



# HILLBILLY EXPRESS

LION SUSIE TRUNDY, EDITOR

MAY 2012 PUBLICATION

FOOTHILL LIONS CLUB

# HAPPY MOTHER'S DAY

THE SPECIAL TIME TO HONOR YOUR "MOM", HERE OR GONE. BECAUSE AS WE ALL KNOW, IF IT WASN'T FOR HER, WE WOULDN'T BE HERE.

IF YOU HAVEN'T MADE YOUR RESERVATIONS FOR LIONS JEAN MARIE AND LINDA'S AMAZING MOTHER'S DAY PRESENTATION, YOU NEED TO DO SO RIGHT AWAY.

YOU SHOULD ATTEND AT LEAST ONE OF THESE IN YOUR LIFETIME. IF YOUR MOM ISN'T WITH YOU ANY LONGER, BRING YOUR AUNT, NEIGHBOR, OR FRIEND. YOU WON'T BE SORRY.

## BIRTHDAY DINNER

MAY IS **COOK YOUR OWN "STEAK"** MONTH. WE WILL CELEBRATE OUR BIRTHDAY BABIES ON MAY 25th (AND THERE'S A LOT OF THEM) WITH OUR FAMOUS "RIB-EYE STEAKS". WE NEED TO ORDER THE STEAKS AHEAD OF TIME SO IF YOU WANT TO PARTICIPATE NOTIFY LIONS JONI OR SUSIE NO LATER THAN MAY 21st. HOPE TO SEE YOU THERE.



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

April 5, 2012 General Meeting Minutes

Meeting called to order by Lion President Sheri Vess @ 7pm, flag salute led by Lion Paul, song led by Lion Joni & prayer by Lion Roberta. 33 members present & 3 guests.

Introduction of guests. Dinner served, thank you to the Lioness for a wonderful spaghetti meal.

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

**MSP to accept the Secretary's minutes** as corrected. Lion Debbie Burlingame inadvertently listed as a 2 yr officer for 2012-13 term in the March 1<sup>st</sup> minutes. Should have been Lion Debbie Sparks.

Old Business

Lion Mike - Veterans BBQ Fundraiser 3/25 raised \$896. Thanks to all, especially Lion Linda Saala.

Lion Sheri - **Convention. Jeff's famous Campfire Chili** for the Food-court. Lion Roberta working on the

basket to represent the club.

Lion Berl presented the convention booth (way cool).

New Business

Lion Jean Marie - Fundraiser for the Grange 4/14. \$8 for adults. Raises monies for dictionaries to be provided to all 3<sup>rd</sup> graders.

Lion Linda - Spaghetti Fundraiser 4/15 for the McClanahan Family.

**Jean Marie's famous spaghetti. \$8** for adults. Red Cross to store furniture. Lion Sheri - Needs raffle prizes for the fundraiser.

Lion Linda - Lions Jean Marie & **Linda's "glorified" Tea Party on 5/13.** 48 spots available - no raffles needed.

Lion Colleen - needs assistance with disconnected &/or moved members.

Lion Susie - Yard work day 9 am on Saturday. Needs 2-3 mowers, weed eaters and sprayers. Lion Jean Marie has the gazebo under control.

Lion Sheri - **Can't show a current**

membership card \$1 Tail Twister fine.

Lion Gertie - Lion Peggy is doing well. Lion Debbie Sparks is very ill. A nurse has been called in 3 times a week

Lion Janet - **Lion Kim Hall's dad is in** the hospital & very ill.

Lion Joni - Easter Party went well. 2,000 eggs & about 50 kids. All well behaved & all had a good time. Thanks to all for the eggs, candy & **cupcake donations & to Lion Sheri's** grandson for being the Easter Bunny.

Lion Sheri - Results of the voting - Lion Joni Patterson & Lion Linda Saala voted in as 2 year directors. Lions of the year to be revealed at a later date.

50/50 = \$44. Tail Twister = \$12. CCI = \$15.20

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

Minutes submitted by: Interim Secretary Lion Colleen Kelly

April 19, 2012 General Meeting Minutes

Meeting called to order by Lion President Sheri Vess @ 7:00pm, flag salute led by Lion Paul, song led by Lion Joni and prayer by Lion Roberta. 32 members present and 5 guests.

Introduction of guests. Dinner **served, thank you to the Lioness' for** a wonderful lasagna dinner.

Old Business

Lion Jean Marie - Grange Fundraiser 4/14 made \$1,000. Due to the leftovers, serving a Beef Briquette dinner on 4/30.

Lion Sheri Vess - Spaghetti Fundraiser 4/15 (tip jar/hotel/fund

raiser) Total for the McClanahan family \$2,325.20. Big Thanks to the community.

Lion Colleen - The McClanahan Family still needs bedroom & front room furniture.

Lion Gertie - **Lion Debbie Sparks' Memorial Service** is on 2pm Sunday 4/29. It is potluck & everyone asked to dress up as Lion Debbie always enjoyed dressing up & a good party. Club is providing a turkey, ham & flowers.

Lion Sheri Vess - Cast for Kids Event is on Saturday 4/28. Everyone attending the convention needs to stay after for a quick meeting on strategy.

New Business

Lion Sheri Vess - **Chico Lion's to** visit 5/17 regarding the Annual Football Game

Lion Susie - **Drawing for "Rockin' on the Green" 5/5. Lions Sheri V. & Mary** won. The lawns are in desperate need of attention. Anyone that can help over this coming weekend **can use Jeff's "hot one" to mow.** Lion Carlos volunteered with that offer. Club Pin Contest is 5/17 - even if only an idea, please submit as we need a new design. We are in need of news articles, Lion Jerry has offered to take care of the Appeal Democrat. Happy 26<sup>th</sup> Anniversary to Jeff & Susie! Lion Paul discussed donating the Lazy Eye boxes to Mexico. **He'll Contact Ray at the Oroville Club.** (Continued on Next Page)

Lion John N. advised anyone going to convention should get their eyes checked. We should have the new machine in the near future. Lion John N. advised of the S. Butte training of officers on 5/19 9-12.

Lion Sheri V. presented new members recognition Certificates to Li-

ons Sierra and Jane.

50/50 = \$21 - Lion Vera the winner Tail Twister \$5, CCI \$11.26

MSP to adjourn meeting. Meeting adjourned at 8:15pm

Minutes submitted by: Interim Secretary Lion Colleen Kelly



April 26, 2012 Board Meeting Minutes

Meeting called to order by Lion President Sheri Vess @. 6:05pm

**Treasurer's report read. Unrestricted funds in the Administrative account \$2,211.27 & Community Account \$2,861.94. MSP to accept the treasurer's report.**

New Business:

Cindy Milhous requested assistance with Fundraising for the Needy Family Ministry which is governed by the Loma Rica Community Church. They help the elderly & foothill families in need. They provided the furniture for the McClanahan family. They provide assistance for items not covered by Food Stamps ie: cleaning **supplies, propane, utilities, clothes...** no cash. Advised we would discuss & get back to her.

Lion Sheri V. - Convention was fantastic. We won Best Grubb, 1<sup>st</sup> place new timer (Lion Sierra) best dressed female & male, 1<sup>st</sup> place scrap book & 1<sup>st</sup> place bulletin. Lion Sheri won the \$1,000. raffle prize. (yeah!)

Lion Mike F. - Need to have work done on the Flag poles. Replacing with galvanized pipe & have volunteer labor lined up. Approved up to \$500. Monies for poles & new flags coming **out of Veteran's Day BBQ funds.**

Lion Jean Marie - Sally Zabala has asked if the club could hold a fundraiser for cremation assistance.

Lion Peggy & Susie to check into.

Lion Gertie - Approached for rental of the grounds for a reunion. \$300 cleaning deposit & \$50 bathroom fee. If propane or PG&E needed \$100 fee. Lion Colleen brought up that we may wish to review club rates due to different areas one can rent.

Lion Sheri V. - Loma Rica School fundraising for a trip to Shady Creek week. MSP to donate \$260 **for 1 child's trip. Lions Susie & Colleen** to check with bands for 1<sup>st</sup> weekend in August to see as to the feasibility of having a fundraiser for the Needy Family Ministry.

Lion Sheri V. - Cast for kids BBQ \$300 deposit/no charge for club. Date to follow. Plumas Lake Elementary table should go to Lion Linda. Camp McCumber looking for volunteers starting 5/14, 6/10 foundation, 8/11 cabin building. Chico Breakfast Club request for donations to the All star baseball & softball games. Tabled due to All star football game. Lioness Joyce needs assistance with food & serving next meeting. Lion Pete & Christie to help.

Lion Susie - Missing flag pole eagle

**won't work with current poles. Have** changed phone services; saves \$10 a month & now have caller I D. Reminder on how to shut down the computer.

Old Business:

Lion Susie - We bid \$2,000 on the Playground Equipment & it came in at \$2,150. Spring Valley turning into a preschool/so everyone keep their eyes open for other grounds closing with equipment.

Lion Gertie - Memorial for Lion Debbie Sparks is at 2pm-bar open at 1pm/set up at 9am Saturday.

Lion Colleen - Still having a problem collecting dues. If no response by 5/1 advise have to drop by 6/1. Need to step up billing & collections as club advancing monies on the 1<sup>st</sup> & only has to the 30<sup>th</sup> of the same month to get a refund. Will set up membership cards to be picked up in the bar or mailed if member rarely attends.

Lion Sheri has another request regarding the trip to Germany. Kids need to come to the meeting & explain the trip so may have an emergency meeting after the General meeting on 5/3.

MSP to adjourn meeting at 7:30pm

Minutes submitted by Interim Secretary Lion Colleen Kelly

**Lion Cindi would like to welcome back all committee members from last year's Veteran's BBQ and invite any new volunteers to join in the festivities. First meeting on Monday, May 7th @ 6 pm.**

# EASTER EGG HUNT

Unfortunately, the turn out wasn't as high as prior years, but probably due to the uncertainty of the weather and who knows what else. But, except for a little muddy shoes here and there, the kids that did attend had a GREAT



time. The kids were very polite and LOVED the Easter Bunny. Special THANKS to **Lion Sheri's grandson, Ricky**, for wearing that VERY hot suit and giving the kids a thrill. Thank you all for bringing the wonderful cupcakes and donating eggs and candy, and your time for putting it all together. Lion Joni even said she might do it AGAIN next year, yeah!!! Thank you Lion



Joni for another fun day for our community kids.



McCLANAHAN FUNRAI SER—A wonderful spaghetti dinner prepared by Lions Linda and Jean Marie with the assistance of the Browns Valley Bar crew was a total success, profiting \$1,825.00, along with this we donated another \$500.00 to assist the Fire Victims to get back on their feet. They lost their Mother, home, and everything in it. We hope we made a small dent in their recovery efforts.



And, THANK YOU to Lion Sheri for instigating this good deed and organizing what we as Lions do best "lending a helping hand and opening our doors and hearts where ever needed in our community".



## 2011/2012 4C-1 ANNUAL CONVENTION



Oh My Goodness, we were SO excited. Your "team" took (7) 1st place awards: History Book (Chairman Lion Joni) - (special thanks to Lion Jane McGrath for her excellent scrap-booking talents), Bulletin (Editor Lion Susie) - (special thanks to Lion Jean Marie for being there every month to print), Region Top Club (President Lion Sheri) - (Due to her leadership AND special acknowledgment goes to Lion Debbie Sparks for making this happen with her excellent reporting and keeping our Club in line).



Food Faire grub (**Lion Jeff's "award winning" chili**), and "best"dressed man and woman (Lions J & Gertie). We would have taken best booth thanks to Lion Berl, but Sutter Lions brought in a **real live chuck wagon, everyone did said our was more original and "hand" made. And, "newbie"** Lion Sierra won the 1st Timer Scavenger Hunt. Whew!! Our Club was well represented with 11 members attending, thanks to you all and your involvement, I think the other Clubs got tired of hearing our cheering when we accepted our awards, OH WELL.

### C.A.S.T. (Catch a Special Thrill) FOR KIDS

What an awesome day, Dave and Ann Baker should get a gold medal for what they do for these kids. The volunteers were out in hordes, there were even 14 Lions members helping out. Mother Nature shined down on us with excellent weather. Every kid got a plaque whether they caught a fish or not, they were very excited and happy to be able to go out on a boat and just FISH. Our **little guy wasn't very happy, our boat got skunked. Burgers & Dogs were good tho.**



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More ideas on how to Age-Proof your Brain

Your brain enjoys spices as much as you do. Herbs and spices like black pepper, cinnamon, oregano, basil, parsley, ginger, and vanilla are high in antioxidants, which may help build brainpower. Scientists are particularly intrigued by curcumin, the active ingredient in turmeric, common in Indian curries. A study in humans found that those who ate curried foods frequently had higher scores on standard cognition tests; plus, Indians have lower incidence of **Alzheimer's**. SO SPICE IT UP.

BEWARE OF SOME SUPPLEMENTS

If you are taking prescription medications, especially for hypertension, diabetes, kidney disease or liver problems, consult your doctor before taking any supplements.

**Many are sold in health food stores and it's easy to assume they're harmless. They can be more harmful to men and women age 50 and over. So, just be safe and check with your doctor first so you don't create the risk of hazardous interactions with taking supplements.**

MONTHLY TREASURER REPORT

APRIL:

Variable Expenditures:

Convention—\$445

Building Repairs—\$93

Donations—\$260

Awards—597

Income:

Bar Profit—(\$761)

Lioness Annual Fee—\$800

Membership Dues—\$761

Hall Rental—\$50

Administrative Acct Balance—\$2,211.27

Community Acct Balance—\$2,861.94

Community Development Balance—\$10,301.86

Don't be afraid of Social Networking

**I know we're all concerned about privacy, but our information is out there whether we "post" it or not. Other people, banks, stores, doctors and government agencies have entered data about you. Just be careful, and NEVER post anything you wouldn't want the world to know about. Facebook is probably the most widely used and most user-friendly network. Plus, you control your friends and how much and how little you want to "share". Watch out for SCAMS, they are out there. Be sure to "like" the Facebook security page and have one or more passwords to your account. BE CAREFUL by using "hard" to hack Passwords but easy for you to recall; use at least 12 keystrokes, use upper and lower case letters, spaces, underscores, and symbols. Use different passwords to access online accounts and change them about every 90 days or so. And, always use the secure connection (https) option. It's actually a great way to keep in touch with kids, grandkids, family, and friends. Especially while traveling, so don't forget your laptop when you hit the road..**

If you have an event or project that you would like the media to advertise, please get the information to me at least 2 weeks prior to the happening. I will take care of sending the information to the Appeal Democrat and the Territorial for publications; plus, Yuba Foothill if desired.

Lion Susie Trundy, Editor

**THANK YOU—to my old faithfuls that showed up for "yard work" day, Lions Gertie, John Downs, Joni, and Jeff. And, SPECIAL THANKS to Lions Gary S, Foster, Carlos, Darrell, Pete, and Chuck for mowing while we were @ Convention, much appreciated.**

# May Birthdays

Donna Babao	Steve Ball
Korin Berryhill	Pat Johnson
Janet Mincer	John Mistler
Chuck Montaudon	Rex Patterson
Jerry Sparks	Lois Walters
Gary Williamson	Bob Winchester

## BIRTHDAY DINNER—MAY 25th

COOK YOUR OWN RIB-EYE

Hosts: Lions Susie & Joni

We need a head-count

Please RSVP no later than May 21st

### Words from your President:

Due to the hectic month of April Lion President Sheri was unable to get her message out to you, but will have lots to say next month, please forgive her.



**Due to this available space I thought I'd relay the message on a card I received from Northpointe Hospital after the loss of our Princess, for our dog lovers.**



Rainbow Bridge

When a beloved pet dies, it goes to the Rainbow Bridge. It makes friends with other animals and frolics over rolling hills and peaceful, lush meadows of green.

Our pets do not thirst or hunger. The old and sick are made young once more; the maimed and the ill become healed and strong. They are as healthy and playful as we remember them in days gone by.

Though happy and content, they still miss someone very special, someone they had to leave behind.

Together, the animals chase and play, but the day comes **when a pet will suddenly stop and look into the distance ...** bright eyes intent, eager body quivering. Suddenly recognizing you, your pet bounds quickly across the green fields and into your embrace. You celebrate in joyous reunion. You will never again separate. Happy tears and kisses are warm and plenty; your hands caress the face you missed. You look once more into the loving eyes of your pet and know you never really parted. You realize that though out of sight, your love had been remembered.

**And now, you cross the Rainbow Bridge together....**



My heart broke as our precious **"Princess"** had some kind of heart failure and had to leave us. RIP my baby girl.

## SUNSHINE REPORT

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

Lion Debbie Sparks has gone to be with the Lord and our prayers and thoughts are with Lions Jerry and Peggy and their families for this sudden and terrible loss.

\*\*\*\*\*

Our condolences to Lion Kim Hall for the recent passing of her father, your Lion family is very sorry for your loss.

\*\*\*\*\*

Lion Jerry Sparks experienced an emergency appendectomy, and is on the mend, **let's wish him a speedy recovery.**

\*\*\*\*\*

Lion John Downs has been undergoing some **serious tests, let's all hope and pray the prognosis reveals a good report.**

### Today's Message of the Day is:

**Don't wait until it too late to tell someone how much you love and care for them, because when they're gone no matter how loud you shout and cry they won't hear you anymore.**

FROM YOUR EDITOR: THANK YOU LION DEBBIE FOR ALL YOUR YEARS OF HELPING TO MAKE OUR FOOTHILL LIONS CLUB RUN SMOOTHLY AND EFFICIENTLY. YOU WILL TRULY BE MISSED, I STILL CAN'T BELIEVE YOU'RE NOT JUST A PHONE CALL AWAY. THANK YOU BROTHER RANDY FOR THIS BEAUTIFUL MESSAGE...



I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the ocean blue. She is an object of beauty this magnificent ship with her tall masts and broad beam. I stand and watch her until at length she hangs like a spec of white cloud just where the sea and sky come to mingle with each other. Then someone at my side says "There, she is gone!" "Gone where?"  
Gone from my sight, That is all, She is just as large and magnificent, her mast just as tall and her beam just as broad when she left my side, and she is just as able to bear the load of living freight to her destined port. Her diminished size is in me, not in her. And just at the moment when someone at my side says: "There she is gone!" There are other eyes watching her coming, and other voices ready to take up the glad shout: "Here she comes!" And that is dying."





**LAUGH LINE**—There was a knock on the door this morning. I opened it to find a young man standing there who said: "Hello sir, I'm a Jehovah's Witness."  
 I said "Come in and sit down."  
 I offered him coffee and asked "What do you want to talk about?"  
 He said, "Beats the crap out of me, I've never gotten this far before."

# May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Gary W	2  Sally	3 <i>General Meeting 7 pm</i> Jeff/Susie	4 Carlos/Mary	5 <i>Kentucky Derby</i>
6 <i>Nurses Day</i>	7 <i>Vet's BBQ Mtg—6 pm</i> Mike	8 <i>WHGD Mtg—6 pm</i> Linda	9 Joni	10 <i>Peoria Cemetery Mtg</i> Jean Marie	11 Toby	12 <i>Set-Up for Brunch</i>
13 <b><i>Mother's Day Brunch</i></b>	14 Mike	15 <i>WHGD Mtg—6 pm</i> Gary W	16  Sally	17 <i>General Meeting 7 pm</i> Jeff/Susie	18 Carlos/Mary	19 <b><i>Armed Forces Day ADOPT A HIGHWAY</i></b>
20	21 Mike	22 <i>WHGD Mtg—6 pm</i> Linda	23 Joni	24 <i>Board Meeting 6 pm</i> Jean Marie	25 <i>Birthday Dinner 7 pm</i> Toby	26
27	28 <i>Memorial Holiday recognized</i> Mike	29 <i>WHGD Mtg—6 pm</i> Surprise	30 <i>Memorial Day</i> Surprise	31 Surprise		

**WORTHLESS INFORMATION:** No piece of paper can be folded in half more than seven (7) times. Did you try? I did.





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

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**UPCOMING EVENTS**

May 13—**Mother's Day Brunch**

May 19—**Adopt A Highway—9 am**

May 25—**Birthday Dinner—Cook own Steak—7 pm**

Chartered 1983  
 29 Years of Service

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

Secretary  
 Colleen Kelly  
 PO Box 267  
 Brownsville, Ca  
 530 675-3690

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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