



HILLBILLY EXPRESS

**EDITOR:**  
**LION SUSIE TRUNDY**

Meetings—7PM 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

**Halloween  
Valentine's  
Days**

**DON'T FORGET YOUR SWEETHEART, MAYBE YOU STILL HAVE SOME  
OF THAT HOLIDAY CANDY LEFT YOU CAN GIVE HER, OR FLOWERS,  
OR JEWELRY (DIAMONDS ARE ALWAYS A GOOD BET)**

**AND/OR TREAT HER TO OUR 1ST SPRING CRAB FEED  
SAT—FEB 12TH @ 7 PM**

**AND JUST A REMINDER MEMBERS—RAFFLE PRIZES ARE GREATLY  
NEEDED AND APPRECIATED—OR IF YOU WANT TO DONATE CASH A  
RAFFLE PRIZE WILL BE PURCHASED ON YOUR BEHALF.**

**SUPER BOWL PARTY—SUN—FEB 6TH**

**IS YOUR TEAM IN IT??? STEELERS VS PACKERS** EVEN IF NOT, IT  
SHOULD BE A GOOD GAME. COME ON DOWN TO THE CLUB; YELL, JUMP  
UP & DOWN, VISIT, OR JUST HAVE A GOOD TIME. THERE WILL BE  
"FOOTBALL SNACK FOOD"; AND MIKE IS FIXING HIS FAMOUS BBQ TRI  
-TIPS & CHICKEN AND BEANS WITH GERTIE'S POTATO SALAD FOR  
ONLY \$5/PLATE. BAR OPENS AT 1 PM AND KICK-OFF IS 3 PM.



**General Meeting Minutes (January 6, 2011)**

Meeting called to order by Lion President Jerry Sparks at 7:02 pm, flag salute led by Lion Darrell Carlson, song led by Lion Joni Patterson and prayer by Lion Gertie Moore. We had 33 Lion members and 7 guests present.

Dinner served, thank you to Lioness for a wonderful meal.

The Live Oak Lions invited us to their No Duck - Duck Dinner for \$15.00 per person on 01/29 @ 7 pm. For more information call Lion Craig Berry @ 701-3720.

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

Lions Colleen Kelly & Gertie Moore thanked everyone who helped with the New Years Dance. A good time was had by all. Lion Roberta Halcomb reported on the Spring Crab feed. A sign up sheet was passed around and tickets are going fast.

Lion John Newlin needs tellers, timers, etc. for the Student Speaker contest on 02/03. Lion Janet Mincer thanked everyone who donated clothes, food, money, etc. for the Christmas baskets.

Lion Joni Patterson announced that our first Scrap Book meeting is scheduled on Tuesday, 02/01 @ 6:30 pm.

Lion Sheri Vess announced that our first Car Show meeting is scheduled on Tuesday, 03/08 @ 6:00 pm.

50/50 Raffle = \$75.00 - Tail Twister = \$6.75 - CCI = \$16.00

MSP to adjourn meeting. Meeting adjourned at 8:07 pm.

**Minutes submitted by Lion Secretary Debbie Sparks**



**Lion Berl** was awarded the **Dist Governors Service Award** for his outstanding "behind the scenes" service to our Club.

**General Meeting Minutes (January 20, 2011)**

Meeting called to order by Lion President Jerry Sparks at 7:00 pm, flag salute led by Lion J Mowery, song led by Lion Joni Patterson and prayer by Lion Diana Wheeler. We had 31 Lion members and 8 guests present.

Lion Susie Trundy announced the baby picture winner. The baby picture was Lion Kim Hall guessed by Lion Debbie Sparks.

Dinner served, thank you to Lioness for a wonderful meal.

Lion Susie reminded all the volunteers that clean up for Adopt-A-Highway is scheduled on 01/29 @ 10:00 am.

Lion Roberta Halcomb reported on the Spring Crab feed scheduled on 02/13. She needs helpers and raffle donations.

Lion Chris Beermann reported on the Super Bowl Party. We will have BBQ tri-tip and chicken with all the trimmings for \$5.00 per person. Bar opens at 1:00 pm.

DG Paul reminded everyone of the Winter Cabinet meeting on 01/22 & 01/23 in Marysville.

Dr. Edgar Genapo from the Peach Tree Clinic gave our Lions free booster shots for whooping cough.

50/50 Raffle = \$39.00 - Tail Twister = \$7.00 - CCI = \$14.00

MSP to adjourn meeting. Meeting adjourned at 7:47 pm.

**Minutes submitted by Lion Secretary Debbie Sparks**



**Man up Lion John**  
Just kidding, I know you were a very brave boy.

**Board Meeting Minutes (January 27, 2011)**

Meeting called to order by Lion President Jerry Sparks @ 6:01 pm. Twelve board members present. Treasurer's report read. Administrative account \$141.93 and community account \$2,012.99. MSP to accept treasurer's report.

Discussion on the Lion/Lioness kitchen fund. Lioness should share on repairs and replacement items in kitchen. Lions Gertie Moore and Sheri Vess to attend a Lioness meeting to discuss kitchen fund agreement.

MSP to donate \$644.00 to CCI.

MSP to use the money raised by the X-Box raffle toward the next New Years Dance. The total raised was \$185.00.

Lion Susie Trundy says we have the money raised to plant trees in honor of our friends and family that have passed away. We need volunteers to get them in the ground now.

MSP to donate \$200.00 to the Lions Wilderness Camp for Deaf Children.

MSP to donate \$200.00 to the Lions 4-C1 Health Foundation Camp McCumber.

Lions Flag Day is set for 2/18. Browns Valley School at 10:30 am and Loma Rica School at 1:00 pm to educate children on the American Flag and its meaning. The BAFB Color Guards demonstrate folding of the flag, etc. MSP to buy lunch at Pizza Round Up for the Honor Guards on Lions Flag Day.

The board reviewed the applications for membership for Patrick Ferguson and Chuck Montavdon both sponsored by Lion Mary Burnett. MSP to accept Patrick and Chuck into our club.

Lion Debbie Sparks gave a hall rental report for the year. Discussion on how we can advertise more.

Lion Debbie Burlingame reported on the Blues festival. Bands are committed, stage ordered, etc. MSP to donate the proceeds to the Yuba County Search and Rescue Posse.

MSP to donate \$200.00 to Cast for Kids. This is put on by a non-profit origination. They take disable kids fishing on Collins Lake. Includes breakfast, lunch, fishing pole, tackle box, t-shirt and water bottle per child.

Lion J Mowery to call 800# regarding the cost of Child Case Kits. These kits are for the parents to keep with their child's finger prints, picture, medical information, etc.

Lion Chris Beermann needs help decorating for the Super Bowl party. Mike will BBQ tri-tips and chicken on the gravel in front of the patio.

A benefit Luncheon to help a woman with medical and dental expenses resulting from a brutal attack. The Luncheon will be Saturday, 3/12 from 3 to 7 pm at the Alcouffe Center in Oregon House. Volunteer helpers and food donations greatly appreciated.

Lion Jim Songer is donating a steer to raffle. Raffle tickets will be \$5.00 each and there will be two winners. Half a beef cut and wrapped per winner.

MSP to adjourn meeting. Meeting adjourned @ 7:45 pm.

**Minutes submitted by Lion Secretary Debbie Sparks**

STEER TICKETS WILL BE AVAILABLE  
BEGINNING AT THE  
SPRING CRAB FEED  
2/12, GET YOURS  
EARLY AND OFTEN.



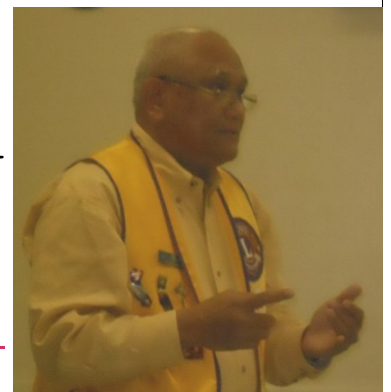
# HAPPY NEW YEARS PARTY

LOTS OF FUN HAD BY ALL. THE MUSIC WAS GREAT, THE DANCE FLOOR WAS FULL "ALL" NIGHT, THE FINGER FOODS WERE FANTASTIC, AND THE CHAMPAGNE WAS SPARKLING. THANKS TO LIONS COLLEEN AND GERTIE FOR CHAIRING THIS EVENT AND MAKING IT A FUN AND SAFE PLACE FOR THE COMMUNITY TO BRING IN THE "NEW YEAR". ALSO, THANKS TO ALL THAT BROUGHT THE GREAT FOOD, AND LION JUNE FOR SETTING AT THE DOOR ALL NIGHT. AND ALWAYS KUDO'S TO YOUR BARTENDERS, LIONS JEFF, SUSIE, JONI, AND KORIN. HERE'S SOME OF YOUR FRIENDS BRINGING IN THE NEW YEAR.



**Dr. Edgar Genapo** from the **PeachTree Healthcare Center**, and also a Lion, supplied and inoculated all members (that wanted) with the **Whooping Cough** vaccine **free of charge**. The PeachTree Healthcare Center offers services at six different locations with a panel of great medical providers and dedicated staff. They accept most forms of insurance, including Medi-Cal, Medicare, Tri-Care; AND most importantly they welcome patients regardless of ability to pay, using a sliding fee scale depending on your income. They treat illnesses, injuries, infections, cuts, burns, fractures, sprains, and strains.

For more information call 749-3242 or go to [www.peachtreehealthcare.org](http://www.peachtreehealthcare.org).



**"WINTER" CABINET MEETING** was held Sat & Sun, 1/22 & 1/23 in Marysville. The **Special Guest Speaker** was **International Director, Lion Bob Smith**. A very nice, motivational speaker, and a "true" Lion. He spoke primarily about how he became a Lion, what Lionism means to him, and the four campaigns our International President, Sid L. Scruggs, III has challenged all Lions to accomplish. They are: **Sharing the Vision, Relieving the Hunger, Environment Global Service, and always being involved in Youth Programs and Keeping Your Club Healthy**. Lion Bob stressed that we **DO** make a difference in everything we do and in **ALL** parts of the world.



**Foothill Lions had 12 members** in attendance and **Governor Lion Paul** presented **Lion Colleen** with his **Dist Governors Service Award**. While the rest of us were being a "little" silly.



### ADOPT-A-HIGHWAY CREW

Your **"Highway Gang"** was at it again, check out the new faces, it was freezing cold and they were out there with smiley faces, well kinda. Wish we could catch these people throwing stuff out their windows, we'd make a Citizens Arrest. They



collected 20 bags, along with some tire treads, hub caps, shoes, broken cell phones, etc, etc; and tossed out our poppy seeds along the way. Our signs are still not up, but Cal Trans says they are working on it. Thank you **Lions Joni, Jean Marie, Marilyn, Darrell, Debi S, Kim, Jeff and non Lion Delores**. Lion Jean is quite the fashion statement, don't you think?



Buddy Hays, a **CCI graduate and LPCCI Trustee**, had to have her service dog **Ellie** put down due to a cancerous tumor. Buddy was **"Miss Wheelchair Virginia"** a couple of years ago and is a real spokesperson for **CCI**. Until she lost Ellie, she spoke professionally across the country. Of course, she is devastated. Should you wish to make a donation on her behalf or have a club make a donation on her behalf, please send it to **LPCCI** and mark the check for the **CCI Wounded Veterans Initiative, NE Region**. Ellie was trained at NE and they graduated at the NE region. **Submitted by Lion June Brown**

**HATS OFF to Lions Carlos and Mary** for opening the Club for the **football playoffs**, furnishing all that wonderful food (free of charge), and bringing in an additional **\$610.00** for the Admin account. Of course **THANKS** to all us indulgers that made it happen.

# F.Y.I.

## YOU & YOUR HEALTH

Guess what, a new study from Boston University School of Medicine found that *YOGA* boosted moods more effectively than walking. If you're a little depressed and don't want to go out in the cold or do a boring walk down the road, try a couple Yoga poses. The study has found that Yoga has an effect on brain chemistry similar to that of antidepressants. A few "downward dog" and "cobra" poses ought to do the trick.

## THIS IS INCREDIBLE—A MUST READ

This year we will experience 4 unusual dates  
1/1/11 - 1/11/11 - 11/1/11 - 11/11/11

NOW go figure this out.... take the last 2 digits of the year you were born plus the age you will be this year and it **WILL EQUAL = 111**

Now THAT is Mind-boggling.....

## MONTHLY TREASURER REPORT

### JANUARY:

#### **Variable Expenditures:**

Semi-Annual International Dues—\$1,842.75  
 Property Taxes-2nd Installment—\$1,983.76  
 Sales Tax-2nd Qtr—\$708.00  
 Donations—\$600.00

#### **Income:**

Membership Dues—\$2,150.00  
 Bar Profit—\$900.00

Administrative Acct Balance—\$141.93  
 Community Acct Balance—\$1,412.99  
 Community Development Balance—\$12,368.84

## BABY BOOMERS ARE TURNING "65"

On January 1, 2011 the first of 78 million "baby boomers" turned 65. There will be another "baby boomer" every eight seconds for the next 18 years, wow can you even do that math? It is predicted that by 2050, one person in five will be 65 or older. It's going to be hard to stay optimistic in light of retirement savings being decimated, pensions vanishing, value of homes decreasing substantially, workers losing their jobs, health care costs rising, more doctors refusing Medicare patients, proposed cuts in Social Security, Medicare, and Medicaid. If you are 50-plus, now is the time for you to start fighting to try to turn these challenges around, so when you reach 65 you can live your best life.

## NEW WORDS

I didn't know there could just be "new" words, but I guess each year a few words become bona fide entries in the world's top dictionaries. I have noticed they are not in "spell check" yet. Check out a few that are now official:

**Bromance**—Close platonic male friendship

**LBD**—Little Black Dress

**Riff**—To expound on a particular subject

**Rock**—To do something in a flamboyant way

**Zomie bank**—Insolvent bank that survives through government support

## WHAT'S IN A BRAND

Think that store brand is second rate? Consumer Reports magazine reports that taste wise out of 21 food categories 11 tasted as good, 3 tasted better, and 7 not as tasty. However, nutritionally there was no significant difference. Store brands often cost about 30 percent less than the name brand in part because you're not paying for the research, marketing, and packaging as national brands. So, save yourself some money.

**February Birthdays**

**SEAN BROWN**

**KITT CARSTEN**

**TOBY HOUSLEY**

**CARLOS QUIHUIS**

**BIRTHDAY DINNER—SAT 2/26—@ 5:00**

**LION JEFF'S AWARD WINNING CHILI**

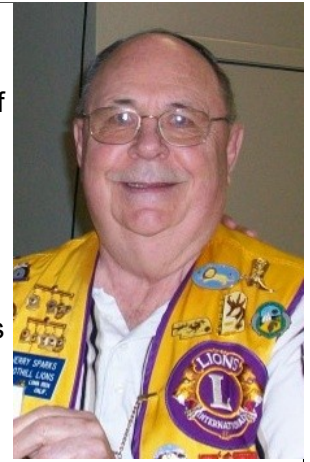
**AND**

**LION SUSIE'S COLESLAW**

**& SWEET CORN MUFFINS**

**WORDS FROM YOUR PRESIDENT:**

The holidays are over and the days are getting longer and warmer. Speaking of warmer, we had a warm lion welcome to the District 4-C1 cabinet meeting. We also had twelve Foothill Lions in attendance. As usual, our District Governor Lion Paul Halcomb presided over an interesting meeting. Inspiring insight was provided about the workings of Multiple District 4. Our District 4C-1 is one of fifteen MD-4 District Area Districts located in California. Valuable information was delivered by a member of Lions Clubs International Board of Directors. The Primary theme of LCI is membership retention. I believe we do an excellent job of making our new members welcome and get them involved in our projects. Much of the community service work we do gives us a lot of personal satisfaction and pride in the accomplishments of our Lions Club. We have become such an experienced and cohesive group that we objectively organize and more easily execute a community project plan. I want to relate a recent experience I had with five other lions.



Each year we get Christmas presents for the students of our local Spring Valley School. The children there are exceptional and are provided special education. The administrator provided us with the names of the students and our Lions bought presents for them. Their names were tagged to their presents. We put the presents under the school Christmas tree and told the children to sit tight until Santa arrived. Meanwhile, one of our lions showed up with a present for one of the kids. We told our lion not to worry about the extra present. We placed it under the tree with the other presents. The children sat down on the floor in front of the tree. They were very excited about Santa and their presents. Santa arrived and the kids were smiling from ear to ear. Santa read the names on each present as the children exclaimed "that's me, that's me". Finally all the presents with names on them were handed out. Santa said, "did everybody get their present?" One little boy in the front row almost sobbed when he said "I didn't get one". Santa said "there's one left, it must be yours". You could hear the cry of "Oh boy wow" all over the valley. What if the extra present wasn't there? I think we all went from a sinking feeling to total relief in one instant. I don't think any of us could have faced that child without a present. All is well that ends well. Was it dumb luck, karma or divine intervention? You choose.

**Submitted by President Lion Jerry**



**SUNSHINE REPORT**

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

We're sorry **Lion Sally** to hear that it was time for one of your furry friends to leave you and join our dearly departed canines.

Please send your thoughts and prayers to **Lion Janet**, her **Mum's** recent passing has left a very large void in her life.

Luckily **Liz** and **Lion Dave** weren't hurt when **Mrs. Deer** decided to jump in front of their mass of metal on Loma Rica Road; however, not so lucky for the deer nor the vehicle.

**Lion Scotty** suffered from a major heart attack on 1/23, but thankfully he is recovering, is home, and doing very well. You take care Scotty, no more of this nonsense.

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

**When there is nothing left but God,  
that is when you find out that God is all you need.**



Brand new face, **Lion Joni** knows how to wait for the "big" one, winning **\$73.00** in the **50-50** drawing at our 1st meeting in January, way to start the year off. I'm still trying.

Another new winner for the 2nd **50-50** drawing of the month, **Lion Sean**, winning **\$39.00**, not as big a pot but we'll take any we can get, huh Sean? Congrats.



**FROM THE EDITOR:**



I know we only have a few **NASCAR fans** out there, but after 2 months of silence the time has rolled around again for Daytona's Speed Week, which is NASCAR's premier event with the Bud Shootout kicking off the season on Feb 12, and races running thru Feb 20. I have to agree it's kinda boring to watch on TV (round & round), but if you have ever been there to hear 40+ high-octane 850 horsepower engines roaring around the track at 200 MPH and the thunderous voices of thousands of fans cheering for their favorite driver you'll get hooked.

Daytona is always bittersweet for fans. This year marks the 10-year anniversary of the death of the "great" Dale Earnhardt. The man may be gone, but his legend lives on at tracks across America and his profound impact on auto racing didn't end with his tragic death. You either "loved" him or "hated" him and this family "loved" him. **Race On #3.**

If you ever get the chance to attend a race, I recommend it, it's tooooooo much fun. **Go Race Fans!!!!**

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**

**LION SUSIE TRUNDY, Editor**

**Lions Flag Day**

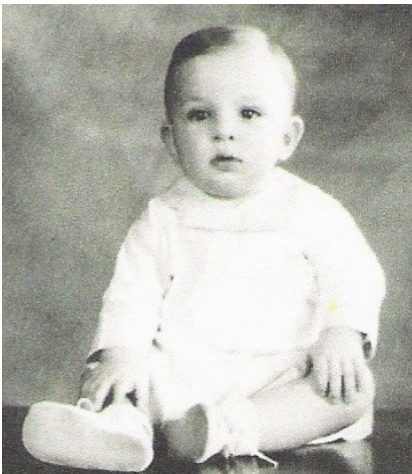
**Friday 2/18**

**Meet @ Club 10:00 am - With your Vest!**

**Browns Valley School @ 10:30 am**

**Lunch @ Pizza Round Up**

**Loma Rica School @ 1:00 pm**



**THIS MONTH'S BABY PIC**

**First quintuplets** survived infancy  
**Dust Bowl** ruins over 100 million acres of cropland in the mid-west  
**Hitler** become Fuhrer  
**Vitamin K** discovered  
**It Happened One Night** sweeps the Academy Awards  
**First Class** stamp \$.03

We had two correct guesses for last month's "baby", **Lions Debbie S & Joni**, but Lion Debbie was the quickest to submit her winner of "**Lion Baby Kim Hall**".

Good job ladies.

A hint for this month, awfully cute, but it IS a boy. Wonder if he's still that sweet?

**LAUGH LINE**— The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lioness Mtg 7 Carlos/Mary F	2  Jean-Marie	3 Dinner Mtg/ Student Speak Contest 7 pm Jeff/Susie	4 Toby	5
6 Super Bowl BBQ & Party 1 pm	7 Mike F	8 Scrap Book Mtg 6:30 pm Jerry	9 Joni	10 Chris	11 Set-Up for Crab Feed Debi	12 Lions Crab Feed 6 pm
13	14 Valentines's Day Janet	15 Scrap Book Mtg 6:30/ Lioness 7 pm Carlos/Mary	16  Jean-Marie	17 Dinner Mtg Nominations 7 pm Jeff/Susie	18 Lions Flag Day 10:30 am Toby	19 Foothill School Fund-raiser Tri Tip Dinner—5 pm
20 Lioness Breakfast 8—10:30 am	21 Presidents Day Mike F	22 Jerry	23 Joni	24 Board Mtg—6 pm Berl	25 Linda	26 Monthly Birthday Dinner—Jeff's Chili 5 pm
27	28 Kevin					

**WORDS OF WISDOM:**

Turtles can breath through their butts!

How in the world could they know that?

Think our government paid for this research?





Chartered 1983  
28 Years of Service

**President**

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

**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**

Sheri Vess

**3rd Vice President**

Debi Sherry

**Tail Twister**

Chris Beermann

**Lion Tamer**

Jean Marie Akers

**Membership Chair**

Janet Mincer

**1 Year Directors**

Linda Saala  
Sherry Burshik

**2 Year Directors**

Kenn Vess  
J Mowery

**Immed Past Pres**

Debbie Burlingame

**Spirit Enhancer**

Joni Patterson

**Club Manager**

Gertie Moore

**District Governor**

Paul Halcomb

**1st Vice DG**

Lee Hollowell

**2nd Vice DG**

Coy Moody

**Region Chairman**

Patti Jenkins

**Zone Chairman**

John Newlin

**CCI Trustee**

June Brown

**WELCOME NEW LIONS**

2010/2011

**Don Sherry    Mary Burnett    Darrell Carlson**  
**RG Woods         Marilyn Woods**

**UPCOMING EVENTS**

**Feb 6**—Super Bowl Party—1 pm  
**Feb 8**—Scrap Book Meeting—6:30 pm  
**Feb 12**—Lions 1st Spring Crab Feed—6 pm  
**Feb 15**—Scrap Book Meeting—6:30 pm  
**Feb 17**—Lions Nominations @ General Mtg—7 pm  
**Feb 18**—Flag Day—Browns Valley School @ 10:30 am  
& Loma Rica School @ 1:00 pm, wear vests  
**Feb 26**—BD Dinner—Lion Jeff's Award Winning Chili

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Hillbilly Express  
If undeliverable please return to:  
Foothill Lions Club  
5667 Fruitland Rd.  
Marysville, CA 95901