



# CLUB INTRODUCED TO PC FOUNDATION

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Jessica Hubbard explains role of PCF as focusing local giving toward healthy and connected families



Jessica Hubbard

Twenty Lions members and two guests from Embarcadero Lions Club attended the Loomis meeting on 18 August.

The guest speaker was Jessica Hubbard who spoke on the role of the Placer Community Foundation (PCF) and about donations and philanthropy.

Lion Jim Williams, seated with his face toward the camera in the picture, introduced the speaker. He is a member of the PCF board of directors.

Speaker Hubbard described the PCF as a personalized service

making giving to charitable organizations well within the tax codes and requirements. She said that givers can do so in their own names or in the names of loved ones locally and beyond.

Hubbard pointed to the PCF's area expertise. "We monitor community needs creating opportunities and leveraging philanthropy to help the under served families, youth, education, the environment, animal welfare, the arts and economic development."

Jessica closed her 20 minute talk by answering questions.

## SPECIAL GUEST

### Past District Governor Erv Gon visits Winery club house

Past District Governor Erv Gon made a special visit to the Loomis Lions Club on 18 August at the Secret Ravine Vineyards and Winery.

He recognized Lion Jack Morris' work as District 4-C5's International Relations and Twinning chairperson during 2014-15.

He spoke about Lion Jack's help with Embarcadero's twinning with a newly formed club in the Philippines. He said that Lion Jack had provided assistance to both clubs through his creation of the twinning materials.

PDG Erv also described how the Loomis Lions Club's newsletter was cited as Erv's Editor's Choice when he found it didn't match the District's unique judging requirements. Lion Erv said that Editor Morris received the club's award during the annual conference in San Ramon.

PDG Erv called Lion Jack forward during the Winery meeting and presented him with a 'first-of-a-kind' miner's pan as Erv's thanks for his last year's club twinning efforts.



Jack Morris

Erv Gon

## STORIES IN THE CLUB HOUSE

Socrates spoke about loose tales and mentioned he had a proven 'three sift' test

In ancient Greece, Socrates had a great reputation for wisdom. One day someone visited the great philosopher and said to him: "You know what I just heard about your friend?"

Socrates responded: "Before you tell me that . . . I would like to test you with my three sift through.

"The three sift through?"

See **SOCRATES** - P.2



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## SECRET RAVINE'S WINE MAKER TAKES QUESTIONS Lion Ron Morris on wine consumption and health

Behind this interview with renowned Wine Maker and Lions member Ron Morris was the question raised in RealAge.com, (the club's official medical authority), **Is Drinking Alcohol Good for Your Heart?**

The probing newsletter staff (we have only one) took the RealAge.com piece literally to heart and developed questions challenging the piece. We gave these questions to Wine Maker Ron. Here are the questions and his answers.

Q: Is alcohol all that harmful?

RON: Too much can be harmful. A little with dinner seems to be about what the health experts say is good for the heart.

Q: Do you follow the studies?

RON: I try. But I see them changing all the time. One day alcohol is bad and another study says alcohol in moderation is good.

Q: How do you see alcohol as good?

RON: Assuming it is enjoyed in moderation it is generally good, in my estimation. People with health defects should follow their doctor's advice.

Q: What about current heart studies?

RON: They are saying moderate alcohol intake over a period of time cuts risk of heart disease between 25 and 40 percent.

Q: Do your winery visitors know this?

RON: Some do. They keep up on the benefits of wine in moderation at dinner time. They've read how the ethanol in the drink increases good cholesterol and discourages such things as blood clots because of healthier arteries.

Q: Why are we discussing arteries?

RON: Healthy arteries mean fewer heart attacks, strokes, face wrinkles, and memory lapses. We improve such things through our moderate wine drinking and even limiting the beers to 2 cans only.

Q: Your benefits are surprising.



RON: That's not all. Because of the healthy arteries we improve the flow of blood throughout the body. This means for men there is the potential for better sexual function.

Q: What amount is a good amount?

RON: Studies in 2015 say two drinks give optimal benefits. They say it doesn't matter if the drinking is wine, beer, or hard liquor. Moderation is key here.

Q: What size makes one drink?

RON: The guide behind one drink goes like this. One half of one ounce of alcohol is about equal to 12 ounces of beer, 5 fluid ounces of wine, 1.5 fluid ounces of liquor spirits and 1 ounce of 100 proof spirits.

Q: Thank you Lion Ron Morris.

## Newsletter Reporter tries Facebook approach at Raley's - - to make friends

Same questions asked as on Facebook

Lions Reporter Garvionatia (Garv) Morales is a daily user of both Facebook and Twitter.

Garv thought it would be a good test of Facebook and Twitter principles to face total strangers while applying the computer techniques on the street.

Garv stood in front of Raley's Market in Loomis for 4 hours announcing what she has eaten, how she felt, what she had done the night before . . . All this to total strangers. She handed them pictures of her boyfriend, her 2001 Corona car, her dog with the missing leg, and her gardening and some of her on holiday in Bakersfield.

She resorted to a few words of profanity as she had done many times on Facebook. Like on Facebook, she wanted to speak freely and thought profanity would hold their attention.

Garv has always been a good listener and she applied this strength with the folks visiting Raley's. Garv reported: "I told them I 'liked' them and I gave them my opinions on just about everything even as they walked away."

Apparently Garv's experiment with her Facebook and Twitter one-on-one worked. She told the editor that by the end of the 4 hours she had three new friends. One was a Placer County Sheriff's deputy, a county social worker, and a psychiatrist who, Garv reported, appeared out of nowhere.

Satire with a buried message

**SOCRATES** - from P.1

"Yes," continued Socrates. "Before repeating something about others, it is good to take the time to filter what you say. I call it the test of the 'three sift through'. The first sieve is the truth. Have you verified what you say is true?"

"No... I just heard..."



"Very good. So you do not know if it is the truth. We continue with the second sieve, that of goodness. What you want to say about my friend is something good?"

"Oh, no! On the contrary."

"So," continued Socrates, "you want to tell me bad things about my friend and you are not sure that they are true. Maybe you can still pass the next test which is the third sieve, usefulness. Is it helpful for me that I know this about my friend?"

"No, not really."

"So, concluded Socrates, "what you were about to tell me was untrue, not good, and not useful. Why is it you wanted me to hear this?"

## DON'T KNOCK ASPIRIN - IT HAS HISTORY OF GOOD

Aspirin taken daily impacts cancers of the bowel, stomach, and prostate

An ancient papyrus scroll indicates that even back in 1550 B.C. people used salicylate-rich plants to ease pain. Flash forward 3500 years: That same plant-based ingredient has been refined into what we call aspirin -- and it's still making news.

A metastudy found that a dose of 75-325mg of aspirin daily taken for 10 years between the ages of 50 and 65 bestows more benefits than harm -- and the benefits are impressive. Looking at many studies, the researchers found taking a daily aspirin reduced the number of cases of bowel cancer by 35%, esophageal and stomach cancers by 30%, and prostate cancer by 10%. It also lowered the number of

deaths from those various cancers from between 35% and 50%.

Bigger doses of aspirin didn't offer more protection; it was the length of time (at least 5 and optimally 10 years) that conferred the benefits. The down side: Taking aspirin daily ups the risk of digestive tract bleeds among 60-years olds -- although the bleeding is rare.

So, if between 50 and 65, talk with the doctor about taking aspirin daily and ask if a screening for Helicobacter pylori, the bacteria associated with ulcers, should be done.

If infected, treating ulcers before taking aspirin may avoid complications.

And remember to drink half a glass warm water

before and after taking aspirin. That keeps tablets away from stomach linings and helps dissolve them more quickly.

## Birthdays September

Two club members, Paul Johnson and David Mercer, were born in a month when history was powerful and life changing.

Hitler invaded Poland, Congress established the U.S. Treasury, the Japanese surrendered on the battleship Missouri, Kennedy faced Nixon in the nation's first televised debate, and America's United Colonies had it's name changed to United States of America.



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## JEFFERSON REMEMBERED FOR CONTRIBUTIONS TO AMERICA

### Loomis Lions strong on history with flags, pledging, service

Loomis Lions members believe in America's greatness with all their hearts. Many of them are long-term history buffs and understand which of the many events and individuals came together at the right time for the results that citizens of the country enjoy in 2015.

The club, like Lions Clubs across the world, open their meetings with pledges of allegiance and sometimes by singing patriotic songs.

Members also remember America with its annual flag days and visitations to the local grade schools. The flag's history is explained and tiny flags given to students.

One of America's all-time great leaders who made possible so many of the rights and liberties enjoyed today, and recognized by Loomis members, is the statesman Thomas Jefferson.

John F. Kennedy held a dinner in the White House for a group of the brightest minds in the nation at that time. He made this statement: "This is perhaps the assembly of the most intelligence ever to gather at one time in the White House with the exception of when Thomas Jefferson dined alone."

The follow comments were made by Jefferson during his statesman years:

"When we get piled upon one another in large cities, as in Europe, we shall become as corrupt as Europe."

"The democracy will cease to exist when you take away from those who are willing to work and give to those who would not."

"It is incumbent on every generation to pay its own debts as it goes. A

principle which if acted on would save one-half the wars of the world."

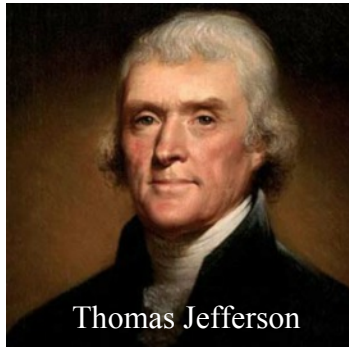
"I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them."

"My reading of history convinces me that most bad government results from too much government."

"No free man shall ever be debarred the use of arms."

"The strongest reason for the people to retain the right to keep and bear arms is, as a last resort, to protect themselves against tyranny in government."

"The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants."



Thomas Jefferson

"To compel a man to subsidize with his taxes the propagation of ideas which he disbelieves and abhors is sinful and tyrannical."

"I believe that banking institutions are more dangerous to our liberties than standing armies."

"If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property - until their children wake-up homeless on the continent their fathers conquered."

## RATTLESNAKES

### Oglesby Lions Club hosts snake roundup in gigantic fundraiser

Loomis has rattle snakes and more than a few have been gathered up by the local snake chaser upon request.

The Loomis Lions have never once considered hosting a rattlesnake jamboree like the annual fundraiser in Oglesby, Texas.

According to LION, the international Lions Club's magazine, Oglesby Lions, in a town with less than 500 residents, draws visitors from far and wide for their annual reptile fundraiser.

Sonia Smith, author of the LION article appearing on pages 38-42, Jul-Aug edition, wrote: "The first thing you notice is the dense sound. The hum and buzz of hundreds of rattlesnakes shaking their tails down out everything else inside the auditorium . . ."

This fundraiser doesn't mean all 30 members of the Oglesby Club climb into the snake pit taking turns moving the reptiles about. According to Author Smith many members prefer to sell tickets, manage the booths and deal with the visitors.

One august member, 88 year old John Barnes, retired accountant, said: "We just prepare for the snake show and leave the work of the pit to professionals."

It is no secret that these snakes bite and the small ones can be as deadly as the big.

All of the snake handlers in the pit told of being bitten or 'nicked' and still return to the Lions Club's fundraiser and to other roundups throughout Texas.

Attendees enjoyed more than just seeing rattlesnakes up close. There were funnel cakes, carnival games, and pony rides to keep adults and children happy. For those wanting to experience the taste of the rattlesnake's dark meat, there were cooks and grills to make ready more than 100 pounds of *Crotalus atrox* throughout the Lions program.

This year's event attracted 2,500 attendees to Oglesby. They left behind \$12,500 which goes to the club's scholarships and for the purchase of eyeglasses.

## Loomis Lion speaks at Lincoln Host LC

### the INTERVIEW

with bud nobili

Lincoln Host Lions Club had Loomis Lion Jack Morris in as their first speaker for the year on 6 August.

Lion Jack spoke about manuscript writing and what it takes to go from story idea to published book.

He has marketed a number of books and is the editor of his club's newsletter.

He was the guest of President Kris Knutson and more than 15 members of the club at 7:30 pm at the Lincoln Veterans Memorial Hall in Lincoln.

Sometimes there just isn't enough hours in the day to make the best of intentions bear fruit. Author Bud Nobili's 'The Interview' was one that had to be set aside.

He promises that next month's newsletter Interview column will make the presses for the world to read.

He has advised the newsletter editor to stand-by with his personal life's history. None escape the Nobili questioning and so the editor will submit to his inquiries and will accept the story he creates.

## Embarcadero Alex Eng enjoys Winery

Lion Alex Eng visited Loomis Lions on 'Wine day', 18 August, as a luncheon guest of Lion Jack Morris.

"Wine Day' meetings always occur on the third Tuesday of each month at the Secret Ravine Vineyards and Winery.

Lions Alex and Jack are longtime friends beginning with their work helping visiting Nepal Lions members.

Lion Jack said it began when Lion Alex offered his help with the transportation of foreign guests while they were in Sacramento.



"I'm going to prescribe something that works like aspirin but costs much, much more."



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## Loomis Lions Club Annual Picnic



**Date:** September 15th, 2015

**Time:** 5:30 until Dark

**Location:** Loomis Park, 6909 King Road, Loomis

*Lots of Great Meat Barbequed by Lion Joe Bittaker!*

*Salad, Corn, Watermelon, and Plenty of Liquid Refreshments!*

**Adults: \$10 Children: \$4**

**All Net Proceeds will go to Troop 12**

**RSVP to Henry Schneider at 390-4884 or [schneider@accorp.biz](mailto:schneider@accorp.biz)**

***Come enjoy a wonderful evening  
of food, wine, and socializing!***

Flyer designed by Loomis Lion Lisa Markey



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## Loomis History

Between 1869 and Today in 2015

On 3 July, 2012, Lincoln Life Scout Cameron Cline stood before the board of directors of the Loomis Lions Club asking for financial help to build a sports bleacher in Penryn Park.

Penryn Park is located beside the Interstate 80 freeway and contains a collection of oak trees and shrubs, and a flat playing area for youth sports.

Penryn Park needed a sports bleacher and Scout Cameron had plans to build one.

"The park has two concrete pads right now," Cameron said, "and they need small bleachers to put them to use."


Cameron sounded serious and he had a plan and by the end of his talk, he proved his preparation was thorough.

He told the Lions members that he had raised some money and had contacted several contractors. He needed exactly \$275 for lumber and nails to complete the project and looked to the club for their assistance.


Lion Henry Schneider spoke favorably for the project as did a number of members. Henry called for a vote by the board and was pleased when the \$275 funding was approved.

President Ron Jones (2012-13) thanked Scout Cameron for his detailed report and requested Treasurer Malcolm Singer make the cash available.

The photo below is that of the bleacher as it appeared in August 2015 - *three years later.*

**SCOUT TROOP 12**  
Scout Cayman Anton, Reporter  
Official Troop 12 Liaison to Loomis Lions Club



At our first meeting of the month on Monday, 13 July, we talked about the upcoming spelunking trip. Since only two first year Scouts went, we decided to break up the Scouts into two camp patrols for meals versus staying in our individual patrols. We also spent some time working on tenderfoot requirements and older scouts signed off books for requirements that had been achieved.

On Saturday, 11 July, the troop did community service by helping clean an elderly Loomis resident's yard from 7 am to 12 pm. For 4 of the last 5 years Troop 12 has removed weeds at her house across the street from Franklin School. She was concerned about the possible fire hazard from the tall weeds. The Scouts came equipped with rakes, brooms, weed eaters, leaf blowers, etc. They did such a good job they received several phone calls saying, 'thank you!'

Also in July, scouts from Troop 12 joined Pack 815 for movie night. Everyone hung out for the first hour or so and played games. We also watched as three scouts retired an American flag. Once the flag retirement ceremony was over we watched the movie "Sandlot." It was a fun evening and a nice way for the older Scouts of Troop 12 to hang out with potential future troop members.

We then went on our spelunking trip up near Murphys, CA the weekend of 17 July.

Spelunking is exploring caves. We camped up in the Calaveras Big Trees and then went into the Moaning Caverns to explore. The weather was warm and the caves were cool. We saw lots of great formations and the Scouts had a great time exploring.

On Saturday, 25 July, some new Scouts worked on their Physical Fitness for Tenderfoot at Loomis School with the help of two older Scouts and the Scoutmaster. The object was to record stats for things such as running, push-ups, sit-ups, pull-ups, and long jump.

In thirty days we will do the same fitness activities again but must improve on our original stats to pass requirements.

At our 27 July meeting the Phoenix patrol was responsible for the topic. They demonstrated fire safety by creating a safety skit. Each Scout showed what not to do around fires. They also played a game called Electric Chairs. We always try to make our meetings informational and fun. July was a busy month of community service, camping and working on requirements.

Next month, August, will include our annual trip to Rocknasium, more camping, hiking and a huge golf tournament that is being put on by the American Legion Post to benefit Troop 12.

August should be a great month for Scouts.


## EDITOR'S DESK

Jack Morris, MJF

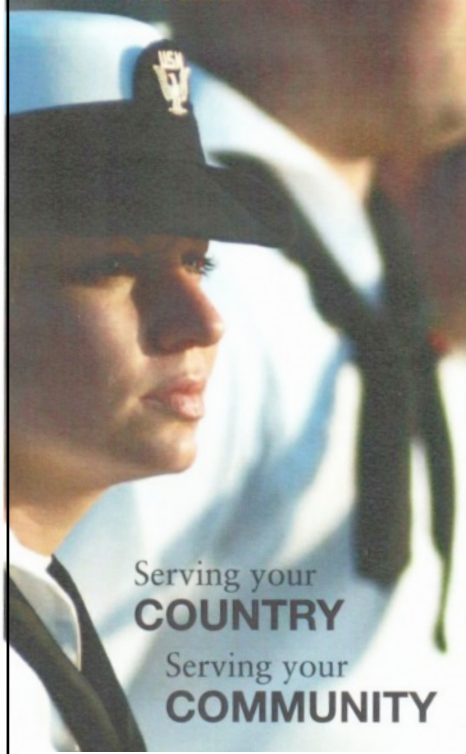
President Bud Nobili's suggestion the club bring in veterans as new members at our 18 August meeting has me eager to get started. It's not too late to benefit from LCI's financial help and there is nothing to stop us from making this a successful club recruiting exercise?

A news article on the veterans recruiting program was composed on 19 August, approved by President Bud Nobili, and sent to the Loomis News editor the same day.

Come on veterans. We have some great service projects to share with you.



**Lions Clubs International**  
INVOLVE A U.S. VETERAN PROGRAM



Serving your **COUNTRY**  
Serving your **COMMUNITY**

**THE LOOMIS LIONS CLUB WANTS YOU!**

**WHITE CANE DAY**

**LOOMIS LIONS CLUB**

22  
October  
2015



We're looking for a dentist....?