

District 4-C5

Lions Pride



LIONS PRIDE—VOLUME 36, ISSUE 8

February 2019

MD-4 Leadership Institute Graduates



Front: Jim Kirkpatrick, Jeff Walton, Helene Smith, Josephine Fong
Back: Carlos Carvajal, DG Doug Wight, Tim Leathers, Rose Craighead

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District Governor Doug Wight's Message



Greetings to District 4-C5 Lions.

First order of business. The phone number shown in the District Directory is my cell phone number. It does not work where we live. I didn't notice when proofing the directory that it was listed and that

our land line was omitted. If any of you have any phone business with either Lion Diana or me, please call our land line, 530-477-0134 and do not use my cell number unless we are travelling.

I hope that all of you enjoyed the New Year's Day Tournament of Roses Parade. What a special treat for First Sister, Lion Diana and me. Not only did we have terrific grand stand seats for the parade, we were fortunate to participate in many of the activities leading up to the parade. On that Friday, we joined the other District Governors, Partners in Service and other dignitaries at a reception with our International President Gudrun Yngvadottir and husband Past International Director Jon Bjarni Thorsteinsson as well as a special dinner with them. One of the days we toured the float barn and saw our float up close. On January 1, it was cold, 34 degrees, but eventually it warmed up a few degrees, but not by much. It was a thoroughly enjoyable few days spent in Southern California and I recommend it for those that might want to experience it for themselves in the future.

The rest of the month was busy as well. Besides visiting several Lions Clubs, we attended Capitol Lions China Night and the Folsom Lake Lions Crab feed. We also attended the Lions Education Foundation (LEF) soup and salad event on January 25. I served clam chowder and others served other terrific soups or salads. Thanks go out to the LEF board members and others who put this event on year after year.

On Sunday, January 26, I drove to the Santa Rosa area to attend the Regional Lions Leadership Institute at the Earle Baum Blind Center. We had seven Lions who took the two and a half day courses. I enjoyed joining them for dinner, listening to speeches that evening and then rejoining them on Monday for lunch and to see some of the students graduate before having to leave early in order to arrive in Colfax for a Foothill Zone meeting.

Yes, it has been a busy first seven months and the visits are winding down, but we are still running on all cylinders to accomplish many of our goals this club year.

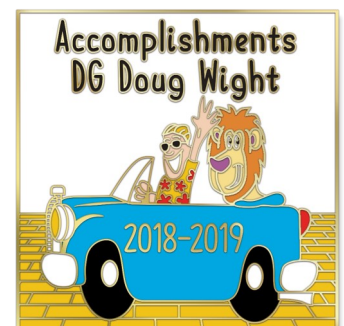
Most likely, by the time many of you read this, our Winter Council of Governors and the MD-4 Convention will be history. I have spent many hours working as co-host in getting ready for the several hundred members that will attend. We have two very qualified candidates running for International Director, PDG Ken Ibarra and PCC David Ratdke. I wish the two of them the very best in their campaign and future.

On February 16, the third Cabinet Meeting will be at Union Mine High School in Diamond Springs chaired by Region Chair Jill Santos. Hope to see many of you then.

I look forward to visiting you in the near future and are looking forward to seeing many of the clubs inducting new members before the end of June.

District Governor, Doug Wight

"Ride the Gold Road of Lionsim"



1st Vice District Governor Sarah Enloe's Message



Hello Fellow District 4-C5 Lions:

January 2019 has disappeared in a blink of an eye. We are now into February, which is going to be another action-packed month for us, and the calendar for the next four months is packed with activities.

First, congratulations to the District 4-C5 Magnificent 7 Lions, who recently graduated from the Multiple District 4 (MD-4) Regional Lions Leadership Institute Training North, held in Santa Rosa, CA. The graduates: Helene Smith - Foresthill Lions Club; Josephine Fong - Senator Lions Club; Rose Craighead - Colfax Lions Club; Jim Kirkpatrick- Antelope Lions Club; Jeff Walton - Woodland Host Lions Club; Tim Leathers - Woodland Host Lions Club and Carlos Carvajal - Yolo Sunset Lions.

This month, I would like to share excerpts from our International President Gudrun Yngvadottir's January 2019 message from the Lions Magazine. She reminds us that *"When we became Lions, we embarked on a journey together. We all started down a path of service, sharing kindness, bringing hope to our communities; changing the lives of the people we serve; and changing our own lives along the way."*

But in many aspects service itself is a journey. It doesn't come together in a single day and it doesn't end when the event is over. It's a cycle of learning, doing, and celebrating, so that we can continue evolving our work and expanding our capacity to serve.

When we learn of a problem, we begin to think of ways in which our club might help. We do research; we learn more about the needs; and the obstacles in our path. This learning and discovering comes before our doing. This makes the service we do that much better, because it's more informed; more prepared; and ultimately more effective.

Reporting what we do and sharing our stories is also a key component to keeping the movement going. It is one thing to perform a good deed. It's another to perform a good deed and share the story of your service with others who may champion your cause or even join you in service – all because they were inspired by your service."

Remember the service goals focus on people served; service

activities; and the Club. By setting goals around these three data points, you are contributing to our LCI Forward goal of serving 200 million people per year.

Just a friendly reminder that the Statewide MD-4 Convention is this coming weekend from February 8 through 10, 2019, right here in Sacramento, at the DoubleTree Hotel. The theme is "Explore Italy." This MD-4 Convention will be Celebrating the 100th Annual Convention. **If you have not registered yet, you still have time to register.** For additional information, visit our website at www.district4c5.net or contact Lion Marjean O'Neill at (707) 664-8511 for questions or email Lionmarjean@gmail.com.

Our next District 4-C5 Cabinet Meeting, hosted by Washoe Region Chair Jill Santos, is on February 16, 2019 at the Union Mine High School, 6530 Koki Lane, El Dorado, CA 95623. Additional information is forthcoming.

Also, the Student Speaker Contests are in full swing. Please come out and support our students who are participating in the contests. Save the Date...the District Student Speaker Contest will be on April 20, 2019.

Our District 4-C5 Convention is two and a half months away! It will be held at the San Ramon Marriott Hotel from April 26-28, 2019. This year's Convention theme is "Paint Your Wagon." Again, we encourage everyone to register early. For additional information, contact District Convention Housing and Registration Chair Lion Gayle Kono at gayle_kono@yahoo.com or (916) 213-8261.

Also, a friendly reminder that the Club Delegation Form is due to Lion Dave Pevny, Credentials and Elections Chair by **April 8, 2019**. Visit our District website at www.district4-C5.org for additional information.

Thank you District 4-C5 Lions for your service and joining us on this Journey. Remember to "Just Ask." Where there's a Need, There's a Lion! Together, we can and will achieve our goals and serve our world in need.

Together in Service,

1st Vice District Governor Sarah and
Lion Carle



2nd Vice District Governor Cat Gon's Message



Greetings Fellow Lions!



**Gung Hay Fat Choy!
Welcome to the Year of the Pig!**

We have come to the corner stone of the year where everything is put into hyperdrive! This year has turned another page and we have many activities to keep us all hopping and busy.

Many of our Lions have taken advantage of the Multiple District Four (MD4) training held in Santa Rosa. The information which is disseminated is amazing while being a most worthwhile experience. When you have an opportunity to speak with any of the attendees, they will be happy to relate the amount of knowledge and camaraderie shared is incredible. For those of you who have not had the opportunity to attend one of these institutes, there is another chance to get out of the valley and into (hopefully) the sun at our next institute being held in Rancho Cucamonga, March 23-25, 2019. Lodging and meals to be arranged through MD4. Attached at the appendix of this newsletter is the application to attend.

The Multiple and our District are zealous in aspiring to spread the wealth of knowledge to our Lions. The information garnered from these institutes can be applied to not only your Lions' life, but also to your personal and business life. I personally used the information gleaned from the institutes that I attended to further my professional life.

Knowledge is the most powerful weapon which you can use to generate change and improve the world in which we live! Just as our clubs are working tirelessly to improve the reading and comprehension capabilities in our children, so must we think about ourselves in remembering that ...

**"The more you read
the more things you know.
The more that you learn
the more places you'll go."
-Dr. Seuss**

January ended with the Lions Education Foundation (LEF) SOUP & SALAD fundraiser. I'm sure that the event was well-attended and great food and treats were had by all. If

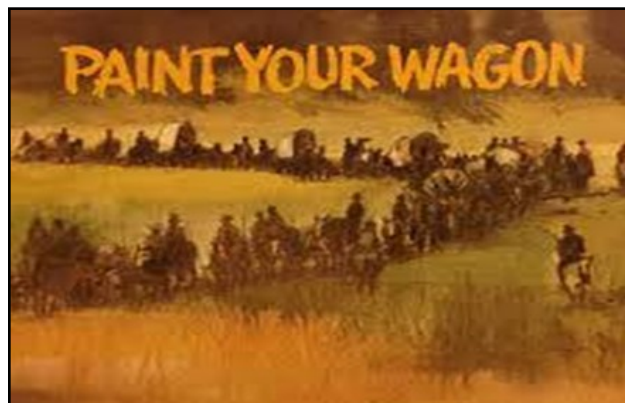
you missed this fundraiser, don't fret, the "PASTA FEUD" is coming up on March 30, 2019, at the Mother Lode Lions Clubhouse. Enter to claim the bragging rights for the best pasta in our district while building up the matching grant fund for youth activities.

Many of our Clubs are scurrying about staging a myriad of Crab Feasts throughout the district. You can count on a crab feed almost every weekend from late January through the middle of March. If you enjoy seafood crab/shrimp, etc., you just need to look at the recent webpage, e-blasts, and district newsletter for a feed nearby. One of the premier crab feasts is the Lions Project Canine Companions for Independence (LPCCI) to be held on March 7, 2019, at the Citrus Heights Community Center at 6300 Fountain Square Drive, Citrus Heights, CA 95621. Proceeds benefit Canine Companions for Independence and their mission to provide Service Dogs for Exceptional People at no cost.

Another exciting event that is happening here in our District is the MD4 California Lions Convention. This year the convention is being held at the Sacramento DoubleTree Hotel on Arden at I-80 with the theme "**EXPLORE ITALY**" in keeping with the International convention to be held in Milan, Italy. We have a multitude of seminars to attend and exhibitors available to showcase their products and services. With this convention right here in our own backyard, the costs to attend are at an all-time low and very affordable (for most, no room cost). Registration is still available at the standard price. Come by and meet Lions from all over California and the world. Hope to see you at the MD4 Convention ... DoubleTree Hotel, February 8-10, 2019!

Keep your calendars open for our next Cabinet Meeting presented by our Washoe Region Chair, Jill Santos, and the Region Clubs on Saturday, February 16, 2019, at the Union Mine High School in Diamond Springs. Activities begin early and the many forums being presented are sure to pique your interest.

Enter the drawing for an opportunity to win a fully paid trip for two persons to our District Convention being held at the San Ramon Marriott from April 26-28, 2019. Registration, payments, and opportunity drawing entries will be accepted at the Convention table during the Cabinet meeting. Join us as we "**Paint Your Wagon!**"





DISTRICT 4-C5 CABINET MEETING

HOSTED BY
WASHOE REGION

FEBRUARY 16, 2019

UNION MINE HIGH SCHOOL

6530 KOKI LN,

EL DORADO, CA 95623

8:00 AM – 1:00 PM



BREAKFAST WILL BE PROVIDED BY
THE CLUBS IN THE WASHOE
REGION

LUNCH WILL COST \$10 PER
PERSON, AND WILL BE PROVIDED
BY THE FOLSOM LAKE LIONS CLUB
RESERVE YOUR LUNCH TODAY BY
CONTACTING CABINET
TREASURER SHERI RETZLAFF
AT 916.225.0126 OR
EMAIL HER AT
SheriRetzlaff@sibcglobal.net

PLEASE JOIN US

WE WILL BE HONORING PRESIDENTS AT OUR 3RD
DISTRICT 4-C5 CABINET MEETING. COME MEET,
GREET & CELEBRATE OUR FELLOW LIONS !

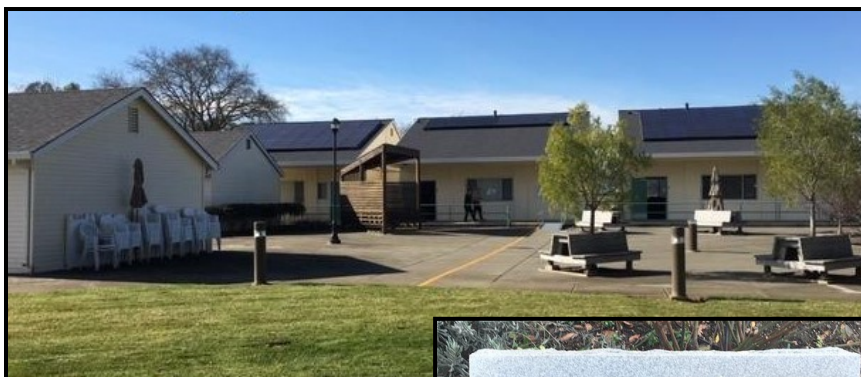
CONTACT CS JERI AT 916.206.3678 IF YOU WANT A TABLE
IN THE MULTIPURPOSE ROOM FOR YOUR PROJECT –
LIMITED TABLES AVAILABLE

8:00 – 8:50 AM	<u>BREAKFAST, WELCOME</u> , FLAG SALUTE, OPENING SESSION			
<u>9:00</u> – 9:30 AM	JOINT SESSION – DISASTER PREPERATION & UPDATE ON CAMP FIRE			
9:40 - 10:30 AM	PDG MEETING	ADULT LITERACY	HUMAN TRAFFICKING	NEPALESE LIONS CLUB PROJECT
10:40 – 11:30 AM	BUDGET & FINANCE	OPEN DOORS	WILDERNESS CAMP	DISTRICT 4-C5 CONVENTION
<u>11:30</u> – 1:00 PM	<u>LUNCH &</u> CLOSING SESSION, BUSINESS REPORTS, OPPORTUNITY DRAWINGS – MAKE SURE TO CHECK OUT THE INFORMATION TABLES!			

MD-4 Leadership Institute-January Graduates

Seven District 4C-5 Lions attended the recent January MD-4 Leadership Institute at the Earle Baum Center in Santa Rosa, CA. The graduates included:

- ◆ Carlos Carvajal, Yolo Sunset Lions
- ◆ Rose Craighead, Colfax Lions
- ◆ Josephine Fong, Senator Lions
- ◆ Jim Kirkpatrick, Antelope Lions
- ◆ Tim Leathers, Woodland Host Lions
- ◆ Helene Smith, Foresthill Lions
- ◆ Jeff Walton, Woodland Host Lions



There were many topics these Lions learned about during their stay. A survey was taken after the training was completed, with the following responses:



1. What was the main reason you wanted to attend this leadership training?

- PDG Nick sent me an email suggesting I go to this training. And the cover letter said if you are receiving this then you are one of the identified leaders in District 4-C5. I was like wow he thinks very highly of me and my skills and decided to go.
- To help me prepare as my presidency term is fast approaching.
- To gather ideas for club improvement, including member motivation, new member orientation and local project diversification.
- I will be a Zone Chair for District 4-C5 in 2019-2020.

2. What types of sessions were held?

- Diversity, Public Speaking, How to create a Personal Mission Statement, Goal Setting, Technology lab, Lions Fundamentals, Strategic Planning, Time Management, Working in Teams, and Member Motivation.

3. What benefits did you gain from this experience?

- How to set a Personal Mission Statement, how to effectively deliver a speech, how to set goals for yourself in your personal life and for your club, to organize your time better, how to get new members into your club and keep them, how to work better as a team and how to get members motivated.
- I have a better understanding of how the club works.
- Aside from meeting Lions from all over California, the benefit was learning that my experiences in Lions are common and repeated across the state.
- I gained a lot of insights from the above topics.

4. Is the training you received useful in other ways besides Lions? If so, why?

- Yes. It can be very helpful in your personal life and work place. In my personal life to organize my time better and to learn not to worry about things I can't control.
- This training will be applied with how I conduct my work and home life. All the topics directly apply how a positive outcome to every day is possible. The most important three that hit the hardest to me was the Diversity, Personal Mission Statement and Goal Setting classes.

Continued on next page

MD-4 Leadership Institute-January Graduates



- This training has given me a higher focus to make my future my own.
- An example is a unit about Obstacles and Strategies of effective time management. Time management is important in one's own life and in keeping Lions activities on track.
- The above training is helpful not only in working with Lions, but it also provides a set of life skills that is applicable to one's personal and professional life.

5. Did you gain knowledge from other Lions attending this training? Can you describe at least one?

- Yes. I learned what they are going through in their clubs is a lot like what I'm going through in mine such as it's always the same people volunteering, personality conflicts, keeping and gaining members.
- Different ways to collect Tail Twister monies and membership retention.
- In considering a member survey I gained knowledge about wording and format, using software to allow anonymity and using response scaling.
- Yes. Over and over again I hear other Lions talk about the satisfaction they get knowing they have helped someone.

6. What was your most favorite experience?

- How quickly we all bonded. We were only together from Saturday to Monday, but we cheered each other on when we did our speeches. We cried and laughed together. We were together from 8 AM to 8 PM so we had the time to get to know each other and we are now Face Book friends and are going to keep in touch. It was such an awesome experience. We didn't want the weekend to end.
- The "Library." Otherwise, known as the after-class gathering point.
- The module on creating a Personal Mission Statement was very focused. It included reflecting on the past and visualizing the future. Young Lions and those working full time had different perspectives than older Lions who are more likely to be retired.
- My most favorite experience was listening to the speeches from other Lions at the end of the day. We were given a pre-assignment in which each Lion had to prepare a 3-5-minute speech on a topic of their choice. It was interesting to hear the personal stories of why/how some joined Lions and what it meant for them to be a Lion.

7. Would you recommend that other Lions in our District attend?

- Yes definitely. It is a very good learning and growing experience!!
- If you don't go to this training, you are missing out on something special. The training staff, materials are great, but the friendships made will last a lifetime. I am a happy Lion for attending!
- Yes. The institute is exhilarating and encouraging. A very positive experience.
- I strongly recommend and encourage every Lion to attend. It was a wonderful experience. In the 2.5 days of training, I not only learned a great deal, but I also made friends and bonded with other Lions within my own district as well as Lions from other districts. We are already looking forward to a reunion!

Lions Special Kids Day

Submitted by Lion Kitty Kramer

Can you believe it? We are celebrating our 5-year anniversary of the District 4-C5 Special Kids Day event.

The event is being held on **Saturday, May 18th**, at the Ride to Walk facility in Lincoln. They have been gracious enough to allow us to hold this event each year! The event will take place from 10 am to 3 pm.

The committee members are in full swing with planning and there are many, many opportunities for you and/or your club can help.

We need clubs to provide arts/crafts, games, face-painting, food, and much more!

See www.lionsspecialkidsday.com to sign up for the event.

For those new Lions that have not attended before, check out the website for photos and video of last year's event or give me a call to discuss (530) 662-3896. First timers to this event are usually hooked and come back to help each year.

The families or caregivers of the special needs kids are grateful to the Lions for holding an event where their kids are not judged for looking or acting different. We strive to

provide an inclusive event and with friendliness and kindness they may not receive at other events. Our motto is "Food, Family, and Fun!" We believe we provide this at our event.

We had a mother of two special needs children thank us for holding the event. She stated, "I usually never go anywhere, unless my husband come with us, but I decided to take a chance and came. The Lions were so welcoming and friendly, and I was even able to sit down and have lunch without one of my kids having a melt-down." This is exactly why we wanted to have this type of event!

To help celebrate this event, we've designed a **new Special Kids Day pin** (shown on left)! These pins will be sold for \$5 each at the upcoming February 16th Cabinet Meeting. Stop by our table and purchase one or more for your club members! This is one of the fundraisers we hold to help defray costs associated with holding this fantastic event.

So, what are you waiting for? It's not too early to start planning how you can help. Also, if you know of any families with a special need child(ren), please let them know about this event. **Registration for guests can be done online as well.** We would love to provide this event to more kids than we've ever had in the past!



Gold Country Lions Camp Fire Calendar Sales

Submitted by Lion Ken Eslick

Gold Country Lions along with several other Lions Clubs in our District have raised somewhere in the neighborhood of \$7,000 through our calendar sales. These funds are to be filtered to those survivors of the "Camp Fire." All of our sales figures for the "Paradise Is Not Lost" calendar are not in yet, but we deem this project a success. We'd like to thank all those Clubs and local merchants that contributed to the success. We still have some calendars left if anyone needs more. This has truly been a community effort.

We are investigating the possibility of producing two other calendars for next year. These would be unique to a local high school and another to District Lions. We're in the planning stages right now, but should have more detailed information for next month's Lions Pride.

Yours in Lionism,
Gold Country Lions



March 11-Childhood Cancer Event

Here's a perfect opportunity for your club to participate in one of Lions Clubs International's core programs for preventing childhood cancer! The family is a nucleus around which most communities are built. The next generation's ability to thrive is closely tied to the supports of the local community. Lions and Leos have seen and felt the effects of cancer on children and their families, and continue to bring hope through tangible service and support.

UC Davis Comprehensive Cancer Center, Hosted by Keaton's Child Cancer Alliance, is holding its annual St. Baldrick's fundraising event. **Whether you decide to shave your head, volunteer, or donate, we hope you'll be a part of the excitement!**

Mar 11, 2019 • 11:00 am - 1:00 pm
UC Davis Comprehensive Cancer Center
2279 45th Street, Sacramento



The St. Baldrick's Foundation is a volunteer-powered charity that funds more in childhood cancer research grants than any organization, except the U.S. government.

Kids with cancer is their reason for it all. They're the inspiration behind this event and the reason we're helping fund childhood cancer research. We believe all kids should be able to grow up and turn their dreams into realities.

Get involved and you'll be giving hope to infants, children, teens and young adults fighting childhood cancers! **If you are brave enough to shave your head, please send before/after photos to publish in the Lions Pride Bulletin!**

To join or donate to this event, copy and paste the following link:

<https://www.stbaldricks.org/events/mypage/13569/2019?fbclid=IwAR2CWUxRtoMJ-ODu93Lz8ExVZzeFluFESUL9gCRaX39LXGCK4p5pPeL8Y-U>

In Memorium

LIONS GONE. BUT NOT FORGOTTEN

James Kury of Foresthill Lions
Freda Morris of Loomis Lions

Lions Education Foundation (LEF) Soup and Salad Event



The Roseville Host Lions Clubhouse was filled with Lions and great smelling pots of soup and salads on Friday, January 25, 2019. There was an awesome opportunity drawing and silent auction with proceeds benefitting LEF. This event is one of the many LEF events held to support the district's many youth initiatives and scholarships. For more information about applying for grants for your youth projects, visit www.lef4c5.com. Their next fundraiser, the Mel Oneto Memorial Pasta Feud, is upcoming on March 30, 2019 at the Mother Lode Lions Clubhouse. For tickets to this event, contact Lion Cathy Messier at (916) 698-7100 or 2VDG Cat Gon at (916) 427-5747.



A small sampling of soups and salads served



Many Lions in attendance at this event!

Lions Clubs International Foundation (LCIF) Update

Submitted by PDG Andy Anderson, LCIF District 4-C5 Chair

The first half of our year has come to an end, we were able to donate \$21,643 to Lions Club International Foundation (LCIF). This shows us donating 54% of our overall goal of \$40,000. This is an excellent start and a big THANK YOU goes out to everyone in our District.

It is getting that time of the year that each club starts thinking about presenting a Melvin Jones Fellowship (MJF) to one of its members during their end of year recognition. As we start drawing near to the end of this year and your club wants to honor a Lion, you need to start submitting your Melvin Jones Fellowship Application to LCIF.

During the last three months of the year, LCIF will be over whelm with applications for this Fellowship from all around the world. Right now it takes LCIF two weeks to process an application for an MJF. But at the end of the year, it takes LCIF 4 to 6 weeks to process an application.

During my visits to many of your clubs, we talked about if your club had in its Budget for the year, a donation to LCIF. Now is the time to go ahead and send in your donations and applications. To honor a member of your club, a MJF donation is \$1,000.

Governor Doug would like to see all of our clubs get involved with LCIF. Lions Clubs International Foundation provides grant funding enabling Lions to do what we do best. And that is "WE SERVE".

Lions Clubs International Foundation (LCIF)

Club Name	Zone	2017-2018 Totals	Jul-Sep 2018	Oct-Dec 2018	Jan-Apr 2019	TOTAL AMOUNT DONATED	DATE VISITED or TO VISIT
Auburn 49ers	Foothill	0					
Auburn Host	Foothill	50					3/20/19
Citrus Heights	Wolfskill	93.52	300	20		320	8/20/18
Colfax	Foothill	700	20		100	120	9/13/18
Country Club	Wolfskill	3000	2000			2000	9/24/18
Davis Aggies	Gordon	50					
Delta	Sutter	500		40		40	7/26/2018
Downieville	Sierra	200					
Elk Grove	Sutter	550	1100	160	50	1410	7/22/18
Esparto	Gordon	2570					12/6/18
Fair Oaks Host	Wolfskill	0		20		20	9/27/18
Folsom City Host	Marshall	2250	300	550	100	950	12/5/18
Folsom Lake	Marshall	1000	225	20		245	10/11/18
Foresthill	Foothill	0		1070		1070	10/2/18
Galt	Sutter	0	1000			1000	8/23/18
Grass Valley Foothill	Sierra	2400					3/13/19
Grass Valley Gold Country	Sierra	100					3/12/19
Grass Valley Host	Sierra	1000		30	900	930	4/11/19
Higgins Diggins	Foothill	1550	600		1000	1600	9/6/18
Lincoln Hills	Eureka	2025	1000			1000	1/3/19
Lincoln Host	Eureka	0		20		20	11/1/18
Loomis	Eureka	0					
Meadow Vista	Foothill	2800	400	800		1200	
Mother Lode	Marshall	2130	100	1030		1130	2/21/19
Nevada City	Sierra	2100		20		20	2/20/19
Newcastle Golden Spike	Eureka	0					1/29/19
North San Juan Yuba River	Sierra	0					8/14/18
Orangevale	Marshall	400	425	300	100	825	10/16/18
Penn Valley	Sierra	1000	500			500	3/14/19
Placerville	Marshall	0	150	830		980	12/4/18
Pride of Laguna Creek	Sutter	1025		90		90	9/26/18
Rio Linda	Wolfskill	605	925	1110		2035	1/20/19
Rocklin	Eureka	500	40			40	9/4/18

Lions Clubs International Foundation (LCIF)

Club Name	Zone	2017-2018 Totals	Jul-Sep 2018	Oct-Dec 2018	Jan-Apr 2019	TOTAL AMOUNT DONATED	DATE VISITED or TO VISIT
Roseville Host	Eureka	100					1/16/19
Roseville Sunrise	Eureka	1000					8/21/18
Sacramento Antelope	Wolfskill	410					10/10/18
Sacramento Camellia	Crocker	0		200		200	11/8/18
Sacramento Capitol	Crocker	200		25		25	3/7/19
Sacramento Embarcadero	Crocker	3350	1000	870	250	2120	12/5/18
Sacramento Fort Sutter	Wolfskill	0	420	20		440	9/25/2018
Sacramento Golden State	Sutter	0	340			340	2/13/19
Sacramento Mabuhay	Crocker	100					10/20/18
Sacramento Maharlika	Sutter	978.52	1,100	170		1270	11/6/18
Sacramento Metropolitan	Crocker	0					10/3/18
Sacramento Midtown	Wolfskill	0		20		20	11/8/18
Sacramento Nepalese	Crocker	0					1/12/19
Sacramento Senator	Crocker	1406	184		42	226	10/5/18
Sacramento Valley Hi	Sutter	1000					2/7/19
Winters	Gordon	0					
Woodland Host	Gordon	2245		1240	20	1260	11/7/18
Woodland Reveille	Gordon	20	50			50	11/7/18
Woodland Yolo Sunset	Gordon	1000		20		20	11/7/18
TOTAL			\$12,695	\$8,984	\$1,442	\$23,221	

37 of 52 (71.15%) Clubs have been visited about the LCIF

34 of 52 (65.38%) Clubs have donated to the LCIF

8 of 8 (100%) Zones have been visited about the LCIF

49 of 52 (94.23%) Clubs has a Club LCIF Coordinator

Total goal for the District is 58.05%

11 clubs Brown = \$1,000 <

4 clubs Red = \$750 to \$999

2 clubs Blue = \$500 to \$749

3 clubs Green = \$250 to \$499

14 clubs Right side of column Black =

\$0 to \$249





“How does my \$8.33 a month help?”



VISION

2

Cataract surgeries



DISASTER RELIEF

4

People with immediate relief in the wake of a natural disaster



YOUTH

1

Year of the Lions Quest social-emotional learning curriculum for an entire classroom.



ENVIRONMENT

14

People with access to clean water



DIABETES

18

Diabetes screenings for at-risk individuals



CHILDHOOD CANCER

8

Children with access to equipment to help diagnose or treat their condition



HUMANITARIAN EFFORTS

100

Vaccinations against the measles for 100 children



HUNGER

14

Disabled, elderly, low-income, or homeless individuals with regular access to food

CAMPAIGN | 100



LCIF • EMPOWERING SERVICE™

Where There is a Need, There is a Lion!

The 31st Annual **Colfax Lions Club** Crab Feed Fundraiser is now in the history books. Lions Club President Paul Houck reported that there were over 200 diners who left the Colfax Sierra Vista Community Center very satisfied.

An army of volunteers, including a dozen Leo Club members from Colfax High School served garlic bread, salad, shrimp, clam chowder and, of course, mountains of fresh crab.



Colfax residents Joe Bellon and Anna Harrison let the camera know that the

PCC Lion Dave Johnson, better known as "The Voice of Colfax High School Football" led the drawings for an array of prizes including several stays at Reno hotel/casinos. Background music from the 50s, 60s, and 70s was provided by Meadow Vista Lions Club



A large group of 200+ diners filled the Community Center member Mark Reynolds.

Kitchen chef, Lion Christine Houck, expressed gratitude, "for all of the community volunteers who assisted with food preparation and serving chores." Lions Club President Paul Houck gave a big round of applause to everyone who supported the Crab Feed. "Because of their support," said Houck, "the Colfax Lions are able to do what they do best...serve the local community."

Folsom Lake Lions -Thank you to everyone who attended our 17th annual Crab Feed! It was a lot of fun and we enjoyed all of your company! And to top it off, the proceeds from this event allows the Folsom Lake Lions Club to help others in the community all year long.

Over 300 people ate their way through antipasto, salad,



PDG Rich DeCuir, Gary Euerle and Michael DeCuir

crab, shrimp, two kinds of pasta (recipe courtesy of the Oneta family), bread and ice cream and plunked tickets into bags in hopes of winning one of the 40 + raffle prizes.

One of our signature projects is working with the inmate group, Hooks and Needles, in Folsom State Prison. Our guests got to see articles made by the team and learn more about how the project works. Some guests even brought yarn to donate. Thank you. Folks also checked

out and bid on an array of Silent Auction items – almost something for everyone.

It seems all our guests love dessert, so we added something new this year. A "Dessert Dash!" What fun and what yummy desserts to choose from!

We really appreciate our family and friends who volunteered to plan, gather goods, wrap up baskets, get the supplies, tend the bar, ticket sellers, cooks and dish washers. Special Thanks to our Girl Scout troops and the Manteca FFA, and a very special Thank You to all those local businesses that donated desserts and raffle items. We could not have done this without all of you!



Array of desserts for the Dessert Dash

Where There is a Need, There is a Lion!

Submitted by Lion Jeri Wartena, Antelope Lions

We are all aware that things have changed dramatically in our schools from when we were young. We had fire drills and “Duck and Cover” drills, where we crouched under our desk just in case a nuclear bomb dropped....like that would do any good. We really weren't worried it may happen, but our students today have a real fear. Schools regularly have “active shooter” drills, and our kids know it may happen at their school. Can you imagine being locked in your classroom for two or three hours, just waiting to see if things are safe? This is today's reality.



David French, principal of our local high school for at risk students, recently asked the Antelope Lions for help. Because they are a small school, they did not have the funds needed to create “Emergency Lock Down Buckets.” With a bit of begging (thank you Country Club Lions for 10 toilet seats with cover), and a fair amount of shopping, the Antelope Lions completed the task. The list at right has everything needed for each bucket. Lion Jim Kirkpatrick got the toilet seats, Lion Phil Galli got the buckets donated by the local hardware store in Rio Linda, and Lion Jeri Wartena, with assistance from her 10 year-old grandson Dominick, shopped for everything else. Buckets were filled at our meeting on January 11, with delivery made by Lions Todd Brundage and Jeri Wartena, with assistance from Partner in Service Micky Wartena.

You may be asking “What do you need a toilet seat and cover for?” Well, you take a large sturdy bucket, line it with a garbage bag, add kitty litter, place a toilet seat on top, hang a shower curtain with duct tape, and there you go....ready made bathroom. Add toilet paper and hand wipes to complete the need. We also included 24 bottles of water, 36 granola bars, first aid kit, emergency blankets, and much more, just in case of a lock down.

If you are interested in doing a similar project, just ask the Antelope Lions. We would be happy to share more information.

A single “lock down bucket” consists of:

- ◆ 5-gallon bucket with lid
- ◆ Toilet seat top
- ◆ 3 rolls toilet paper
- ◆ 5 pounds cat litter
- ◆ Hand wipes
- ◆ 5 sanitary napkins
- ◆ 8 oz. hand sanitizer
- ◆ Shower curtain
- ◆ 25 pairs of vinyl or nitrile gloves
- ◆ 10 yard roll of duct tape
- ◆ Flashlight with extra batteries
- ◆ 25 zip ties
- ◆ 5 light sticks
- ◆ 2 emergency/space blankets
- ◆ Letter- sized pad of paper
- ◆ 5 pens,
- ◆ Red, yellow, black and green markers
- ◆ First aid kit
- ◆ 1 case (24) of bottled water
- ◆ 36 granola bars

Where There is a Need, There is a Lion!

CUB SCOUT PACK 166 PINEWOOD DERBY

Judging cars and results at the Cub Scouts annual Pinewood Derby were PDG John Lynch who was at the starting gate, Lion Joe Martinez, and PDG Frank Dunn both at the finish line . This year it was held in the social hall of the Christian Church on College Street on Saturday, January 11th.



Forty-three scouts participated with race cars.

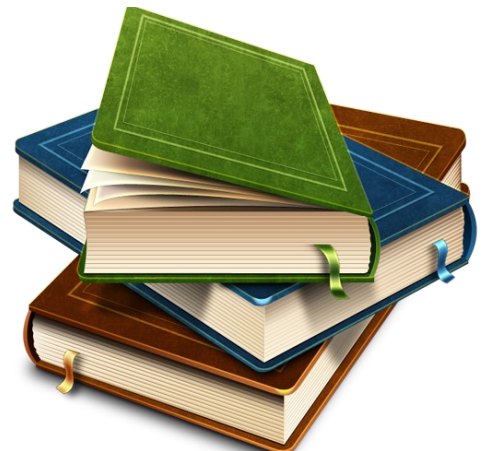


Lion Alan Archer, Contest Chair (left) and Lion Ken Eslick, Secretary with some young men eager for ice cream!



Some young ladies enjoying their ice cream!

Each year as a kick off for the February Reading Contest at Mt. St. Mary's Academy (K-8) in Grass Valley, **Gold Country Lions** holds a "Celebration for Reading Ice Cream Party" for 140 students. Not pictured are members John Hart and Buie Mi Dum.



Where There is a Need, There is a Lion!

A fundraising event to support natural disaster preparedness for grains in Nepal was held at Davis, California on August 25, 2018. The organizing **Sacramento Nepalese Lions Club** (SNLC), was established with an aim of bringing interested Nepalese diaspora in Greater Sacramento Area together to serve dis-advantaged communities in Nepal, America and elsewhere.

Delivering the welcome speech, Club President, Dr. Durga Dahal, reminded the Lion dignitaries that the club is still in its childhood and needed support and care from all to serve Nepalese, local and global communities in need and distress. In the presence of Immediate Past District Governors (IPDGs), Thomas Nick McNicholas (4-C5) and Rajan Thapa (4-C3), Community and Disaster Response Team (CDRT) Director Kady Schumann, Global Membership Team Leader Michael C Retzlaff, and past 4-C3 Cabinet Secretary Al Satake, Lions club officials and audience from greater Sacramento and San Francisco Bay Area, seed scientist, Dr. Peetambar Dahal, presented a concept paper on immediately implementable interdisciplinary food/health Dry Chain intervention for disaster (flood, drought, earthquake) preparedness as well as for normal period. This technology was conceived at University of California, Davis and has been partially implemented in earthquake affected Kavre District in Nepal through UNICEF-Asta-Ja RDC collaboration (detailed below under New Technology).

Speaking at the event, IPDG Rajan Thapa and CDRT Director Kady Schumann appreciated the club's activities and expressed their desire to support proposed program in Nepal. At the end of the program, speaking on behalf of the club, Event Coordinator Shruti Gautam, expressed her gratitude to all speakers, donors, volunteers, audience, and SNLC team members who contributed to the success of the event.

The program began with Nepali and American national anthems and was followed by cultural performances. Renowned musician, Madan Dipbim and his team, played

music for the Nepali songs. Local artists impressed the audience through their songs and dances.

New Technology Dry Chain Complements Disaster Preparedness, Food, Feed, Nutrition and Health Security and Offsets Grain Import to Alleviate Hunger and Poverty

An unprecedented flood hit Nepal and South Asia in August 2017, costing lives and physical infrastructure. Stored dry food for daily sustenance was damaged by high floodwaters. Obviously, strategies to secure stored staple foods/feeds from moisture have not been implemented as seen in frequent devastating floods in South Asia.



Nepal Earthquake
photo courtesy of Telegraph.co.uk

Large quantities of grains are lost annually in India due to lack of storage facilities and FAO estimates 25% global food loss each year. To minimize this loss, dry food products should be

dried sufficiently for milling and sealed in moisture-proof/ airtight containers until used. Specifically, the Dry Chain identifies high moisture as the enemy of dry food products and utilizes natural and artificial drying based on weather conditions followed by moisture-proof packaging.

In the aftermath of the Gurkha Earthquake disaster in 2015, Dry Chain was suggested as part of immediate relief efforts and in anticipation of future floods. The first stage of this technology was demonstrated in Kavre by Asta-Ja RDC (NGO) and UNICEF. Distribution of moisture-damaged foods to Nepalese earthquake victims in 2015 also revealed a stark lack of applied knowledge in dry food management. More broadly, Nepal would not need to import cereals if storage losses were cut to 1/3 of current average national loss. In fact, quality grains could be exported, as dry food quality could be maintained for several years. Implementing the Dry Chain would increase food security and resiliency to drought and **complement** UNSDG2 goals to eradicate hunger.

Continued on next page

Where There is a Need, There is a Lion!

Toxin-free and nutrient-rich foods are also a pre-requisite for better health in normal periods. The Dry Chain is a pesticide-free food storage technology that minimizes nutrient loss and damage from insects and toxigenic molds. Under humid storage, insects and toxigenic and carcinogenic molds co-occur. Medical researchers from Johns Hopkins University and USAID Nutrition Innovation Lab have documented food-derived mold toxins in blood serum of pregnant women and newborns in Sarlahi and Bangladesh, exemplifying invisible food disaster posed by mycotoxins. Since mold toxins are prone to develop in the absence of rapid drying of foods during the rainy season, we propose deployment of mobile drying systems suggested by USAID Post Harvest Loss Reduction Innovation Lab in Bangladesh. Furthermore, contaminated feeds should not be fed to animals/poultry birds as the toxins are transmitted to high moisture animal protein foods. In combination with improved inputs and toxin reducing approaches in high moisture foods, annual government programs should implement the **Dry Chain, monitor food/feed quality** and share the technology with neighbors to enable safe food supplies.

Resources for 1000 households (1000 tons grains).

Item	Quantity	Estimated Cost (\$)	Details
Triple layer hermetic bag	20,000	60,000 (30,000 from partners)	To store 1 ton dry foods (50% Cost sharing with Municipality)
Dryers, 500 kg capacity; Fuel; local support)	50 units	75,000	Sharing 1 unit between 20 households to dry 1,000 tons grain in 20 days.
Training	5	2000	Intl and domestic experts
Transport for bags & dryers		2000	
Travel: intl.	3	\$6000	
Travel: domestic partners	5	\$2000	
Total	Municipality	\$30,000	
	Lions Club total	\$117,000	
Grand		\$147,000	

Members of the **Loomis Lions Club** teamed with its neighbor organization, the Loomis Basin Chamber of Commerce, by arranging a booth inside the Chamber's Merchant Expo that was

The Lions Club joined the local businesses, answering questions about Lionism, distributing brochures and providing participants with window displays recognizing their support of Loomis Lions Club activities, events and fundraisers.

The Lions Club thanked business owners for their support and for donations they provide the club during the bi-annual crab feeds. Loomis Lions Club members, Jack and Brian Morris (photo at right), explained where funds were used, citing the High School scholarships, eyeglasses for some children and adults, support of Boy Scouts Troop 12 and Explorer Scouts, student welfare funds and cash for needy families at Christmas and much more.

In addition to providing information on the clubs activities, Lions Jack and Brian distributed information and applications for membership. And, today I was informed that a couple of the vendor participants plan to join our club.

Our attending this event was part of the Loomis Lions Club's member recruitment effort and it appears that the time spent was productive.



Lions Brian and Jack Morris

Where There is a Need, There is a Lion!

Submitted by Lion Krista Putnam

Disclaimer:

Please note this story is taken from articles from the Grass Valley Union 1950 copies thankfully provided by Wendy Oakes at Nevada County Fairgrounds and recounted stories from Grass Valley (original chapter) Lions members and family members, as well as information garnered by local businesses (living family members, spouses, children, etc.) involved in the building of this lake 1950-1951. I apologize for any and all information that anyone may see as inaccurate or objectionable. I am only writing this for the benefit of our Lions Clubs Newsletter, not a promotional piece for any other entity or person(s) that may disagree with the accounts. As most of us were not here or involved, this piece is subject to disagreements as to what truly happened but, I am just recounting the beginning of Lions Lake. Telling why the coming together of clubs is wonderful and we should work together more often to make things like this happens. This story is Grass Valley history, plain and simple, subject to interpretation. If interested I have copies of old newspaper clippings and no old photos of work, but new ones. Let me know if these are needed.

Chartered in 1928, the Grass Valley Host Lions club did many projects in our area that unfortunately, I know little to nothing about, being a bit before my time, and now days, history gets packed in a box in someone's attic and forgotten.

But here's a little history and a great story about how many Lions clubs in our District 4-C5 came together in a combined service project that would make a difference for years to come.

Sometime in the 1950s, the Grass Valley Lions, as they were originally called, formulated an idea to build a recreational kids fishing pond on the outer edge of what was a field at the time, adjacent to the parking lot of the beautiful Nevada County Fairgrounds. (An area that is now a part of their RV Park, and sometimes staging areas for emergency evacuations in surrounding areas.) With bless-

ings from the Fairgrounds Board, work began.

The Grass Valley club, boasting of prominent law enforcement officers, loggers, businessmen, construction workers, doctors, lawyers, and musicians, thought the local kids needed a place to fish and have fun after chores and church.

Enlisting friends, family and neighbors, they set about digging a pond. A couple of new companies were eager to help with digging and grading and are two very community-oriented businesses that are still here in our area. The owners of NID, up and coming Hansen Brothers, and Robinson Logging and Timber helped with site work, drainage, and ran the machinery.

Lions Lake was officially born! This all took place in a record 32 days from start to finish. Fish were imported from Sacramento Fish and Game, black bass, crappie and blue gill, and installed in the warm water pond/lake.

Advertising the pond/lake: The flyers boasted, "Lions Lake is open to fish for any kids ages 6 to 12 that can assemble a willow stick pole, string, and safety pin to provide food and fun for families."

The lake officially opened in 1951. It was given conservatorship to the Fairgrounds by the Grass Valley Lions. Open to fisher-kids, ages 6-12 year-round.

Fast forward to today, the lake had fallen into a state of needing some love and attention in a major way (This lake is now used 1 day annually (since the 1970s) by the Grass Valley Sportsman's club to stock trout for their kids fishing derby.). The Sportsman's, as well as the Fairgrounds, do some clean up and maintenance, and the rest of the time, used for family picnics, children can fish for trout and enjoy the beautiful weather.

The Fairgrounds decided to do a major renovation on the lake in the last couple of years, dredging the invasive

Continued on next page

Where There is a Need, There is a Lion!

weeds, maintaining the drainage, etc. and an environmental plan to beautify was filed and carried out.

This past year, all of the Lions clubs in our area, led by Lion Arnie Rominello, of the Foothill Lions, with his right-hand man, Lion Ted Shoppe, worked together, to assist in renovating the area surrounding the new improved version of the original lake by providing shade structures and picnic tables for use.

This was all courtesy of Lion Arnie's Pasta Elegante fundraiser that made it possible. And, of course the building and installation, project manager Lion Ted.

The coming together of Lions in Nevada County and a couple of clubs from Placer County, is a symbol of community pride and commitment as well as supporting one another and lots of Teamwork!! (Makes the dream work!) Raising

funds, building and working together was amazing. Great idea, great fun. Thanks again to all who donated money, time and bodies.

Grass Valley Foothill Lions, Nevada City, Penn Valley High Graders, Colfax Lions Club Higgins Diggins, Gold Country Lions, and Grass Valley Host. If anyone is left out, I apologize sincerely, it's totally unintentional.

Just goes to show a "Pride" of Lions is pretty much unstoppable when engaged in a worthwhile project!

The Grass Valley Host Lions and Grass Valley Sportsman's club have already arranged for the 400 pounds of "trophy trout" and the "Pan Fryers" to be delivered for this year's event in April at the beautiful Lions Lake at Nevada County Fairgrounds.

Foresthill Lions Club Sold raffle tickets for a bike to benefit Camp Ross Relles. We raised \$993.45 and presented it to PDG Nick and Lion Francine Nichol at our January 15th meeting.

Our Club was glad to help out a great cause. This donation represents the proceeds from the Honda Bike Raffle ticket sales by our club members in 2018 and the clubs continuing efforts to support this Lions project.



Foresthill Club President, Helene Smith presenting check to PDG Nick and Lion Francine Nichol.

Where There is a Need, There is a Lion!

AUBURN HOST LIONS 2018 SEPTEMBER THRU DECEMBER LEO REPORT

Dear Fellow Lions,

Auburn Host Lions is now the proud sponsor of five Leo Clubs, three clubs are very healthy and active, and two clubs are not. Our oldest Leo Club, The Placer High School Leo Club has 24 members. Placer High Leos helped with the ARD Annual Obstacle Race again this year. They did prep and food service for the State Theatre Dinner Fundraiser in November and wrapped presents for seniors at the Senior Center in December.

Our E.V. Cain Middle School Leo Club has 44 members this year, performing 810 hours of community service so far this year. In September, the Leos raised over \$1000 for youth affected by the Carr Fire in Redding. They did a canned food drive for Interfaith Food Closet and served food at the Auburn Education Foundation Dinner. As always, they were very involved in Auburn's Veterans Day Celebration again this year.

The Magnolia Middle School Leo Club, a new club that Auburn Host was excited to take over sponsoring, is doing well. They have 28 members, meet only twice a month, but have performed 228 hours of community service. They did face painting for little kids at the Higgins Fire Station Open House in October. They did handmade Thanksgiving cards for a rest home and some younger members participated in the Peace Poster Contest this year.

Confluence High School is still undergoing major changes after moving their campus. The curriculum, faculty, and student body have all undergone major changes, so that a Leo Club there may no longer be viable. We are hopeful now that Maidu High School will join Confluence onto the same campus next year, that will help the Leo Club survive. Auburn Host will continue trying.

Bowman Middle School Leo Club is still struggling to get a faculty advisor to assist our Lion Advisors recruit Leos and to volunteer classroom space for club meetings. Family issues with both the faculty advisor and our Lion Advisor were a hindrance this year. Auburn Host will keep trying there, too.

Respectfully Submitted,
Steve Murphy
Auburn Host Leo Coordinator



Northern California Lions Sight Association

Lion Bing Ventura, Board of Director, Washoe Region

The Northern California Lions Sight Association (NCLSA) is a non-profit corporation whose members are all Lions in good standing from Lions Clubs of District 4-C5. The Board of Directors are composed of four elected Directors from each of our four Regions, along with our Immediate Past NCLSA President, the current District Governor and our Immediate Past District Governor. The NCLSA meets at the Sacramento Café and Brew, 925 3rd Street, Sacramento, CA, 95814, the first Wednesday of every month at 7:00 p.m. All Lions are welcome to attend the meetings. If you are interested in serving on the NCLSA Board, please contact a current Director. Our website is www.nclsa.com. Clubs are encouraged to become a VIP Member and please remember to pay their VIP dues.

Please support NCLSA by buying an award! For additional information, please visit the NCLSA website at www.nclsa.com and then click on Trust Awards, to view prices and plaque pictures. Contact Director Cecille Baylon at (916) 397-6391 or email Cecille.baylon@live.com and/or any NCLSA Director, if interested in ordering awards.

Vision Is Possible (VIP) – On November 2, 2018, a 46-year old woman was referred by Roseville Sunrise Lions Club diagnosed with bilateral cataracts, the left being the worst. She is a single Mom with two sons, ages 6 and 10. Board of Director member, Fay Young, attempted several times to reach the Roseville Community Health Center who has been managing her care, but has not been successful. The Eye Site Sacramento has been contacted, but the earliest appointment is not until the end of March 2019. However, on January 7, 2019, UC Davis Eye Center agreed to evaluate the patient and complete the surgery. No cost will be decided until after the initial examination which was on January 21, 2019. Surgery is expected to be this month.

On January 2, 2019, a referral by Maharlika Lions Club was made for a 52-year old woman who had numerous problems with her sight, including cataract surgeries, infection and inability of the eye lenses to remain stable. She now requires external lenses with extreme correction which would cost about \$140.00.



Vision Screening Unit –There are a couple of outings for the van screening unit, but has no dates as of yet.

If you are interested in reserving the Sight Van, mail the reservation form and check to NCLSA Vision Screening Unit, c/o Joe Bowers. His telephone number is 916-267-8504 and email address is evoc504@gmail.com. The Reservation Form is available on NCLSA website at www.nclsa.com under Vision Screening. Please send check and reservation form together. Do not hesitate in reserving the van. The calendar is getting full. VIP clubs may reserve the unit 12 months in advance.

Plusoptix Rentals - Plusoptix screening devices are available to all clubs in District 4-c5 at \$25.00 per day. For additional information, please contact any NCLSA Director and/or your Region Chair to reserve the unit.

Qualified Drivers Needed - Currently, NCLSA is seeking additional QUALIFIED DRIVERS for the Vision Screening Unit. These drivers need to have experience driving large recreational vehicles, school buses, and/or tractor-trailer type trucks. If interested, please contact any NCLSA Director.

Fundraisers for NCLSA – There are new NCLSA pins which feature the Vision Screening Unit (VSU) for sale at \$5.00 each. Additionally, they are still selling old VSU pins. If you buy a set of 2 pins (old and new VSU pins), they are \$8.00 for a pair. Please contact one of the Directors if you desire to purchase a pin.

Upcoming

EVENTS

<p>February 9, 2019 Newcastle Golden Spike Lion Sweetheart Dance Portuguese Hall 609 Taylor Rd., Newcastle</p>	<p>\$40 per person/\$75 per couple Social 5:30 pm, Dinner 6:30 pm Plated dinner (chicken, tri-tip or vegetarian choices) Contact Debbie Smith @ (916) 652-5835 or 1pearlturtle@gmail.net</p>
<p>February 16, 2019 District Cabinet Meeting Union Mine High School 6350 Koki Ln., El Dorado</p>	<p>\$10 Lunch Reserve lunch with CT Sheri Retzlaff (916) 225-0126</p>
<p>February 16, 2019 Mother Lode Lions Crab Feed Mother Lode Lions Hall 4701 Missouri Flat Rd., Diamond Springs</p>	<p>\$50 per person 5:30 Social, 6:30 dinner Contact Maryellen at (530) 391-7317 or Mitzi at (530) 626=5102</p>
<p>February 22, 2019 Woodland Host Lions Chicken Parmesan Dinner Elks Lodge 500 Bush St., Woodland</p>	<p>\$ 20 per person 6 pm open, 6:30 pm dinner Contact Dennis/Linda Puccetti @ (530) 669-7941</p>
<p>March 1, 2019 District Convention Ads due</p>	<p>Deadline to submit your club's Convention Ad Contact 1 VDG Sarah Enloe or 2VDG Cat Gon (916) 769-8601 or (916) 607-0556</p>
<p>March 2, 2019 All-You-Can-Eat Cioppino and Pasta Dinner Foothill Lions, Ponderosa Hall, Nevada County Fairgrounds</p>	<p>\$45 per person 5 pm doors open, 6 pm dinner Contact (530) 273-6217 or NevadaCountyFair.com/foundation</p>
<p>March 9, 2019 Lasagna Dinner Sponsored by Woodland Host Lions 515 Lincoln Ave., Woodland</p>	<p>Supports Boy Scout Cabin \$15 Adults, \$7 Kids under 10 \$7 Serving is from 5 to 7 pm Contact Tim Leathers @ (530) 601-6330</p>
<p>March 9, 2019 LPCCI Crab Feed Citrus Heights Community Center, Citrus Heights</p>	<p>\$50 until 2/9/19, then \$60 after 2/10/19 6 pm Social, 7 pm dinner, 8:30 pm raffle and music Contact www.lpccicrabfeed.com or Mark Steffens (916) 214-8650</p>
<p>March 23, 2019 Beef Stew and Pie Dinner American Legion Post 521 6700 8th St., Rio Linda</p>	<p>\$15 per person, \$110 Reserved table for 8, \$200 Premiere table 5:30 pm Social, 6:30 pm dinner, pie and music Contact (916) 803-1539 or RioLindaLions.com</p>
<p>April 12, 2019 Spaghetti Feed—Senator Lions Aviator's Executive Airport 6151 Freeport Blvd., Sacramento</p>	<p>\$20 per person 6:00 pm doors open, 7 pm dinner Contact Jennie Chiu Allen (916) or jallen777@att.net or Gary Allen (916) 229-7827</p>
<p>May 19, 2019 Golf Tournament-Auburn Host Lions The Ridge Golf Course Shotgun/Scramble Format</p>	<p>\$125 per golfer (includes greens fees, tee prizes, breakfast, lunch, and other contests) Online registration: https://tournamentcaddie.com/auburnlionsgolf or contact Kevin Casey at (530) 305-6446</p>

Don't forget to advertise your club events! See Page 25 for details!!

2018-2019 Cabinet Officer Contacts

CABINET OFFICERS	PHONE	EMAIL
Doug Wight, District Governor	(530) 477-0134	dg@district4c5.org
Sarah Enloe, 1st Vice District Governor	(916) 769-8601	1vdg@district4c5.org
Cat Gon, 2nd Vice District Governor	(916) 427-5747 (hm) (916) 607-0556 (cell)	2vdg@district4c5.org
Jeri Retzlaff, Cabinet Secretary	(916) 206-3678	cs@district4c5.org
Sheri Retzlaff, Cabinet Treasurer	(916) 681-9726 (hm) (916) 225-0126 (cell)	ct@district4c5.org
DONNER REGION	PHONE	EMAIL
Diana Beer, Region Chair	(530) 477-0134	donnerregion@district4c5.org
Tim Luckinbill, Foothill Zone Chair	(530) 272-7131	foothillzone@district4c5.org
Jackie Wapp, Sierra Zone Chair	(530) 263-2897	sierrazone@district4c5.org
DOS RIOS REGION	PHONE	EMAIL
Dennis Kramer, Region Chair	(530) 662-3896	dosriosregion@district4c5.org
Dave Stoermer, Gordon Zone Chair	(530)402-1818	gordonzone@district4c5.org
Ann Alvarez, Wolfskill Zone Chair	(916) 363-4105 (hm) (916) 601-9895 (cell)	wolfskillzone@district4c5.org
SACRAMENTO REGION	PHONE	EMAIL
Lynn Ventura, Region Chair	(916) 837-5682	sacramentoregion@district4c5.org
Mark Steffens, Crocker Zone Chair	(916) 214-8650	crockerzone@district4c5.org
Zenny Yagen, Sutter Zone Chair	(916) 599-6544	sutterzone@district4c5.org
WASHOE REGION	PHONE	EMAIL
Jill Santos, Region Chair	(916) 984-9711 (hm) (916) 337-2421 (cell)	washoeregion@district4c5.org
Bernie Milmoe, Eureka Zone Chair	(916) 782-8815 (hm) (916) 899-9081 (cell)	eurekazone@district4c5.org
Dee Farmer, Marshall Zone Chair	(916) 988-2194	marshallzone@district4c5.org

Continued on next page

2018-2019 Global Action Team and LCIF Coordinator

NAME	PHONE	EMAIL
IPDG Nick McNicholas Global Leadership Team Coordinator	(530) 908-2048 (cell)	glt@district4c5.org
PDG Mike Retzlaff Global Membership Team Coordinator	(916) 681-9726 (hm) (916) 225-8321 (cell)	gmt@district4c5.org
Lion Donna Prince Global Service Team Coordinator	(530) 305-8077	gst@district4c5.org
PDG Andy Anderson Lions Clubs International Foundation Chair	(916) 687-8133 (hm) (916) 955-3882 (cell)	lcif@district4c5.org

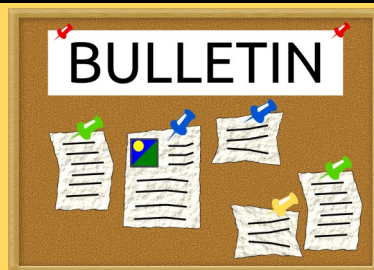


Share your club's event flyers to advertise throughout the district!!
Send information to the following:

1. Email blast messages—Messages@district4c5.org
2. Webmaster—Events@district4c5.org
3. Facebook—pr@district4c5.net
4. Pride Bulletin—editor@district4c5.org



Pride Bulletin Editor:
Kitty Kramer
editor@district4c5.org



Please forward all articles and photos (please identify who is in photos) by the 5th of each month!

To Qualify for Club District 4-C5 Bulletin Contest:

Mail or email your club bulletins to:

1. Kitty Kramer, editor@district4c5.org
2. DG Doug Wight, dg@district4c5.org
3. Cabinet Secretary Jeri Retzlaff, cs@district4c5.org



CALLING ALL DISTRICT LIONS AND CLUBS!

YOUR AD FOR THE 2019

DISTRICT 4-C5 CONVENTION PROGRAM ARE BEING TAKEN NOW!

Don't be left out

Get your Convention Ads in Today!

Deadline is March 1, 2019

Advertise Your Club Fundraisers

Celebrate Your Club Successes

Honor Your Club Officers

Recognize Your New Members

The opportunities are endless!

Full page (8.5 x 5.5") - \$100

Half page (4.25 x 5.5") - \$50

Business Card (2 x 3.5") - \$25

(Printed in Black and White only)



Congratulations...
for an outstanding
year of service!

Submit Ads in jpeg (**Preferred**), Microsoft Word, Publisher, or PDF format to:

sarahte@comcast.net, catgon@att.net



thankful appreciate
willing individual performance
recognition value
morale grateful good u
positive behavior
stand out above and beyond
social pleased team
connected

Payment (**Checks payable to District 4-C5**)

and a hard copy of your ad should be mailed to:

2nd VDG Cat Gon

32 Sunlit Circle, Sacramento, CA 95831-1657