



The Lion's Roar

Sonora Lions Club



PO Box 101, Standard, CA 95373

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

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

Lion Secretary Wendy Penhallegon, Editor, #22

wenpen@sonoralions.org

"Sonora Lions, Serving the Mother Lode Since 1922"

*"Liberty, Intelligence, Our Nation's Safety"
"We Serve"*

Volume CI, No. 2

August 2023

OMELET BREAKFAST FUNDRAISER

We held our annual Omelet Breakfast Fundraiser on Saturday, June 24, 2023 at the Senior Center. This year we had to hold it in the side meeting rooms due to new regulations with the center. We served about 90 breakfasts with about 120 tickets sold and \$2745 raised. The food was good and the camaraderie even better.

Lions and friends prepping the food for the big day.



Lion Frank demonstrating how to make his 1-egg LiOmelet



Alice Drake and her new acquaintance, Jay, enjoying their omelets.



JUNE 21ST MEETING

Lion Pres. Paul Berg opened the first meeting of the new Lion's year in the usual fashion with pledge, song, and a prayer. Honorary Lion Daniel Berg was visiting us today also. Pres. Paul brought Lion Glenn Gottschall up to the podium and read a rather impressive list of accomplishments that Lion Glenn has achieved in his Lion career. He has been President of the Sonora Mountain Lions twice and he was instrumental in getting the Tree Mortality Aid Program up and running. Lion Glenn has been our club's Student Speakers Contest Chairman for many, many years and has done so with nary a glitch; even during the shut-downs of Covid. For these, and for the many other things Lion Glenn has done and continues to do for the club, we awarded him with the Harry J. Aslan Fellowship award. Next up,



Pres. Paul read a lengthy letter from Lions Clubs International about what it means to be a Melvin Jones Fellowship recipient. Due to her willingness to do whatever is needed and going above and beyond her duties as treasurer, scrapbook chair, organizer of the raffle gifts, and so much more, Lion Judy Meeks was chosen as this year's Melvin Jones Fellowship award. Congratulations, Lion Judy!

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Lion Ray Bailey was given his 100% Attendance pin for the Lion's year 2022-2023. **Cash Raffles:** The cash raffles were won by Lions Glenn Gottschall and Inez West this week. The **Fine-Free Critter** was also won by Lion Inez, who shall be fine-free next week. The chance to draw for the **black marble** was won by Lion Lydia, who unfortunately only found a white marble. The pot continues to grow. **Tail Twister:** Lion Glenn Gottschall's birthday was acknowledged today. **Happy Bucks:**



Lion Inez had a very Thankful \$5 story...her house caught on fire while



her neighbor's house was completely burning. Since Inez was home, she was able to fight the fire with her hose until the firefighters arrived, who promptly doused both her and her house, but managed to save it. Thankfully her insurance will cover most of the damage ~ Lion Ray paid \$10 in great appreciation for Lion John, his replacement as Tail Twister. He also admitted to having a conflict early last month, so he paid a fine for it. He and his wife, Noreen, just celebrated their 63rd anniversary! ~ Lion Frank had a Happy Buck because he has finally been able to hand over the reins of the Omelet Breakfast; Mark Murphy has gotten the omelet down to less than 1 minute; and gave thanks to Lion Glenn for sponsoring the first omelet breakfast with the Sonora Mountain Lions Club. Lion Frank is officially retired now! ~ Lion Don Rolle paid \$5 to send his condolences to Lion Ray's wife! **Auction:** PDG Tom Penhallegon brought in a zucchini/banana bread



loaf to be auctioned off. It was won by Lion Lydia for \$10. Enjoy! **Sunshine Report:** Lion Inez has unfortunately been diagnosed with cancer recently and will be undergoing chemotherapy shortly also. Please keep her and Lion Judy in your prayers.

Summer Luncheon Get-together: Lion Frank announced that there are 17 folks signed up to attend the Summer Luncheon at Strings, 07/27/23 from 1 to 3 pm. Lion Sec. Wendy Penhallegon recapped the highlights from today's Board of Directors meeting for the club members and upcoming events were discussed.

July 19th Meeting

Pres. Paul Berg opened the meeting in the usual fashion. Our guest speaker was introduced to the group, Officer Steve Machado from the [CHP](#). The Welcome Song was sung for him. **Birthdays and Anniversaries:** Lion Jill's birthday was acknowledged along with Lion Joe & Terry Skaff's anniversary. Our wonderful rendition of the HaPpy BIRTHDAY song was sung. **Committee Reports:** Holiday Bazaar: PDG Tom has a chance to get a pickup load of seasoned oak wood for \$90. Sonora Lions Park: Lion Bill D. will reassess the park next week and do some work. **Secret Lion:** The Secret Lion this week was PDG Tom who was able to have a couple of members fined for not greeting him properly. **Happy Bucks:** Lion Lydia had a Happy Buck because her husband Gary's new quartet will be playing on the 2nd in Sonora and



Emily Fife from the Senior Center has requested that she provide two extra clay classes (Senior Center will pay all fees, but you have to bring in someone between the ages of 6 and 59) ~ Lion Inez had a Sad Buck because she forgot to bring in the Fine-Free Critter ~ Lion Ray

says he owes his livelihood and marriage to the CHP for giving him a ticket and not taking him to jail ~ Lion Jill had a Happy Buck (?) because she went on a cruise with her family and 78K other little screaming children ~ Lion Phil was happy because



he found his wallet with everything still inside it! ~ Lion Frank paid a buck to ask our speaker to take an extra long time with his program so we could stay in the air conditioned room! ~ Lion Irene is back from a "Lewis and Clark" expedition from St. Louis to the Columbia River. She learned a lot. ~ Lion Pres. Paul had a Happy Buck because the club's BOD had approved a sponsorship for his son's football team, whose first practice is to be the next Saturday ~ PDG Tom had a Happy Buck because for the first time in over 5 years he was able to wear his Lions vest again, having lost over 90 pounds! ~ Lion Bob Bader had a Sad Buck because while on his way to play golf, he hit a deer. **Cash Raffles:** Lions Bob Bader and Inez West won the cash raffles this week. **Fine-Free Critter:** The Fine-Free Critter was won by Lion Ray Bailey. **Black Marble Draw:** The chance to find the Black Marble was also won by Lion Ray B, but he was only able to withdraw a white marble.

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Our guest speaker, Officer Steve Machado from the California Highway Patrol, was our speaker for the day. He is from the local CHP office in Jamestown. He pointed out that all the services offered by the CHP are free, from teens to seniors. They realize that rules change and people often need refresher courses. There is a lot of information provided to you with these courses and the new rules and regulations are discussed. He mentioned that some insurance companies offer a discount for taking the "[Age Well Drive Smart](#)" program they offer. You will get a certificate you can provide to your insurance carrier as proof of your completion of the course. The class runs about 3 hours long. It will give you a list of what to look for if you're involved in a crash. If there is any kind of criminal behavior, such as drunk driving, always call in the local law enforcement. Officer Machado holds these classes at the Senior Center and at the Mother Lode Job Training building. He can host up to 20 people at a time and is willing to host a special class just for the Lions if we are so-inclined.

The CHP also has a [Senior Volunteer Program](#). You

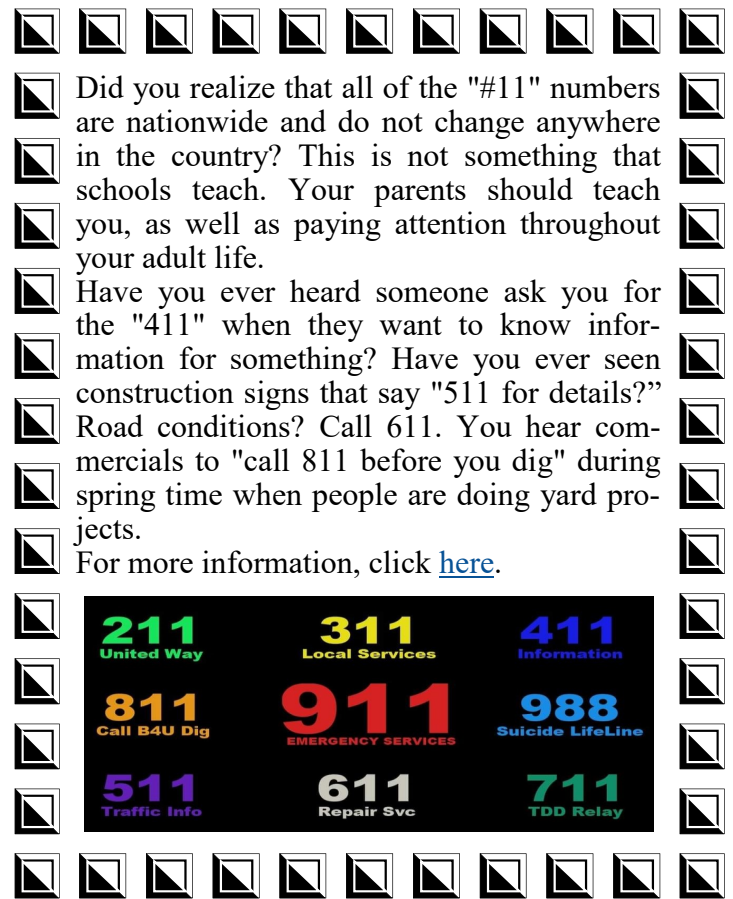


have to be at least 55 years of age, but there is no upper age limit. You will be expected to work 9 hours minimum per month to help out. These positions can be riding in your own patrol car to be visible in the community, or you can do office

work if you are so inclined. You will get your own uniform, badge, and ID and they utilize everybody.

The somewhat new roundabout on Hwy 108 was discussed, along with the pros and cons of having it. Officer Machado stated that there have been challenges with it, such as big rigs having difficulty and driving over the curbs. There have been a couple of fatalities involved there, but in each instance, alcohol was a major factor. The upside of having the roundabout was it was the best way to slow down traffic without putting in a signal (aiming towards when the new Chicken Ranch Casino opens). People just need to learn how they work. You should consider it basically a "yield" intersection; not a stop sign. The roundabout is illuminated now and will have more lights and signage. They will only know its efficacy after the casino opens.

There will be new reflective paint on street lines, making them much easier to see. There are rules regarding self-driving vehicles, but the CHP to date has very little policy or research. One cannot be in an autonomous vehicle without having someone in the driver's seat to take over if necessary. Some technologies require you



Did you realize that all of the "#11" numbers are nationwide and do not change anywhere in the country? This is not something that schools teach. Your parents should teach you, as well as paying attention throughout your adult life.

Have you ever heard someone ask you for the "411" when they want to know information for something? Have you ever seen construction signs that say "511 for details?" Road conditions? Call 611. You hear commercials to "call 811 before you dig" during spring time when people are doing yard projects.

For more information, click [here](#).



to have your hands actually on the steering wheel for it to function. The CHP does not have the resources to cover every road in Tuolumne County. They have about 20 people, at most, manning the whole department. Sonora and its area is a "travel destination" for many, and as such, it attracts crowds of people. So most of the CHP's attention is focused on the busier roads. The Sheriff is their backup. One must realize that the Sheriff is better equipped to handle more serious crimes as they have trained investigators. CHP is mostly for highway-related issues. Attrition is also a problem. Most junior officers have 12 years on the job in Tuolumne County. Our



county does have crime, but it is entirely different than in the more metropolitan areas. Offering support and acknowledging our local officers is greatly appreciated by them. Because of today's political climate, recruiting is a struggle. Social media has completely tainted law enforcement in the past few years and they are getting a bad reputation, but this is mostly undeserved. Of course, there are those few bad apples, but the majority of officers are dedicated to upholding the law. They are doing very well each year with the annual Christmas Toy Drive. The CHiPs for Kids program had \$26K in toys donated last year.

Does Social Media Help Us?

By Lion Wendy Penhallegon

Some may pooh-pooh social media as a form of club recognition or boosting our exposure in the community. But here are some interesting facts to note about the Facebook page for the Sonora Lions Club. A recent post put up about the incoming new International President from the Lions Clubs International Convention held in Boston a few weeks ago garnered a lot of attention for us. If you

just look at the actual post mentioned, it looks like only 22 people saw this post and actually clicked “like” on it. However, with our Facebook page being in “professional mode,” we have access to a

wealth of information not otherwise available. If the

page administrator clicks on the “See insights and ads” link, they will see much more information about the post than is visible.

On this particular post, here is what the data showed: “Post Impressions” shows how many times this post ap-

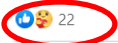
peared on a screen. “Post Reach” means how many persons this post reached (different than impressions, which may mean that some people returned to this post more than once). “Post Engagements” are how many times people engaged with the post through reactions, comments, shares, views, and clicks.

With just this one posting, we reached so many more people than we could otherwise with just the newsletter or word of mouth. Posting our activities online provides us with more exposure and recognition than would normally be possible. Let’s get the word out about Lions and what we do! We’re so much more than just another service club. We are LIONS! Let our ROAR be heard and seen!



See insights and ads

Create ad



1 5

Like

Comment

Share

See insights and ads

Create ad

22

1 5

Like

Comment

Share

Post Insights

Total Insights

See more details about your post.

Post Impressions

307

Post reach

288

Post Engagement

47



Keep boosting to grow your audience.

You could reach 714 more people for every \$14 you spend.

[Learn More about reach estimates](#)

Reach Out and Touch Something



Everyone must leave something behind when he dies, my grandfather said. A child, a book or a painting, a house or a wall built, a pair of shoes made, or a garden planted. Something your hand touched in some way so your essence has somewhere to go when

you die, and when people look at that tree or that flower you planted, you're there. It doesn't matter what you do, as long as you change something from the way it was before you touched it into something that's like you after you take your hands away. The difference between the man who just cuts lawns and a real gardener is in the touching. The lawn-cutter might just as well not have been there at all; the gardener will be there a lifetime.

~Ray Bradbury

Revised Songs from the Past...

1. Herman's Hermits—Mrs. Brown You've Got a Lovely Walker
2. The Bee Gees—How Can You Mend a Broken Hip
3. Bobby Darin—Splish-Splash I Was Having a Flash
4. Ringo Starr—I'll Get By With a Little Help From Depends
5. The Commodores—Once, Twice, Three Times to the Bathroom
6. Marvin Gaye—I Heard it From the Grape Nuts
7. Leo Sayer—You Make Me Feel Like Napping
8. Willie Nelson—On the Commode Again
9. Procol Harum—A Whiter Shade of Hair
10. Johnny Nash—I Can't See Clearly Now
11. Helen Reddy— I Am Woman, Hear Me Snore
12. ABBA—Denture Queen



Kathy's Herbed Corn

Taste of Home



Ingredients:

- ♦ 1/2 cup butter, softened
- ♦ 2 Tbsp. minced fresh parsley
- ♦ 2 Tbsp. minced fresh chives
- ♦ 1 Tsp. dried thyme
- ♦ 1/2 Tsp. salt
- ♦ 1/2 Tsp. cayenne pepper
- ♦ 8 ears sweet corn, husked

Directions:

1. In a small bowl, mix the first 6 ingredients until blended. Spread 1 tablespoon of mixture over each ear of corn. Wrap corn individually in heavy-duty foil.
2. Grill corn, covered, over medium heat until tender, turning occasionally, 10-15 minutes. Open foil carefully to allow steam to escape. Enjoy!

Nutritional Information: 1 ear of corn: 179 calories, 12g fat (7g saturated fat), 31mg cholesterol, 277mg sodium, 17g carbohydrate (5g sugars, 3g fiber), 3g protein.

International President's Message



I believe that the power to make the world a better place is in our hands. Our impact is what makes being a Lion so special. Every small act of service creates a personal impact, and the collective impact of our kindness can change the world forever. That's why "Changing the World" is my message to Lions and to the world.

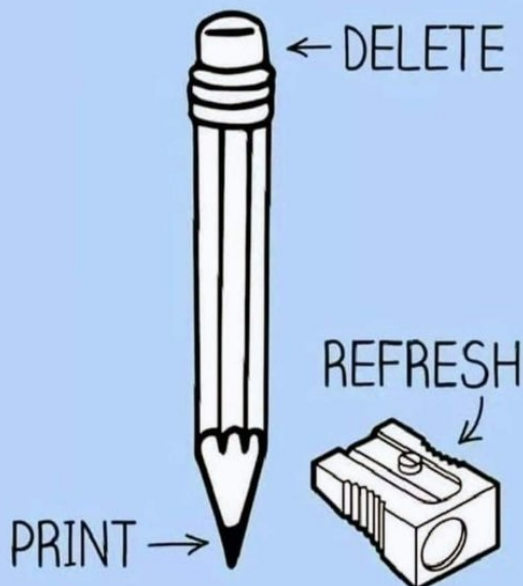
Changing the World begins with us. It begins when we change the lives of the people we serve and find ourselves changed as well. It grows when we change our communities by bringing them to the table and inviting them to become the change they wish to see. It multiplies when we show the world that real change is truly possible and that Lions are Changing the World—one life, one relationship and one community at a time.

Serving as your international president is an incredible honor. You and I, together, can make a difference. Let's be bold and lead the way forward to a better future and a world of change.

Yours in service,

Dr. Patti Hill, International President

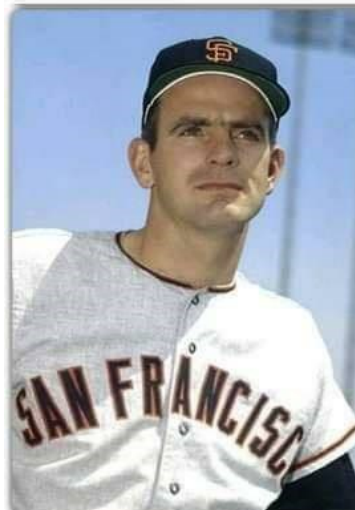
WHEN I WAS A KID, THIS WAS MY COMPUTER:



Giants' manager Alvin Dark said Gaylord Perry's hitting ability was so poor that "they'll put a man on the moon before Gaylord Perry hits a home run."

Perry's initial home run came on July 20, 1969 — 20 minutes after Neil Armstrong first set foot on the moon.

@apollogloverepair



The Race Against Time

Factstory.com (July 16, 2023)

In the winter of 1925, a small Alaskan town called Nome was facing an unthinkable crisis. Children were falling ill with a deadly disease called diphtheria, and their lives hung in the balance. With no access to modern transportation, desperation filled the air as the town's doctor, Curtis Welch, realized the gravity of the situation.

Nome was a small, isolated community more than 1,000 kilometers from the nearest train station. Diphtheria, also known as the Strangler or the Strangling Angel, was a bacterial infection that attacked the throat, suffocating its victims. It was particularly merciless towards children, with a mortality rate of up to 20 percent. By mid-January, more than 20 cases had been confirmed, and even with quarantine measures in place, the disease continued to spread.

Dr. Welch knew that the only hope for Nome lay in an antitoxin made from horse blood. But there was a problem – the town was isolated, cut off from the outside world by icy terrain and treacherous weather conditions. Ships could not reach them, and planes could not fly in such extreme cold.

The solution seemed impossible – until a stroke of luck brought 300,000 units of the much-needed antitoxin to Anchorage. However, Nome was still a thousand kilometers away, a distance that seemed insurmountable.

And then it happened. A call went out for a team of brave individuals who could brave the fierce winter conditions to transport the antitoxin. Twenty mushers, most of them Indigenous, and their 160 dogs were assembled for a relay race against time. Each team would cover a section of the route before passing the serum to the next team. With the clock ticking, the mushers embarked on what would be known as “the Great Race of Mercy.” The Alaskan wilderness was unforgiving, with temperatures plunging to -65 degrees Celsius and gale-force winds whipping up blinding snowstorms. Their faces blackened by frostbite, their bodies numb from the cold, these courageous men fought against nature's wrath.



Among the heroes of the relay, Leonhard Seppala and his remarkable sled dog team stood out. They faced the most treacherous part of the journey, a shortcut over Norton Sound, where ice could collapse at any moment. Seppala knew he could trust one dog with his life and the lives of the Nome children – Togo.

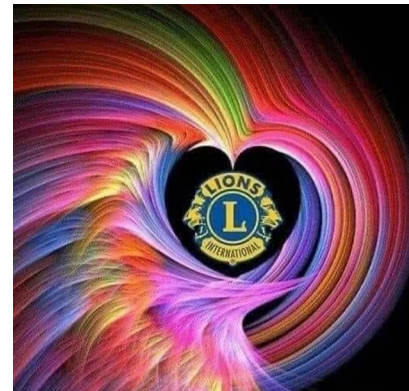
Nome's children were at the highest risk during the diphtheria outbreak, since the disease has a fatality rate of up to 20 per cent in children under five.

Togo, a 12-year-old Siberian sled dog, may have been small and advanced in years, but his spirit was indomitable. Together, Seppala and Togo had faced adversity before. On a previous expedition, Togo had saved the entire team from certain death, pulling them to safety on an ice floe. Now, he had one more monumental task – guiding their sled through the darkness and treacherous ice.

With Togo leading the way, the team raced through the night, relying on the dog's unparalleled instincts. The snow was blinding, the night was black, but Togo's determination never wavered. He maneuvered around treacherous ice floes, directing the team flawlessly. Just as they reached the next roadhouse, the ice cracked and collapsed behind them, sealing their chapter of the relay.

Defying all odds, the serum reached Nome in just 5.5 days, shattering previous records and saving countless lives. The epidemic was stopped in its tracks, thanks to the unwavering dedication of these brave mushers and their extraordinary dogs.

As we reflect on this astonishing tale, let us remember the power of unity, bravery, and the unwavering determination to conquer even the most insurmountable obstacles. It is a testament to the indomitable human spirit and a reminder that in the darkest of times, hope can prevail.



My Friend, "Mr. Cane"

A short story by Lion Frank Meckler

I met Cane about 2 years ago. All I knew about canes was to aid an aging person in walking and helping to keep from falling. I had to know more about Mr. Cane, as it wished to be called, so I looked up its definition in Webster's Dictionary. It was not very glamorous: A slender hollow or pithy stem (as of a reed or bramble), a walking stick, a rod for flogging. After having it for a while, Mr. Cane became my friend as it taught me the many things it can do.

1. Mr. Cane did provide a better balance for walking and never having a fall.
2. No longer have I been asked how much I had to drink since Mr. Cane has been by my side.
3. Cars actually give me the right-of-way when crossing the street.
4. Grocery clerks are more willing to carry my bags to my car.
5. Very helpful in walking up and down stairs.
6. Useful in dragging objects on the floor for easier pick-up.



7. Use as a hook when closing a door.
8. Holds swinging doors open when entering a building.
9. Makes a neat furrow in gardening to get water where you want it to go.
10. Good defense weapon if attacked by wild animals or others.
11. It understands your need to exercise by hiding, so the user has to take

more steps to find it.

12. Pull objects from high places instead of climbing up on a ladder.
13. When discussing directions with another person, it makes a perfect tool to point which direction to take.
14. Makes it easier to open a gate with an inside latch.
15. I get bending exercises because Mr. Cane himself falls a lot and needs me to pick him up.
16. It gets people's attention when their back is turned to you.
17. Mr. Cane wanted me to share his last item as his best one. While grocery shopping with my wife, who is hard of hearing, when I loudly called to her, people turned to stare. Mr. Cane prompted me to give her a little poke on her butt. A camera should have recorded the look on her face when she turned around!

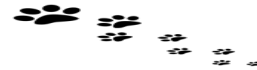
Well, my friends, now you know why I call Mr. Cane my friend. I know that as time passes, Mr. Cane will be at my side to help me along the way.



DOES THIS FEEL FAMILIAR?

What Did You Used to Do?

With the temperatures frequently hitting the 100 degree mark lately, I think back on the "good ole days" before air conditioning was common in the States. I lived in a state where the temperatures got hot, but not as hot as the California temperatures that we've been experiencing. It was also a humid state, so the heat affected you differently. I'd like everyone to write and tell me how you coped growing up without air conditioning. It should make for some interesting reading for next month's newsletter. Please email me your story at wenpen@sonoralions.org.



It's so hot out, our garlic took its cloves off!



July 26, 2023 Meeting

Pres. Paul Berg opened the meeting in usual fashion. Lion Inez was celebrating her birthday today and Lion Lisa and her husband, Larry's anniversary was mentioned. The **BIRTHDAY SONG** was sung for Lion Inez, then we apologized to our guests. They were introduced to the group: Chris McCoy and Allison Tensch, from [Area 12 Agency on Aging](#).



The Welcome Song was sung for them. **Committee Reports:** Sunshine Committee — Lion Judy is still suffering from the effects of her chemotherapy. Lion Inez will be undergoing chemo herself shortly. Please keep both of them in your prayers. Holiday Bazaar—Will be Sept 2nd and 3rd (Labor Day Weekend) at the fairgrounds. A sign-up sheet for helpers will be sent around starting next week. Sonora Lions Park—Lions Paul and Bill D. noted the Boy Scouts did an admirable job in the clean-up last week. There is still one pile that Lion Bill D. will take care of. He will also be leveling off the “fight tree” to make it less hazardous for visitors. We will be adding 3 new tables to be placed closer to the ball field, and 1 table at the front end. The tables will be chained and anchored securely to prevent theft. More sand will be brought in to make the fire pits safer to use. The signs on the board will be removed next week to be replaced with new ones. Bags for Benches—Our next cycle with Columbia Elementary begins August 1. We



will have already accumulated many pounds of bags towards the goal of 500#. **Tail Twister:** The Secret Lion was Lion Bill D. only Lion Inez didn't greet him properly, but she had the Fine-Free Critter, so she didn't have to pay a fine. **Happy Bucks:** Lion Inez's great-granddaughter got married over the weekend. It was a

very lovely ceremony ~ Lion Ray told a story about Lion John, who had an interview to get a job, and barely qualified because of the height requirements (Lion John is 6'4"!) hahaha ~ Lion Jill reported that she had been bequeathed 4 cats from a friend who passed recently. She had a flyer with information about the cats to see if anyone would be interested in adopting one or more of them. **Cash Raffles:** Lions Bill D. and Lydia won the cash raffles this week. **Fine-Free Critter:** Lion Cecil won the Fine-Free Critter and will be fine-free next week. **Black Marble Draw:** Lion Ray won the chance to draw for the black marble, but unfortunately, only found a white one. Maybe next time.



Guest Speakers: Chris McCoy and Allison Tensch, from Area 12 Agency on Aging were introduced to the club. They were here to speak about the various programs of assistance that are offered by Area 12 for seniors and disabled residents of our area. One such program, ADRC (Aging Disability Resource Connection) was developed by Chris McCoy herself. It provides resources from the agency to help provide independent living. She encourages all who need assistance to call them. You may or may not qualify, but you will not get anything if you don't ask. All of their programs are for residents who are 60 years of age or older, unless you are disabled. There are different guidelines for those types of programs. There is a Family Care Giver Program that provides assistance to those who are providing unpaid care for persons needing it. They offer aid for the caregivers in our area, providing assistance and respite for them and also support groups. They can also provide temporary services such as light housekeeping, laundry, and meal preparation. They can help with personal care like bathing assistance, grooming, personal hygiene, and dressing. Area 12 provides for help with outside chores like weed-eating, raking, mowing, or minor yard maintenance. They will not tend to your 5-acres in the back. The key word is MINOR. They can help with small household repairs like toilet leaks, replace door knobs, dripping faucets, light switches, shower bars, etc. They can repair a ramp, but cannot build one. There is the MSSP (Multipurpose Senior Services Program) that deals with those who are at risk of needing to be institutionalized. You must be 65 years or greater to qualify for this assistance. They believe that if



seniors know their options and the availability of services offered, they are empowered to make better decisions regarding their care and management. They have a nurse on staff who can make sure you

are taking your meds as needed, etc. HICAP is another service offered through Area 12 that deals with Medicare and MediCal. There is a wealth of information on their [website](#) regarding all the programs and services offered through Area 12. Legal assistance is also available through their association with [Interfaith Services](#) at no cost. They cannot go to court but can advise you on the options or course of action needed for your situation. Area 12 Agency on Aging currently has about 25 staff to run all the programs. They will try to find solutions to your situation and try to give you the resources needed. There is no charge to any individual, but if there might be one, you are advised of it ahead of time. They strive for a next-day turnaround time to respond to your request.

They Said It Couldn't Be Done

From: [Fabulous Lovers of Weird Everything](#)

"When she applied to run in the Boston Marathon in 1966 they rejected her saying: "Women are not physiologically able to run a marathon, and we can't take the liability."

Then exactly 50 years ago today, on the day of the marathon, Bobbi Gibb hid in the bushes and waited for the race to begin. When about half of the runners had gone past she jumped in.

She wore her brother's Bermuda shorts, a pair of boy's sneakers, a bathing suit, and a sweatshirt. As she took off into the swarm of runners, Gibb started to feel overheated, but she didn't remove her hoodie. "I knew if they saw me, they were going to try to stop me," she said. "I even thought I might be arrested."

It didn't take long for male runners in Gibb's vicinity to realize that she was not another man. Gibb expected them to shoulder her off the road, or call out to the police. Instead, the other runners told her that if anyone tried to interfere with her race, they would put a stop to it.

Finally feeling secure and assured, Gibb took off her sweatshirt. As soon as it became clear that there was a woman running in the marathon, the crowd erupted—not with anger or righteousness, but with pure joy, she recalled. Men cheered. Women cried. By the time she reached Wellesley College, the news of her run had spread, and the female students were waiting for her, jumping and screaming. The Governor of Massachusetts met her at the finish line and shook her hand. The first woman to ever run the marathon had finished in the top third!



THIS IS YOUR NEWSLETTER!

Submitted by: *Lion Sec. Wendy Penhallegon*

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



Sonora Lions
Friends of the Pet Club
Caring for your critters since 2019



By Lion Frank Meckler

Inflation has caused pet food prices to soar. June showed that the pet food account went into a loss of \$7.14. I know that many of us had to tighten up our budgets, so Pet Club donations are down from the last mailing. The Pet Club donors Nick & Cat Reuter, Frank Meckler, Bud & Jerri Regelin, Ray Bailey, Cecil Steen, Gary & Lydia Osias, Tom & Wendy Penhallegon, Bob Bader, Jill Schwab, Jerry Jensen, Inez West, and Bill Coffill (all Lions) contributed, but we are down 8 contributors from the last round. These donors have given us a cash flow for the next 3 months. Many thanks to the Lions who support our projects. We know that you cannot contribute to all the programs, but here is a thought, fellow Lions, ask your friends to support the Friends of the Pet Club by purchasing a large bag of dog or cat food at the local Tractor Supply or grocery store and donate it to the Senior Center. This would be a huge help for our seniors' pets. It goes without saying how I personally feel about how our Lion members support and create new adventures for our club. Until next time, stay cool.

NEEDED: OLD EYEGLASSES



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

EAR OF THE LION REPORT

July 2023

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

There has been no activity in the Ear of the Lion Program this month for the Sonora Lions Club.



The "Kiss of Life"

On July 17, 1967, photographer Rocco Morabito captured an image that would ensure a great career in Journalism. He was returning from an assignment about the train workers strike when he happened upon an interesting photographic opportunity of men working on electricity poles. He was thinking how to frame the best possible picture when he heard an outcry from the people. One worker, Randall Champion, evidently endured a 4,000 volt shock which stopped his heart and rendered him unconscious. He was hanging in mid-air, upside down, not moving. Rocco started snapping pictures. As men struggled to reach him, another friend from 400 feet away, J.D. Thompson realized his good friend was in dire trouble. He raced over and got ahold of the hot wire with four fingers and the electrical current came out of his left foot, blowing a hole in it. He then relied on his previous training and started mouth-to-mouth resuscitation. Finally, Champion started to cough and gasp, and seemed to come around. Champion was soon transported to the hospital with burns and went on to recover. The two men remained friends and continued working at the Jacksonville Electric Authority (JEA) for another 30 years. The pair even became good friends with the photographer, Morabito. The photograph taken would be known as the "Kiss of Life," for which Rocco Morabito earned a Pulitzer prize ten months later. The three of them had their picture taken together, even though Champion was in the hospital recovering from bypass surgery at the time, to mark the last day of publication for the Jacksonville Journal. It is said that this picture contains all the elements of great photography and has a great altruistic factor: a human helping another human, saving a life in a really dicey position. To read the entire article, please click [here](#).



Story by Kaleena Fraga, *All That's Interesting*, July 13, 2021

Recent Award Pins Given Out

Recently there were some Attendance Awards given out for those with 100% Attendance. I researched our club records and noted that some folks had earned this honor for many years in a row and yet had not received the proper recognition beyond the single year's 100% Attendance pin. There were several in our club who received their longevity Attendance pins this year for 5, 10, 15, 20, 25, and 30 years of perfect attendance. These pins do not necessarily reflect the number of years one may have been a member of the Lions Club, but rather how many consecutive years of 100% Attendance have been earned. Please do not feel it represents a record of your longevity in Lions Club. We realize a lot of you have many more years of membership than you may have of perfect attendance. Also, since these pins were mostly long overdue, many of you may qualify for the next step up (increments of 5 years) in the next year or so. The Membership Longevity pins will come from Lions Clubs International and will be awarded to the member by the President or some other official, along with a letter from LCI. Perfect attendance also does not only mean coming to our meetings every week. You can make up for missing a meeting by working on a project, working at a fundraiser, going to a Board meeting, a District meeting or Convention, or even visiting another club's meeting or function. As long as you report your activities to the club secretary, you will get credit for them. Sorry for any confusion these pins may have caused.

~ Lion Secretary Wendy Penhallegon



You Can Help Improve Our Newsletter

By Lion Sec. Wendy Penhallegon

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

Early Television Museum

Most of us think that television began in the 50s or even the 40s. TV, however, began much earlier than that. It can be traced back to the 1920s says Steve McCoy, president and founder of the Early Television Museum in Hilliard, Ohio. This museum holds a large collection of televisions from the 20s and 30s, and scores of post-WWII models. He even has several of the first-generation color sets from the 1950s. It is one of the world's largest television museums, rivaled in North America by the MZTV Museum in Toronto where you will see about 180 TVs on display in chronological order, with another 50 in storage. It is fascinating to see the TVs, giving one a better sense not only of the technological aspects of television, but its place within popular culture and modern design and material



culture. McVoy's interest in TVs started with his family's first set. He tinkered with it, much to his parents' dismay. He pulled a little red wagon around his neighborhood advertising free television repairs. Of course, no one accepted his offer, and he obviously wouldn't have been able to repair one if they had. But he later went on to work in a television repair shop and learned the skills necessary. He opened his own repair shop, and soon opened his first cable-television business, Micanopy Cable TV followed by Coaxial Communications and Telecinema. He sold his business in 1999 and started looking for something else to do, when he started collecting old TV sets. The Early Television Museum opened in 2002 as a non-profit foundation. Until a few years ago, he even personally restored some of the TV sets to working condition. Click [here](#) to read the entire article on the history of the evolution of the television.

Steve Wartenburg, AP Press

Today (7/7/2023) marks 36 years of the inclusion of women as Lions. **Congratulations** to all those women who have made a difference by serving their communities and who have taken up leadership roles to develop our organization.



Don't make your family an easy target!

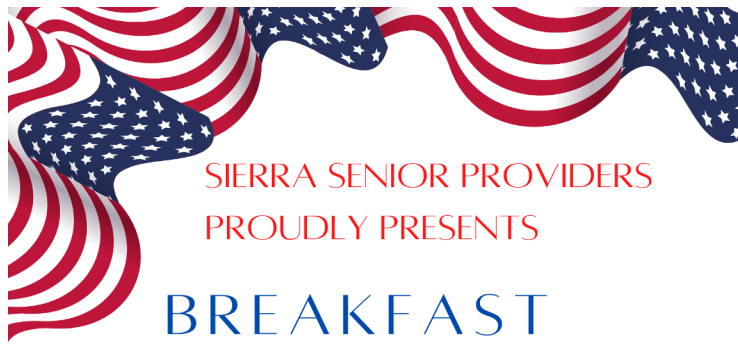
What information are you DRIVING around?



And Now You Know...

After you fry the bacon, there is usually a good bit of grease left over. Some people throw it away, while others (I am one) save it for seasoning other foods. But it was used for other things by our forefathers and mothers too. Squeaky hinge? Grease it. Season cast iron? Yep. Waterproofing? Absolutely. Help fight a war? Hmmm.... Leading up to and during WWII, there were scrap drives for everything from metal to newspaper and even waste oil. This is an ad that was run in newspapers across the country. Remember, at one time, nothing was wasted...





SIERRA SENIOR PROVIDERS
PROUDLY PRESENTS

BREAKFAST FOR VETERANS!

1ST THURSDAY EVERY MONTH

8:00–10:00 AM

(209) 533-2622

SIERRASENIORPROVIDERS.COM



PDG Tom & I were not able to stay for the Veteran's Breakfast this month, but the donuts we brought were huge! This box would normally hold 12 donuts.

11 Tips for River Safety

1. Tell someone where you are going, when you expect to return, and where to call if you don't.
2. Never boat alone. Be sure your whitewater/boating skills and experience are equal to the river and conditions.
3. Wear a properly fitted Personal Flotation Device (PFD) at all times when you are in or near the river.
4. Know your limits of swimmers rescue and self rescue on whitewater rivers. Know when and how to swim for an eddy.
5. Be prepared for extremes in weather, especially cold. Know about hypothermia and how to deal with it. Know early signs and symptoms of heat exhaustion and dehydration in hot weather.
6. Reduce the threat of injury by wearing protective footwear and proper clothing.
7. Carry a first aid kit and know how to use it. Learn or review medical aid responsibilities and CPR.
8. Never run a rapid unless you can see a clear path through it. Watch out for new snags after winter and spring floods.
9. Allow the craft ahead of you to pass through the rapids before you enter it. This will avoid a double disaster if the leading boat blocks the channel.
10. When in doubt, stop and scout. If you still have any doubts...**portage!**
11. Review these tips with your guests before you set out.

Johnnie Carlson, FriendsOfTheRiver.org



Let's have a fun and safe summer!

August 2nd is
"National
Ice Cream
Sandwich
Day!"



Weird Laws across the US

- * Eavesdropping with intent to repeat or publish the same to vex, annoy, or injure another is a misdemeanor — Oklahoma
- * Astrology, palm reading, fortune telling, clairvoyance, mesmerism, phrenology, spiritualism, or other such practice is prohibited—Yamhill, Oregon
- * No killing of anything on Sundays, except raccoons.— Virginia
- * No drunk skiing—Wyoming
- * No stealing of crawfish by penalty of 6 months up to 10 years in prison—Louisiana
- * Adults cannot wear masks, hoods, or any device that partially or totally obscures the face—Florida
- * No whispering in church is allowed—Delaware
- * You can't walk down the street if you're ugly—San Francisco
- * No person shall sound the horn on their vehicle in front of any place that serves sandwiches and cold drinks after 9 pm—Arkansas
- * A donkey may not sleep in your bathtub—Arizona
- * Couches on your patio are not permitted—Colorado
- * You can't marry the same man four times—Kentucky
- * You cannot serve margarine without consent in a restaurant—Wisconsin
- * You cannot have muddy tires as they are considered a public nuisance—Minnesota
- * You cannot wrestle a bear—Missouri
- * You cannot sit or lie down on sidewalks; they were meant for walking—Reno, Nevada
- * You cannot take seaweed from the ocean—New Hampshire
- * You cannot vote if you're an idiot—New Mexico
- * You cannot wear a bullet-proof vest while committing a crime—New Jersey
- * You cannot drink alcohol and play bingo—North Carolina
- * It is unlawful to trip a horse—Oklahoma
- * You cannot lie down to sleep in a cheese factory. Sleeping standing up is acceptable.—South Dakota
- * You cannot share your Netflix password outside your home—Tennessee
- * You cannot build a large building without displaying art—Wyoming
- * A frog that dies during competition cannot legally be eaten—California
- * It is illegal to keep an ice cream cone in your back pocket on Sundays—Georgia
- * One-armed piano players must, by law, perform for free—Iowa
- * It is against the law for a man to knit during fishing season—New Jersey
- * It is illegal to get a fish drunk—Ohio

Word Search Puzzle

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

BICYCLE CAMPING COOLERS DOGS FISHING
 GAMES GARDENING MOSQUITOS OCEAN POOLS
 RAFTING RIVER ROLLERSKATES SHADE SKIING
 SWIMMING TELEVISION TUBING VACATION
 WATERSLIDE

I hate mosquitoes. I
 know I'm sweet and
 delicious.

**Word of the Month****CONCATENATE** *verb***Pronunciation:** kahn-KAT-uh-nayt

Definition: Concatenate is a formal word that means “to link together in a series or chain.”



Used in a Sentence: Some household garbage bags are concatenated on rolls and connected at their perforated edges for easy tearing.



SECRETARY'S MONTHLY REPORT July 2023

Submitted by: *Lion Wendy Penhallegon, Secretary*

• Total Membership from last report	42
• New Members.....	0
• Dropped Members	0
• Transferred Members.....	0
• Total Members At Close.....	42
• Service Hours	395/YTD 395
• Number of People Served	2,366//YTD 2,366
• Number of Lions Performing Service.....	125/YTD 125
• Number of Non-Lions Performing Service.....	9/YTD 9
• Number of Hearing Aids Dispensed	0/YTD 0
• Number of Eyeglasses Donated	1,068/YTD 1,068
• Pounds of Pull Tabs Donated	30.21YTD 30.21
• Pounds of Plastic Bags (Bags For Benches)	0/YTD 0
• Number of Cell Phones donated	30/YTD 30
• Funds Raised	\$0/YTD \$0
• Funds Donated	\$2,745/YTD \$2,745
• Total Activities	35/YTD 35

Lion Members Doing the Community Service

***SLC Community Outreach:** *Phil Baylis, Jan Newman, Lydia Osias, John Nolen*

***SLC Elderly/Disable Persons Assistance Program:** *Wendy Penhallegon, Tom Penhallegon*

***Bags For Benches:** *Lydia Osias*

*** Eyeglasses collection/turn-in:** *Tom & Wendy Penhallegon*

*** RMH Pull-Tab Program:** *Tom & Wendy Penhallegon*

Veterans Breakfast at the Senior Center: *Tom & Wendy Penhallegon, Jan Newman*

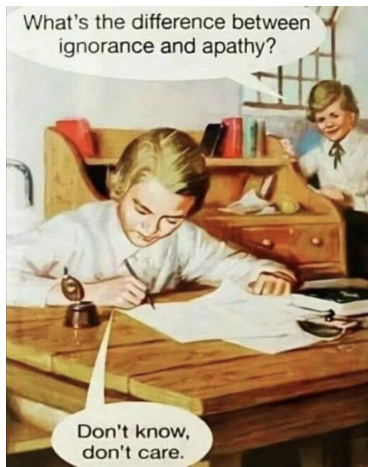
Holiday Bazaar: *Tom & Wendy Penhallegon*

***Sonora Lions Park:** *Tom & Wendy Penhallegon, Paul Berg, Bill Dunlavy, Jr., Jim Gormely*

Sonora Lions Club Food Pantry Program: *Jan Newman, Tim Atchley*

SLC Blood Donation Program: *Tim Atchley*

*** = Signature Program for the Sonora Lions Club**



This is what 1,068 pairs of eyeglasses, 30+ pounds of pull tabs, and 30 cell phones look like when you're donating them.



Safety Alert For Canning This Summer

Just a little warning for all who are canning pickles or anything using vinegar.

This year you cannot just grab a plastic jar of vinegar or even pickling vinegar without checking the label. Safe pickling requires 5% acidity, and for the first time we are seeing 4% acidity vinegar on the shelves. That renders anything pickled in the 4% vinegar NOT shelf-stable. Please check those labels or you could be throwing out many jars of unsafe pickled veggies.





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

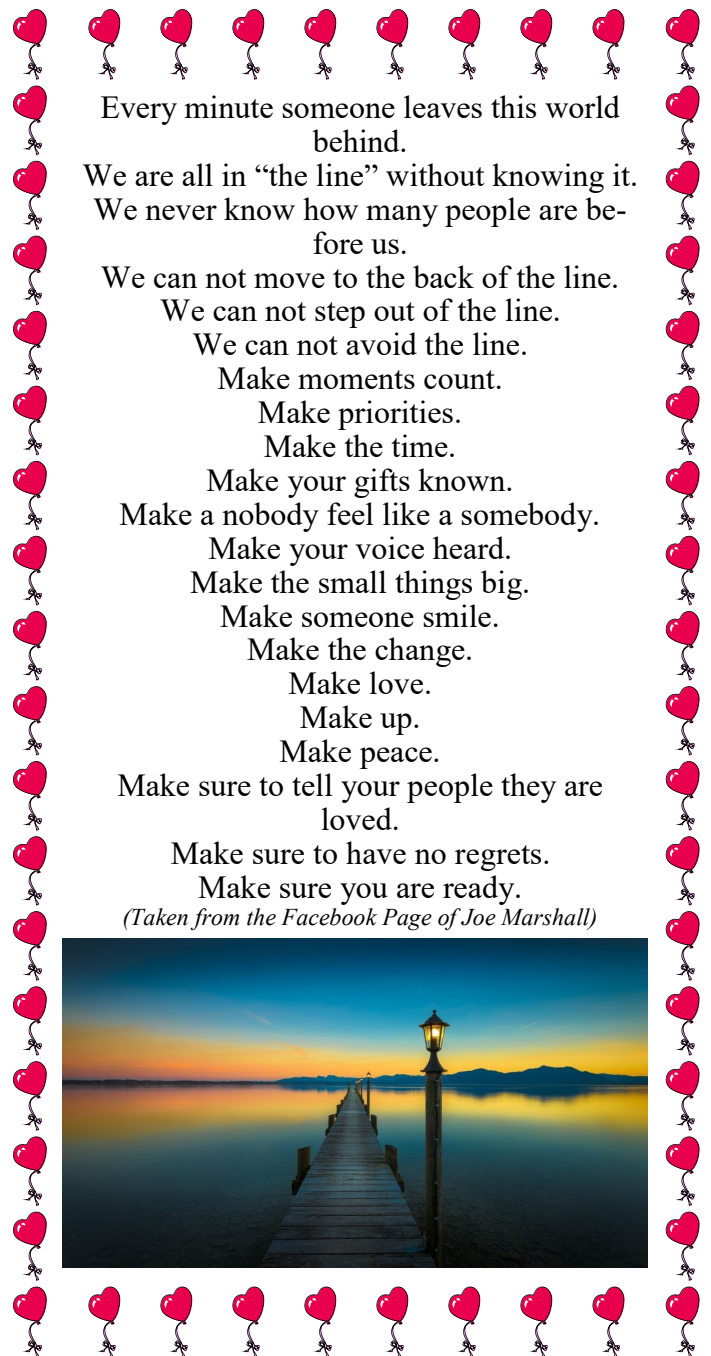
July 2023
Lion Dan Ward, Chair
sonoraministorage@yahoo.com

Item	Loaned	Value	In-Kind Value
Wheelchairs	18	\$50.00	\$900.00
Commodes	17	\$20.00	\$340.00
Bath Chairs	6	\$20.00	\$120.00
Shower Benches	7	\$20.00	\$140.00
Walkers	12	\$20.00	\$240.00
Walker w/seat	5	\$30.00	\$150.00
Canes	3	\$10.00	\$ 30.00
Crutches	7	\$10.00	\$ 70.00
Risers	3	\$10.00	\$ 30.00
Reachers	0	\$5.00	\$ 0.00
Sock Aide	0	\$5.00	\$ 0.00
Misc.	14	\$5.00	\$ 70.00

Total People Served	92
Total Contributions in Kind	\$2,090.00
Total Hours Contributed	23
Month	July 2023
Prepared By:	Dan Ward

DIY Festive Summer Decorations

Set the mood for merriment by folding hankies in half diagonally and hanging on lengths of sturdy jute twine using small wooden clothespins.



Every minute someone leaves this world behind.

We are all in "the line" without knowing it.
We never know how many people are before us.

We can not move to the back of the line.

We can not step out of the line.

We can not avoid the line.

Make moments count.

Make priorities.

Make the time.

Make your gifts known.

Make a nobody feel like a somebody.

Make your voice heard.

Make the small things big.

Make someone smile.

Make the change.

Make love.

Make up.

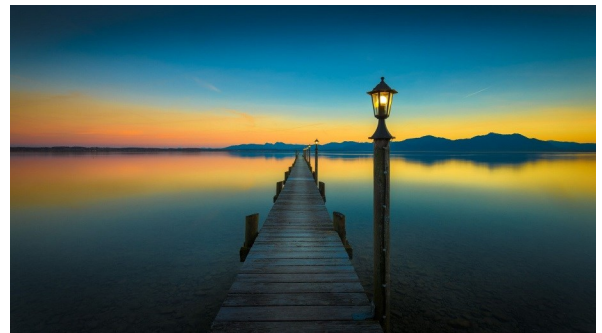
Make peace.

Make sure to tell your people they are loved.

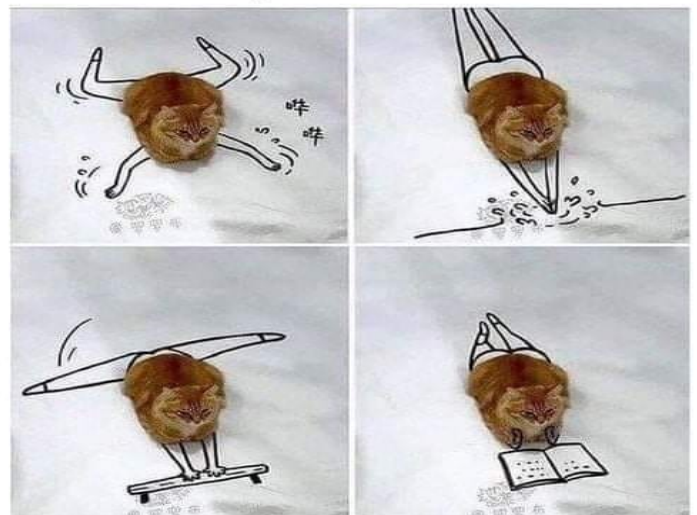
Make sure to have no regrets.

Make sure you are ready.

(Taken from the Facebook Page of Joe Marshall)



How to make your cat look more active.



CLUB OFFICERS & BOARD OF DIRECTORS 2023-24

President	Paul Berg dpberg65@gmail.com
1 st Vice President	Jerry Jensen
2 nd Vice President	Jill Schwab
Secretary	Wendy Penhallegon wenpen@sonoralions.org
Treasurer	Judy Meeks
Membership Chair	Jerri Regelin littlebluehse@gmail.com
LCIF Coordinator	Ray Bailey
Marketing/Publicity	Wendy Penhallegon
One-Year Director	Kailen Hill
One-Year Director	Cecil Steen
Two-Year Director	Inez West
Two-Year Director	Bill Dunlavy, Jr.
Club Chaplain	Lydia Osias
Tail Twister	John Nolen
Lion Tamer	Cecil Steen
Immediate Past President	Tim Atchley
Webmaster/Newsletter Editor	Wendy Penhallegon



"Serving the Mother Lode Since 1922"

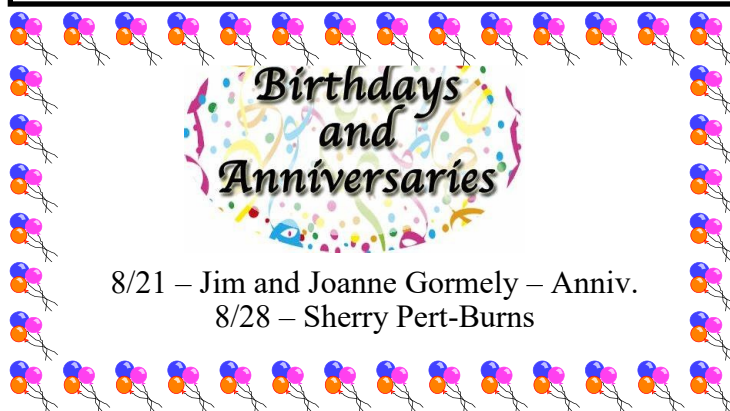


Sonora Lions Club Calendar of Events

August 2: Regular membership meeting @12 noon, guest speaker Jeff Sargo from [TuCare](https://www.tucare.com)
August 9: Board of Directors meeting @10:30 am, followed by DG Claudia Miller's visitation to the club @12
August 16: Regular membership meeting @12 noon, with Donna Mason from Area 12 Agency on Aging talking about [HICAP](https://www.hicap.org), guest speaker
August 23: Regular membership meeting @12 noon, with guest speaker Nina Resnik from [Rose Wolf Wildlife Rescue](https://www.rosewolfwildlife.org)
August 30: Regular membership meeting @12 noon, guest speaker Justin Flynn, [Sonora Action Sports Park](https://www.sonoraaction.com)
September 2-3: Holiday Bazaar at the Fairgrounds, 10 am to 4 pm, Sonora Lions to provide the meals
September 6: Regular membership meeting @12 noon, Nate & Amanda from [Raising Arrows K9 Rehab](https://www.raisingarrows.com), guest speakers
September 13: Board of Directors meeting @10:30, followed by business meeting @12, no guest speaker
September 20: Regular membership meeting @12 noon, Haley Tallent, [Literacy and Tutoring Program](https://www.literacyand tutoring.org), guest speaker
September 27: Regular membership meeting @12 noon, Dr. Brent Lockman, Physiatrist, guest speaker

District, Multi-District, and International Calendar of Events

August 13: Pizza & Paint, Tri Dams Lions
August 19: District meeting, Oakhurst
August 22: New member orientation via Zoom (every 4th Tuesday). See [District Newsletter](https://www.districtnewsletter.com) for details.
August 26-September 16: Zone Meetings to be scheduled
September 9: Autumn Cruise Car Show, Escalon Lions
September 15: Blood Drive, Sutter Creek Lions
September 30: Up Country 88 Golf Tournament



Our next Board of Directors meeting will be
at 10:30 am, Wednesday, August 9, 2023
at the Senior Center.

ALL ARE WELCOME TO ATTEND!

District Governor Claudia Miller

2023-24
District 4-A1

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

