

BOB CHRISTIANSEN ASSUMES 2014-15 PRESIDENCY

NEWSLETTER CONTENTS

- P.1 Installation
Elected Officers
- P.2 Club Scholarships
Walnut Snack
The Interview
- P.3 Display Theft
Interview Cont'
- P.4 Bell and Gavel
Melvin Jones Fellows
Reduce Stress
Birthdays
- P.5 Installation Photos
- P.6 Club Snapshots
Abe Lincoln
- P.7 Loomis History
Editor's Desk
Scout Troop 12

Blue Goose site of 2014 Installation of Officers and Recognition of Tom Ward and John Winger as Club's newest Melvin Jones Fellows

Troop 12 Scouts provide Flags and Pledge of Allegiance

The Loomis Lions Club celebrated its first sixty-two years of service to community and beyond with another grand buffet dinner, its annual change in officers, and the recognition of two of its members for their dedication to community service.

The handing over of the club gavel between Henry Schneider (left) and incoming president, Bob Christiansen, was preceded minutes earlier by the installation of officers by new-elected District 4-C5 Governor Erv Gon. Governor Erv was accompanied to the Loomis celebration by his wife, Cat. Erv and Cat are members of the Sacramento Embarcadero Lions Club.

The spacious Blue Goose Event Center, known locally as 'The Goose', was set up with circular cloth covered tables, china and silverware, and a hosted bar of fine wines from Secret Ravine Vineyard and Winery. Several display tables and banner displays ringed the dining area. Each display focused on the projects for the club's many services to community.

President Henry Schneider opened the program at 6:15 PM with the presentation of the American flag carried to the head table by the young men of Loomis Scout Troop 12. The Scouts led the gathering in the pledge of allegiance.

The dinner, served by Chef Randy Ubry of Loomis, included caesar salad, breads, rice pilaf, Penne' pasta, rosemary garlic chicken, and tri-tip and a white cake for desert. Randy provided free dinners for the five Honor Guard Scouts and their two troop leaders.

Mather Zone chair Kumar Kalagara attended the dinner from Folsom City Host Lions Club. Lion Kumar is the District's 2nd Vice District Governor for the coming year.

Governor-Elect Erv provided a number of tasks before the installation of officers. The first was his recognition of Lion Jimmy Makimoto for Jimmy's 40 years as a Lions member. Lion Jimmy traveled from Livermore for the event.

The second task was returning a club vest once worn by a member who had moved away from Loomis.

DG Erv called the outgoing club officers to join him at the dais. He thanked them for the support they gave to their community. The picture at page bottom was taken of those officers in their final moment together. Continued - P.5

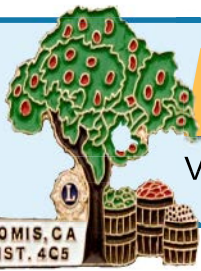
LOOMIS LIONS CLUB ELECTED OFFICERS 2014-15

The officers displayed below have fulfilled all the obligations as defined in the club's Constitution and Bylaws, Article IV, and were recognized as holding office effective 1 July, 2014, by installing officer, District Governor-Elect Erv Gon during the Installation Ceremony conducted on 17 June 2014 at Blue Goose, Loomis.

OFFICE	MEMBER
President	Bob Christiansen
Past President	Henry Schneider
Secretary	Vicky Morris
Treasurer	Malcolm Singer
1 Yr Director	Gerry Nash
1 Yr Director	Ron Morris
1 Yr Director	Bob Freeman
2 Yr Director	Val Singer
2 Yr Director	Tom Ward
2 Yr Director	Russ Kelley
Tail Twister	Bud Nobili
Tamer/Chaplain	Dave Lucey
Membership	Matt Williams



Henry Schneider's Officers 2013-14



Loomis Lions Club

Vol.9-No.01 P.O. Box 833, Loomis, CA 95650 U.S.A. July, 2014

Serving the Needs of the Community and Beyond since 1953

President Bob Christiansen



CLUB HELPS LOOMIS BASIN YOUTH WITH SCHOLARSHIPS, ATHLETICS AND RECOGNITION

SNACK ON WALNUTS AS IF LIFE DEPENDS ON THEM

Anyone with high blood sugar might make walnuts a mainstay snack.

The benefits of walnuts include heart health because of their cholesterol-improving powers. A recent study suggests that eating walnuts every day may help give blood vessels a much needed tune-up for those seeking diabetes help.

In the study, people with type 2 diabetes were asked to eat 2 ounces of walnuts daily. After 8 weeks, endothelial function improved significantly in the walnut eaters. Because endothelial cells -- that thin layer of cells that lines the inside of blood vessels -- may be one of the first places to go bad when people with diabetes start developing vascular disease.

Walnuts offer more than just diabetes help. Compared to other nuts, they have higher amounts of alpha-linolenic acid, which may help protect against plaque formation in arteries. This amino acid helps relax blood vessels and control blood pressure, *thanks to walnuts*. And surprisingly, the nut eaters in the study didn't suffer any deleterious effects to their weight and waist sizes. Could be all the protein and fiber in walnuts helped the study participants eat less overall.

No rest for out-going club president as he presents citations and cash for 8th graders, senior graduates and a sport group

President Henry presented awards at the Loomis School District's 8th grade ceremony on 5 June at Del Oro High School. Weeks earlier, the district selected one student from each of the seven schools to receive the Lion's Club Service Award. The honored graduates were recognized for superior grades, their school involvement and for services to community.

The seven accomplished students included Amanda McCormac, Dezma Bunio, Colton Dessert, Jessie Suchomel, Jane Runte, Lydia Clark, and Jacqueline Royer.

In yet another contribution to the youth of the Loomis Basin, club members demonstrated support for the Junior Golden Eagles football and cheer program by giving the organization a \$1000 check on 6 June. President Henry Schneider, in one of his last acts as CEO of the club, presented the cash to League President Kristine Taylor on the porch of the Blue Goose Event Center.

"The money helps the Junior Golden Eagles replace or repair their damaged football equipment," said Lion Henry seen in the photo standing with Kristine Taylor. Also in the photo is Kristine's son Taylor and Emma Leonard from the group's cheer squad.

In addition to this award, the Loomis Lions give five \$1000 scholarships to Del Oro High School graduates each year.

The five Lions Club scholarship high school winners for 2014 went to students Royce Aggarwal, Ty Bettencourt, Amber DeLoye, Jared Guardino and Hannah Massagli.



THE INTERVIEW

with bud nobili

It's a warm Friday night in July 1968 and boredom has a group of Del Oro High School Athletes hanging around the hamburger stand dreaming up something to do. Their creative juices are flowing. "What if we get some old clothes, stuff them with paper to resemble a body, tie fishing line to it and lay it out on the edge of that private driveway off of Taylor Road? When a vehicle stops to investigate, we pull the line from our hiding place in the bushes and they will find nothing."

Well, if you know Ed Bonner, you can be sure he was one of those who came up with this creative prank.

They had a lot of laughs that night and when Ed got home the conversation with his brother Rob was less than pleasant as he found out Ed had used a pair of his new Levis and his favorite Del Oro hat for the dummy. Ed wanted to go into Law Enforcement and he vividly remembers his only brush with the law when, on August 7, 1966, he and 3 of his pals were picked up for a curfew violation. The penalty was an uncomfortable drive home in the back of a police car by a Deputy who just happened to be a former player on his dad's football team.

Ed Bonner was born in Nevada City in June 1951.

His Father, Bob and Mother, Peggy, both educators, moved the family to Auburn in 1955 when Bob took a teaching job at Placer High School. Ed attended Auburn's St Joseph's Elementary School and then the Loomis Grammar School with the family move to Loomis. Ed's connection to Del Oro High School began years prior to his graduation from Loomis Grammar School as he spent most Friday nights attending their football and basketball games to watch the teams his dad

ED BONNER'S RELATIONSHIP WITH COMMUNITY AND LIONISM INVOLVES SPORTS, SCOUTS, SCHOLARSHIP AND CITIZENSHIP

coached. It didn't take long for Ed's blood begins to run Black and Gold and he became an honor student and outstanding athlete. He was a 4-year letterman in football, basketball and track and received a four-year scholarship to the University of

California at Berkley (CAL) in football and track in 1969. In addition to his many activities, he remained active in scouting and earned the prestigious rank of "Eagle Scout". He always had a desire to become a Law enforcement officer despite his brush with the law in 1966. He remembers August 7 as the date when he and friends violated curfew Loomis. The penalty was a ride home in the backseat of a police car driven by a former football player on one of his dad's teams.

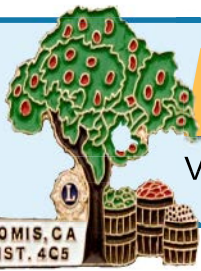
Ed's University of California experience mirrored his high school accomplishments as he established himself as a scholar athlete who lettered in track for 4 years. Ed claims his best track events were the 220 and 440,

running skills he later used chasing down crooks. His football career was cut short by a broken bone during his freshman year. Ed majored in Criminology at CAL, graduated in June 1973, and was offered a deputy position with the Placer County Sheriff's Department. He jumped at the opportunity to work in the area in which he was raised.

The early years with the Sheriffs Department was devoted to patrolling his home areas of



Continued - P.3



Loomis Lions Club

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NEW ZEALAND LIONS TOIL WITH PRANKSTER THEFTS OF CLUB'S LIFE BOAT DISPLAY ON RD ROUNDABOUT

Members stay the course until lions logo display assured

Exciting pranks for the very young are considered thefts when adults. None know this more than the New Zealand Lions members in Blockhouse Bay-Lynfield. The local Lions Club has a large display of a scuttled boat permanently beached on the sands with their Lions logo on its hull to advertise Lionism in the community. It bears the lettering, 'Pride of the Bay'.

You can't miss the boat and logo when driving through town. That is, it is in plain view when it hasn't been taken from its chain and carted away by several some ones with a truck.

In the beginning, the boat sat high and dry from the nearby Manukau Harbor to keep it in place. A removal of the boat and its return forced Lions to cut a hole in its bottom so it could not be used on water. Missing again! When recovered, it was attached to a large anchoring chain.

Gone again!

This time the long white boat seemed to have been carted well away from Blockhouse Bay. The club's publicity reached

an all-time high as newspapers and television headlined the theft. Much of the news coverage was due to club secretary Lion Alan Gray putting out his 'SOS' to the media including radio stations, papers, and the citizenry.

"We garnered quite a lot of publicity," said Lion Gray.

The media coverage seemed to drive the pranksters underground and kept the white former row boat well out of sight. Some might have concluded the Lion's boat had been converted into kindling and burned.

The club members waited and hoped someone would step forward with the boat in tow. Finally, a phone call from a young man who said he awoke to find the Lions craft perched on his front lawn. He promised to recruit some of 'his mates' for its return to the spot on the beach.

Lions members put their heads together and designed a sure-fire guarantee their decorated white former lifeboat would never again be removed from the highway roundabout.

Top soil was brought in and dumped inside the boat filling the shell to its railings. Flowers were planted along the crest of the soil. No chain needed now. They agreed it would take supernatural strength to foil the Lions again.

SHERIFF - Continued from P.2

Loomis and Granite Bay. He worked with youth in the area being ever mindful of the pranks of he and his buddies when they were young. Ed returned to Del Oro High School as a walk on coach for the JV Football Team and for Track. His positive attitude and the manner in which he worked with youth greatly contributed to the development of the school's athletes. Ed, promoted to sergeant and transferred to the department's Lake Tahoe Substation in 1979, reluctantly left his coaching in Loomis.

"That's a big 10-4" was Ed's response to the pleasant voice of the Sheriff Department dispatcher when he received a call to meet his supervisor. It was 1974; he was fresh out of college and new on the force. He had heard there was a beautiful young dispatcher now working at headquarters and this would be his excuse to meet the person behind the microphone. I am certain that was the beginning of countless radio calls for information and assistance from that personable dispatcher over the next few years. Calls that probably went something like this; "Car 54, can you 10-21 dispatch when you go 10-7?" "10-4 dispatch, I'm currently on a 10-16 and will be 10-7 at 1800 hours. As soon as I 10- 10, I'll 10-21 you at home." "10-4 car 54, 10-21 me if you expect a 10-85 due to traffic." Well, Ed claims he charmed her and she tamed him. In June 1977, Ed and Jeanne were married. They have 2 sons, Andrew, a Police Officer in Roseville, and Matt, a Doctor/Physical Therapist in Roseville. Matt and his wife Holly are expecting their first child in August providing the Ed Bonner's a new grandson.

For 13 years, Ed was in charge of the Lake Tahoe Office and moved through three positions, sergeant, lieutenant, and captain. He was moved a fourth time to undersheriff by then Sheriff, Don Nunes. When Don announced his retirement, Ed chose to run for the position of Sheriff-Coroner-Marshall of Placer County and elected by landslide vote in 1994. The month of June 2014 marks his sixth term in this position.

Sheriff Bonner took over a department of about 321 employees and immediately began to promote modernization and excellence in law enforcement. Under his leadership, the department upgraded technology in patrol cars and weaponry.

Taser guns were added, swat teams developed and school Dare and school resource officers came into existence. Community service programs were developed and a fixed wing Piper Navaho and helicopter patrolled over head. A new jail and juvenile hall were constructed and it was not long before the department numbered more than 500 employees. Under Ed's leadership, the department became a model for several neighboring counties.

A believer in continuing education and personal growth, Ed has attended a number of Academies and training programs including the FBI National Academy, The National Sheriff's Institute, The FBI Leadership School, and the Law Enforcement

Executive Development Program. He enrolled in the Command College, a 2-year program at Cal Poly, Pomona and on graduation was its class speaker and was selected Most Inspirational Student.

He earned his Masters Degree in Management Sciences from Cal Poly.

Ed's sense of humor, well known by all who know him, is best described by this short story of his chairing of a meeting of his counterparts. In his words, "Well. There was the time I chaired a meeting of the California State Sheriff's Association in a dress and wig." Ed was the Vice President of the Association and the President, a lady Sheriff from Santa Clara County, had a record of missing meetings or entering late. Ed told her he would cover for her at a meeting in Redding and he entered the meeting room dressed in a blue sundress and blond wig. As he began to conduct the meeting with the 45 heads of departments, the lady president walked in approaching him from the rear. He wasn't aware she had entered and continued his imitation of her words and actions. Of course the seated sheriff's signaled her presence to let him know she was not happy with is performance. Another Ed Bonner prank was in the record books.

Ed's Lionism began in 1992. I was his sponsor, and it didn't take much convincing to get him to join. As I recall, the conversation went like this; "Ed, what would you think about joining the Loomis Lions Club?" His reply, "Sure, what do I do?"

This is the same type of response you get from him when he's approached on any Lions Club activity or event benefiting the community or area schools. He has an impressive record of involvement with hundreds of community programs and countless fundraising activities for local charities. Taking time from his busy enforcement schedule, he's served a term as the Lions Club President. He kept meetings lively and daily attendance high. While the current demands of his position do not guarantee his attendance at many meetings, he's always available for the club's annual dinners and crab feeds.

As a citizen and sheriff, Ed has created and fostered a spirit of understanding among people in Placer County, and regularly promotes the principals of good government and citizenship.

He has always taken an active interest in the civic, cultural, social and moral welfare of our community and devotes time and effort to community needs. He supports numerous non-profit groups and remains a major supporter of Del Oro High School and Troop 12 Scouting. A Lions club brochure states that a member should possess the qualities of good moral character, a positive attitude, a willingness to serve, a good community reputation, professional status and leadership potential. Reads like a description of Ed Bonner and we are proud of the fact that he wears the vest of the Loomis Lions Club.



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BELL, WOOD GAVEL, AND WALL BANNER SPECIAL IMPORTANCE

There are 3 special displays that all Lions Clubs hold dear and guard against loss. The brass bell with its engravings note important dates and sponsoring clubs.

The gavel handed down from many club presidents, is used to clang the bell and open and close meetings.

The wall banner goes where ever the club sits, holds meetings, and conducts special events.

All three make up the club's trappings and its identity.

Occasionally a visiting club member will make off with the club bell requiring Loomis to visit the 'borrowing' club and return the bell to Loomis. Always in good fun to encourage club visitations.



Melvin Jones Fellows Henry, Bud, Tom, John, Gerry and Jack

LIONS WARD AND WINGER BECOME MELVIN JONES FELLOWS

Two Lions members were selected by the Loomis Lions Club as Melvin Jones Fellows in a special ceremony on 17 June at the Blue Goose Event Center.

The award is the highest honor a club can bestow on fellow members and is done in memory of the founder of Lions Clubs, Melvin Jones.

Presenting the awards at the evening banquet was District 4-C5 Governor-Elect Erv Gon.

The high recognitions went to Lions Tom Ward and John Winger. They are seen in the above picture with fellow

award winners in this order: (l/r) Henry Schneider, Bud Nobili, Tom Ward, John Winger, Gerry Nash and Jack Morris.

One Melvin Jones Fellow recipient not shown in the picture was Lion Russ Kelley who was on vacation.

The club contributes \$1,000 to an international crisis fund for each person named and the funds are administered by Lions Clubs International. The monies are used by LCI headquarters for global assistance to communities suffering tsunamis, floods, earthquakes and other disasters.

Taking steps to reduce stress can increase years

One's life longevity and stress level go hand-in-hand. You can not expect much of one if you have too much of the other. A small amount of stress is good for you, says RealAge.com. It helps motivate to get things done. Too much stress, on the other hand, can increase such observable complaints as back and headaches, heart disease and even common colds. It was found that men experiencing even moderate levels of stress over long periods have a 50% higher mortality rate.

Chronic stress often saps the immune system and increases heart disease. It also weakens the desire to exercise regularly and can lead to a return to smoking or increased drinking. According to Marc Gillinov, heart surgeon at the Cleveland Clinic and coauthor of the book Heart 411, there is a strong connection between emotional stress and heart disease.

Birthdays

July

Noting important dates involving important people is the purpose of this column. Beginning with 4 July, American Independence Day, John Paul Jones hoisted the first Stars and Stripes flag, the 13 colonies met in Philadelphia to sign their Declaration of Independence and Lion **Ron Jones** was born.

On July 25, Henry the Fifth was crowned in France, the British captured Fort Niagara from the French, the first bikini was shown at a Paris fashion show, and Lion **Fred Berryman** is born to happy parents.

On this 27th day of July in history Sir Walter Raleigh brought the first tobacco to England from Virginia, Maximilien Robespierre in the French Revolution was arrested, the Atlantic telegraph cable was successfully laid 1,686 miles in length and Lion **Jim Makimoto** entered this world.





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P.1 Continued

The large portion of the program was devoted to Governor Erv calling up the President-Elect Bob Christiansen and his new officers. Lion Erv identified each of their responsibilities and introduced them as the club's officers for 2014-15.

His next official task was calling forward Lions Tom Ward and John Winger and presenting them with their Melvin Jones Fellow awards. He noted these recognitions were the highest honors a club may bestow in its members. The two men placed their plaques on display on the MJF table.

Each of the two presidents gave short talks. Henry cited a number of club accomplishments during his year in office and thanked the members for their support. President-Elect Bob welcomed his new role and stated he planned to carry on the good work set by Lion Henry.





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LOOMIS, CA
DIST. 4CS

CLUB SNAPSOTS AT SECRET RAVINE WINERY



3 June 2014 - Secret Ravine Vineyard and Winery

LINCOLN KNEW HIS AUDIENCE AND HIS MOMENT

Many Lions members know their nation's history, understand the meanings behind the designs of their flags, and are current in their understanding of their nation's leaders. Much of this understanding is due to their involvements in community affairs and needs. Part of their understanding is attributed to member ages and to their formal education plus exposures to television and the Internet.

Loomis Lions members fit the 'awareness' mold as described above. They have an understanding of American history, its national leaders past and present, and a devotion to all things relating to the United States Constitution. Among their political and national heroes is President Abraham Lincoln.

Many of the club's members were required to memorize Lincoln's Gettysburg Address while in grade school. To

help them recall those recitations of the distant past, the following background materials are again displayed.

After a three-day battle against the Union army at Gettysburg, Pa., General Robert E. Lee's Confederate Army retreated on 5 July from a battlefield containing more than 50,000 dead and wounded. That battle, most historians agree, created the turning point in favor of the Union. Six months after the campaign, 19 November, 1863, two speakers, President Abraham Lincoln and former Harvard president Edward Everett, attended the dedication of the Gettysburg cemetery.

Everett spoke first for two hours and Abe Lincoln held to three minutes. One of the two presentations was quickly identified as among the greatest speeches in American history.



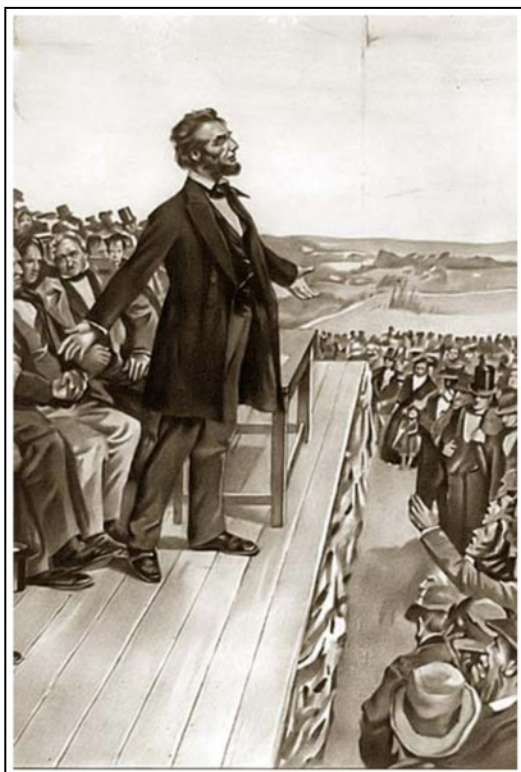
PUZZLED DOCTORS

In a hospital's intensive care unit, a small number of patients had been dying in the same bed, on Sunday mornings, at about 11:00 am, regardless of their medical conditions. This puzzled the doctors and some even thought the deaths had something to do with the supernatural.

No one could solve the mystery as to why the deaths occurred around 11:00 AM and always on Sunday. A team of medical experts was assembled to investigate the cause of the incidents.


The next Sunday morning, a few minutes before 11:00 AM, hospital administrators, doctors and nurses gathered in the ward to see for themselves what the terrible phenomenon was all about. Some held wooden crosses, prayer books, and other holy objects to ward off the evil spirits. Everyone was concerned.

Just when the clock struck 11:00, Fernando Rodriguez, the part-time floor sweeper and Sunday morning helper, entered the ward and unplugged the life support system so he could use his vacuum cleaner.



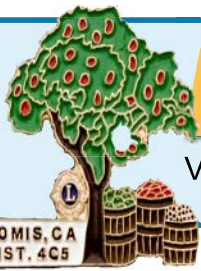
THE GETTYSBURG ADDRESS

DELIVERED BY ABRAHAM LINCOLN NOV 19 1863



AT THE DEDICATION SERVICES ON THE BATTLE FIELD

Fourscore and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal. *** Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. * * * We are met on a great battle-field of that war. * We have come to dedicate a portion of that field as a final resting place for those who here gave their lives that that nation might live. * * It is altogether fitting and proper that we should do this. * * But in a larger sense we cannot dedicate, we cannot consecrate, we cannot hallow this ground. * The brave men, living and dead, who struggled here, have consecrated it far above our poor power to add or detract. The world will little note, nor long remember, what we say here, but it can never forget what they did here. * * It is for us, the living, rather to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us, that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion; * that we here highly resolve that these dead shall not have died in vain; that this nation, under God, shall have a new birth of freedom, and that the government of the people, by the people, and for the people, shall not perish from the earth.



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Loomis History

Between 1869 and Today in 2014

I came across an article composed by this editor for the Loomis News in April, 1994, titled: **Loomis Basin palm trees 101 years old**, and decided I would rekindle portions of that story for this month's Lions newsletter.

No one seeing the Loomis Basin for the first time can pass through the community without wondering why the palm trees? People living here often don't know the story behind them. I'll try to explain their origin by taking material from my own writing as it appeared in 28 April 1994, Vol.54, No.17, page 1.

The story begins in the late 1800s with the development of the now long-gone Citrus Colony Company, itself the brainchild of millionaire Joel Parker Whitney. He controlled more than 20,000 acres. He wanted to sell off his lands to wealthy English people who, he hoped, would buy entire tracts of land and plant citrus orchards for market. Part of the agreement with the sales was the new buyers must plant trees along the avenues and roads. No one knows for sure why towering palms were selected. The choice may have come from Whitney's connections in Southern California and his buying power to acquire all a grower had on hand – and one foot tall palm trees were then plentiful. To get the desired 1,000 trees, Whitney had to take from two stocks, the thick trunked *Washingtonia filifera* and the taller thin trunked one, *Washingtonia robusta fan palm*.

A train car load of baby palm trees arrived and stopped in the Loomis Basin in 1893. Whitney's foreman, Phineas W. Butler and his crew of Chinese laborers, dug holes along the main roads and began planting the tiny trees at prescribed intervals. By 1994, more than 500 palms remained standing despite the more than one hundred years of winds, fires, drought, and roadside improvements.

Why were palm trees selected. The popular belief was Whitney wanted a ring of towering trees to mark property lines of his English Colony. Those passing through the Loomis Basin today in 2014 must agree that Whitney got his wish.

EDITOR'S DESK

I ask: "Why don't we do blood tests of members in the clubhouse twice a year?"

The fact that diabetes is higher among District 4-C5 Lions members than the general population of the community they serve is a given. Wow! How did this come to be? Age is the answer when considering the vast majority of club members are over 60 years of age. Yes, diabetes among people over 60 is higher than in people 20 years younger and not just in District 4-C5. It is the same across the state and across the country, too.

Lions members know that people with diabetes have trouble with blood sugar and that long time high sugar amounts in the blood can lead to eye disease and blindness. A recent study found the majority of people already suffering with diabetes have no idea their vision was at risk. Their doctors did not make future vision loss known to them.

Nearly 30% of the diabetics interviewed in the John Hopkins University study were unaware they were already experiencing vision loss.

Vision loss is an all-too common complication of diabetes. It's caused by a condition called diabetic retinopathy which is also the number one cause of vision loss among American adults. Up to 45% of people with diabetes have some stage of retinopathy. It happens when high blood sugar levels, along with high blood pressure, cause damage to the tiny blood vessels of the retina. The vessels start to break down and leak fluids into the surrounding eye tissue.

Symptoms and complications of diabetic retinopathy include:

- Blurry or distorted vision or difficulty reading
- Seeing floating spots or "cobwebs" in your vision
- Loss of central or side vision
- Seeing a shadow or veil across your field of vision
- Pain, pressure or constant redness of the eye
- Blindness

As with so many things in life, an ounce of retinopathy prevention is worth a pound of cure. Here are the top three ways to keep your vision sharp if you've got type 1 or type 2 diabetes. The first is keep the blood sugar under good control and the diet healthy. For a second, see an ophthalmologist or optometrist at least yearly for an eye exam that includes pupil dilation. Finally, treat first signs of retina damage promptly to reduce the risk of permanent vision loss.

Each club should conduct one or two blood tests of its members to ensure no member remains an unaware walking diabetic for long.

SCOUT TROOP 12

Scout Caden Gallagher, Reporter

Official Troop 12 Liaison to Loomis Lions Club



Recent Scout Events

May was an exciting and busy month for Troop 12. We started off with a bang going to Camporee, then we held a pancake breakfast, John Harari had his Eagle Court of Honor, and we finished it off with Leadership training. We also had our Patrol Leaders Council (PLC) elections this month and we have a new group of leaders ready to take on the summer.

Troop 12 took part in the 2014 annual Sierra Gateway/Ironhorse Districts Camporee on May 1st through 3rd. For the first time it was held at Peninsula Point on Folsom Lake. Although we couldn't swim we still had loads of fun. As always there was lots of competition between the different troops from around both districts. Our troop had a turnout of 10 scouts and only one patrol but we still managed to do well in the competitions. Although we didn't win any awards, I have never seen our troop work so well together and accomplish so much. The older scouts were very helpful and were teaching the younger scouts and a few even had some of their requirements for ranks signed off. Troop 12 really came together and bonded this weekend!

2014 summer PLC was chosen at election night on May 12. It was decided that the new Senior Patrol Leader would be Nick Pellegrini and he would lead the second annual Troop 12 Patrol Games

during our summer meetings. The new PLC is filled with active members who are responsible and good leaders.

Sausages were grilled and eggs were being brought to plates by the ton as we worked at one of our biggest fundraisers for the year, the Troop 12 Annual Pancake Breakfast. we had many customers supporting our troop and enjoying their pancakes. The scouts were waving signs trying to attract more of the town members while driving by the Veterans Memorial Hall. The money earned by the scouts goes into scout accounts for scouts to spend on camp fees and supplies.

The day after the pancake breakfast, we celebrated John Harari's Eagle Court of Honor. There was lots of support from the scouts and their families. It was a happy day for everyone and especially John and his family.

On May 31st the new PLC met for the first time and enjoyed our leadership training program which we do twice a year. We also planned events and activities for the rest of 2014. We all had a great time playing leadership games and voting on events and activities for the troop will do through the rest of the year.

June has the start of our Patrol Games and preparation for our week of summer camp at Camp Winton which happens in July.