



# HILLBILLY EXPRESS

LION SUSIE TRUNDY, EDITOR

JANUARY 2012 PUBLICATION

FOOTHILL LIONS CLUB

# 2012

## Happy New Year !

Grant that I may bring no tear to any eye  
When this New Year in time shall end  
Let it be said I've played the friend,  
Have lived and loved and labored here,  
And made of it a happy year.

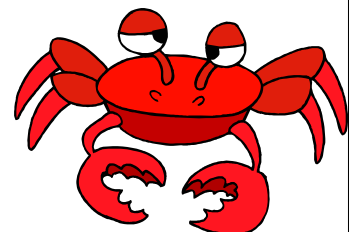
~Edgar Guest

Meetings—7:00 pm on  
the 1st & 3rd Thurs of  
Every Month

Foothill Lions  
Community Center,  
5667 Fruitland Rd,  
Loma Rica, Ca 95901  
(530) 742-LION

District 4-C1, So Butte  
Region, North Zone

**DON'T FORGET OUR UPCOMING CRAB (AND SHRIMP) FEEDS IN FEBRUARY AND MARCH. THESE ARE ONE OF OUR BIGGEST FUND RAISERS IN THE WAY OF REVENUE FOR THE CLUB. ANY SUPPORT YOU CAN GIVE IS ALWAYS GREATLY APPRECIATED. BE SAVING YOUR RAFFLE PRIZES, PLAN ON EATING TO ENJOY THE GREAT FOOD (TICKETS ON SALE IN THE BAR), OR WORKING IN THE KITCHEN. SEE LION ROBERTA FOR SCHEDULE.**



## General Meeting Minutes (December 1, 2011)

Meeting called to order by Lion President Sheri Vess @ 7:03 pm, flag salute led by Lion Gary Simkins, song led by Lion Joni Patterson and prayer by Lion Sherry Burshik. We had 39 Lion members and 10 guests present.

Dinner served, thank you to Lioness for Ham & Lions for pot luck dishes.

**MSP to accept the Treasurer's report as read in the bulletin.**

**MSP to accept the Secretary's minutes as read in the bulletin.**

Lion Mike Fortwengler was our guest speaker for the Cancer Society. Lions light candles for loved ones who are battling cancer or lost their life to cancer.



Lion Jeff Trundy will cook spaghetti for the birthday dinner on 12/23 @ 7 pm.

Lion Susie Trudy is collecting blankets, sleeping bags, etc. for the homeless. We need these items by the 12/15 meeting.

I PDG Paul Halcomb reminded everyone the District Cabinet meeting will be December 3<sup>rd</sup> & 4<sup>th</sup> at our club.

Lion Peggy Myers reported on the Christmas baskets. So far we have 8 families.

Lion Debbie S. reminded everyone to bring their present for the Spring Valley kids to the 12/15 meeting and the party will be on 12/16 @ 10:30 am.

Lion Colleen Kelly reported on the New Years Dance. Decorate 12/30 @ 6 pm. She needs volunteers to help paint the signs.

**Lion Gertie Moore reported that the men's toilet is leaking from the seal.** I PDG Paul to check it out.

50/50 = \$42.00

MSP to adjourn meeting. Meeting adjourned at 8:28 pm.

Minutes submitted by Lion Secretary Debbie Sparks



## General Meeting Minutes (December 15, 2011)

Meeting called to order by Lion President Sheri Vess @ 7:05 pm, flag salute led by Lion Kenn Vess, song led by Lion Joni Patterson and prayer by Lion Roberta Halcomb. We had 34 Lion members and 6 guests present.

Dinner served, thank you to Lion Linda Saala for cooking the Ham & Lions for pot luck dishes.

Lion Susie Trudy has a truck load of items for the homeless and they will be delivered tomorrow. She thanked everyone who donated.

Lion Susie announced we received another \$500.00 grant from the Oroville Wal-Mart for our new playground equipment.

Lion Peggy Myers reported on the Christmas baskets. We will put them together on 12/19 @ 9 am and the families will pick them up @ 6 pm.



(Minutes continued on next page)

(December 15 Minutes Continued)

Lion Colleen Kelly reported on the New Years Dance. Decorate 12/30 @ 6 pm. The signs are done and up. She passed around a sign up sheet for finger food to bring.

President Sheri presented Lion Debi Sherry with a membership key from Lions International for bringing in two members. Santa arrived and we exchanged gifts. 50/50 = \$43.00

MSP to adjourn meeting. Meeting adjourned at 8:10 pm.

Minutes submitted by Lion Secretary Debbie Sparks



Board Meeting Minutes (December 22, 2011)

Meeting called to order by Lion President Sheri Vess @ 6:04 pm. Fourteen board members present.

**Treasurer's report read. Administrative account \$4,023.04 and the community account \$2,600.50. MSP to accept the Treasurer's report.**

The lights are out on the marquee. Lion Elden Metzner checked the electrical and he can fix it along with the light on the flag. MSP to spend \$300.00 to \$400.00 to fix it.

MSP to buy the BAFB Color Guards and Lions a pizza lunch on Flag Day.

MSP to give the Grange free hall rental with a \$300.00 refundable deposit for their Chuck Wagon fundraiser dinner on 4/14.

The board reviewed the application for membership for Lissa Brown sponsored by Lion Debbie Burlingame. MSP to accept Lissa into our club.

**Lion Erma's family donated \$120.00 to our club in her honor. MSP to put that money toward replacing the tree plaques.**

Lion Sheri read several thank you notes from different organizations that we donated money to.

MSP to adjourn meeting. Meeting adjourned @ 6:40 pm.

Minutes submitted by Lion Secretary Debbie Sparks

### ALL MEMBERS PLEASE READ THE FOLLOWING

The following is an amendment to our current By-Laws regarding **"New Member" criteria:**

**"If approved by a majority of said board, the prospect and his or her sponsor will be invited to attend a board meeting to be introduced. The prospective member will be provided with a basic outline of what being a Lion member means and discuss why the prospective member is interested in being a Lion. The prospective member will attend two (2) regular meetings within a twelve (12) month period of time and watch the new member orientation video prior to being inducted as a member of this club."**

This amendment will be voted upon by the general membership at the January 19th meeting.

A REQUEST HAS BEEN MADE TO POST THE BOARD OF DIRECTOR'S (OFFICERS) DUTIES AND DUE TO THE LENGTH I WILL LIST 1/2 IN JANUARY AND THE OTHER 1/2 IN THE FEBRUARY BULLETINS.

NOMINATIONS WILL BE HELD IN MARCH 2012 SO BE CONSIDERING IF YOU WOULD LIKE TO RUN FOR AN OFFICE OR NOMINATE A QUALIFIED CANDIDATE, ELECTIONS WILL BE HELD IN APRIL 2012 FOR THE UPCOMING FISCAL YEAR JULY 2012 THRU JUNE 2013.

PRESIDENT: He/She is the chief executive officer of the club who presides at all meetings of the Board of Directors and the Club. The president issues the call for regular meetings and special meetings of the Board of Directors and the Club, and appoints the standing and special committees of the club while cooperating with chairpersons to ensure regular functioning and reporting of such committees. He/She sees that officers are elected as provided for by the constitution and by-laws, and **operates as an active member of the district governor's advisory committee of the zone in which this club is located.**

IMMEDIATE PAST PRESIDENT: He/She and the other past presidents officially greet members and their guests at club meetings and represent the club in welcoming all new service-minded people in the community served by the club.

VICE PRESIDENTS: If the president is unable to perform the duties of his/her office for any reason, the vice president next in rank shall occupy his/her position and perform his/her duties with the same authority as the president. Each vice president shall, under the direction of the president, oversee the functioning of such committees of the club as the president designates.

SECRETARY: He/she is under the supervision and direction of the president and the Board of Directors, and is the liaison officer between the club and the district (single or sub and multiple) in which the club is located, and the association. The Secretary:

- ⇒ Submits regular monthly membership reports, service activity reports and other reports specified by the association.
- ⇒ **Submits upon request reports to the district governor's cabinet including copies of monthly membership and activities reports.**
- ⇒ **Cooperates with and serves as an active member of the district governor's advisory committee of the zone in which the club is located.**
- ⇒ Has custody of and maintains general records of the club, including minutes of club and board meetings; attendance; committee appointments; elections; member information, addresses and telephone numbers of members, members club accounts.
- ⇒ Arranges for issuance, in cooperation with the treasurer, of quarterly or semi-annual statements to each member for dues and other financial obligations owed to the club, collects and turns dues over to the club treasurer and obtains a receipt.
- ⇒ Gives bond for the faithful discharge of his/her office in the sum and with surety as determined by the Board of Directors.

TREASURER: He/she shall:

- ⇒ Receive all monies from the secretary and deposit the currency in a bank or banks recommended by the finance committee and approved by the Board of Directors.
- ⇒ **Pay the club's obligations authorized by the Board of Directors. All checks and vouchers shall be signed by the treasurer and countersigned by one other office, determined by Board of Directors.**
- ⇒ Have custody of and maintain general records of club receipts and disbursements.
- ⇒ Prepare and submit monthly and semi-annual financial reports to the international office of the association and the Board of Directors of this club.
- ⇒ Give bond for the faithful discharge of his/her office in the sum and with surety as determined by the Board of Directors.

LION TAMER: The Lion Tamer is responsible for the property and paraphernalia of the club, including flags, banners, gong, gavel, song books, etc. He/She puts each item in its proper place before every meeting and returns the items to the proper storage area after each meeting. He/She acts as sergeant-at-arms at meetings seeing that those present are properly seated, and distributes bulletins, favors, and literature as required at club and board meetings. He/She ensures that new members are welcomed to the club and sit with a different group at each meeting so that the new members become better acquainted.

TAIL TWISTER: He/She promotes harmony, good fellowship, and enthusiasm in the meetings through appropriate stunts, games, and the judicious imposition of fines on club members. There shall be no appeal of his/her decision in imposing a fine, provided, however, that no fine shall exceed an amount fixed by the Board of Directors of the club, and no member shall be fined more than twice at any one meeting. The tail twister may not be fined except by the unanimous vote of all members present. All monies collected by the tail twister shall be immediately turned over to the treasurer and a receipt shall be given.

MEMBERSHIP DIRECTOR: The membership director is the chairperson of the membership committee. His/her responsibilities include:

- ⇒ Developing a club membership growth program and presenting the program to the Board of Directors for approval.
- ⇒ Encouraging the recruitment of new qualified members at club meetings.
- ⇒ Ensuring implementation of recruitment and retention procedures.
- ⇒ Preparing and implementing member orientation sessions.
- ⇒ Reporting to the Board of Directors ways to reduce the loss of members.
- ⇒ Coordinating with other club committees in fulfilling these responsibilities.
- ⇒ Serving as a member of the zone level membership committee.

CLUB MANAGER, BAR MANAGER, GROUNDS KEEPER (not a Board Member), AND DIRECTORS will be listed in February's bulletin.

# DID YOU KNOW?

## YOU DO NEED FAT IN YOUR DIET

Olive Oil can lower cholesterol levels, blood pressure, and your risk of death from heart disease; AND in a new French study of people 65 or older, olive oil users slashed their risk of stroke by 41%.

Fat is an essential part of the diet; it helps the body absorb nutrients from foods. Good fats are canola, olive oils, corn, and sunflower oils. If oil is **liquid at room temperature it's "heart-smart"**, but butter and lard are not so good, but the worst for your heart are vegetable shortening and stick margarine.

## PING PONG

**Don't laugh, Lion Jean Marie doesn't, it's a great sport for ALL ages.** The sport transcends age, gender, and physical ability. The youngest (as long as you can see over the edge of the table) or the **oldest (as long as you're still standing) can play** the biggest muscle man. There is a growing international chain of hip table tennis clubs called SPiN and they are trying to get the sport into US schools. Few realize, but it is an Olympic sport and there are health benefits and especially **hand-eye coordination. So, where's the table, let's play.**

## MONTHLY TREASURER REPORT

### DECEMBER:

Variable Expenditures:

None

Income:

Bar Profit—\$1,879

Walmart Grant—\$500

Membership Dues—\$620

Administrative Acct Balance—\$4,023.04

Community Acct Balance—\$2,600.50

Community Development Balance—\$10,297.98

## LIPITOR'S PRICE TO FALL

So many of us are on this drug and without good insurance the cost is extreme. Finally, the long awaited generic version went on the market **December 1, after Pfizer's patent expired November 30.** Lipitor typically costs \$5 to \$6 per capsule if not covered by insurance and starting in June when other generic drug makers can compete the generic price should fall dramatically and by 2013 be down to 50 or 25 cents per capsule. What an **over-price we've been paying.**

A new supply of SHARES cards are now available. If you need a replacement or an additional card please see Lion Paul Halcomb or Lion June Brown. **Remember you DON'T have to be a Lion to use one** of these cards so you can hand out to your family and neighbors. Savemart and FoodMax continue to send us a check for CCI every three months based on the amount of purchases made, THANK YOU to all that participate. Submitted by Lion June

**If you are (were) an Elvis fan like I am, you'd know** his annual birthday celebration is Jan 5 thru 8th, which includes Graceland tours, dance party, Elvis look-alikes, and then on to Florida for an Elvis cruise. Does anyone want to pay for my trip? Elvis was born 1/8/35 and died 8/16/77 and will always be the KING of ROCK n ROLL.



SPRING VALLEY SCHOOL CHRISTMAS WITH SANTA was successful and fun for all. Sadly, this is the last year the school will be open, because of funding they have to close this facility and move into Marysville. THANK YOU to all that donated gifts, the kids were so happy to see SANTA and to get what they had asked SANTA to bring them. THANKS to Lion Toby again for being the best SANTA.



# January Birthdays

HENRY DELAMERE      PAUL HALCOMB  
 SHARI MCKIM      JASON MOWERY  
 BILL ROCHER      LEE ZAMLI CH

## BIRTHDAY DINNER—JAN 20th

Chicken Enchiladas  
 w/Rice & Beans  
 Chef—Lion Peggy Myers

## SUNSHINE REPORT

LION DIANA WHEELER — is your Sunshine Reporter—Please get all your input to her - 741-1502

Lion Jerry Sparks fell from his ladder and **"hurt" something, but not sure what (maybe his pride).** Hope you heal quickly.

I am so very sorry to report that Lions Mike & Linda's sweet Sioux-Q found her resting place in doggie heaven. Sweet dreams.

Lion Cindi is recovering from a Bunion surgery and says Lion Mike is being a very good **nurse, hope you're back on your feet soon.**

All our Lions with cold/flu GET BETTER.

## Words from your President:

HAPPY NEW YEAR FELLOW LIONS. I hope your holidays where filled with love, joy and laughter..... Well **December was a busy month... whew.. I don't know about you, but I'm tired** and need to catch my breath. This months Kudos goes to Lion Peggy M., her grandson Teddy, and Lion Jerry S. for jumping in and taking over the Christmas baskets last minute. We made 10 baskets, had 9 families, donated one basket to the American Legion, for a family they got last minute. Our club was able to get the food for these baskets due to Lion Debbie B & Lion Janet M cooking Tacos.....thank you ladies. Also Houston Fearless from Beale AFB donated \$200 in games for our Christmas baskets. Now on to Lion Jeff T. for cooking the Birthday dinner.....yummmm spaghetti. Very good, ok so you can have bragging rights . We also had a cabinet meeting at our club the 3rd & 4th of Dec. This was organized by the Peach Bowl Lions, it was very interesting, I did learn a few things that I hope to use for our club such as web sites, etc. This coming month we will have an election for a change in our membership requirements. Your vote is important. please attend the 2nd meeting in January to vote, you will read the info in this bulletin for the proposed change. Wow.....I feel like **I'm forgetting something and I do apologize if I have forgotten anyone or anything. Like I said it's time to catch my breath and regroup.....meanwhile again: I'D LIKE TO WISH YOU ALL A VERY HAPPY AND HEALTHY NEW YEAR!**

Submitted by your Prez Lion Sheri



TAIL TWISTER CHALLENGE—I n honor of the New Year, for the Jan 5th meeting, be creative and wear something that symbolizes your New Years resolution. This should be real easy, but I want an explanation or I will fine you. **(What if we didn't make one, do we wear nothing??)**

For Jan 19th meeting, it is National Popcorn Day, so bring in a bag of popcorn. NO SHARING!! Bring your own unpopped bag or a popcorn ball. You can bring it in popped already if you want, but to make it easier, I will accept unpopped, and I will NOT accept the bar brand. It has to be brought in from outside the club!! Submitted by Lion Chris

## Today's Message of the Day is:

**I learned that even when I have pains, I don't have to be one.**



**Well I'll be, he did it twice** in a roll, and for the life of **me I can't win.** Congrats Lion Paul winning the 50-50 for \$42.00.

A NEW face, and yes a little scary :-) Lion John won the 50-50 for \$43.00 and just in **time for Christmas, I'll have diamonds please.**



PJ CHRISTMAS PARTY FUN



following: **Donations from the stores in town and Step Down, Lion Kenn's work donated \$200.00 in** games, Save Mart donated \$50.00 in food, and Grocery Outlet donated 10—5 lb bags of potatoes. We all know how tough times are and we are so thankful to have local friends like the Mullen family that bought over \$200 worth of food providing us with all kinds of nice things for the baskets. And last, but not forgotten our own Lions who brought Turkeys for all the Christmas dinners. We were also able to help the American legion with their 25 families, and one family who had a fire right before Christmas. Bless everyone of you and love you all. Submitted by Lion Peggy Myers

FROM THE EDITOR:

A lot to print this month and unfortunately I ran out of room before I



could recognize ALL of the generous people that made donations of money, food, toys, clothing, and time during November and December to help those less fortunate than ourselves. A great BIG THANKS goes out to Lion Peggy Myers for taking on the Holiday Food and Toy Basket giveaways at the last minute. She did a great job shopping and working with Lion Debbie Burlingame to make Christmas possible for 10 local families, plus helped support our local American Legion . Also, because of many of your donations I took a FULL truck load of blankets, **coats, sleeping bags, gloves, toiletries, etc, etc to "A Hand Up" homeless warehouse. I'm sure some of these people** are much warmer because of our generosity.

I hope you all had a Merry Christmas spent with family and friends and the BEST of wishes for good things to happen in 2012. Tons of love to my Lion Family.



Send all letters, questions, or thoughts to [strundy@syix.com](mailto:strundy@syix.com), PO Box 8147, Marysville, or call 742-3041

**Cut-Off for Bulletin publications is by the 25th of the Month**

Christmas basket give away was GREAT, we were able to help 10 local families with food, toys and good wishes from the Lions Club. The families were so very thankful for all they received. Chrissy, Susie, Teddy, Sheri, Jerry, Debbie Sparks, and myself set-up the boxes that everyone help to provide. Lions Debbie B. and Janet raised the majority of the money by cooking and selling tacos and doing a lot of the ground work. A BIG THANKS to the

LAUGH LINE— Lions Jeff and Berl were setting at the bar having a couple Coors. Jeff pointed to two old drunks sitting across the bar from them and told Berl, "Look at them, that'll be us in 10 years".  
Berl jabbed him in the ribs and said, "That's a mirror, you dip-shit!" Just kidding guys.

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 <i>Mike F</i>	3 Lioness Mtg 7 pm <i>Gary W</i>	4  <i>Sally</i>	5 Gen Mtg- 7 pm <i>Jeff/Susie</i>	6 <i>Toby</i>	7
8	9 Split Pea Soup/Bread <i>Mike F</i>	10 <i>Linda</i>	11 <i>Joni</i>	12 <i>Jean Marie</i>	13 <i>Carlos/Mary</i>	14
15 Lioness Breakfast 8:30-10 am	16 Martin Luther King <i>Mike F</i>	17 Lioness Mtg 7 pm <i>Linda</i>	18  <i>Sally</i>	19 Gen Mtg 7 pm <i>Jeff/Susie</i>	20 Birthday Dinner-7 pm <i>Toby</i>	21
22	23 Buck Stew/Bread <i>Mike F</i>	24 <i>Gary W</i>	25 <i>Joni</i>	26 Board Mtg-6 pm <i>Jean Marie</i>	27 <i>Carlos/Mary</i>	28
29	30 <i>Mike F</i>	31 <i>Surprise</i>		If you would like to cook Food for Monday Nite Proceeds will be applied to "Cause" - just let Lion Mike	like to cook Monday Nite be applied to let Lion Mike	some comfort Football—all your favorite know.

WORTHLESS INFORMATION:

Butterflies taste with their feet. (Something I wanted to know.)





**WELCOME NEW LIONS**  
**2011/2012**  
**Sierra Kanawyer      Chris Kreider**

Inside this issue:	
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**UPCOMING EVENTS**

Jan 1—**New Year's Day**

Jan 16—Martin Luther King Jr, BD Observed

Jan 20—Birthday Dinner—Enchiladas—7 pm

Chartered 1983  
 28 Years of Service

President  
 Sheri Vess  
 5215 Daphne Way  
 Loma Rica, Ca  
 530 743-4084

Secretary  
 Debbie Sparks  
 11549 Judy St  
 Loma Rica, Ca  
 530 743-9311

Treasurer  
 Susie Trundy  
 11378 Smith Rd  
 Loma Rica, Ca  
 530 742-3041

1st Vice President  
 Roberta Halcomb

2nd Vice President  
 Kim Hall

3rd Vice President  
 Colleen Kelly

Tail Twister  
 Chris Beermann  
 Lion Tamer  
 Darrell Carlson

Membership Chair  
 Janet Mincer

1 Year Directors  
 Kenn Vess  
 J Mowery

2 Year Directors  
 Peggy Myers

Debbie Burlingame  
 Immed Past Pres  
 Jerry Sparks

Spirit Enhancer  
 Mike Fitzgerald

Club Manager  
 Gertie Moore

District Governor  
 Lee Hollowell

1st Vice DG  
 Coy Moody

2nd Vice DG  
 Maggie Robeson

Region Chairman  
 Aaron Wheely

Zone Chairman  
 John Newlin

CCI Trustee  
 Paul Halcomb

June Brown

Hillbilly Express

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 Foothill Lions Club  
 5667 Fruitland Rd.  
 Marysville, CA 95901