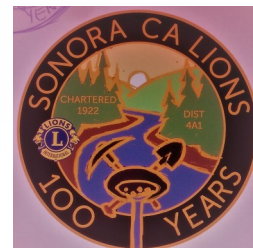




The Lion's Roar

Sonora Lions Club



PO Box 101, Standard, CA 95373

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

Volume C, No. 1

District 4-A1, Mountain Region, Zone 2
Website: www.SonoraLions.org
Lion Secretary Wendy Penhallegon, Editor, #9
"Sonora Lions, Serving the Mother Lode Since 1922"
"Liberty, Intelligence, Our Nation's Safety"

July 2022



WE MADE IT! WE ARE OFFICIALLY 100 YEARS OLD!

The Sonora Lions Club has had a long and industrious history in the Tuolumne County area. We were chartered officially on April 24, 1922 with the Stockton Host Lions Club being our sponsoring club. Our club charter was issued on November 4, 1922. A "Charter Night" was held on February 12, 1923 with the 43 original charter members. Through the last 100 years, around 900 men and women in Tuolumne County have been members of our club. We have contributed approximately 110-125,000 hours of community service to Tuolumne County as well as donating over \$900,000 to a variety of community activities. We have been involved in several huge projects over the last 100 years that have greatly benefitted Tuolumne County and its residents, as well as persons in other parts of the world. We could go on and on listing all of our achievements and activities, but time and space limits prevent this.

The 100th Anniversary Committee started its planning of this celebration well over a year ago, initially starting with just the basics: a venue, what date and time, etc. Over the last many months, the fine-tuning and details were all worked out to a very satisfactory conclusion. We held our 100th Anniversary Celebration on Saturday, May 14, 2022 at the Historic Sonora Opera Hall. We were visited by many of our current and former members, local politicians, businessmen, friends, and family from all over. Darrell Slocum, CEO of the Sonora Area Foundation, was our Master of Ceremony, and Past International President Joe Preston was our featured Keynote Speaker, having led our great organization during the years 2014-15. PIP Joe is from the Phoenix, AZ area and graciously joined us in helping us celebrate 100 years of Lionism. PDG Tom and Lion Wendy picked up him at the airport and were able to take him on a whirlwind tour of our beautiful countryside, including first a stop in Jamestown to visit the Historic Rocca Park Gazebo and Blacksmith Museum that our club proudly helped refurbish, rebuild, and recreate for Jamestown. Next, we went on to show off our Sonora Lions Park located next to the Historic Dome building and related the story behind "rediscovering" our park and some of the history behind it all. We were joined by Lion Jim Gormely for these visits, who was able to provide a lot of valuable information regarding both projects. The next morning, the Penhallegons, along with PIP Joe, ventured up to the Arnold area to join Lions Rod and Vaughn Smith for breakfast and then, along with several of their members, a tour of the Calaveras Big Trees State Park, and specifically the 3-Senses Trail, that the Arnold Lions Club was so heavily involved in restoring. Later that evening, the festivities for our 100th Anniversary Celebration began. We will now let the pictures talk for themselves.



Lion Wendy greeting
PIP Joe at airport



At the Blacksmith Museum



Lions Park visit



Big Trees National Park





Lion Wendy Penhallegon



Lion Joe Skaff



A small portion of our 100 years



Suzie Hammond & Lion Cat Reuter



Lions Kelly & Dan Ward



Lion Tim & Kathy Atchley



Lions Nick & Cat Reuter



Lion Joe & Terry Skaff



Lion Jerri Regelin



Lion Lydia and George Osias



Lion Sherry Pert-Burns



Some of our distinguished guests



Lion Jerry Jensen and Guest



Pres. Phil Baylis opening the ceremony



Lion Joe Skaff with opening Invocation



Boy Scouts performing the Flag Ceremony



Boy Scout Troop 500



Saying the Pledge of Allegiance



Devon—caterer



Darrell Slocum—our MC for the night



Recognition of the PDGs attending



PDG Kent Christensen introducing PIP Joe Preston



An overview of all our guests



Cathie Peacock from Interfaith



PIP Joe receiving a painting of Sonora's "Red Church"



Lion Tim Atchley displaying the Proclamation from the City of Sonora



PIP Joe Preston delivering an inspiring talk on Lionism



I'd say he likes it!

CLUB LUNCH MEETING

June 8th's meeting was opened in usual fashion by Pres. Phil, with the pledge, song, and a prayer. Lion Wendy introduced her two guests, Betsy Hurst-Younger and Alison Daniels to the group. The Lions Welcome song was sung for them. Birthday and Anniversary announcements were made, with Lion Jerri Regelin celebrating her birthday in a few days, and Lion Bob and his wife Garienne are celebrating their 64th anniversary! The very special Sonora Lions Club rendition of the Birthday Song was sung for her. VP Jill Schwab made an announcement that beginning July 7th, the Senior Center will be offering free coffee starting at 8 am for Veterans every first Thursday of each month. Since Pres. Phil didn't assign anyone the duty of Secret Lion, he paid a fine to the Tail Twister. Also fined today were Lions Nancy Rodgers and Charlene Dare for not wearing even so much as their club pin. However, it was very good to see Lion Charlene back with us today!

Happy Bucks—Lion Wendy had a very happy buck because she and Tom were able to limit out on catching fish while on vacation in Fort Bragg last week, with her catching a good sized Ling Cod (although Tom's was bigger), and 10 Rock Cod each. It was well worth the sunburn she got on her face~~Lions Bud and Jerri are going on a short trip tomorrow for Jerri's birthday~~Pres. Phil told a story of a class reunion and meeting up with old friends~~Lion Frank related (more of an outraged buck than a Happy Buck) about taking Naomi to lunch but the prices were incredibly outrageous~~Lion Ray Bailey found an old high school friend. In keeping with Tail Twister Ray's request that folks be encouraged to tell interesting short stories to the club for \$5, he told the story about "Bob and the Bear" while backpacking in the Sierras with his friend.



Raffles: Lion Tim won the cash raffle and Lion Charlene won the Fine-Free Critter, ensuring she has to come back next week.

Black Ball Draw: Lion Jan Newman won the chance to draw for the black ball, but only produced a white one. The pot will try to regrow since Pres. Phil won it 2 weeks ago.

Committee Reports: Lion Tom Penhallegon related that the Wheelbarrow Raffle netted the club \$3052.51 for its efforts and the two winners of the wheelbarrow offerings were John O'Malley (from Kamp's Propane) and Lion Susan Gall (their pictures are in last month's bulletin). Both have collected their winnings and were very pleased. Full report to be submitted shortly.



Lions Wendy & Tom & their fish

The date has been set for the club officer installation for Wednesday, June 29th, to take place at the Sierra Bible Church in the covered outdoor patio area beginning at 12 noon. Installing officer is Past District Governor Mike Retzlaff. Lion Tim will provide tri-tip and beans, and the members are to bring side dishes and desserts.

Guest Speakers:



Alison Daniels

Our Guest Speakers for today

were Betsy Hurst-Younger and Alison Daniels, and

were speaking about how Tuolumne County

was affected by all the regulations and

changes that occurred because of

Covid. Initially when the Covid restrictions were decided for the nation, it was felt that realtors were non-essential. That meant no open-houses and no in-person showings. They were not even allowed to hand out business cards, flyers, or maps. Betsy handed out eye-glass cleaning cloths to the club members that had her business information printed on it. Eventually, it was decided that homes and realtors were essential, so that opened the door for a little more business. Much of their business was performed online and virtually. Some homes were even sold via online walk-throughs. The home rentals in the area were deeply affected by the eviction moratorium where many folks took advantage of the situation and stopped paying rent altogether. The plan of the moratorium was to ease the pain of making monthly payments (in case you lost your job or had some other financial disaster) and then make up the difference after things went back to normal. However, 100% of those who took advantage of this program did not bother to repay the debt and were eventually evicted. Because of the legislation passed, there was virtually nothing there to protect the property owners and they had very little recourse to recoup their losses. According the Board of Realtors, our state is expected by 2024 to be comprised of 65% rentals as opposed to home ownership. All in all, it is felt that there needs to be less legislation and more autonomy with regards to realty so they can have better flexibility and make things streamlined for all involved.



Betsy Hurst-Younger and Pres. Phil

When the meeting adjourned, Lion Jerri's birthday cake was enjoyed by all.



MORE LUNCH MEETINGS

The June 15th meeting opened in usual fashion with pledge, song, and prayer. Our Guest Speaker, Mark Nouillan from Cancer BRAVEHEARTS, was introduced and the Welcome Song was sung. Pres. Phil announced Lion Cecil and his wife Fran's anniversary coming up on June 22nd. Lion Bob was fined for not remembering correctly how many years he and Garienne were together last week.

Our newest member, a transfer from Castro Valley Lioness Club in San Lorenzo, Lion Lydia Osias was presented with her new club vest and club name badge. She and her husband moved up here a couple of years ago when they retired. She is a clay artist and gives lessons in her home.



Lion Phil was fined because his phone went off right after starting the meeting. He was also fined because he neglected to introduce the other visitors we had joining us today, namely Bill Dunlavy, Jr., Dean and Daniel Berg (Lion Paul's sons). Lion Jill reminded us of the importance of notifying her (or whoever takes over the responsibility) if you are planning to attend the meeting and if you want a meal served by the Senior Center. Communication is vital! **Happy Bucks**—Lion Jerri had a very enjoyable birthday trip where she spent time and partied with her friends ~ Lion Tim was happy because the SF Giants have won 5 in a row, including beating LA! ~ PDG Tom brought in some rock cod fish for auction from our very successful fishing trip on his birthday...it was won by Lion Lydia for \$15! ~ Lion Frank had a sad buck because his son had to put down his horse. It was the same horse his granddaughter used while running for Motherlode Roundup Rodeo Queen. ~ Lion Ray had a sad/happy buck because his

wife had major surgery but is now home recuperating nicely.

Announcements: Saturday, August 20th is set for our annual Omelet Breakfast Fundraiser to be held at the Senior Center main dining room, 8-11 am. There is a correction from the Board of Directors minutes in that the Garage Sale is slated for Saturday, September 10th, not October 10th. The Lobster Dinner Fundraiser will be held Friday, October 7th, at the Elks Lodge.

Raffles: The cash raffle was won by Lion Paul Berg. The Fine-Free Critter was won by PDG Tom Penhallegon.

Guest Speaker: Mark Nouillan, from Cancer BRAVEHEARTS, was our speaker for today. He is originally from Scotland and talked a bit about his love for this area and how he came to arrive here in the Motherlode. Scotland is the home of golf and whiskey. He says if you know golf, you know why they invented whiskey. Did you know there are 18 gm of whiskey in each bottle? There are also 18 holes in a game of golf. Coincidence?

Mark has fallen prey to the awful scourge of cancer 3 times in his lifetime, each time overcoming it while maintaining a positive attitude. When he had his breast cancer, he wrote his book Cancer BRAVEHEARTS. It is meant for those who have just been told those words...You have Cancer. His goal with the Cancer BRAVEHEARTS is to make a safe and comfortable environment for cancer patients. They want to offer protection and safety, providing seminars and talks, and meeting with others like themselves so they know they are not alone in this struggle. The CBCS is available to all who are needing it. They are trying to find a venue where people can meet several times a week and have a center where people can come on a residential or nonresidential basis. They do not offer any kind of medical advice whatsoever. They are your psychological warriors.

Continued on next page...

SERVICE FROM THE HEART—A message from IP Douglas X. Alexander

Dear Lions,

Service is more than something we do. It's who we are. And this year, I have been astounded by the service and the heart you have given to your communities. Through the countless challenges we have faced, you have brought the triumph of hope to millions in need.

I am so proud to have been a part of this extraordinary year of courage, kindness and generosity. Our service has reached beyond borders and touched the world. As we move forward, I want you to remember the unlimited possibilities that come from serving from the heart.

Thank you for being the steadfast heartbeat of this great association, and the goodness that sustains our world. It has been my greatest joy and the honor of my life to serve you.

Yours in service,

Douglas X. Alexander



Continued from page 4...

The Cancer BRAVEHEARTS desire to be the safety net for people in the community when they need one and aim to create a compelling future for those people. If you hear the words "You've got cancer," they are going to be there. Currently they are working with



Clarke Broadcasting to make this happen and are hoping to enlist the aid of others in the community. At the end of his talk, Mark was asked what his golf

handicap was. He said, when he played, it was 3!



Black Marble Raffle—The winner of the Black marble draw was Lion Paul (again!). He let his son draw from the bag, but he only found a white marble.

BOLO! (Be on the lookout!)

Our old Lion Fine-Free Critter is still missing. If anyone has seen or knows the whereabouts of our Lion critter, please let any one of our members know. We want to welcome it back into our pride!



Meals on Wheels Friends of the Pet Club—June Report

Thanks to 23 pet food supporters we received over \$420 in donations to carry us on until the end of this calendar year. They are Lions all: Jan Newman, Bud & Jerri Regelin, Ray Bailey, Frank Meckler, Loren & Lorie Kaiser, Bob Bader, Tom & Wendy Penhalegon, Jerry Jensen, Cecil Steen, Ron Ramos, Janet Hart, Bill Coffill, John & Ruth Moyer, Kailen Hill, Lydia Osias, Dan & Kelly Ward, and two non-members Ellie Duste and Sandy Johnson.

Lions Nick and Cat Reuter are moving out of the area and Lion Jill Schwab will chair the project until we find another volunteer. Lions will certainly miss Nick and Cat as we wish them a Happy Adventure as they drive toward their future. We thank them for all of their support to our Lions Club.

Lion Jill will be asking fellow Lions to volunteer their support to keep this project going forward. She has some great thoughts that makes the project easier and more fun to manage.

The Pet Food Program was designed to stand on its own paws; not to take funds out of the general account but to ask pet lovers to donate as needed to keep it afloat.

The Senior Center has reopened and trying to be somewhat normal again. However, inflation is affecting their costs with high gas prices, etc., as well as seniors on fixed incomes who are just trying to keep up. Those of us who have pets know how much they help us feel better when we are in need of a special kind of love. So let's get our Lions Pride to roar their power in helping our seniors with their pets' needs!

Submitted by Lion Frank Meckler



Sunshine Report

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

Lion "Crazy Bill" Simpson was in the hospital for 5 days. He had a stent placed and there is a problem with his kidney. He is home now and has a new phone number. Check the new club roster for the number. John Moyer's cancer has spread to his lungs and Ruth Moyer is still struggling with her heart problems. Please keep them all in your thoughts and prayers.

Submitted by Lion Jerri Regelin, Sunshine Chairperson

EAR OF THE LION REPORT June 2022

*Submitted by: Lion Tim Atchley, Chair
timothy_atchley@comcast.net*



There were no hearing aids provided this month or new applications.



Do you have old eyeglasses lying around the house? Why not donate them to your local Lions Club? We refurbish prescription and nonprescription glasses and provide them to less fortunate people who cannot afford them or do not have access to good health care.

MOTHER LODE FOOD PROGRAM



This month the Sonora Lions Club collected four (4) bags full of nonperishables for the Mother Lode Food Program (Green Bag Day). The next Green Bag Day will be mid August.

Look at our club roster and pick out one Lion you have not heard from in a while. Call them and ask how they are doing. Tell them you miss them and invite them to the next meeting or service project. Tell them how much our club needs their help and involvement. We need you all back in the Pride! We can't do it without YOU!



News from the Sierra Senior Providers

The Senior Center received a check for the Meals on Wheels program from Subaru of Sonora upon their re-opening the Senior Center. During Subaru's special "Share the Love" event, the dealership allowed \$250 for every Subaru sold to go to the Sierra Senior Providers Meals on Wheels program. The Senior Center received a check for \$10,056 at the grand-reopening in May!

Volunteers are needed to help out at the Senior Center. They need help in kitchen prep, thrift store, lunch servers, and at the front desk. Please stop by or call for an application. (209-533-2622, 540 Greenley Rd, Sonora).

Did you know that See's Candies are available all year long at the Senior Center! Yum!



Please also see their flyers on Page 9 of this newsletter regarding their new Veterans offer and July's lunch menu.



If you want happiness...

For an hour - take a nap.
For a day - go fishing.
For a month - get married.
For a year - inherit a fortune.
For a lifetime - help somebody else.

Chinese Proverb

WEEKLY CLUB MEETING

Our Guest Speaker for June 22nd was Jim Garcia, who was introduced and the Welcome Song was sung for him. It was good to see Lions Janet Hart and Ron Ramos here again today. **Birthdays/Anniversaries:** As mentioned last week, Lion Cecil and Fran are having an anniversary, and since Lion Ron will not be here next week, we sang him our special version of the Happy Birthday song. The Secret Lion for the day advised us that only Lion John Nolen didn't shake his hand. However, since John was acting Tail Twister of the day, he didn't have to pay the fine. **Happy Bucks:** Lion John's wife is having surgery next week so would like everyone to keep her in their prayers and thoughts~Lion Wendy had a Sad Buck. She just found out that morning that former Lion Bob Schuman had passed away back in November and his wife Dagmar has since moved to Idaho~Lion John also brought a cheesecake to share with everyone as he thought today was the officer installation and potluck.



Cash Raffle: Lion Janet Hart won the cash raffle and Lion Phil won the Fine-Free Critter.

Committee Reports: The Garage Sale is set for Saturday, September 10th, at Lion Jill's home. The Omelet Breakfast has been set for Saturday, August 20th at the Senior Center. **Black Ball Draw:** Lion Frank won the chance to go for the Black marble, but was only able to find a white ball. The pot continues to grow. There was a special Board Meeting after the regular meeting to discuss membership.

Guest Speaker: Jim Garcia, from Waste Management, was here to speak about proper recycling methods and to give us the ins and outs of proper recycling. He has been with Waste Management for 9 years. He reports that contamination is a huge problem and that is why it is important to rinse all cans, bottles, and jars. Make sure when you bring in your recyclables for cash that the CRV is visible. If you peel off the labels or crush your cans, it is not visible and they cannot accept them. Some folks aren't aware of why paper towels are not recyclable, and that is because there may be food waste or chemicals on it, so they are unacceptable. They cannot take in more than 100 pounds of certain items like aluminum. They do take hazardous waste at Cal Sierra. There are certain restrictions though. Call if you are uncertain. Please do NOT dispose of batteries in the garbage! They are able to accept fluorescent tubes, up



Continued...

to 30 at a time. If the tube is broken, however, it is considered just trash, not hazardous waste. The more you segregate your stuff and declare it, the easier it is for everyone involved in recycling. About 2 two tons annually get rejected and end up in the landfills. Pressure-treated lumber is considered hazardous in California. It has to be separated from everything else and kept for 3 years. Then it goes directly to Merced and into the landfill eventually. Cal Sierra still has their major appliance and voucher program. Call the office for details. See the flyers below for more recycling details.



Pres. Phil handing Jim Garcia our Sonora Lions Tote Bag, newsletter, and our pen.

Recycling in Tuolumne County	
YES	NO
Containers: Aluminum - Cans Aluminum - Foil & Trays (clean) Glass - Bottles & Jars Plastic - Bottles & Jars Plastic - Any CRV #1 thru #7 (California Redemption Value) Steel & Tin Cans <small>(empty and rinse all bottles and jars)</small>	Carbon Paper Ceramic Dishes or Cups Coat Hangers Coffee Cups Cooking Oil Garbage Hazardous Waste <small>(e.g., oil, pesticides or cleaners)</small> Juice Boxes Light Bulbs or Light Tubes Liquids Mirrors Motor Oil Paper Towels Photographs Plastic Bags Plastic Tubs Polystyrene (Styrofoam) Shredded Paper Tissue Paper / Napkins Tyvek "Non-tearable" envelopes (USPS, FedEx, etc) Vellum / Blueprints Waxed Cardboard Window Glass Wrapping Paper Yard Waste
Paper: Cardboard (flatten boxes) Chipboard (food, cracker & cereal boxes, tissue rolls) Computer Paper Egg Cartons (cardboard only) Envelopes (windows OK) Glossy Paper Junk Mail Magazines Newspaper & Inserts Paperback Books Telephone Books	

Commingled Recyclables

Aluminum Cans Paper, Paper, Paper (white, colored and junk mail) NO SHRED	Magazines and Telephone Books
Plastic - #1 and #2 bottles, jugs and jars - All CA Redemption Value (CRV) (please remove caps)	Tin Cans
Newspaper	Glass Bottles and Jars (clear and colored)

PLEASE RINSE ALL CANS, BOTTLES & JARS



OFFICER INSTALLATION DAY

Past District Governor Mike Retzlaff joined us today to do the honors of installing our new club officers for the year 2022-23. Our new President Tim Atchley provided the tri-tip and beans, which were accompanied by an assortment of side dishes and desserts, all of which were delicious!

The 2021-22 President Recognition Awards were as follows (Lions all):

- ◆ President's Appreciation for Jerri Regelin
- ◆ Treasurer's Award for Judy Meeks
- ◆ President's Appreciation for Jill Schwab
- ◆ President's Appreciation for Ray Bailey
- ◆ President's Appreciation for Dan & Kelly Ward
- ◆ President's Appreciation for Irene Wetzel
- ◆ Lion of the Year Award for Janet Newman

Our new member, Bill Dunlavy, Jr., was inducted today by PDG Mike Retzlaff.

CONGRATULATIONS to all for the great year of Lionism! Your efforts and hard work are what make this club a Great one!

This year's Club Officers and Board of Directors are (Lions all):

- ◇ President—Tim Atchley
 - ◇ 1st VP—Jerry Jensen
 - ◇ 2nd VP—Jill Schwab
 - ◇ Secretary—Wendy Penhallegon
 - ◇ Treasurer—Judy Meeks
 - ◇ LCIF Coordinator—Bob Bader
 - ◇ Membership Chairs—Jerri Regelin/Jill Schwab
 - ◇ Marketing/Publicity—Jim Gormely
 - ◇ Tail Twister—Ray Bailey
 - ◇ Lion Tamer—Bud Regelin
 - ◇ Webmaster/Newsletter Editor—Wendy Penhallegon
 - ◇ Immediate Past President—Phil Baylis
 - ◇ Chaplains—Joe Skaff/Phil Baylis
 - ◇ 2-Year Director—Cecil Steen
 - ◇ 2-Year Director—Kailen Hill
 - ◇ 1-Year Director—Jan Newman
 - ◇ 1-Year Director—Frank Meckler
- Please see page 10 for pictures.



Senior Center menu for July 2022

July 2022

SUGGESTED CONTRIBUTION: Congregate: \$4.50 (Under 60 Cost: \$5.00). Meals on Wheels: \$4.50
No eligible individual shall be denied participation due to inability to contribute. Menu subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Congregate Dining Senior Center: Monday-Friday Noon until 1:00 pm Call 533-2622 for reservations. Groveland (The Little House): Thursday's Noon until 1:00pm Call 962-7303 for reservation.	Whole Wheat (WW) Bread, Margarine, and Low Fat (1%) Milk (Vitamin A) will be offered with all meals. Nonfat chocolate milk is available at drive-thru sites only. Meals are low in sodium unless marked with high-sodium icon:	<i>Helle Summer</i>		1 Beef Skillet with Rice Caribbean Blend Veggies Green Peas Banana
CLOSED 4th of JULY 	4 Beef Burgers on Whole Wheat Bun Sweet Potato Fries Salad w/ Tomato & Carrots Orange Wedges	5 Chicken Fajitas on Whole Wheat Tortilla Capri Blend Veggies Pacific Blend Veggies Pineapple	6 Fish Sticks w/ Tartar Sauce Roasted Potatoes Green Peas & Carrots Apple Groveland Cupcake	7 Diestel Turkey Pot Pie California Blend Veggies Brussels Sprouts Peaches Birthday Cupcake
11 Diestel Teriyaki Turkey Meatballs Egg Noodles California Blend Veggies Asian Blend Veggies Tropical Fruit	12 Veggie Pizza w/ Meatless Crumbles & Mushrooms French Green Beans Cauliflower Apricots	13 Beef & Bean Chili Five-Way Veggie Blend Coleslaw Cornbread Grapes	14 Chicken Salad Sandwich on Whole Wheat Bread Black Bean & Corn Salad Cucumber Slices Banana	15 Sweet & Sour Pork Brown Rice Baby Carrots Green & Red Cabbage Pears
18 Beef Stroganoff Mushroom Gravy Egg Noodles Caribbean Blend Veggies Green Peas Banana	19 Herb Chicken Thigh Roasted Potatoes California Veggies Apple	20 BBQ Pork Sandwich on Whole Wheat Bun Spring Salad with Tomatoes & Carrots Green Beans Tropical Fruit	21 Egg Bake w/ Sundried Tomatoes Capri Blend Veggies Corn Mandarin Oranges Blueberry Wheat Muffins	22 Diestel Turkey Bean Burrito on a Whole Wheat Tortilla Super Greens Salad with Tomatoes & Carrots Fajita Blend Veggies Grapes
25 Pesto Chicken Cavatappi Pasta Cauliflower Baby Carrots Apple	26 Spaghetti w/ Meat Sauce Italian Blend Veggies Broccoli Banana	27 Baked Fish with Lemon Brown Rice Pilaf Capri Blend Veggies Yellow & Green Squash Peaches	28 Diestel Turkey Tetrazzini Scandinavian Blend Veggies California Blend Veggies Orange Wedges	29 Meatless Veggie Nuggets Baked Potato Fries Super Greens Salad with Tomatoes & Carrots Blueberries

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

July Trivia

On July 5, 1946, the first bikini was unveiled in Paris ~ July is National Hot Dog Month, National Ice Cream Month, and National Watermelon Month ~ Corn crops are supposed to be "knee high" by the 4th of July, if you're doing everything correctly ~ The birthstone of July is the Ruby, considered to be the "King of gems" ~ On July 20, 1969, Neil Armstrong took man's first step on the moon ~ On July 16, 1945, the first atomic bomb was detonated. The bomb was called Fat Boy ~ Lady Liberty's full name is "Liberty Enlightening the World."

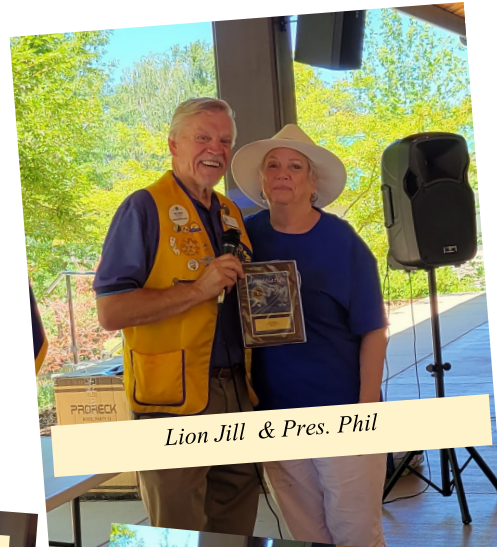
MORE CELEBRATING!



Lion Jerri & Pres. Phil



Lion Ray & Pres. Phil



Lion Jill & Pres. Phil



Lions Kelly & Dan, Pres. Phil



Lion Judy & Pres. Phil



Lion Wendy & PDG Mike Retzlaff



PDG Mike & Lion Tim



PDG Mike Retzlaff with New Pres. Tim, receiving our new 100th Anniversary Pin



PDG Mike Retzlaff inducting new member Bill Dunlavy, Jr., with sponsor Lion Jerri



Lion Jan & Pres. Phil
LION OF THE YEAR AWARD!
That's two (2!) years in a row!



2022-23 Officers and BOD

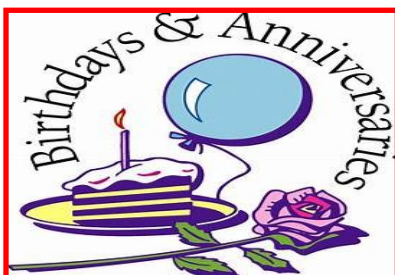


Sonora Lions Club
Serving the Mother Lode
Since 1922

**101st Installation of Officers
2022-2023**

Wednesday, June 29, 2022
Sierra Bible Church
15171 Tuolumne Rd., Sonora
12:00 noon

Chartered April 24, 1922
Sponsored by the Stockton Host Lions Club



7/8 – Ray & Norene Bailey - Anniv.
 6/13 – Walt Barclay
 7/16 – Bob Bader
 7/16 – Doug Fleming
 7/17 – Glenn Gottschall
 7/25 – Jill Schwab
 7/25 – Joe & Terry Skaff – Anniv.
 7/30 – Lisa and Larry Melville Anniv.



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

June 2022
 Lion Dan Ward, Chair
sonoraministorage@yahoo.com

Item	Loaned	Value	Total
Wheelchairs	20	\$50.00	\$1,000.00
Commodos	20	\$20.00	\$400.00
Bath Chairs	10	\$20.00	\$200.00
Shower Benches	11	\$20.00	\$220.00
Walkers	29	\$20.00	\$580.00
Walker w/seat	11	\$30.00	\$330.00
Canes	5	\$10.00	\$ 50.00
Crutches	4	\$10.00	\$ 40.00
Risers	2	\$10.00	\$ 20.00
Reachers	0	\$5.00	\$ 00.00
Sock Aide	0	\$5.00	\$ 00.00
Misc.	15	\$5.00	\$ 75.00

Total Pieces Loaned	127
Total Contributions in Kind	\$2,915.00
Total Hours Contributed	31.75
Month	June 2022
Prepared By:	Dan Ward



SECRETARY'S MONTHLY REPORT

June 2022

Submitted by *Lion Bob Bader, Secretary*

COMMUNITY SERVICE

Food Bank/Church Food Distribution—Lions Jim Gormely, Janet Newman, and Tim Atchley

Aid to Seniors—Lions John Nolen and Wendy Penhallegon

Blood Donation—Lion Jim Gormely

Pet Food Program—Lions Frank Meckler, Jill Schwab, and PDG Tom Penhallegon

Father's Day Fly-in—Lion Phil Baylis

Meals on Wheels—Lion Frank Meckler

MEMBERSHIP

Losses—Lions Ruth & John Moyer, Nancy Rodgers, Ken Hammond, Walt Barclay, Clay Maddox, & Sharlene Winn Reed

New Members/Transfers—Bill Dunlavy, Jr. and Lydia Osias

YEAR-TO-DATE TOTALS

June 2021-June 2022

People served: 12,111; Service Activities: 187; Volunteer hours: 3,248; Funds Donated: \$42,960; Funds Raised: 21,569



CLUB OFFICERS & BOARD OF DIRECTORS 2022-23

President.....Tim Atchley
tim.atchley52@gmail.com
(209) 985-3837

1st Vice PresidentJerry Jensen
jerjenrpf@gmail.com
(209) 928-1278

2nd Vice PresidentJill Schwab
justjillleo@hotmail.com
(650) 787-7022

SecretaryWendy Penhallegon
wenpen@sonoralions.org
(209) 406-5015

TreasurerJudy Meeks
sonorajudy@yahoo.com
(209) 532-5858

Membership ChairJerri Regelin
littlebluehse@gmail.com
(209) 532-7828

LCIF CoordinatorBob Bader
garibob@mldoe.com
(209) 532-0648

Marketing/PublicityJim Gormely
jimfgormely@gmail.com
(209) 532-6515

One-Year Director.....Jan Newman
newmanjanet2016@gmail.com
(209) 852-2139

One-Year Director.....Frank Meckler
mecklernami@gmail.com
(209) 213-8929

Two-Year DirectorKailen Hill
KBOBSS396@yahoo.com
(209) 890-9179

Two-Year DirectorCecil Steen
ccsteen8322@gmail.com
(209) 735-0380

Club Chaplain.....Joe Skaff/Phil Baylis
jskaff@yahoo.com, (209) 288-2411
p_baylis@yahoo.com, (510) 552-7596

Tail Twister.....Ray Bailey
Bailey-r@sbcglobal.net
(209) 532-0444

Lion TamerBud Regelin
budnbt@prodigy.net
(209) 532-7828

Immediate Past President Phil Baylis
p_baylis@yahoo.com
(510) 552-7596

Webmaster/Newsletter Editor.....Wendy Penhallegon
wenpen@sonoralions.org
(209) 406-5015

"We Serve"

Sonora Lions Club Calendar of Events

July 4—Independence Day!
July 6—Noon Meeting, Senior Center, Guest speaker TBA
July 13—Noon Meeting, Senior Center, Guest speaker TBA, Board meeting to follow
July 20—Noon Meeting, Senior Center, Guest speaker TBA
July 27—Noon Meeting, Senior Center, Guest speaker TBA
Aug 20—Omelet Breakfast Fundraiser, Senior Center, 8-11 am
Sept 10—Lions Yard Sale, Lion Jill's Home, 8-4 pm
Oct 7—Lobster Dinner Fundraiser, Elks Lodge, 5-7:30 pm

District, Multi-District, and International Calendar of Events

July 3: Fireworks – Jackson Lions Club
July 4: Bratwurst Fundraiser @ 4th July Parade- Moke Hill Lions
August 13: District Meeting Stanislaus, Turlock Salvation Army
(finish the awards and recognition from Convention 2022)
October 1: Deadline for ordering Peace Poster/Essay Contest Kits from Lions International's Store
October 1: Relay for Life of Linden
October 8-9: Relay For Life of greater Stanislaus County—Modesto
October 22: Relay For Life of Tracy—Mountain House
November 15: Peace Poster & Essay Contest deadline
November 18-19: District Meeting, San Joaquin Region
March 4, 2023: District Meeting, Yosemite Region, Merced
April 20-23, 2023: District Convention, Black Oak Casino Resort RV and Hotel

Our next Board of Directors' meeting will be
Wednesday, July 13, 2022, immediately
following the regular weekly meeting starting around
1 pm at the Senior Center.

ALL ARE WELCOME TO ATTEND!

Leadership
is not wielding
authority – it is
empowering
people.



District Governor Doug Campbell
2022-23
District 4-A1

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

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

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

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