



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, #24

wenpen@sonoralions.org

"Sonora Lions, Serving the Mother Lode Since 1922"

"Liberty, Intelligence, Our Nation's Safety"

"We Serve"

Volume CI, No. 4

October 2023

SEPTEMBER 6TH MEETING

Pres. Paul opened the meeting in the usual fashion. Nicole Hyske and Melinda Renault, our guest speakers for the day, and Terry Skaff, Lion Joe's wife, were introduced. We sang our Welcome Song for them. **Birthdays/Anniversaries:** Lion Glenn and his wife Nancy had an anniversary on the 4th. **Announcements/Committee Reports:** Lion Tim has been spoofed and someone is sending out fake emails pretending to be him, asking for assistance. He wants you to just ignore those emails and delete them. Lion Pres. Paul will be spending a couple of hours each Wednesday morning before the meeting working up at the Sonora Lions Park. Anyone who wishes to join him is more than welcome! Lion Bob gave an update on the Lobster dinner. Lobster prices are up again this year, even from when we got a quote last week. He will be asking the Boy Scouts to help serve the dinner. **Tail Twister:** Lion Ray assumed the role of Tail Twister today in the absence of Lion John. He had Pres. Paul fined for forgetting to introduce Terry Skaff at the beginning of the meeting. He quizzed several members of our club on the new International President, including what is her name, and where does she reside. The **Secret Lion** was Lion Joe, who had a couple of members fined for not greeting him properly. **Happy Bucks:** Lydia had a Happy Buck because Lion Gary's quartet will be performing at the Senior Center at 1 pm. She also told a story about a sassy buck deer who absolutely would not be scared off her property. She had to protect her plant by putting a cage over it,



but one day went out to discover that the cage was gone! She later spied it up way up on the hill where the buck evidently struggled to get it off of its antlers ~ Lion Ray told a story about a rancher who put all his cows and a bull out in the same pasture. When asked if he was afraid the bull would mess around with

with the cows, the rancher replied, "Naw, he's about to become stew!" ~ Lion Don told the story of why he missed last week's meeting, which was all because of



the scalawag Fine-Free Critter that he won. He searched high and low for it, but still could not locate it. He eventually found it comingling with a clowder of cats of questionable repute. He shook his head in sadness because Leonardo (our Fine-Free Critter) has no pride. ~**Sunshine:** Lion Ray reported that he phoned Lion Mike to inquire about his health and well-being. He is alive and well, living in Modesto in a house that is just too large. Lion Mike is now 93 years old. **Cash Raffles:** Lions Lydia and Bob won the cash raffles this week. **Fine-Free Critter:** Leo went to Lion Paul this week, who shall be fine-free for next week's meeting. **Black Marble Draw:** Lion Frank won the chance to draw for the black marble, but only got a white marble.

Guest Speakers: Nikki (Nicole) and Mindy (Melinda) are the Volunteer Coordinators for the Sonora Junior Cats Football and Cheerleading Program for Sonora High School. In years past, they have had up to 200 students sign up to participate. This year there are 178. They definitely have some problems with the Jr. football and cheer program to tackle. They are hoping to collaborate with the Lions Club. We could provide a little help for them at the home games, and in return, they can provide us with a wider audience and great exposure in the community. What they need is for volunteers to come and take customer food orders at the home games. There will be no need for bustling, sweaty work preparing the food; just taking the orders. They could potentially give us great exposure to help with our fundraising at the games and also on their social media. They have a website and a Facebook page that reaches hundreds of families. Their announcer at the games can even do PSAs about our upcoming events. The program itself

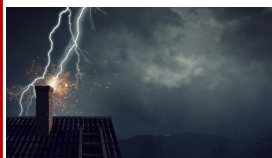
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accepts students from K-8th grade (ages 5-14). It is tackle football, even for the younger students. They want to reach the kids who are falling through the cracks in society too. They try to get all their equipment and supplies through local vendors. There are four levels of participation, the Junior Novice, Novice, Junior Varsity, and Varsity teams. The cheerleading uniforms and equipment cost \$360 per student and the football uniforms and gear cost each student \$200. There are no extra registration fees or other fees. The helmets have to be sent back and recertified each year. The pads are assessed individually. The participating students' parents have to provide the transportation for them. There are medical staff on the field at each game. They finally have a full Board of Directors this year and things are going pretty well. Their actual food menu is very good; you might be pleasantly surprised. Each shift is 2 hours long, starting at 12:30, 2, 4, and 6 pm. There will always be a board member around to help. In case you're wondering, Lion Pres. Paul's son, Daniel, is on the team and he is player #28.



SEPTEMBER 13, 2023 MEETING

Today's meeting opened in the usual fashion with the pledge, patriotic song, and a prayer. There were no guests to introduce. Lion Judy will be having a birthday in a day and Lion Frank and Naomi are having a wedding anniversary soon. **Tail Twister:** The **Secret Lion** was Lion Joe, but everyone shook his hand. We all got a pass since fill-in Lion Tamer Ray didn't want to walk around the room and collect from everyone. **Happy Bucks:** Lion Jill gave "Bride and Groom" Beanie Babies to Lion Jerry since he announced he will be getting married in the near future. ~Lion Paul had a Happy Buck because his son, Daniel's team got to play their game before the storm hit and power went out and won it 34-0! Woohoo!~



Ray reported feeling like the lightning strikes went through the roof! His power was out for over 24 hours ~ Lion Wendy donated \$3 for Lion Tom being Lion Tom ~ Lion Frank had a Sad Buck because some varmint broke in and killed 20 chickens. **Cash Raffles:** Lion Jan and one other Lion won the cash raffles. **Fine-Free Critter:** The Fine-Free Critter went to Lion Wyatt, who will be fine-free next week. **Black Marble Draw:** The chance to draw for the black marble was won by Lion Tim. He only withdrew another white marble, so the pot continues to grow.

During the meeting, Lion Pres. Paul gave Lion Sec. Wendy the Special Recognition Award, stating her dedication to the club goes way above and beyond in ways that some club members may not be aware. Congratulations, Lion Wendy!



This being a business meeting with no guest speaker, the club members addressed a few questions and issues that have arisen as of late. The Lobster Dinner and Glenn Bass Run, that are coming up next month, were also discussed. See the flyers in this newsletter for more details on each.



SEPTEMBER 20, 2023 MEETING

The meeting was opened in the usual fashion by Lion Pres. Paul. Our guest speaker, Haley Tallent, from the Tuolumne County Library Adult Literacy and Tutoring Program was introduced and the Welcome song was sung for her. It was Lion Dan's birthday, but since he wasn't in attendance, we did not have to hurt our guest's ears. **Announcements:** Lion Bob called for a short meeting about the Lobster Dinner after the meeting adjourned today. Bags for Benches: Columbia School has the bins now for the program, so our numbers should quickly rise in recycled plastics. Sonora Lions Park: Lions Bill, Kailen, and Paul worked on the picnic table and the park itself this morning. They will be getting the wood to put the tables together and to fix the existing broken tables shortly. **Tail Twister:** Lion Glenn was fined for being late. **Secret Lion:** Pres. Paul forgot to select a Secret Lion for the day, so he paid a fine for his neglect. Lion John told of his ordeal lately with vertigo and the fact that they now have him doing physical therapy sessions to assist with that condition. Lion Ray shared that he cured his vertigo by giving up drinking coffee! **Happy Bucks:** Lion Lydia paid a fine for not coming to the meeting last week as her hubby was ill and she didn't want to spread anything to the club members ~ Lion Jill's grandson, who has broken his arm 3X now, was riding a bike without brakes and broke his hand. He now has screws in his fingers. ~ *Continued on Page Three...*



Lion Wendy had a Happy/Sad Buck because her granddaughter got a great new job...but it is up in Washington, so she will be moving shortly. **Cash Raffles:** The cash raffles were won by Lions Cecil and Paul. **Fine-Free Critter:** The Fine-Free Critter was won by Lion Frank. **Black Marble Draw:** Lion Jan won the chance to draw for the black marble, but only found a white one.

Guest speaker: Haley Tallent is from the [Tuolumne County Library Adult Literacy and Tutoring Program](http://www.tuolumnecountylibrary.org).

This program has been around for many years, but they are always looking for more people to participate, either teaching/tutoring, or hoping to improve their literacy. The only requirements are that you must be 18 years or older and be able to commit to at least 1

hour per week for a six-month period.

The tutoring is usually done on a one-on-one basis and not in groups, but there are group classes being developed.

This seems to help people feel comfortable and not self-conscious. If you are interested in becoming a tutor, there is an application to fill out and you must undergo an interview to determine the best way in which you can contribute to the program. The program is geared for people from ages 16 and older. You



cannot be enrolled in high school to participate. The actual tutoring is mostly done at the Library itself. It is a safe and quiet space where most people can feel at ease. They currently have 4 tutors, 2 of which are waiting to be paired with a client. One learner actually completed the program and moved, obtaining employment and a bright future.

If you are interested in tutoring, or know of a person who could benefit from this program, please contact them through the website above, by phone at 209-694-2727, or email htallent@co.tuolumne.ca.us.

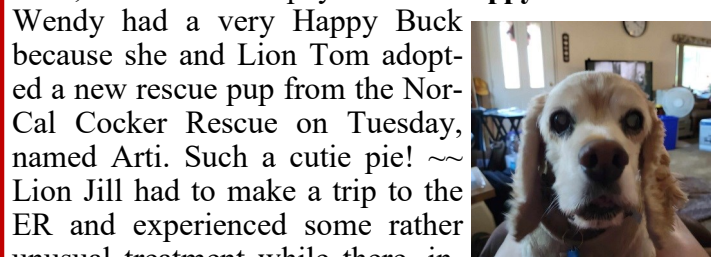
SEPTEMBER 27TH MEETING

The meeting was opened in the usual fashion by VP Jerry Jensen. Our guest speakers, Dr. Brett Lockman and his assistant, Roxanne Mughal, were introduced and the Welcome Song was sung for them. Lion Crazy Bill's birthday is on the 28th and Lion Paul and his wife, Maribel's anniversary is on the 29th. We weren't able to offend anyone with our Birthday song today.



Lion Bill D. talked about his work on the Sonora Lions Park. All the new picnic tables are installed and old ones repaired. See the pictures on page 7. **Tail Twister:** Lion Kailen was fined for being late and not wearing any Lions apparel. **Secret Lion:** The Secret Lion today was Lion Jan, but everyone shook her hand, so all had to pay a fine. **Happy Bucks:** Lion

Wendy had a very Happy Buck because she and Lion Tom adopted a new rescue pup from the Nor-Cal Cocker Rescue on Tuesday, named Arti. Such a cutie pie! ~ Lion Jill had to make a trip to the ER and experienced some rather unusual treatment while there, including receiving an injection in the arm with a huge bore needle. Ouch! ~ Lion Lydia announced two upcoming events in Twain Harte ~ Dr. Lockman had a Happy Buck because he thought he was going to have to put down his dog, an English Bulldog, because of a seizure disorder. Dr. Lockman was finally able to figure out how to treat his dog, and now his pup is happy and healthy, and livin' his best life with his Dad.. **Cash Raffles:** Lions Jan and Cecil won the cash raffles today. **Fine-Free Critter:** Lion Frank won the Fine-Free Critter and shall be fine-free next week. **Black Marble Draw:** Lion Jan won the chance to draw for the black marble, but still only found a white one. The pot continues to grow.



Guest Speaker: Dr. Brett Lockman is here in Sonora, and runs the Sierra BioTensegrity clinic. The BioTensegrity Method© combines Dr. Lockman's expertise in Physical Medicine and Rehab and Sports Medicine with advanced, minimally invasive regenerative

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Dr. Lockman loves physical medicine because it's what most of us need. It is not usually life-saving medicine, but rather life-enhancing medicine. He actually went into this specialty because of events while in the Marines and his resulting injuries. No one could figure out what was going on or how to help him, so he went to school to learn about the body and the human condition, and was able to help himself. He prefers to call it "External Medicine" rather than "Internal Medicine." He checks all possible sources for your ailments, and by process of elimination, develops the best course of treatment for you using dietary changes, orthotics, gait training, and the like. He does not like to push prescription drugs when alternative methods like nutritional supplements would work. He tries to keep people out of the surgical suite if he can help using a less invasive technique. Many of the treatments can be performed right in his office instead of full surgery and radical methods. He strives to let everyone know all the alternatives that area available and does go into detail when discussing the options. He does



have the skills to treat you, but sometimes one still does need to be referred on to a bigger institution for more complicated help. His office is located at 19469 Village Drive here in Sonora, phone 209-536-4776. It is not a

walk-in clinic, and you do need to call for an appointment. You will be treated by Dr. Lockman himself and most of his custom-tailored treatments are covered by your insurance.



**Sonora Lions
Friends of the Pet Club**

Caring for your critters since 2019



For the last four years, the Pet Food Club members have donated enough funds without us having to draw from our project account. Inflation, with what it is now, is making it very difficult to keep asking our members to donate more. We used to have 20 regular donors, but now we are down to only 9. There are changes coming with our club, hopefully for the better, and the Pet Club needs more support from our members than ever before. Starting in October, we will be having to start drawing from our project account with the club. Our Board of Directors will be discussing the direction we wish to go with this program, but this is a very strong asset to the Senior Center and the Meals on Wheels recipients who may only have their pets as companions for comfort. They have come to rely on this little extra help from our club as a way to help feed their 4-legged companions. If you would like to donate to our Friends of the Pet Club Program, you can always mail it to the club at: Sonora Lions Club, c/o Friends of the Pet Club, PO Box 101, Standard, CA 95373. We thank all who have supported us in the past and hope that you will continue to do so in the future. I have really enjoyed working with you on this project, but it is time for me to step down and let someone else take the reins.

Sincerely,
Lion Frank Meckler

Well played, bookstore. Well played.



Did you know?



Lions Clubs are the largest service organization in the world?

We have 1.4 million members in over 46,000 clubs worldwide.

Where there's a need, there's a Lion.

We're men & women serving in more than 200 countries
& geographical areas.

Lions Serve - Our motto is 'We serve'

Founded in 1917 we are best know for saving sight but we also feed the hungry, aid seniors & the disabled and so much more. We are a global service network of volunteers that make a difference in our local communities.

Become a Lion

Becoming a Lions club member gives you the opportunity to volunteer locally, or internationally. Make new friends and professional connections. Get involved in projects that make your community a better place to live. Have fun doing it!



Sonora Lions Club Presents

Newt McKenna's

Lobster Dinner

Fundraiser

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

Friday, October 6, 2023

Dinner 5:30 pm—7:30 pm

Sonora Elks Lodge

100 Elks Drive, Sonora

Donation: \$50 pp—No Host Bar

Door Prize and Raffle Gifts

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

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

Or any Sonora Lions Club Member

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

All Proceeds go towards Sonora Lions Club Programs and Projects

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



Sonora Lions Club

11th Annual Glenn Bass Run

Saturday, October 21, 2023

Place: Wildcat Ranch—on the corner of Tuolumne Rd and Wards Ferry Rd

Start Time: 8:00 am—1 Mile
8:30 am—5K



Benefits: The Sonora Lions Club is local service club that supports the Sonora High School Cross Country Team along with the Sonora Lions Club's many other community needs.

Course: Sonora HS Cross Country 5K course @ Wildcat Ranch
Please ... No Dogs



Register online at:

<https://glennbassrun.itsyourrace.com/>

Early-bird prices available for registration online. Register online by Wednesday, October 18, 2023 for the lower rates.

For more information call Lion Jim Gormely at 209-532-6515 or Lion Wendy Penhallegon at 209-406-5015 (for credit card/debit transactions)

T-shirts are provided for all registered participants while supplies last.

Water will be provided at the end for all runners.

Work on Sonora Lions Park

The Sonora Lions Club is proudly giving our Sonora Lions Park a facelift. Here are some pictures of the current work being done. There is still more work to be done, but it is shaping up nicely. Thank you for your hard work!



(Left) Lion Bill Dunlavy, Jr. and his wife Sharrol, with Lion. Pres. Paul Berg after replacing our signage at the park.



**EXTRA! EXTRA!
READ ALL ABOUT IT!!**



The Red Cross facility on Sanguinetti and Greenley Road in Sonora, CA has closed its doors. Its last day of service was Friday, September 22, 2023. It has struggled to maintain its blood supply and gain donor interest over the past several months, even with offering incentives to donors. As with most service organizations, participation has been dwindling and as a result, keeping the Sonora-based facility open was simply no longer justified. They will continue to support a "Blood Drive" in our area if we wish to have one. For more information, please contact the Red Cross California Gold Country Region at www.redcross.org/local/california/gold-country.html

Have E-Waste?

As in all homes, your electronic devices will eventually fail. The decision as to how to dispose of these unusable gadgets has been argued for years. We all know that simply throwing them in the garbage to be dumped in a landfill somewhere is no longer feasible or advisable. We have several locations in Tuolumne County that will accept our E-Waste products.



Groveland and Sonora have free Spring/Fall E-Waste collection events where you can bring your items for disposal. **Residents of Tuolumne County must call for an appointment before dropping off your devices.** You can contact Tuolumne County Household Hazardous Waste Collection Program at 209-533-5588 to get more information and to get the current HHW collection and event schedule. Other locations around Tuolumne County for E-Waste disposal are [Staples](#), [Lowe's](#), and the [Cal-Sierra Transfer Station](#), all in Sonora.

**Become a Lion in your
Community. Volunteer
your time - We need
YOU** 



Thoughts to Ponder

- * Why isn't the number 11 pronounced onety-one?
- * Why do croutons come in airtight packages? Aren't they just stale bread to begin with?
- * If a pig loses its voice, is it disgruntled?
- * Do Lipton Tea employees take "coffee breaks?"
- * What hair color do they put on the driver's licenses of bald men?
- * Is it true you never really learn to swear until you learn to drive?
- * If a cow was to laugh, would milk come out her nose?
- * Why do we press harder on the remote control when we know the batteries are getting weak?
- * Why do banks charge a fee for insufficient funds when they know you're already broke?
- * Why did Kamikaze pilots wear helmets?
- * Why is it that no matter what color bubble bath you use, the bubbles are always white?
- * Is there ever a day when mattresses are not on sale?
- * Why do people constantly return to the refrigerator with the hopes that something new to eat will have materialized?
- * Whose idea was it to put an S in the word "lisp?"
- * Whatever happened to Preparations A-G?
- * If it's true that we are here to help others, then what exactly are the others here for?
- * Why is it when someone tells you there are a billion stars in the universe, you believe them, but if they tell you there is wet paint, you must touch it to be sure?
- * Why do they put pictures of criminals up in the Post Office? Are we supposed to write to them?
- * If 4 out of 5 people SUFFER from diarrhea, does that mean that 1 out of 5 folks actually ENJOYS it?
- * If people from Poland are called Poles, then why aren't people from Holland called Holes?
- * If people evolved from apes, why are there still apes?
- * Why do people run over a string a dozen times with the vacuum cleaner, then reach down to pick it up and examine it, then put it back down to give the vacuum cleaner one more chance?
- * How do those dead bugs get into the enclosed light fixtures?
- * Why is it that whenever you attempt to catch something that's falling off the table, you always manage to knock something else over?
- * Why, in winter, do we try to keep the house as warm as it was in summer, when we complained about the heat?
- * Remember, a day without a smile is like a day without sunshine, and a day without sunshine is like...night.



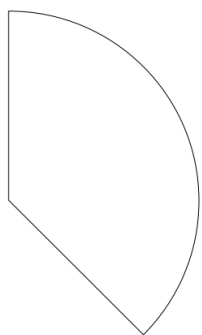
10/10 – Loren Kaiser
 10/10 – Don Rolle
 10/13 – Paul Berg
 10/18 – Kelly Ward
 10/26 – Janet Hart
 10/29 – Lisa Melville

Easy to Make Gnome Pumpkins



To make the gnome pumpkin, trace the gnome hat template on wool fabric (adjusting to needed size as necessary), and cut out. Use craft glue or iron-on fusible tape to glue the straight edges together. Fill hat with batting to help it stand upright. Set on the pumpkin. Attach a small wooden craft bead to a small pumpkin with hot glue to create a nose. Attach strands of yarn with hot glue around nose to create a beard; trim as necessary. This will make for a cheerful greeting for any guests you have this fall.

CountryLiving
 Gnome Hat Pattern



October 4th - National Cinnamon Bun Day



Quick Cinnamon Rolls Recipe

Ingredients:

4 TBSP butter, melted, divided

Dough:

2 cups all purpose flour, more as needed

2 TBSP white sugar

2 TSP baking powder

1 TSP salt

3 TBSP butter, softened

3/4 cup milk

1 egg

Filling:

1/2 cup white sugar

1/2 cup brown sugar

1 TBSP ground cinnamon

Cream Cheese Frosting:

1 cup confectioners sugar

4 ounces cream cheese, softened

1/4 cup butter, softened

1/2 TSP vanilla extract

Directions: Preheat oven to 400 degrees F. Brush a 9-inch square baking dish with 2 TBSP of the melted butter. To make the dough, whisk flour, sugar, baking powder, and salt into a large bowl. Work 3 TBSP softened butter into the mixture using your hands. Beat the milk and egg together in a separate bowl; pour into flour-butter mixture, and stir with a rubber spatula until a soft dough forms. Turn dough out onto a well-floured surface and roll dough into 1/4 inch thick rectangle. Brush surface with remainder of melted butter.

To make the filling, whisk the sugar, brown sugar, and cinnamon together in a small bowl. Sprinkle half of the sugar/cinnamon mix onto the bottom of the prepared baking dish. Sprinkle remaining cinnamon sugar over the butter-brushed dough. Roll the dough around the filling to form a log; cut log into 18 rolls and place rolls in the baking dish.

Bake in oven until rolls are set, about 20-25 minutes.

To make the frosting, beat confectioners sugar, cream cheese, vanilla, and softened butter in a bowl until frosting is smooth.

Top the hot cinnamon rolls with the cream cheese frosting.

Enjoy! Don't forget to lick your fingers!

My Life as a Rose

A Short Story by Lion Frank Meckler

My life began as a seed, like everything else. It could have been in a pot, garden, nursery, or possibly wild. My life began in a nursery. I received perfect care to help me in my growing process, to develop into a beautiful red rose. As I grew, a few leaves appeared, and as I aged I became a bush. Later on a 14" stem with a bulb grew out of my bush, and days later a red rosebud made its appearance. Soon my nursery person trimmed my bush and took all my siblings and myself to a florist. Some of us stayed together and were placed in a vase with other flowers and greens. Of course, my siblings made the bouquet very beautiful with some help of the other greenery. Someone placed a little note card next to me and took me for a ride to my new house. It was a surprise and the person receiving us started to tear up with happiness. Now I know why I was created! A few days went by and I started noticing that my siblings were taken away, one by one. Soon it was only me, and for some reason, I was flattened out in a book; why I do not know. Soon all the greens were taken away and the vase stood empty. My mission for my time is over. My bush will live on, however, and will make more red roses to carry on the tradition and to reveal their beauty to others.



You Can Help Improve Our Newsletter

By Lion Sec. Wendy Penhallegon

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

NEEDED: OLD 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 with their batteries and accessories, aluminum pull tabs from soda and food cans, old cell phones, and empty printer ink cartridges for recycling.



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.



EAR OF THE LION REPORT

September 2023

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

Two applications were handed out to potential new clients. Ten sets of hearing aids were donated to the facility for recycling and redistribution.





Senior Center Craft Fair

Just in time for the holidays!



November 16th, 2023

11:00am - 2:00pm

**540 Greenley Road
(209) 533-2622**



www.sierraseniorproviders.com

How to make the perfect BLT

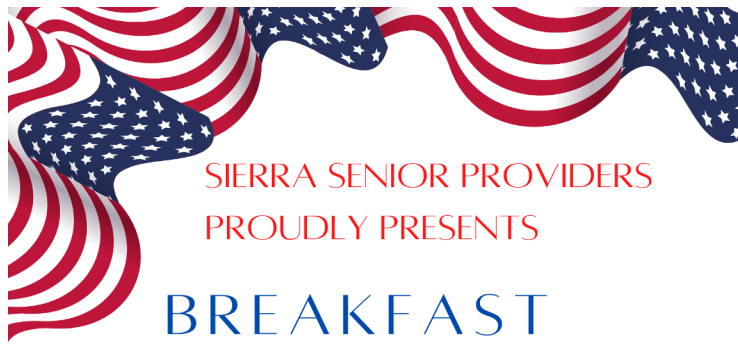


B- Bacon

L- Little more bacon

T- Top it off with more bacon





SIERRA SENIOR PROVIDERS
PROUDLY PRESENTS

BREAKFAST FOR VETERANS!

1ST THURSDAY EVERY MONTH

8:00–10:00 AM

(209) 533-2622

SIERRASENIORPROVIDERS.COM



Mother Lode String Quartet

On September 7th, the Mother Lode String Quartet graciously appeared at the Senior Center. Lion Gary Osias is one of the members of this ensemble. Those in attendance were delighted by their performance. Perhaps we can get the MLSQ to appear at one of our weekly meetings in the future...?!



The Breakfast For Veterans on Thursday, September 7th was very well attended. Lions PDG Tom and Wendy Penhallegon were present, along with about 30 other visitors. The food was great, as usual, and the camaraderie even better. The Sonora Lions Club provided 2 dozen donuts to share with everyone, but it was the rest of the food offered that stole the show. You have your choice of a fresh fruit mixture, scrambled eggs with or without cheese, sausage, ham, potatoes, quiche, French toast (with our without cinnamon), and biscuits and gravy. You are guaranteed to never leave feeling hungry. Valerie, from [Skyline Place Senior Living](#), was present and gave some very useful information on what an assisted living facility really is and how it works. She discussed certain benefits that might be available to Veterans, their spouses or surviving spouses, and how to contact them to find out about those benefits. Assisted living is not the same as a nursing home or rehab facility. You live independently in your own apartment, but can have some assistance with activities of daily living.



Even spontaneous dancing broke out to the music provided!



A sampling of the Veterans and their spouses who attended this month's Breakfast, including Sherry, from the Senior Center, who is also a Veteran!



Totally Useless Trivia

- * Catfish have well over 27,000 taste receptors.
- * It is thought that over 7,000 people die each year due to doctors' horrible handwriting.
- * The lowly potato has more chromosomes than you do!
- * Buttermilk does not contain any actual butter.
- * About 25% of your body's bones can be found in your feet.
- * Carrots were originally purple. They started mutating to orange around the 1800s.
- * If you have a wound, to help it heal faster, put some sugar on it. Just don't mix it with salt!
- * Hot water will actually freeze faster than cold water will.
- * Japan has more vending machines than people, around 23 per person in fact.
- * The "Guinness Book of World Records" is thought to be stolen more than any other book in the library.
- * All polar bears are left-handed.
- * A jellyfish is made of up to 95% water.
- * Ten percent of Russia's government income is from vodka.
- * The average bee has 5 different eyes—two where you'd normally find them, and three on top of its head.
- * If a mosquito lands on an elephant, the elephant will simply crush them with their skin folds (wrinkles).
- * It is thought that Mt. Everest was much taller than it is today. An earthquake brought it down in size.
- * The hair on intelligent people seems to have more zinc than most others.
- * It is thought that up to 50% of people on earth have never had to handle a telephone.
- * Chickens outnumber people around two to one.
- * It is thought that brain messages travel at 200 MPH, which is why you are able to make snap decisions.
- * All flies hum in the key of F, middle octave.
- * Brazil can't seem to settle on their official currency. They have changed their official currency at least eight times since the 1940s.
- * Some traditional jail keys could double as single-shot guns so the wardens could act in self-defense if the need arose.
- * Cows can walk upstairs, but not down.
- * It is thought that donkeys claim more lives each year than plane crashes.
- * It is impossible for a crocodile to stick out its tongue, making it possibly the least rude creature.
- * Cats can only move their jaws up and down.
- * It is possible for a hurricane to expend more energy in ten minutes than all the world's nuclear bombs can in one burst.
- * More people fear spiders than death itself.



AUTUMN WORDSEARCH PUZZLE

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

CANNING
CHILLI
COLD
CROPS
FALL
FARMING
FEAST

FROST
HALLOWEEN
HARVEST
NOVEMBER
OCTOBER
PUMPKIN
RAKE

SCHOOL
SEASON
SEPTEMBER
THANKSGIVING
TURKEY
WINDY



LEONS INTERNATIONAL
PEACE CONTESTS
LEONS INTERNATIONAL PEACE POSTER CONTEST
HOW TO JOIN BY OUR WEBSITE: WWW.LEONS-PEACE.COM
RETURN SERVICE REQUESTED

The Peace Poster Contest is coming up.
This year's theme is "Dare to Dream."
Check next month's issue to see the entries
for our club and our winner.

Word of the Month

Meet-Cute—noun | MEET-kyoot

Definition: *Meet-cute* is a term that refers to a cute, charming, or amusing first encounter between romantic partners. A meet-cute can be such an encounter as shown in a movie or television show, or one that happens in real life.

Used in a Sentence: The older couple loved sharing the story of their hilarious *meet-cute* from 30 years ago.



SECRETARY'S MONTHLY REPORT

September 2023

Submitted by: Lion Wendy Penhallegon, Secretary

• Total Membership from last report	43
• New Members.....	0
• Dropped Members	0
• Transferred Members.....	0
• Total Members At Close.....	43
• Service Hours	255/YTD 900
• Number of People Served	878//YTD 4,949
• Number of Lions Performing Service.....	98/YTD 318
• Number of Non-Lions Performing Service.....	6/YTD 25
• Number of Hearing Aids Dispensed	0/YTD 0
• Number of Eyeglasses Donated	0/YTD 1,068
• Pounds of Pull Tabs Donated	0/YTD 30.21
• Pounds of Plastics (Bags For Benches)	/YTD 213
• Number of Cell Phones donated	0/YTD 30
• Funds Raised	\$0/YTD \$0
• Funds Donated	\$2005/YTD \$7,375
• Total Activities	27/YTD 91

Lion Members September Community Service

SLC Community Outreach Program: Tom Penhallegon
SLC Elderly Persons Assistance Program: Wendy Penhallegon

Sonora Lions Park*: Bill Dunlavy, Paul Berg

SLC Food Pantry Program: Jan Newman, Tim Atchley

Highway Cleanup: Jan Newman

Veterans Breakfast at Senior Center*: Wendy & Tom Penhallegon

Read To Succeed Program*: Wendy Penhallegon

Friends of the Pet Food Club*: Jan Newman, Jill Schwab

Bags for Benches*: Lydia Osias, Jan Newman

Lobster Dinner Fundraiser*: Bob Bader, Tim Atchley, Frank Meckler, Lydia Osias, Jill Schwab

Eyeglass Collection*: Wendy & Tom Penhallegon

RMH Pull Tab Program*—Wendy Penhallegon

H.E.L.P.*: Dan Ward

* = Signature Program for the Sonora Lions Club



Committee Chairs for 2023-24

All Star Football: Paul Berg

Bags for Benches: Lydia Osias

Columbia College Scholarships: Wendy Penhallegon

Ear of the Lion: Tim Atchley

Eyeglass, Cell Phone, Ink Cartridge Collection: Tom & Wendy Penhallegon

Friends of the Pet Club: Jill Schwab

Highway 132 Cleanup: Jan Newman

Hospital Equipment Loan Program: Dan & Kelly Ward

Interfaith Info Booth: Jan Newman/Phil Baylis

Membership Committee: Jerri Regelin/Jill Schwab

Mother Lode Food Project: Jill Schwab

Peace Poster Contest: Bill Dunlavy, Jr.

Read to Succeed: Wendy Penhallegon

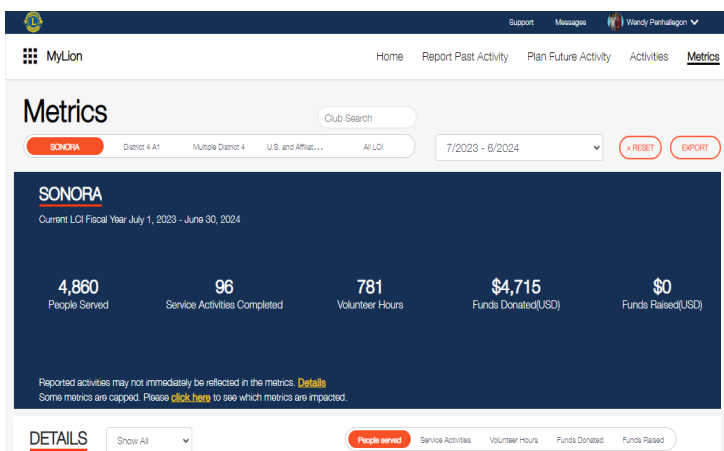
Rising Star Award: Lydia Osias

RMH Pull Tab Collection: Tom & Wendy Penhallegon

Student Speakers Contest (Club): Glenn Gottschall

Sunshine: Jill Schwab

Turkey Drive for ATCCA: Tom Penhallegon



The Symbol for Laundry



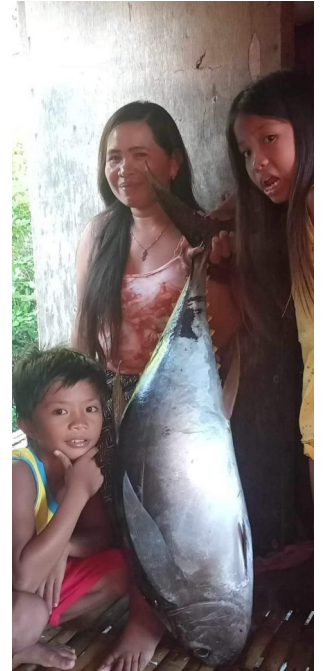
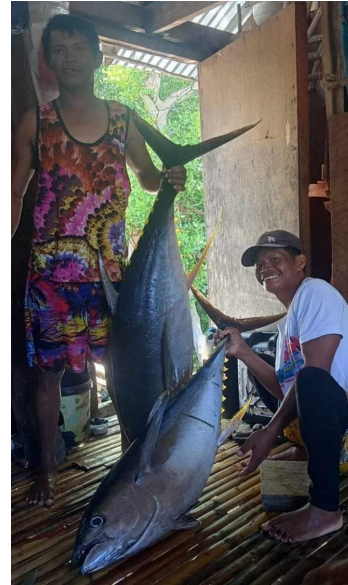


H.E.L.P. Report
Diann Kaiser Memorial
Hospital Equipment Loan
Program
September 2023
 Lion Dan Ward, Chair
sonoraministorage@yahoo.com

Item	Loaned	Value	In-Kind Value
Wheelchairs	15	\$50.00	\$750.00
Commodes	8	\$20.00	\$160.00
Bath Chairs	8	\$20.00	\$160.00
Shower Benches	7	\$20.00	\$140.00
Walkers	19	\$20.00	\$380.00
Walker w/seat	9	\$30.00	\$270.00
Canes	2	\$10.00	\$ 20.00
Crutches	4	\$10.00	\$ 40.00
Risers	5	\$10.00	\$ 50.00
Reachers	0	\$5.00	\$ 0.00
Sock Aide	0	\$5.00	\$ 0.00
Misc.	7	\$5.00	\$ 35.00

Total People Served	84
Total Contributions in Kind	\$2,005.00
Total Hours Contributed	21
Month	September 2023
Prepared By:	Dan Ward

If you remember, back at the end of Lion Pres. Tim Atchley's term, the club gifted him with a boat in his honor through the Seeds of Dignity Ministries. This boat was given to a family in the Philippines to use as their source of income. If the family can be a productive owner for four years, the boat then becomes theirs. Here is the boat, the family, and some of the tuna they've caught recently. It seems they're off to a fine start!



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@sonorallions.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

October 4: Regular membership meeting @12 noon, guest speaker TBA
October 6: Newt McKenna's Lobster Dinner Fundraiser, Elk's Lodge, 5:30—7:30 pm
October 11: Board of Directors meeting @10:30 am, followed by business meeting @12, no guest speaker
October 18: Regular membership meeting @12 noon, Nina Resnik, Rose Wolf Wildlife Rescue, guest speaker
October 21: Glenn Bass Run, Wildcat Ranch, 7 am
October 25: Regular membership meeting @12 noon, Patti Aguiar, Jamestown Family Resource Center, guest speaker
November 8: Board of Directors meeting @10:30 am, followed by a business meeting @12 pm, no guest speaker.
November 16: Sierra Senior Providers (Senior Center) Craft Fair, 11-2 pm. 540 Greenley Rd., Sonora.

District, Multi-District, and International Calendar of Events

October 1: Deadline for ordering Peace Poster Kits
October 7: Bingo, Chowchilla Lioness Lions
October 14: White Cane Day, Stockton San Joaquin Lions Club.
November 10-11: District Meeting, Mountain Region, location TBD



THIS IS YOUR NEWSLETTER!

Submitted by: Lion Sec. Wendy Penhallegon

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

Our next Board of Directors meeting will be at 10:30 am, Wednesday, October 11, 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

