 hours, she lays a perfect egg. Being so young and just learning the timing, she could potentially drop two yolks, thus a double yolk (twins).
- ◆ During her lay cycle and with good timing, she is ready to drop another yolk. At this point, if she, for some reason, gets frightened, she will drop a second yolk, thus another double yolk.
- ◆ In her later life as she ages (as most of us do), she "forgets" her timing schedule and drops two yolks. Thus, another double yolk.

Double yolk eggs are very seldom sold in the market. But when they are, they get a better price because most consumers think they are a premium egg. They are usually sold as jumbo, because with two yolks, the hen has to make them larger. Their legal weight when sold in the market cannot be less than 30 oz per dozen. Modern equipment today detects double yolk eggs and they are separated and sent to an egg-breaking plant to become liquid eggs. So the moral of the story is, if you startle a hen, you could end up with yolk on your face, or the yolk's on you (both of them!).



Continued from Page 3...

Tail Twister Ray momentarily left the room, so the membership voted unanimously to “Fine” him when he came back. Oopsie! ~ Lion Frank set up a mister at home for the wildlife and had all sorts of different creatures availing themselves at the same time! ~ Lion Bill Simpson thought he would catch some live fire action on video going on close by to his home. He ended up with great shots of his hat and head instead!

Glenn Bass Run—We will have PSA announcements on the radio starting on Sunday and will be on the community page in the paper.



Cash Raffles—Lions Tim and Bill Dunlavy won the cash raffles and Lion Cecil won the Fine-Free Critter. The Black Marble draw chance was won by PDG Tom, who only found a white marble.



Guest Speaker—Our guest speaker for the day was Big Joe Marshall, whom many of us

remember from his days as a DJ on KKBN on the Big Joe and Bridgette show. He regaled us with stories of his travels and adventures, and of how the Lions Club, back in Mississippi, enabled him to receive his first pair of glasses which helped him immensely in school after that. He has worked all over the US from Florida to Alaska, and ended up inheriting his brother’s guitar after he passed while in Alaska. He taught himself some chords and starting writing his own music. He loves to serenade his pup at home, DeeOGee, a Chihuahua he adopted a couple of years ago. Joe also related to us that his humble beginnings included being a hair stylist/barber and he once came in 2nd place in a Ladies’ Fantasy Hair Competition! He currently is with Friends Realty and also has a band called the [HappyTime Posse](#). Big Joe told us that his girlfriend’s daughter was in an accident, requiring lots of rehab and equipment to help with her healing. He referred them to the Sonora Lions Club H.E.L.P. program, and she received multiple items to help in her journey to wellness. Big Joe played several of his own songs for us today, which we enjoyed so very much. You can click [here](#) to listen to his singing, posted on our Facebook Page.



Lion Jan receiving a “Life Saver” Necklace from Lion Jill



Robin Barton receiving the “Life Saver” Award from Lion Jill (above). Lion Bill Dunlavy receiving the Life Saver Necklace from Lion Jill (left).



Lion Ray Bailey receiving the “Life Saver” Cup award from Lion Jill. (right)



Lions Wendy & Tom Penhallegon receiving the “Life Saver” Necklaces from Lion Jill. (above)



SEPT 21ST MEETING

Second Vice President Lion Jill stood in for Lion Pres. Tim today. We welcomed back a few members whom we haven't seen in a bit, Lions Ron Ramos, Janet Hart, Irene Wetzels, and Sherry Pert-Burns. Our guest speaker was introduced by Lion Lydia, Dr. Michael Maiman and the Welcome Song was sung. **Tail Twister:** Lions John, Jim, and Sherry were all



late and were fined. **Happy Bucks:** PDG Tom had a Happy 5 Bucks, relating the story of his and Wendy's grandson Ryan competing in the [Marji Gesick](#) cross country bicycle race, a 100-mile grueling race, taking him over 13 hours to complete. He finished in 28th place out of over 500 competitors. They are so proud of him! ~ Lion Ron had a Happy Buck because he and Lion Janet were able to come back for a meeting ~ Lion Frank had a Sad Buck because of the cost of eggs is outrageous, with his wife paying over \$5 for one dozen eggs! Beware of where you buy them—the prices do vary greatly! ~ Lion Irene was glad to be back and was very happy with her trip up to Alaska with its majestic scenery and wonderful people. **Auction:** Lion PDG Tom auctioned off a "mystery" item that was donated to us to use in the yard sale, but since the sale was already over, we auctioned it off to the club. He hinted that it could be a very useful item to some lucky person. Ultimately, Lion Bill bid \$10 and won it. It was a clock/radio/Ipod docking station. **Reports:** Lion Wendy gave the highlights of the Board meeting, including the Turkey Trot Project that will proceed now in conjunction with ATCAA. The Glenn Bass Run will be held this weekend. Helpers should report to the Wildcat Ranch by 7 am.



The Rotary Club will be helping out with their timing system. The Peace Poster Contest will be through Sonora Elementary School. There will be about 20-25 participants. Preliminary judging will be on October 13th and the top 4 pictures will be selected and brought to the Club for final judging. The Read To Succeed Program is getting ready to launch for another year. Lion Irene will be sending out initial contact letters to local schools to see if they wish to participate. It was decided to proceed with entering a Christmas Tree for the annual judging contest downtown Sonora.

Cash Raffles: Lion Ray Bailey won both cash raffles (but donated the second one back to the club), and Lion Ron Ramos won the Fine-Free Critter. The chance to draw for the Black Marble was won by Lion Bill, but he only was able to fish out a white marble.



Lion Jerry Jensen was awarded the "Golden Hammer" Award from Lion Jill for his prowess in demolishing a desk with a single blow from a mallet (after the yard sale).



Guest Speaker: Dr. Michael Maiman, a Radiologist here in town, was our guest speaker for the day. He gave a slide show presentation on the different forms of imaging and what each type is used to discern. Dr. Maiman has been a radiologist for 42 years. He related that x-ray imaging has been around for about 120 years. Here is a sample of one of the first x-rays to be taken of the physician's wife's hand. In years gone by, there was not much they could do for things such as abdominal pain, so one such unlucky chap had to miss a year of school because of it. That boy was Ritchie Starkey, later to be known as Ringo Starr. Because of his perplexing problems, scientists were inspired to go on to develop the first CT scanner. Each CT scanner now consists of over 1 ton of equipment inside the units. They are great for looking for things such as blood clots. The PET/CT scan is a good way to look for cancerous tumors. The ultrasound is useful for looking for fluid buildup, imaging babies in the womb, looking for breast cysts, gallbladder problems, etc. A mammogram is a procedure to detect anomalies in the breasts (it does use x-ray in this procedure). They now have what is called a 3D Mammogram. Here is a picture that shows the difference between 2D and 3D imaging. The detail is incredible on the 3D images. Nuclear Medicine scans are done by injecting a radioactive isotope into the patient and taking images of its



course through the body. It is designed to look for cancer and its spread. The Interventional Radiologist is a physician who can perform x-ray or ultrasound-guided needle biopsies and the like, to take samples of a tumor to check for malignant cells. A good online source for laypeople is [RadiologyInfo.org](#). Each radiologist needs to complete about 50 hours of Continued Education every 2 years to maintain his/her certification.



Dr. Maiman and Lion Lydia

COMMONLY USED LIONS CLUBS ACRONYMS

ALLI	Advanced Lions Leadership Institute
CC	Council Chair
CGL	Certified Guiding Lion
COG	Council of Governors
CP	Club President
CS	Cabinet Secretary
CT	Cabinet Treasurer
DG	District Governor
DGE	District Governor Elect
EOTL	Ear of the Lion
GAT	Global Action Team
GLT	Global Leadership Team
GMT	Global Membership Team
GST	Global Service Team
ID	International Director
IP	International President
IPCC	Immediate Past Council Chair
IPDG	Immediate Past District Governor
IPID	Immediate Past International Director
IPIP	Immediate Past International President
IVP	International Vice President
LCI	Lions Club International
LCIF	Lions Club International Foundation
LCIFC	LCIF (Club) Coordinator
LEF	Lions Eye Foundation
LEO	Leadership Experience Opportunity
LIONS	Liberty, Intelligence, Our Nations Safety
LIS	Lions in Sight
LPCC	Lions Project for Canine Companions
LSHP	Lions Sight and Hearing Program
LT	Lion Tamer
MD	Multiple District (state)
MJF	Melvin Jones Fellowship
MMR	Monthly Membership Report
MyLCI	My Lions Club Information
PCC	Past Council Chair
PCP	Past Club President
PDG	Past District Governor
PID	Past International Director
PIP	Past International President
PMJ	Progressive Melvin Jones Fellow
RC	Region Chair
RLLI	Regional Lions Learning Institute
SA	Service Activities
SSC/SSF	Student Speakers Contest / Student Speakers Foundation
TT	Tail Twister
VDG	Vice District Governor
YEP	Youth Exchange Program
ZC	Zone Chair



Message From Our International President

Hello, Lions! Just like we are all a little unique (or maybe even a lot unique) so is the way we serve. We are so diverse as Lions, and the people we serve are equally diverse. How I approach my service is based on what I saw my father do as a Lion and what my town needs from me today. How you approach service will be based on your background and what is needed in your community. And this is one of the many things I love about Lions. Having many ways in which we approach the world is a tremendous asset.

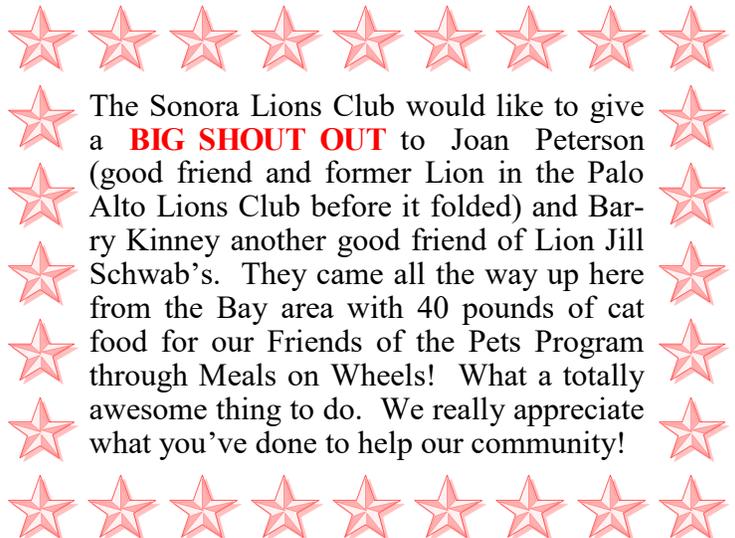
Lions have so many different special skills and attributes that make what we do special. And I absolutely love seeing how each and every one of you put your strengths to good use—especially when it is in service of one of our global causes or the local causes you serve.

Whether it's using your carpentry know-how to build ramps for those in wheelchairs or putting your party-planning chops into high gear to put together the perfect fundraiser, your unique approach to service is the core of our strength as a global service organization. When you're a Lion, you can really be you. Take it from me, someone who's always just a little bit outside of the box. Be your amazing selves, Lions, we're stronger for it.

Yours in service,
Brian E. Sheehan

International President, Lions Clubs International

Click [here](#) to watch the video of IP Brian Sheehan in his new video with his message and theme song! It is also posted on our [Facebook](#) page.



The Sonora Lions Club would like to give a **BIG SHOUT OUT** to Joan Peterson (good friend and former Lion in the Palo Alto Lions Club before it folded) and Barry Kinney another good friend of Lion Jill Schwab's. They came all the way up here from the Bay area with 40 pounds of cat food for our Friends of the Pets Program through Meals on Wheels! What a totally awesome thing to do. We really appreciate what you've done to help our community!





GLENN BASS CROSS COUNTRY RUN 09/24/22



PDG Tom talking to a father of a runner with his dog "Tell."



Glenn Bass talking with some runners pre-race.



Lions Wendy & Irene at the Registration Desk



Lions getting last-minute instructions before the races start



Lions Jan and Jim hard at work



Former Summerville Ele Principal, Mitch Heldstab



PDG Tom conversing with Glenn Bass



Lion Doug Fleming



Two "old-timer" runners



Start of the 1-Mile Run



Start of the 5K Run



Some of the 5K runners



One of the earlier finishers

SEPTEMBER 28TH MEETING

Lion Pres. Tim opened the meeting in the usual fashion. Our guests were introduced, Mark Murphy with Lion Ray Bailey, Inez West, our almost newest member, and our guest speaker of the day, Mike Mazouch, from the Tuolumne County Animal Control. We sang our Welcome song for them. **Birthdays and Anniversaries:** Lion "Crazy Bill" Simpson had a birthday today, but was not in attendance, so we weren't able to serenade him with our special Birthday song rendition. Lion Paul Berg & Maribel are having an anniversary on the 29th. **Tail Twister:** Lion Ray fined Lion John for not shaking the hand of our Secret Lion today, who was Lion Jan. **Happy Bucks:** Lion Jerri had a Happy Buck because they just got back from a 20-day vacation to Alaska! ~ Lion Lydia's great-grandson, who is a firefighter, has just come home from fighting fires.



Brigitte Bardot

She is very relieved ~ Lion Ray told a short story about Brigitte Bardot, the famous actress back in the 1950s, who starred in the movie *God Created Woman* in 1956, and it just happened to be her 88th birthday today. He also related a story about 3 16-year-old boys and their experience with the Ventura Police Department. ~ Lion

Wendy related a short-ish story about ghosts and guns. You can ask her about it some time!

~ **Auctions:** Lion Ray auctioned a jar of Lion Lydia's Apricot jam for \$6 to Lion Tom.

Committee Reports: The Lobster dinner is right around the corner. Please keep selling your tickets. Various jobs were assigned. Setup on the



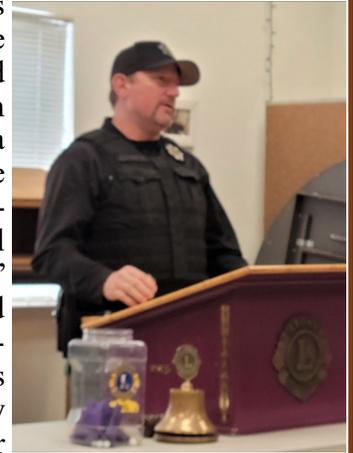
day of the event begins at 9 am at the Elks Lodge. The Summerville HS Water Polo team will be assisting us in serving this year. Bags For Benches: Lion Lydia reported that we have donated a total of 68 pounds of plastic bags for recycling so far this month. What an outstanding start to this very important project!

Announcements: Because of the yard sale, Lion Jill was able to sell her '55 T-Bird car! And yes, she did get a fair price. **Cash Raffles:** Lions Jerry Jensen and Bud Regelin won the cash raffles with Lion Bud donating all of it back to the club. The Fine-Free Critter was won by none other than Lion Bob Bader. That's SIX TIMES in the past several weeks! The Black Marble draw chance went to Lion Lydia, who only pulled out a white marble. The pot continues to grow.

GUEST SPEAKER

Officer Mike Mazouch has been in [Animal Control](#) for many years. The main reason this department exists is for rabies control. Tuolumne County has a very high rate of rabies in wildlife and in domesticated animals.

He manages the local shelter with a staff of 6 officers. They have a very small shelter, but with a rising number of surrendered animals each month. They have 27 cages for dogs with 25 dogs in each cage. They provide vaccinations, surgeries, and spaying and neutering. Each Animal Control Officer is a Peace Officer, but only while on duty. The Animal Control Center has to accept all animals, while the "no kill" shelters are able to pick and choose which animals to accept. The shelter provides rabies clinics for the county and also spay and neuter clinics. They do all the rabies testing for the county also. There is one officer that handles all the bite incidents. They get, on average, 1 animal per day and they do quarantine animals at the shelter. They have been known to assist with mountain lion situations, but mostly that is covered by the game wardens. The Animal Control Department is responsible for picking up dead animals everywhere in the County except for the Sonora City Limits. They process about 37,000 pounds of deceased deer per year. Euthanized deer are not allowed to be donated. Animal Control has been very helpful in thinning out the feral cat population. Mark Murphy related a story about a fawn that adopted him one day, followed him around on this chores all afternoon, then towards evening the mother came back and off they trotted into the sunset. They normally advise folks to not do anything to these creatures as they usually do go back to where they belong. If they linger longer, then you might contact the Animal Control Department. Any lost animal goes to the Animal Control. If your pet is lost, contact them first. They have different requirements for cats and dogs. By law, if an animal is chipped or has its license on, they are required to return it to their rightful home. Officer Mazouch has been in Animal Control for 18 years, having started out in Orange County, then transferring up here, where he has been ever since.



Officer Mike Mazouch with Lion Pres. Tim Atchley

*Your wings
were ready
but my heart
was not.*



On September 17, 2022, at the age of 90, Iris Gardner, mother of former Lion Stacey Ruiz, passed away. We will remember Iris for her natural beauty (inside and out) and her stunning smile. May Stacey find comfort in knowing that she is with our Father in Heaven and is no longer in pain. Our deepest condolences to Stacey and her family for their great loss. Iris was one of a kind and we will surely miss her. Rest in Peace, Miss Iris.



Christmas Tree Lane in Sonora!

It's almost here, folks! On Wednesday, November 30, 2022, we will again be decorating a Christmas tree in the Court House Park in downtown Sonora. We are asking for volunteers to be on the planning committee and to help with the actual erection of the tree and subsequent decorating. Contact Lion Jill Schwab at justjillleo@hotmail.com or Lion Wendy Penhallegon at wenpen@sonoralions.org if you are interested in helping out this year. We will be arranging a meeting shortly to get the planning underway. There are a few new regulations to consider this year, so those will need to be discussed. This was a really fun project and took actually very little time and effort to create our beautiful tree last year. We may also have to look for another "tree topper" as our Lion Critter is still M.I.A.

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: littlebluehse@gmail.com

Submitted by Lion Jerri Regelin

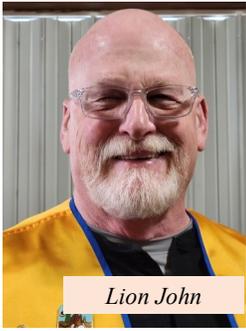
Lions Dan & Kelly Ward are fully recovered from their bout with Covid, thankfully. Former Lion John Moyer has been placed in a SNF (Skilled Nursing Facility) as he requires more intense and continuous treatment than his family can provide. It has been decided to not pursue any further treatments for his cancer at this point. Ruth and John appreciate all your thoughts and prayers during this time. If you have a chance and John is up to it, he would love to chat with you on the phone.



"A need for change is not a judgment on the past."
Sometimes you just have to adapt to survive.

Smile!

Never underestimate the power of a good smile! If you see someone without a smile, why not give them one of yours? They're infectious!



Lion John



Lions Jerri & Lisa



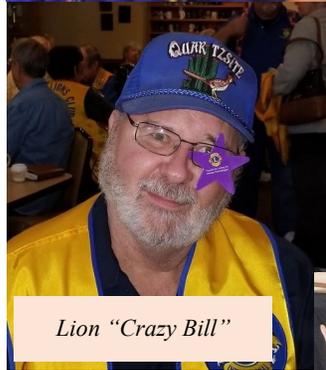
Lions Bill D. & Jerry



Lion Judy



Lions Tom, Wendy, & Bob



Lion "Crazy Bill"



Lion Lydia

Lion Bud



Lions Cat & Jan



Lions Dennis & Ray

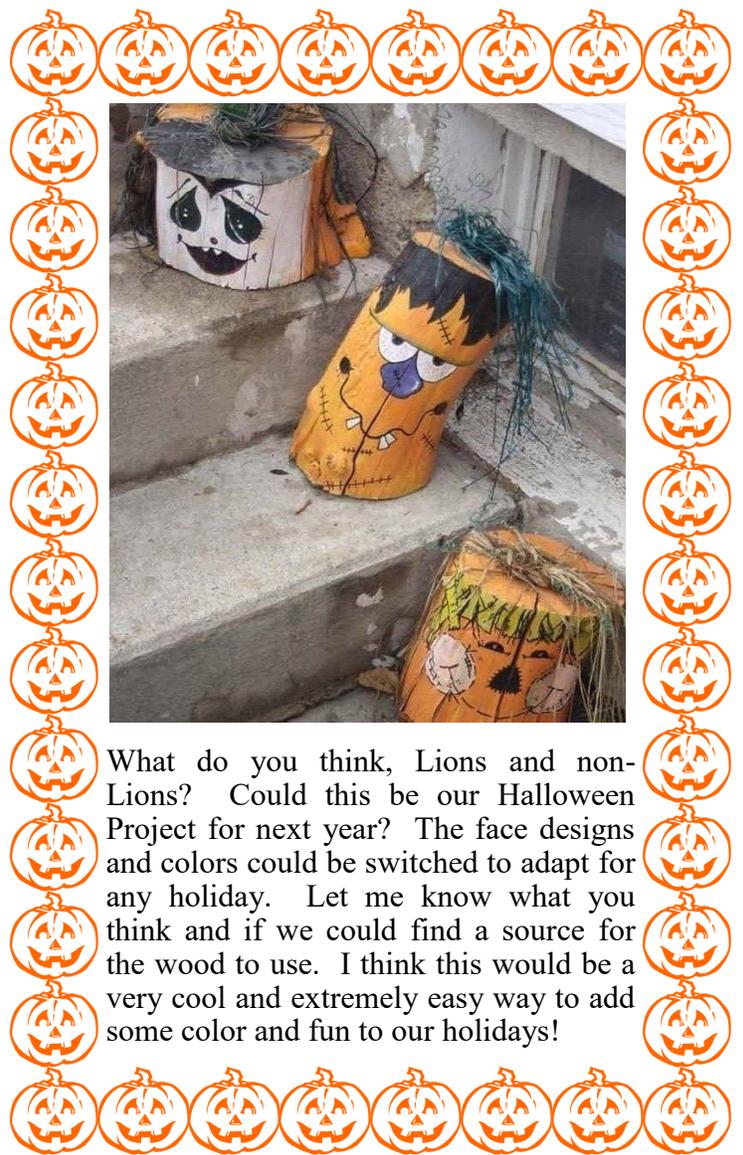


Lion Bill C.



Lions Paul & Jim

There now, don't you feel better already?



What do you think, Lions and non-Lions? Could this be our Halloween Project for next year? The face designs and colors could be switched to adapt for any holiday. Let me know what you think and if we could find a source for the wood to use. I think this would be a very cool and extremely easy way to add some color and fun to our holidays!



Oh no, bed bugs.



TOTALLY USELESS TRIVIA

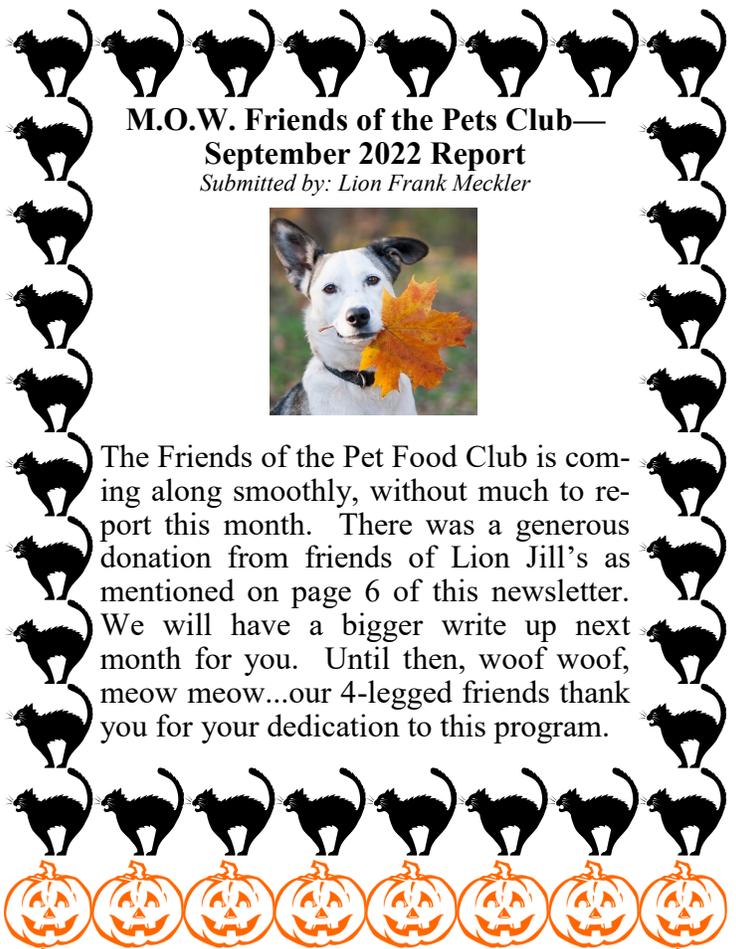
Did you know...

- ◆ The state of Florida is bigger than England
- ◆ In the White House, there are 13,092 knives, forks, and spoons
- ◆ The average American/Canadian will eat about 11.9 pounds of cereal per year
- ◆ Honeybees have a type of hair on their eyes
- ◆ A jellyfish is 95% water
- ◆ The katydid bug hears through holes in its hind legs
- ◆ 166,875,000,000 pieces of mail are delivered each year in the US (that's billion with a B)
- ◆ Bats always turn left when exiting a cave
- ◆ The praying mantis is the only insect that can turn its head
- ◆ In Disney's film *Fantasia*, the Sorcerer's name is "Yensid" (Disney spelled backwards)
- ◆ In *The Empire Strikes Back* there is a potato hidden in the asteroid field
- ◆ The average person will shed almost 20 kg (40 lbs) of skin in their lifetime
- ◆ The placement of a donkey's eyes in its head enables it to see all four feet at the same time
- ◆ In Bangladesh, kids as young as 15 can be jailed for cheating on their finals

If GH can stand for "P" as in Hiccough
 If OUGH can stand for "O" as in Dough
 If PHTH can stand for "T" as in Phthisis
 If EIGH can stand for "A" as in Neighbor
 If TTE can stand for "T" as in Gazette
 If EAU can stand for "O" as in Plateau

Then shouldn't the correct spelling of potato be

GHOUGHPTHTEIGHTTEEAU?



M.O.W. Friends of the Pets Club— September 2022 Report Submitted by: Lion Frank Meckler

The Friends of the Pet Food Club is coming along smoothly, without much to report this month. There was a generous donation from friends of Lion Jill's as mentioned on page 6 of this newsletter. We will have a bigger write up next month for you. Until then, woof woof, meow meow...our 4-legged friends thank you for your dedication to this program.

October 19th = Green Bag Day!

Bring in your non-perishables for Green Bag Day for the Mother Lode Food Project to the October 19th meeting. Needed items are cereals, pastas, canned veggies and fruits, canned meats, and especially Thanksgiving related items like stuffing mixes, gravies, cranberry sauce, pie fillings, and the like. Please check your expiration dates as they cannot accept anything that is outdated. Once again, thank you for all you do!



October 1st is "International Day of Older Persons."
 Hmm...wouldn't it be cool to say "International Day of Well-Seasoned Persons?"

Boy Scout Troop 500 Pancake Breakfast Fundraiser

On Sunday, September 18th, Lion Wendy and PDG Tom Penhallegon attended the pancake breakfast fundraiser held by the Boy Scout Troop 500 at Summerville High School. We were served with a very generous portion of pancakes, sausage, scrambled eggs, cantaloupe, juice and coffee. Sooo good! This was to raise funds for their upcoming 80+ mile canoe trip from Canada to Minnesota. Sounds like a fantastic opportunity for these young men!



EAR OF THE LION REPORT

September 2022

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



2 ETOL applications were provided to potential clients and 5 ETOL applications are currently outstanding and awaiting completion by the clients.

Eyeglass Collection Box By Lion Wendy Penhallegon

A friend of mine was traveling through Wyoming recently and stumbled across this in Cody, WY. She immediately thought of Tom and I (because we're Lions). She had never seen one of these. So cool of her to send me the picture. I showed her a picture of ours here at the Senior Center.



Do you have old eyeglasses lying around the house? Why not donate them to your local Lions Club? We refurbish prescription and non-prescription glasses and sunglasses. 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 or at many local optometrist's offices around town.





SECRETARY'S MONTHLY REPORT

September 2022

Submitted by: Lion Wendy Penhallegon, Secretary

- Total Membership from last report 40
- New Members 0
- Dropped Members 0
- Transferred Members 0
- Total Members At Close 40
- Service Hours 445/YTD 1,208
- Number of People Served 1,322/YTD 5,641
- Number of Lions Performing Service..... 127/YTD 409
- Number of Hearing Aids 0/YTD 0
- Number of Eyeglasses Donated 1125/YTD 1125
- Pounds of Pull Tabs Donated 13.75YTD 13.75
- Pounds of Plastic Bags (Bags 4 Benches) 68/YTD 68
- Number of Cell Phones donated 37/YTD 37
- Funds Raised \$2,700/YTD \$5,753
- Funds Donated \$0/YTD \$0
- Total Activities 23/YTD 95

Lion Members Community Service—Sept. 2022

*SLC Food Pantry Program—Lions Jan & Tim
SLC Elder Persons Assistance Program—Wendy & Jan

*Eyeglass collection—Lions Jerri & Bud, Tom & Wendy

*Friends of the Pet Club—Lions Jill, Frank, & Tom

SLC Community Outreach—Lion Joe, Phi, & John
Yard Sale Fundraiser—Lions Jill, Wendy & Tom, Jan, Jerri & Bud, Paul, Ray, Bob, Bill, Phil, Judy, Jerry, Doug, Kailen, Cecil, Frank, Tim, Lydia, Glenn, Cat & Nick, Donna, and Jim. Non-Lions were Robin, Inez, John, Ana, Sherri, Manny, Lisa, and Biscuit the kitty.

*Glenn Bass Run—Lions Jim, Bob, Ray, Phil, John, Bill D., Jill, Wendy, Tom, Tim, Jan, Cecil, John, and Doug.

* = Sonora Lions Club Signature Project/Program

Word of the Month:

Mountebank - Noun Pronounced "MOUN-tih-bank,"
A mountebank has a talent for tricking people into buying things, like the mountebank who charms women into buying "magic beauty pills" for hundreds of dollars, though they are just ordinary vitamins you can buy anywhere.

It has an interesting origin, in the Italian phrase "monta in banco." It describes a "doctor" who would "mount a bench" in the marketplace. Standing a bit higher than the crowd enabled people to hear his sales pitch and see the potions and powders he claimed were medical cures that never failed — claims as bogus as his credentials.

OCTOBER WORD SEARCH

S Z T B B H L C I N O G M K G
 U P A R Z X O U I D H O S U F
 P A O A I L K K M O A C C Z D
 F R R O U C P E S Q G W T O Q
 T H E M K M K T M K R W L V H
 X C B R U Y E O X U G C S E A
 H U O P U J N W R A T X M M H
 S F T S P I D E R T S S J I A
 C C C V V M F Y E W R G O L L
 A C O Z I F A P U P F E Q C L
 N C G J T F Y P N U V J A J O
 D C N U Q U G K R H D U N T W
 Y C Z S O O B O O Z P P W B E
 N O T E L E K S U D D B T U E
 Y N V E A P U X G C H T S V N

BOO
 COLUMBUS
 GHOST
 OCTOBER
 SKELETON
 SPOOKY

CANDY
 COSTUME
 HALLOWEEN
 PUMPKIN
 SPIDER
 TRICK OR TREAT



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, 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 call me at 209-406-5015 or email me at wenpen@sonoralions.org, and we can put it in for you! It's a NEWSletter people...and it needs to have News!

Steps on how to make the World a better place:

1. Join a Lions Club.
2. Stay in Lions Club.
3. Get others to join Lions Club.



SIERRA SENIOR PROVIDERS
PROUDLY PRESENTS

FREE BREAKFAST FOR VETERANS!

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

These are just a few of the words we could use to describe the service a Lions Club provides. What words would you add to the list?

Together We "Can" Do It!

October 2022

SUGGESTED CONTRIBUTION: Congregate: \$4.50 (Under 60 Cost: \$6.00), Meals on Wheels: \$4.50
No eligible individual shall be denied participation due to inability to contribute. Menu subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Baked Chicken Thighs Scalloped Potatoes Broccoli Apple</p>	<p>4</p> <p>Eggplant Parmesan Penne Pasta Five-way Veggie Blend Spinach Salad with Kidney Beans & Olives Peaches</p>	<p>5</p> <p>Diestel Turkey Chili with Brown Rice Peas & Carrots Brussels Sprouts Apricots Corn Bread</p>	<p>6</p> <p>Beef Stew with Barley Scandinavian Veggie Blend Cauliflower Orange Wedges</p>	<p>7</p> <p>Pork Verde w/ Brown Rice Seasoned Red & Green Cabbage Pacific Veggie Blend Pineapple</p>
<p>10</p> <p>Carnitas Burrito on Whole Wheat Tortilla Spanish Rice Black Bean Fiesta Corn Asparagus Tropical Fruit</p>	<p>11</p> <p>Oven Baked Chicken Sweet Potato Fries Corn Grapes</p>	<p>12</p> <p>Egg Bake with Spinach, Tomato, & Green Chili Veggie Brown Rice Caribbean Veggie Blend Romain Salad, tomato/carrot Peaches</p>	<p>13</p> <p>Baked Salmon with Lemon Roasted Potatoes Five-way Veggie Blend Banana</p>	<p>14</p> <p>Diestel Turkey Taco Whole Wheat Tortilla Lettuce & Tomato Peas Carrots Apricots</p>
<p>17</p> <p>Diestel Turkey Pot Pie California Veggie Blend Green Beans Orange Wedges</p>	<p>18</p> <p>Beef Burrito on WW Tortilla Spanish Brown Rice Refried Beans Fajita Veggie Blend Apricots</p>	<p>19</p> <p>Pulled Pork Sandwich Potato Salad Baked Beans Tropical Fruit</p>	<p>20</p> <p>Artichoke Chicken Garlic Parmesan Pasta Capri Veggie Blend Corn Apple Groveland Cupcake</p>	<p>21</p> <p>Broccoli Beef Brown Rice Cauliflower Carrots Pears Birthday Cupcake</p>
<p>24</p> <p>Fish Sticks with Tartar Sauce & Lemon Baked Fries Scandinavian Veggie Blend Pears</p>	<p>25</p> <p>Lemon Garlic Chicken Brown Rice Pilaf California Veggie Blend Green Beans Peaches</p>	<p>26</p> <p>Lasagna with Meat Sauce Italian Veggie Blend Salad with Tomato/Carrot Mandarin Oranges</p>	<p>27</p> <p>Diestel Roast Turkey with Orange Glaze Stuffing Capri Veggie Blend Corn Applesauce</p>	<p>28</p> <p>Mushroom Risotto w/ Tofu Spinach, Feta, & Cranberry Cauliflower Banana</p>
<p>31</p> <p>Tamale Pie Diced Carrots Seasoned Red & Green Cabbage Banana Pumpkin Muffin</p>			<p>Congregate Dining Senior Center: Monday-Friday Noon until 1:00 pm Call 533-2622 for reservations.</p> <p>Groveland (The Little House): Thursday's Noon until 1:00pm Call 962-7303 for reservation</p>	<p>Whole Wheat (WW) Bread, Margarine, and Low Fat (1%) Milk (Vitamin A) will be offered with all meals. Nonfat chocolate milk is available at congregated sites only.</p> <p>Meals are low in sodium unless marked with high-sodium icon:</p>

A special THANK YOU to TERZICH & WILSON CREMATION-FUNERAL HOME and MOTHER LODE CREMATORY - for providing copies of this menu!
Meals are partially funded by Area 12 Agency on Aging



*October
Birthdays & Anniversaries*

October 2022

- 10/10 – Loren Kaiser
- 10/13 – Paul Berg
- 10/18 – Kelly Ward
- 10/26 – Janet Hart
- 10/29 – Lisa Melville
- 10/31 – Nick Reuter



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

August 2022

Lion Dan Ward, Chair
sonoraministorage@yahoo.com

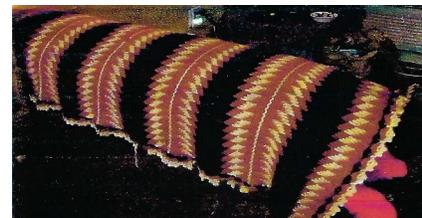
Item	Loaned	Value	Total
Wheelchairs	25	\$50.00	\$1,250.00
Commodes	26	\$20.00	\$520.00
Bath Chairs	10	\$20.00	\$200.00
Shower Benches	11	\$20.00	\$220.00
Walkers	21	\$20.00	\$420.00
Walker w/seat	5	\$30.00	\$150.00
Canes	4	\$10.00	\$ 40.00
Crutches	6	\$10.00	\$ 60.00
Risers	9	\$10.00	\$ 90.00
Reachers	1	\$5.00	\$ 5.00
Sock Aide	1	\$5.00	\$ 5.00
Misc.	5	\$5.00	\$ 25.00

Total Pieces Loaned	124
Total Contributions in Kind	\$2,985.00
Total Hours Contributed	31
Month	September 2022
Prepared By:	Dan Ward

**The Orphaned Afghan
A True Story**

Submitted by Lion Frank Meckler

My story begins when I was just a ball of yarn, sometime between the 1930's and early 1940's. My creator made somewhere between 40-80 beautiful afghans. Her name was Zika Violet Meckler, also known in later years as "Me-Ma." She was a homemaker taking care of her husband and two sons. Times were hard and money was scarce because of the Great Depression, so she wondered how she could help. An idea came to her to make afghans and sell them. People didn't have enough money to purchase them, so she went to our local furniture store to see if she could sell them her afghans. They were so beautiful and so well-made that the store owner suggested to raffle them and sell tickets for \$0.25 each and when they got to \$25 it would be raffled off. They would give her all the money because the afghans looked so good draped over furniture in the front window display that people would purchase their goods. Several years went by and somewhere in between, I was created. I was not as colorful as all the other balls of yarn, so I wasn't chosen to be raffled. Instead, I was used by the family for a common warm cover for whomever needed some comfort. I did my job well and was very proud of how I endured the hardships I received. I was kicked around a few years, never was cleaned, and then my life changed in 1949 when the youngest son graduated from high school. He decided to go to college and needed things. My creator thought, "Wow, I can finally get rid of that ugly afghan to keep him warm in college." I stayed with him from college to farm and traveled wherever he took me. I even went camping and was put on the ground. I didn't feel good about that. I was also used by his children as they grew up. As time went on I was not needed as much, so I was retired into a container and stored in a closet. One day, I was taken out of storage, patched, and cleaned. I was beginning a new adventure. It's the year 2018 now and I am close to 80 years old, and back at college with my creator's great granddaughters, having the honor or taking me through a new generation. Being girls, I know that my care and looks will be taken care of. I am so happy that my ugly colors kept me in the family because I know that I am the most beautiful afghan my creator ever made. My new job of keeping my new family comfortable, warm, and cozy is just beginning. I know that my creator would be very proud of me!



CLUB OFFICERS & BOARD OF DIRECTORS 2022-23

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“We Serve”



Sonora Lions Club Calendar of Events

October 5: Regular membership meeting, guest speaker Sharon Robinson of [Chester and Push Horse Rescue](#)

October 7: Lobster Dinner Fundraiser, Elks Lodge, 5-7:30 pm

October 12: Board of Directors meeting @10:30 am, regular membership meeting @12, guest speaker Bill Sandman from [Tuolumne County Air Pollution](#)

October 19: Regular membership meeting, guest speaker Chris Bateman, writer and adventurer, & [Green Bag Day](#)

October 26: District Governor Doug Campbell visitation

November 2: Meeting @12 with Club Reorientation, guest speaker PCC Logan McKechnie, to provide more insight on the changes in Lionism

November 9: Board of Directors mtg @10:30 am, with regular membership meeting @12, guest speaker Ben Cosel, [Forest Service Public Affairs Officer](#)

November 16: Regular membership meeting @12, guest speaker Susan Escallier, Women Veterans

November 23: **Dark for Thanksgiving, no meeting today.**

November 30: Christmas tree decorating in the park starts at 8:30 am

November 30: Regular membership meeting @12, guest speaker TBA

District, Multi-District, and International Calendar of Events

October 1: Deadline for ordering Peace Poster/Essay Contest Kits from Lions International’s Store

October 1: Relay for Life of Linden

October 7: Sonora Lions Club Lobster Dinner

October 8-9: Relay For Life of Greater Stanislaus County—Modesto

October 22: Relay For Life of Tracy—Mountain House

October 25: Deadline for submitted articles for the district newsletter

November 15: Peace Poster & Essay Contest deadline

November 18-19: District Meeting, San Joaquin Region

March 4, 2023: District Meeting, Yosemite Region, Merced

April 20-23, 2023: District Convention, Black Oak Casino Resort RV and Hotel

Our next Board of Directors meeting will be
 Wednesday,
 October 12, 2022
 Time: 10:30 am, Senior Center
ALL ARE WELCOME TO ATTEND!

District Governor Doug Campbell



2022-23
 District 4-A1
 Email: liondoug1963@gmail.com
 209-495-8053

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