

# District 4-C5

# Lions Pride



LIONS PRIDE—VOLUME 36, ISSUE 9

March 2019

## MD-4 Convention



MD-4 Convention Co-Host DG Barry Bialkoski (4-C2), PID Larry Dicus, Co-Host Skip Zehnder (4-C3) and Co-Host DG Doug Wight

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## District Governor Doug Wight's Message



Late Winter Greetings to District 4-C5 Lions,

This has been quite a winter to date making up for several years of drought California citizens have been facing. It brings to mind our cancellation of the February 16 Cabinet Meeting. I apologize to those that had worked so hard leading up to the week immediately preceding the Cabinet Meeting, but with

the threat of low snow levels in the Placerville area that day, we decided as a safety issue not to put our Lions on the roads with potential icy conditions. Washoe Region Chair has been in contact with the Union Mine High School and has re-scheduled the Cabinet Meeting for Sunday, March 17 at the same location. Hopefully we will not witness another winter storm as we did during the middle of February – but you never know, so stay tuned to your local weather forecasts and emails from our Executive Cabinet and others.

And speaking of seasons, it is not too early to be thinking about this summer and an important project approaching, the Youth Exchange students visiting California in July and August. Youth Exchange Chair Maharlika Lion Myrna Agbunag announced that we will be hosting ten students from Europe from July 13 thru July 28 and ten students from Japan from August 10 thru August 25. She is asking that if any Lions are able to host one or more of the visiting exchange students to let her know. She can be reached at [mmagbunag@yahoo.com](mailto:mmagbunag@yahoo.com) or phone 916-505-1421 (cell).

The Council of Governors and MD-4 Convention held at the Sacramento Doubletree Hotel is now history. District 4-C5 hosted the Council of Governors two days with our co-hosting the MD-4 Convention with Districts 4-C2 and 4-C3. Our hospitality room was very popular during the duration and special thanks go out to all of the volunteers that put in a lot of time to make it the best ever. On Saturday evening the MD-4 Academy of Awards was held and Folsom Lake Lions won the small club project for their "Hooks and Needles" ongoing project. Congrats to the Folsom Lake Lions who always state that they may be small, but they are mighty. Great project!

This month numerous zone and region level student speaker contests are taking place. Watch for date

announcements from your zone or region chair in your area. Please attend these contests and offer to assist the chairs of each contest by serving as timers, tellers and door guards. The District contest is scheduled for April 20, 2019, 1 pm at the Sheriff's Substation, 7000 65<sup>th</sup> St., Sacramento. We hope you will attend these contests and listen to the talented students competing in the contest with the topic, "Freedom of the Press – What Does It Mean?"

By the time you receive this issue of the Pride, most of my official District Governor visits will have been completed with only a few clubs left. I have thoroughly enjoyed visiting all of the clubs in the District and observing how busy all of you are with ongoing and new projects exemplifying what we do best, "We Serve." My hat's off to all of you serving your communities.

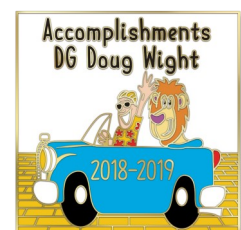
It is less than two months to go for the District Convention at the San Ramon Marriott Hotel. The convention committee is working hard in the final plans to make this convention an enjoyable event for all. This year's theme is "Paint Your Wagon." If you haven't submitted your reservation forms yet, it's not too late. We look forward to seeing you in San Ramon, April 26-28, 2019.

On May 18, save the date for Special Kids' Day at the Ride to Walk Facility on Highway 193 near Lincoln. Plans are well underway for another successful event. If you haven't attended in the past, plan on your club not only attending, but setting up a booth offering fun and games for those in attendance. Watch for more information on this event in the coming days.

With less than four months to go before my term as your District Governor ends, I challenge all of you to increase your club membership by at least two new members per club. You might even look back at former members who left for one reason or another and bring them back into our fold of dedicated Lion Members.

Wishing you the best during the balance of the short winter weeks left and look forward to spring just around the corner and seeing your projects out of doors as weather permits.

District Governor, Doug Wight  
*"Ride the Gold Road of Lionsim"*



## 1st Vice District Governor Sarah Enloe's Message



Hello Fellow District 4-C5 Lions,

February 2019, the shortest month of the year, was a blur activity that was nonstop for our District Governor (DG) Doug, the Cabinet, and our Lions. I would like to wish everyone a belated

Happy Valentine's Day and Presidents' Day. Of course, March is already here, and St. Patrick's Day and Easter are fast approaching with many activities, to include our very own District Convention in April.

From February 6-7, 2019, DG Doug and the Cabinet of District 4-C5 hosted the mid-winter Council of Governor's (COG) that took place at the Doubletree Hotel here in Sacramento for two days. It was great to visit with our other Council members in California and hearing what they are doing in their Districts.

Following the COG, the 100<sup>th</sup> Annual California Lions Convention "Explore Italy" was held here in Sacramento, CA at the Doubletree Hotel from February 7-10, 2019 also. This year, the State Convention was jointly hosted by three Districts: 4-C3, 4-C5, and 4-C2. Thanks to the three DGs Skip Zehnder; Doug Wight; and Barry Bialkoski and of course their wonderful committees, especially 2<sup>nd</sup> VDG Cat and her team who did an excellent job hosting this year's COG and Convention Hospitality. The honored guests for this year's Convention was Lions Clubs International (LCI) 3<sup>rd</sup> Vice President (VP) Brian and Lion Lori Sheehan. Also, this year, we had two Past International Directors (PID) visiting: PID Patti and Lion Gregg Hill from Edmonton, Alberta, Canada and PID Salim and Lion Alia Moussan, from Beirut, Lebanon. Third VP Brian Sheehan presented the North America Membership Initiative and explained the new Five-Year Membership Plan for North America, followed by a question and answer session.

After the Convention on Monday, February 11, 2019, I left for a week of intense training at 1<sup>st</sup> FVDG/DGE

Seminar in St. Charles, IL. It was fast paced and intensive 12-hour days for the whole week. The highlight of the trip was on Thursday, February 14, Valentine's Day, the entire class was taken on a tour of the LCI Headquarters and a visit to Melvin Jones' grave site.

Due to severe inclement weather which created hazardous driving conditions for our Lions, our next District 4-C5 Cabinet Meeting, hosted by Washoe Region Chair Jill Santos, has been rescheduled to March 17, 2019 at the Union Mine High School, 6530 Koki Lane, El Dorado, CA 95623. Hope to see you all there!

Our District 4-C5 Convention is just around the corner and we are all getting ready to "Paint Our Wagons" for DG Doug in San Ramon. Again, it's not too late to register for the Convention. Please contact District Convention Housing and Registration Chair Lion Gayle Kono at [gayle\\_kono@yahoo.com](mailto:gayle_kono@yahoo.com) or (916) 213-8261 should you have any questions or need additional information.

Also, the deadline for your Convention Ad for the Souvenir Program is fast approaching. **Please send your artwork by March 31<sup>st</sup> to 2<sup>nd</sup> VDG Cat at [catgon@att.net](mailto:catgon@att.net).**

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](http://www.district4-C5.org) for additional information.

Lastly, the Student Speaker contests are in full swing. Please come out and support our students who are participating in the contests. Contact your Region and Zone Chairs for information regarding the schedule of events in their Region and Zone respectively. Save the Date...the **District Student Speaker Contest will be on April 20, 2019**.

Together in Service,

1st Vice District Governor Sarah and Lion Carle



## 2nd Vice District Governor Cat Gon's Message



### Happy Year of the Boar!



Chinese New Year in 2019 starts on Tuesday, February 5th and ends on January 24th, 2020.

Conforming to the Chinese horoscope, the year of the Pig 2019 comes right after the Year of the Dog (2018) and before the year of the Metal Rat (2020)!

### Year of the Pig 2019: a year of fortune and luck!

The Pig occupies the last (12th) position in the Chinese Zodiac. You are a "Pig Chinese Zodiac native" if you are born in one of these years: 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019.

According to the Chinese astrology, 2019 is a great year to make money, and a good year to invest! 2019 is going to be full of joy, a year of friendship and love for all the zodiac signs; an auspicious year because the Pig attracts success in all the spheres of life.

February came in like a Lion with the Council of Governor's Meetings (COG) and the Multiple District 4 (MD4) California Lions Convention right here in our own backyard. Many of you were able to participate in the orchestration and ultimate success of both events. Please accept my sincere appreciation to all members who generously donated their time, supplies, and efforts. We wouldn't have been able to organize and execute this event without your valuable assistance.

Weather has been a major deterrent for our February 16th Cabinet Meeting. Now that the weather should be more forgiving, the rescheduled Cabinet Meeting at the Union Mine High School is back on. Plan to attend on March 17, 2019, at 8 am. Forums and Candidate announcements to be of great importance to everyone of us, so plan to attend.

Our new endorsed candidate for International Director is PDG Ken Ibarra. He will be slated to be on the ballot in Milan, Italy at the International Lions Convention this July.

Please make sure that your delegate certification is promptly mailed in to guarantee your ability to vote at the convention.

Our own convention is quickly approaching in April. This year the Theme is "Paint Your Wagon" and will be held at the San Ramon Marriott, April 26-28, 2019. Registrations are still being accepted and a chance to win the coveted convention package is still up for grabs. We will be having a great time with the food fair and games. Come early Thursday, April 25<sup>th</sup> and join us as we bowl our way into the weekend. Lots of fun and bragging rights for amazing scores to be awarded.

1<sup>st</sup> Vice District Governor (VDG) Sarah and I are still accepting advertisements to be placed in our souvenir convention program. Anyone may place an ad ... Brag about your Club, your upcoming events, acknowledge your hardworking Lions, incoming/outgoing slate of officers. The opportunities are endless! Page sizes range from:

Full Page 5.5" X 8.5"	for \$100.00
Half Page 5.5" X 4.25"	for \$ 50.00
Business Card 3" X 2"	for \$ 25.00

### Happy Saint Patrick's Day to all!

May the Blessings of the Irish find and keep you!



Best wishes for the new year and the promise of better tomorrows!

**Lion Cat Gon and Family**



# 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!! **UPDATED DEADLINE!!***

Get your Convention Ads in Today!

## **New Deadline is March 31, 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)**



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

[sarahte@comcast.net](mailto:sarahte@comcast.net), [catgon@att.net](mailto:catgon@att.net)



thankful appreciate  
calling and call performance  
recognition value  
noble grateful good  
positive behavior  
stand out above and beyond  
social pleased team

Payment (**Checks payable to District 4-C5**)  
and a hard copy of your ad should be mailed to:

2<sup>nd</sup> VDG Cat Gon

32 Sunlit Circle, Sacramento, CA 95831-1657

## Important Club Secretary Information

**To all club secretaries:** When filing your current Monthly Membership Report (MMR), be sure that any adding or dropping of members should show the current month in the left margin of the report rather than a previous month. If secretaries, for example, are reflecting the drop of a member, the current month's date needs to be entered rather than a month in which the member



the current month's filing.

Further, there are two positions available in each club that have been created to assist in the responsibilities of club secretaries. The Club Administrator is able to file both the club MMR and Activity Reports. The Club Service Chair is able to file Activity Reports. We recommend that each club consider adding either or both of

these positions when filing your new Officers Report (PU-101 to many) for the club year 2019-2020. will only be accepted by LCI as a correction of the previous month filed and not be recorded by LCI as

## MyLion Issues with Windows Environment

*Information provided by DG Doug Wight*

After seeing many posts on Facebook asking about the MyLion app for our future use this summer, I shared that I had difficulty with accessing it on my Iphone due to lack of cell reception where we live. That also applied to our two iPads - lack of decent internet reception. I tried opening it on my Windows 10 laptop, but it kept telling me to go links that are applicable for Apple environments.

I contacted the link referenced on the MyLCI asking if we could access it on our Windows driven environments and was told to go to: [app.mylion.org](http://app.mylion.org)

I did and I had no problem. I shared it with our club secretary and she also has been able to access it on her Windows driven environment. For those secretaries or others that will be filling out activities on the MyLion site through a Windows driven environment, use the link above to gain access.

## District 4-C5 Contest/Awards Deadlines-March 31st

**Nominations are due by the end of March** for most of the District Club contests that will be awarded at the MD-4 Convention in April. It's time to start putting together your nominations for your club members (or those you feel are deserving) or projects. Hopefully, by this point, you are already aware of members that have done an outstanding job. Please share these successes by submitting a nomination, remember one of the ways you can retain members, is by recognizing their accomplishments.



The Contest and Award information is available on our district website, <http://www.district4c5.net/contests-awards/>

## Congratulations District 4-C5!!

Congratulations to all the club officers in our district who accomplished something that may be a first in 4-C5 and beyond – **100% reporting** of the Club Monthly Membership and Activity Reports in February! WOW!

At the MD-4 Convention our district was recognized as having the highest percentage of clubs reporting in the state of California and the seven western states, but there was more great news -- we were number three in reporting internationally!

This is all due to the excellent work of Club Secretaries, Presidents, Club Service Chairs and Club Administrators who report our membership numbers and the amazing activities, projects, fundraising events and donations to Lions Clubs International every month.

Thank you for your diligence in reporting. As a club



secretary, I know how much time it takes to keep accurate records and file on time, so I applaud each and every club.

Together we have given District Governor Doug Wight an amazing gift and something to be very proud about.

Keep up the great work -- 4-C5 Rocks and Roars!

Lion Donna Prince  
District GST Coordinator

## Member Retention

Reprinted from Loomis Lions Bulletin, by Lion Jack Morris

### The 5 Points for Retention suggested to International President

No Li  
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losses. So, more than 45,000 Lions clubs just go about their recruiting hoping that some of the new members will stay and serve the community needs.

A recent global survey of retention issues and suggestions, titled: **Retention Study-2018**, arrived at what might just be a good starting point for turning losses into pluses. Its called **The Five Points for Retention**.

These five points were the ones which many survey responders to the 2018 study thought were absolutely necessary for clubs suffering more losses than gains.

Newly chartered clubs should consider imbedding the five points into their policy handbooks. Established clubs might study the recommendations as displayed in the panel to the right and insert them into their meeting protocols.

Both the **Retention Study-2018** and the **Five Points for Retention** have been introduced to IP Gudrun Bjort Yngvadottir and her retention committee. Copies of both papers are available by email. Contact Editor Jack Morris at [morrisjac@gmail.com](mailto:morrisjac@gmail.com).

#### Awareness

Make the potential member fully aware of club's goals and projects

#### Engagement

Ensure the new member is fully engaged in projects and services

#### Recognition

Give credit for work well done where the new member is involved

#### Follow-up

The sponsor notes when member displaying some reluctance - *and acts*

#### Clubhouse

Good protocol on display at every meeting for all members

## MD-4 Convention 2019

By Kitty Kramer

Well, the Multiple District -4 California Lions convention in Sacramento is in the books. This was the 100th annual state convention and it was right in our backyard.

This year, three Lions Districts from Northern California (4-C2, 4-C3, and 4-C5) hosted the convention. The event was held at the Doubletree Hotel and began on Friday, February 8, 2019.

The Grand Ballroom was set up in a trade-show type fashion with different parts holding seminars and the center had exhibitors. This was similar to the Lions International Clubs Las Vegas Convention.

Seminars included: Cabinet Secretary/Treasurer Training, Identifying /Developing Lion Leaders, North American Membership Initiative, Lions Clubs Trademark/Are those sirens you hear?, Campus, Clubs, Conflict Resolution, Innovations to the Youth Exchange Program, and our very own 4-C5 Lion Dennis Kramer (Woodland Host) presented on Organizing your Planning Committee (as part of Long-Range Planning), and others.

On Friday evening, we had dinner with "VIPs" hosting a table. The special guests included: 3rd Vice President Brian Sheehan (Lori); Immediate Past International Director (PID) Howard Hudson (Lynn), PID Salim (Alia) Moussan from Lebanon; PID Patti (Greg) Hill from Canada, and many other PIDs, Past Council Chairs (PCC) , and Past District Governors.

Entertainment for the evening was our very own Cabinet Treasurer (CT) Sheri Retzlaff, who made six wardrobe changes, Lion Eddy Aducayen, and a dance troupe from Sacramento. Sheri also serenaded 3rd VP Brian Sheehan, in the way that only CT Sheri can do (I think you know what I mean)!

It was announced that employees in the Yosemite National Park had to be evacuated from their homes, and a collection of hotel toiletries were needed for their stay elsewhere. Lions came through as usual the next day, and dropped off quite a few items that would be delivered to the employees.

On Saturday, it began bright and early, with a presentation of flags from all over the world. PDGs and guests marched them into the room where they were displayed the rest of the event. It was a very colorful sight!

The Davis Aggie Lions also were available for a "Techie Lab" for Lions to ask questions about a variety of techno-

logical topics. I even saw one person with a Davis Aggie Lions sitting on the floor waiting for the dinner doors to open. She was helping him with cell phone questions/issues.

2 Vice District Governor Cat Gon, with the assistance of many including PDG Erv, Lion Tim Luckinbill and Maryann Luckinbill, and others assisted in the wonderful hospitality suite. Anyone who has ever been to a convention where 2VDG Cat was involved with the hospitality, knows there was plenty to eat and drink! And it was all artfully-arranged around the rooms.

Saturday evening also consisted of the MD-4 Academy Awards. The following were the winners:

- ◆ *Leo of the Year*—Vanessa Nunez, El Cajon Valley High School Leo Club, District 4-L6
- ◆ *Kay & Denise Fukushima Couple of the Year*— Lions Jeanine Healy and Robert Caballero , San Martin Lions Club, District 4-C6
- ◆ *Lion of the Year*—Allen King, King City Lions Club, District 4-C6
- ◆ *MD-4 Small Club Project of the Year*—"Hooks and Needles," Folsom Lake Lions Club, District 4-C5
- ◆ *Medium Club Project of the Year*—"Kidsight USA Project," San Marcos Lions Club, District 4-L6
- ◆ *Large Club Project of the Year*—"Community Health and Wellness Fair," Los Angeles Olympic Lions Club, District 4-L3
- ◆ *Club of the Year*—Whittier Special Olympics (SOLA) Lions Club, Immediate Past President Ron Copley, District 4-L2

Congratulations to all the winners! **Reminder-these awards are based on the District nominations from last year that were forwarded to MD-4 for consideration. Please consider nominations for your clubs (or Lions) for the up-coming District 4-C5 Convention in April 2019!! Most nominations are due by March 31, 2019.**

Sunday morning closed with a Melvin Jones Breakfast, including a Celebration of Life for Lions that are gone, but not forgotten.

An announcement was also made between two candidates for International Director (ID) , PCC David Radtke and PDG Ken Ibarra. After counting votes nine times, PDG Ken Ibarra was announced the endorsed candidate for ID. Congratulations PDG Ken!



# MD-4 Convention



PDG Andy Anderson with donated toiletries



MD-4 Peace Poster Contest Winner



IPDG Nick McNicholas with Lion Dennis Kramer at the seminar



Cancel Out Parkinson's Exhibit



DG Doug Wight with flags



LPCCI Exhibit



RC Dennis Kramer with PDG Marianne Keesee and DG Doug in line to vote



Line stretched to the end of the hallway to vote



# MD-4 Convention



DG Doug with MD-4 Council Chair Bob Stewart



RC Jill Santos and ZC Ann Alvarez manning the Cancel Out Parkinson's table



PDG James Fong and Lion Josephine Fong



RC Dennis Kramer, 2VDG Sarah, Kitty Kramer, CS Jeri Retzlaff, Jeri Wartena, Gayle Kono, and Keith Dughi



Bernadette and PDG Rich



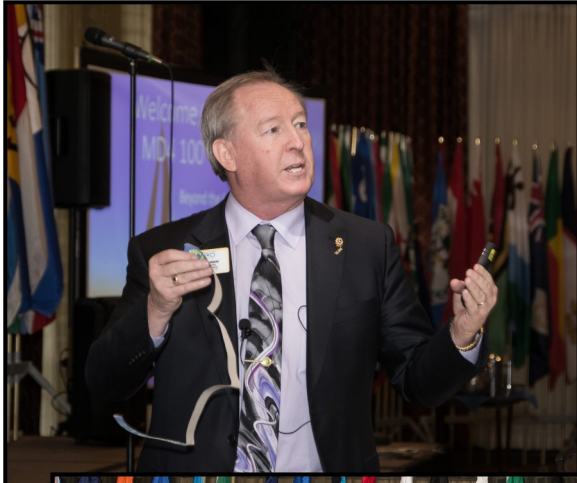
CT Sheri Retzlaff entertaining Lions on Saturday evening.



Donna Prince received awards for serving as District GST Coordinator and for the highest percentage of activities reported in our District.

<https://www.photosbyasantos.com/Events/2019-MD-4-Convention/i-tZgZwrp>

## MD-4 Convention



3rd Vice President Brian Sheehan speaking about member retention



MD-4 Council Chair Bob Stewart with PDG Andy Anderson at Academy Awards presentation



RC Jill Santos, DG Doug, Lion Bernadette DeCuir, and others being presented with an Academy Award for "Hooks/Needles" for Folsom Lake Lions



CS Jeri Retzlaff and IPDG Nick McNicholas received the Chairman's Medals for their work with LCIF presented by 3rd Vice President Brian Sheehan



PDG Andy Anderson, 1VDG Sarah Enloe, 2VDG Cat Gon, PDG Erv Gon, and back row, PDG Kumar Kalagara and Gayle Kono

ZC Dave Stoermer and RC Diana Beer



<https://www.photosbyasantos.com/Events/2019-MD-4-Convention/i->

## Autorama Legend Status for Newcastle Man

Reprinted from Auburn Journal (2/13/19)

Newcastle's Lion Alex Blanca will be stepping up Saturday to put on the special jacket awarded to Autorama legends.

The iconic Sacramento custom car and street rod show has been a landmark event annually for almost 70 years and Blanca first took part in 1966 with a custom car he still owns - a 1931 Ford Model A.



Lion Alex with his 1931 Ford Model A with trophy from a 1966 Autorama

On Saturday, during Autorama's weekend of shows at Cal Expo, Blanca will be one of three new legends to join a group that already includes customizing pioneers like George Barris and Joe Bailon.

George Hague, an Autorama Legends committee member, said that Blanca was chosen primarily for his role as co-host of KAHJ radio's "Cruisin' Garage" show. The program ended a run of eight years with Blanca on Dec. 31.

Blanca is also being honored for his presence on the customizing scene as owner of Al's Antique Auto Parts - a Newcastle business providing specialized parts.

Hague said the legend award - which also includes a plaque - recognizes people who have promoted the car culture in the Sacramento area.

Blanca said that he's honored by the selection. Hague surprised him when he appeared in December on the radio program. "I was totally shocked," Blanca said.

The induction puts Blanca into two halls of fame in one year. In April, Blanca became a member of the Placer High Athletic Hall of Fame for his contributions to the schools sports program as coach and booster.



R-L DG Doug with President Carol Puphal, sponsor Chris Megenity and new Lion Mary Miller (RC Diana seated)

DG Doug, RC Diana Beer, and ZC Jackie Beer attended the Penn Valley H-Graders Lions on February 14, 2019. Lion Mary Miller was inducted as a new member to the club! Welcome Lion Mary!



## 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.

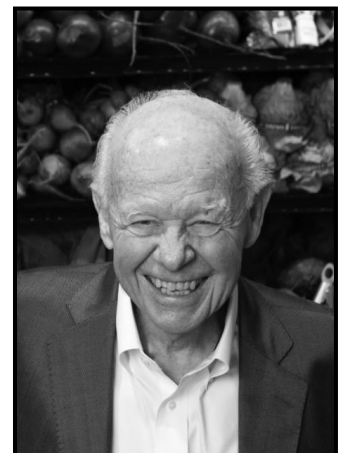
Get involved and you'll be giving hope to infants, children, teens and young adults fighting childhood cancers! **If you are brave enough to shave your head, please send before/after photos to publish in the Lions Pride Bulletin!**

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 Lost, but Not Forgotten*  
*Lion Eugene Stille, Woodland Host Lions*  
*Chairman of Nugget Markets Inc.*

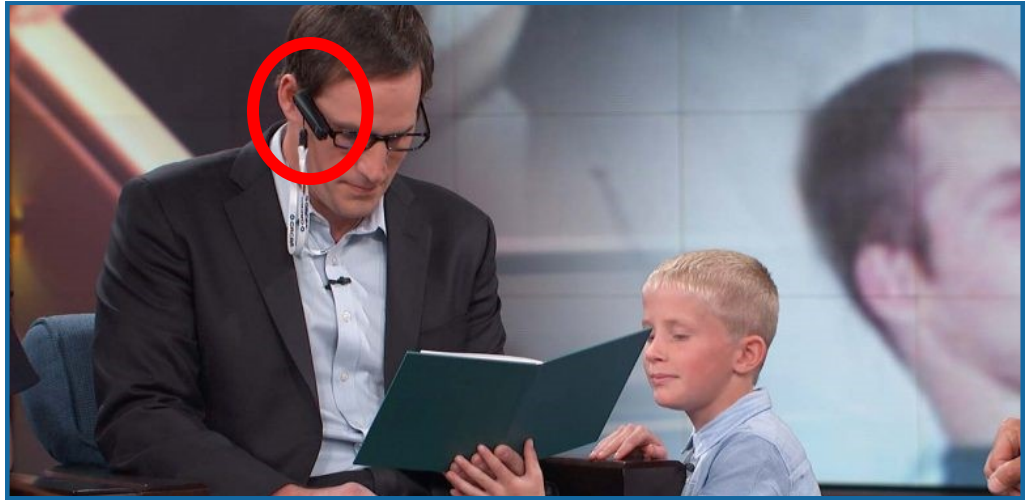


## OrCam MyEye

Reprinted from TechCrunch by Romain Dillet

The OrCam MyEye, a tiny wearable device that can give you secret powers if you have vision problems. It's a tiny device that you clip to your glasses. It has a camera, a speaker and a cable that hooks up to a bigger device that is roughly the size of a smartphone. After that, you can use the OrCam MyEye to read stuff for you. We visited OrCam's office in Jerusalem to try out the device.

Using it is quite intuitive, as you just need to point your finger at what you're looking at and wait a couple of seconds. You can move your finger around or put the palm of your hand on the text to stop the device. It can read text in a newspaper, on a can of Coke, on a business card or anywhere really. If you're holding the text upside down, the device tells you to turn it.



If you're looking at a \$10 bill, it's going to tell you that it's \$10 (and not \$20 for instance). And if you're trying to read text in a foreign language, the OrCam MyEye is going to translate it without skipping a beat.

The second big feature is facial recognition. The device can help you figure out who's in front of you. For instance, if you hear someone talking to you, you can just orient your face toward the person who's speaking. The device will tell you the name of the person if you've previously recorded this face. And if it's an unknown person, it's going to give you hints ("a young woman is in front of you").

You don't need to pair the device with your phone, as all the processing happens on the device itself. It isn't stored on a server across the world and it respects your privacy.

The OrCam MyEye has been available for a while. It costs \$3,500, which is quite expensive. But it makes sense when you think about it as a medical assistive device — you should compare it to hearing aids, not Snap Spectacles.

But the company is already working on the next generation of the OrCam MyEye. While the official launch is still months away, it was quite impressive to play with it. Compared to the existing MyEye, it's much smaller as it works without the cumbersome companion device. It feels like you're just wearing normal glasses as there's no wire behind your ear and you don't need to carry around a brick in your pocket.

**Note:** I recently saw this product being used on a TV show I was watching and looked at the company's website for more information. Since I've never seen this type of product, thought I would share with you. This is not an endorsement, but I found it interesting given that Lions assist visually impaired persons. For more information, visit <https://www.orkam.com/en/myeye2/>

Kitty Kramer



# Lions Clubs International



1VDG Sarah Enloe had an opportunity to visit the Lions Club International Headquarters on February 14, 2019, while attending District Governor Elect training.

## Lions Clubs International Foundation (LCIF)

*Submitted by PDG Andy Anderson, District LCIF Chair*

As of February 28, 2019, I submitted the following report on the District actions in reference to the LCIF.

So far this year our total donations reported on LCIF Report for this year is \$26,463. Total donation is 66.16% of our total goal of \$40,000.

- ◆ Total number of clubs donated to LCIF: 39 of 52 (75%)
- ◆ Total number of Zones visited: 8 of 8 (100%)
- ◆ Total number of clubs visited: 41 of 52 (78.85%)
- ◆ Total number of clubs with a Club LCIF Coordinator: 51 of 52 (98.09%)

I am working on the last club.

I am glad to announce that **Folsom City Host Lions Club** and **Higgins Diggins Lions Club** have joined our \$1,000 clubs for this year.

I would like to ask all of our Zone Chairs to speak with their clubs about the importance of submitting their donations to LCIF and **if they are going to give a Melvin Jones Fellowship to one of its members to do so now. The longer they wait, the longer it will take LCIF to process their request for the MJF.**

## Lions Clubs International Foundation (LCIF)

Club Name	Zone	Jul-Sep 2018	Oct-Dec 2018	Jan-Mar 2019	Apr-Jun 2019	TOTAL AMOUNT DONATED	DATE VISITED or TO VISIT
Auburn 49ers	Foothill						
Auburn Host	Foothill						3/20/19
<b>Citrus Heights</b>	Wolfskill	300	20			320	8/20/18
Colfax	Foothill	20		100		120	9/13/18
<b>Country Club</b>	Wolfskill	2000		1000		3000	9/24/18
Davis Aggies	Gordon			20		20	2/25/19
Delta	Sutter		40			40	7/26/2018
Downieville	Sierra		25			25	
<b>Elk Grove</b>	Sutter	1100	260	150		1510	7/22/18
Esparto	Gordon						12/6/18
Fair Oaks Host	Wolfskill		20			20	9/27/18
<b>Folsom City Host</b>	Marshall	300	550	350		1200	12/5/18
Folsom Lake	Marshall	225	20			245	10/11/18
<b>Foresthill</b>	Foothill		1070			1070	10/2/18
<b>Galt</b>	Sutter	1000				1000	8/23/18
Grass Valley Foothill	Sierra						8/7/18
Grass Valley Gold Country	Sierra						3/12/19
<b>Grass Valley Host</b>	Sierra		30	900		930	4/11/19
<b>Higgins Diggins</b>	Foothill	600		1000		1600	9/6/18
<b>Lincoln Hills</b>	Eureka	1000				1000	1/17/19
Lincoln Host	Eureka		20			20	11/1/18
Loomis	Eureka						
<b>Meadow Vista</b>	Foothill	400	800	400		1600	
<b>Mother Lode</b>	Marshall	100	1030		120	1250	2/21/19
Nevada City	Sierra		20			20	3/20/19
Newcastle Golden Spike	Eureka						1/22/19
North San Juan Yuba River	Sierra						8/14/18
<b>Orangevale</b>	Marshall	425	300	200		925	10/16/18
<b>Penn Valley</b>	Sierra	500			34	534	2/14/19
<b>Placerville</b>	Marshall	150	830			980	12/4/18
Pride of Laguna Creek	Sutter		90			90	9/26/18
<b>Rio Linda</b>	Wolfskill	925	1110			2035	1/20/19
Rocklin	Eureka	40				40	9/4/18



## Lions Clubs International Foundation (LCIF)

Club Name	Zone	Jul-Sep 2018	Oct-Dec 2018	Jan-Mar 2019	Apr-Jun 2019	TOTAL AMOUNT DONATED	DATE VISITED or TO VISIT
Roseville Host	Eureka						1/16/19
Roseville Sunrise	Eureka						8/21/18
Sacramento Antelope	Wolfskill						10/10/18
Sacramento Camellia	Crocker		200			200	11/8/18
Sacramento Capitol	Crocker		25			25	3/7/19
<b>Sacramento Embarcadero</b>	Crocker	1000	870	400		2270	12/5/18
<b>Sacramento Fort Sutter</b>	Wolfskill	420	20			440	9/25/2018
<b>Sacramento Golden State</b>	Sutter	340			45	375	2/13/19
Sacramento Mabuhay	Crocker			20		20	10/20/18
<b>Sacramento Maharlika</b>	Sutter	1,100	170			1270	11/6/18
Sacramento Metropolitan	Crocker			20		20	10/3/18
Sacramento Midtown	Wolfskill		20		500	500	11/8/18
Sacramento Nepalese	Crocker						1/12/19
Sacramento Senator	Crocker	184		84		268	10/5/18
Sacramento Valley Hi	Sutter						3/7/19
Winters	Gordon			20		20	TBD
<b>Woodland Host</b>	Gordon		1260	100		1360	11/7/18
Woodland Reveille	Gordon	50				50	11/7/18
Woodland Yolo Sunset	Gordon		20			20	11/7/18
TOTAL		\$12,695	\$8,984	\$4,784	Not posted	\$26,463	

43 of 52 (82.69%) Clubs have been visited about the LCIF

39 of 52 (75%) Clubs have donated to the LCIF

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

51 of 52 (98.09%) Clubs has a Club LCIF Coordinator

Total goal for the District is 66.16%

10 clubs Brown = \$1,000 to \$1,999

2 club Red = \$750 to \$999

2 clubs Blue = \$500 to \$749

4 clubs Green = \$250 to \$499

18 clubs Right side of column Black = \$0 to \$249



# Where There is a Need, There is a Lion!

Submitted by PDG Bob Olin

It was just another day in a week, but to over a thousand children it was a special day. It was the day Santa arrived at Beale Air Force base in his U-2 sleigh.

Some of the children shared the day with their parents and some had an absent parent who was on duty, so all of us may remain free.

The hanger was packed and filled with excitement anticipating the arrival of that person in the red suit. Then coming around the corner, with its engines roaring, was the U-2 sleigh with Santa in the cockpit.

Stopping nearby, the cockpit hatch opened and out stepped Santa waving to all the cheering children on the ground. Santa then climb down the ladder and rushed over to greet and hug the children who were jumping with joy.



The jolly old fellow was then escorted to his prized chair on the stage where he prepared to greet all the children and listen to their wishes for Christmas.

There were other lines at the gift tables where the elves were giving out those gifts that you had donated for their holiday party. It was a delight to see the smiles, sparkling eyes and hear those, "Oh look what I got!!!" expressions.

Adding to their pleasure were games, bounce houses, lots of food and drink, but most of all, much happiness for a lot of children and their families.

And this is what the Lions of District 4-C5 had provided to the



children of our military at Beale Air Force Base.

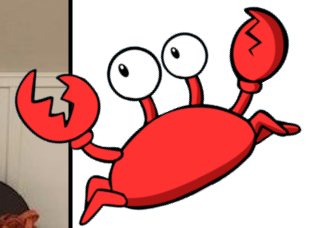
A great big "WELL DONE" Lions. You served our military, who are serving us, by displaying our Lions spirit of "We Serve."



**Lincoln Host Lions** held a crab feed on February 2, 2019. As usual, we had a sell out crowd and served a great meal to over 400 people.



Lions Brad Bonino, Mark Bil-



Lions Cathy Noyes

## Where There is a Need, There is a Lion!

Four students from Folsom High School recently participated in the **Folsom Lake Lions Student Speaker Foundation** contest. The topic: "Freedom of the Press – What Does That Mean?" Each student spoke with compassion, commitment, and knowledge of the topic. They were prepared, passionate and articulate in their delivery, making selecting a winner tough on the guest judges.

This year the Lions Student Speaker Foundation, covering all of California, will provide scholarships totaling \$103,500.00. From this amount, each of the fifteen District winners will receive a \$4,500.00 scholarship, each of the four Area winners will receive an additional \$6,500.00 scholarship and the winner of the Multiple District Four Contest will receive an additional \$10,000.00 scholarship. All students participating at the club level receive a monetary award.



The winner this year is Mariya Thomas, a freshman at Folsom High. She will now move forward and compete against other local high school winners in the Lion Zone contest on March 6th.

For more information on this program, please visit <http://md4lions.org/student-speakers-contest> or contact Folsom Lake Lion Gail O'Brien at [gobrien@pacbell.net](mailto:gobrien@pacbell.net).

←—————→  
 ~ ~ **Lion Jack Morris, MJF**

During late February I put on my full Surrey Constable's uniform and helmet which I had collected while traveling in England, Scotland, and Ireland. Since I am now the **Loomis Lions Club's** new Membership Chairperson, I decided I would begin my big hunt for new members by about 275 townspeople; my plan, and the one which I executed, was to go table to table, all the while threatening to write tickets or saying things like, "Hey! Your car

parked out front?" "If you're not yet a Lion, raise your hand." My pockets were jammed with club applications at the time.

I found everyone accepted my interruptions. Several women admitted they loved the all dark blue 'Bobby' uniform. In short, we in Loomis simply went aggressive and full innovative in our membership drive. It will be continued and I'm shooting for total membership of 60 in 2019; we have close to 50 at this writing.



Lion Jack Morris

Frankly, the handsome uniform took the crab and shrimp dinner guests by storm. Be evening's end, I had 11 applications out with promises they would be returned by mail. Four were handed to me as I prepared to leave along with checks for LCI and for club dues through June 2019.

Sometimes, in order to reach a personal goal, one must be willing to step out of or go beyond the line.



Lion Jack Morris soliciting new Lions Members

## Where There is a Need, There is a Lion!

February was a very busy and exciting month for the members of **Higgins Diggins Lions Club**.

Their annual Crab & Shrimp Feed was held on two nights (Feb. 1 & 2) and their Lions hall was filled to capacity with over 400 guests in total. District Governor Doug Wight and Region Chair Diana Beer attended Friday and enjoyed the food, beverages and fellowship with visiting Lions clubs and many people from the community. Higgins received extra help from PDG Erv Gon, Zone Chair Tim Luckinbill and their newest Associate Member Helene Smith who performed many duties.

All profits from this event benefited the Higgins Lions Community Association, a 501C3 corporation that provides the residents with a beautiful hall for rent at reasonable rates for meetings, parties and community gatherings. The hall also serves as the only South Nevada County information site for elections.

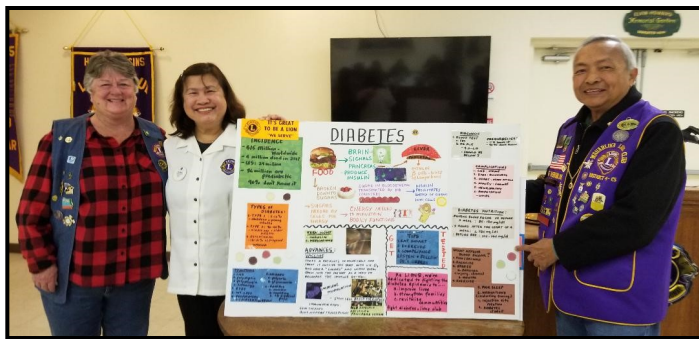
The February 21<sup>st</sup> meeting of the club was an exciting night filled with some surprises and a wonderful guest speaker, Region Chair and District Diabetes Chair Dr. Lynn Ventura. Lion Lynn informed the group about of the dangerous complications from diabetes, how to avoid getting the disease through lifestyle changes and diet and the differences between Type 1 and Type 2 diabetes. Lynn was accompanied by her husband, Lion Bing and everyone in Higgins enjoyed meeting this dynamic couple.



PDG Dirck Dickey and Lion George Menzoian



PDG Dick with Lion Larry Brown



Higgins Diggins VP Laura Barhydt with Dr. Lions Lynn and Bing Ventura

It was a very special night for two Higgins members who received congratulatory letters and Chevrons for years of service. PDG Dick Dickey gave a heartwarming speech on membership, retention and how important longevity is to our organization. He then presented Lion George Menzoian with his pin for 50 years of service and Lion Larry Brown was presented with his 40 years of service chevron. Everyone cheered and congratulated the special members.



Front Row (L to R) Lion Carol Jordan, President Helene Smith, Lions Carolyn Phillips, and Larry Jordan. Back Row (L to R) Lions Steve Smith, Linda Smith, David Phillips, and Harlan Hamburger

**Foresthill Lions Club** conducts a Flag Day every year with the 5<sup>th</sup> graders at the Foresthill Divide School. This year it was on Valentine's Day. They gave each student a flag and a slip of paper explaining the facts about the American Flag and which star on the flag represents which state.

## Where There is a Need, There is a Lion!

*Submitted by Kitty Kramer*

The Gordon Zone conducted a Zone project on February 26, 2019. IPDG Nick McNicholas has been the Project Chair for over 20 years, with the assistance of Lion Norm Silva, Yolo Sunset Lions, and Zone Chair Dave Stoermer, Woodland Host Lions.

High school students from Woodland High, Pioneer High, Winters, and Esparto participate in a "Student Exchange." There are also student hosts at each participating school that are matched with a visiting high school student and act as their guide. There are typically four students, one from each grade level, that participate and attend a different high school in the



Students listening to guest speakers

same, what makes it different? Students attending may visit a high school much smaller in size and number of students attending, while some students attend a bigger school. What makes the school the same, what makes it different?

*Submitted by Ken Eslick, Calendar Chairperson*

**Grass Valley Gold Country Lions** have wrapped up the sales effort of our "Paradise Is Not Lost" calendar project. Today we turned in what should be the last of the funds that we collected from merchants around town. We have now topped \$10,000. There will be calendars for sale at the March 17th Cabinet Meeting as well.

This effort not only involved most every member of our club, but we solicited about 30 local merchants to sell these for us. In addition to that, we reached out to over 90 Lions Clubs in our District and in District 4-C1 where the Camp Fire took place. We had donations from about 24 different Clubs. Now that the sales are completed and the monies have been deposited, we are inviting a couple of national organizations to come and talk to us and answer questions so that during the next month we can decide where best these funds can be used.

We appreciate all of you who participated in helping us with this project. Without our Lions brothers and sisters and our local merchants helping, we would have never achieved this level of success. Thank you!

Watch in your Lions Club International Magazine in June or July for an article about our project. I was interviewed a few days ago and was told that they wanted to share our story. Pretty exciting for a little Club up in the foothills.

After Lions volunteer drivers drop off/pick up students, they were brought to the Woodland Scout Cabin for a pizza and salad lunch (and cookies for dessert), that was handled by the Woodland Host club with contributions from the Gordon Zone clubs.

UC Davis Lions Kirsten Fontus and August Ray



UC Davis Lions Kirsten Fontus and August Ray

This year's guest speakers, were none other than our very own, UC Davis Aggies Lions Club President, Kirsten Fontus and Lion August Ray. They spoke on what it is like to be a college student and balancing their studies/work with being a Lion. It all boiled down to how to manage your time! They are both very busy students; but, manage to carve out time between work and community service, and when time permits, just hanging out! It seems like they both have it nailed down. They also recommended using the Freshman year to just enjoy the time, as the closer it comes to graduation, the less time there is to just hang out!



# Four Ways to Take Care of Your Aging Eyes

Reprinted from VSP

BY LAUREN E ON JANUARY 30, 2019

Your vision is one of the first senses you may notice changing as you get older, but there are a few things you can do to keep your aging eyes in tip-top shape.

## Keep up a Good Diet

The American Optometric Association recommends adding in eye-friendly nutrients, such as lutein, zeaxanthin, vitamin C, Vitamin E and zinc. These nutrients can be found in oily omega-3-rich fish, nuts, legumes, seed, citrus fruits and leafy greens. Plus, foods that include the nutrient beta-carotene. Look for orange-colored foods like carrots, sweet potatoes, cantaloupes and apricots.



## Wear Sunglasses

Too much exposure to the sun's ultraviolet rays can increase your risk for cataracts in aging eyes, so it's important to remember sunglasses when you go outside. As an added bonus, sunglasses protect the delicate skin around your eyes, too.

## Reduce Screen Time

Staring at a phone, television or computer screen can cause eye strain. It's important to give your eyes a break during the day. Practice the 20-20-20 rule. Every 20 minutes take a 20-second break and look at something at least 20 feet away. This should keep the strain on your eyes in check.

## Get an Annual Eye Exam

The most important thing you can do for your eyes as you enter your golden years is get an annual eye exam. As you age, you may notice your eyes changing. Whether it's a prescription change or an age-related eye disease like glaucoma or cataracts, your VSP network eye doctor can help you with a treatment plan. If you make it a priority to see your eye doctor each year, he or she will be able to keep track of your vision changes to keep your eyes as healthy as possible as you get older.

*Disclaimer: Information received through VSP Vision Care's blog is for informational purposes only and does not constitute medical advice, medical recommendations, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

# Upcoming

EVENTS

<p><b>March 9, 2019</b>  <b>Lasagna Dinner</b>          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><b>March 9, 2019</b>  <b>LPCCI Crab Feed</b>          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 <a href="http://www.lpccicrabfeed.com">www.lpccicrabfeed.com</a> or Mark Steffens (916) 214-8650</p>
<p><b>March 23, 2019</b>  <b>Beef Stew and Pie Dinner</b>          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 <a href="http://RioLindaLions.com">RioLindaLions.com</a></p>
<p><b>March 23, 2019</b>  <b>Delta Lions Club Celtic Irish Tea</b>          Grand Island Mansion          13415 Grand Island Rd., Walnut Grove</p>	<p>\$35 per person (due by 3/15/19)          Mail check to: Delta Lions Club, c/o 2825 Roven Ct., W. Sacramento, CA 95691          Contact Jean @ (916) 813-0941 for more info</p>
<p><b>March 23, 2019</b>  <b>Mother Lode Lions Flapjack Breakfast</b>          Applebee's, Coach Ln., Cameron Park</p>	<p>\$10 per person          8 am—10 am          Tickets at Mother Lode Candy Shack or contact (530) 672-1892</p>
<p><b>March 24, 2019</b>  <b>Mother Lode Lions Mark Schmidt Bowling Tournament</b>          Knotty Pines Lane, Pollack Pines</p>	<p>\$20 per person (3 games, includes shoes)          Check-in 9:30 am, Starts at 10 am          Contact Annie Schmidt for form @ (530) 626-6222</p>
<p><b>April 6, 2019</b>  <b>Robert G. Smith Cancel Out Parkinson's 3rd Annual Walk</b>          Maidu Regional Park, Roseville</p>	<p>Register to walk or make a donation at <a href="http://www.rgsmith.org">www.rgsmith.org</a>          \$25 registration donation/get a t-shirt and lunch          Contact <a href="mailto:rgsmith.parkinson@gmail.com">rgsmith.parkinson@gmail.com</a> or (916) 382-2016</p>
<p><b>April 12, 2019</b>  <b>Spaghetti Feed—Senator Lions</b>          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 <a href="mailto:jallen777@att.net">jallen777@att.net</a> or Gary Allen (916) 229-7827</p>
<p><b>May 3, 2019</b>  <b>Golf Tournament-Embarcadero Lions</b>          Teal Bend Golf Course          7200 Garden Hwy., Sacramento</p>	<p>\$89 (by 4/12/10) or \$95 per player after          (includes range balls, prizes, goodie bags, tri-tip dinner)          Mail check/entry form to Frank Adams, 9665 Bullion Wy, Orangevale, CA 95662          Contact Frank @ (916) 213-5400 or <a href="mailto:franktadams@mac.com">franktadams@mac.com</a></p>
<p><b>May 19, 2019</b>  <b>Golf Tournament-Auburn Host Lions</b>          The Ridge Golf Course          Shotgun/Scramble Format</p>	<p>\$125 per golfer (includes greens fees, tee prizes, breakfast, lunch, and other contests)          Online registration: <a href="https://tournamentcaddie.com/auburnlionsgolf">https://tournamentcaddie.com/auburnlionsgolf</a> or contact Kevin Casey at (530) 305-6446</p>

**Don't forget to advertise your club events! See Page 26 for details!!**



**Directory**

# CALLING ALL LIONS AND CLUBS!

**YOUR AD FOR THE 2019-2020 DISTRICT 4-C5 DIRECTORY AND WE ARE GOING DIGITAL!**

*Don't be left out*

Get your Convention Ads in Today!

**Deadline is EXTENDED to July 31, 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)**

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

[\*\*zennyagen@yahoo.com\*\*](mailto:zennyagen@yahoo.com)

Payment (**Checks payable to District 4-C5**)  
and a hard copy of your ad should be mailed to:



**CSE Zenny Yagen**

**8779 Corbally, Elk Grove, CA 95624**

Access to be Password protected on Website. Hard copies will be available



## 2018-2019 Cabinet Officer Contacts

<b>CABINET OFFICERS</b>	<b>PHONE</b>	<b>EMAIL</b>
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
<b>DONNER REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
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
<b>DOS RIOS REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
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
<b>SACRAMENTO REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
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
<b>WASHOE REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
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
<b>IPDG Nick McNicholas</b> Global Leadership Team Coordinator	(530) 908-2048 (cell)	glt@district4c5.org
<b>PDG Mike Retzlaff</b> Global Membership Team Coordinator	(916) 681-9726 (hm) (916) 225-8321 (cell)	gmt@district4c5.org
<b>Lion Donna Prince</b> Global Service Team Coordinator	(530) 305-8077	gst@district4c5.org
<b>PDG Andy Anderson</b> Lions Clubs International Foundation Chair	(916) 687-8133 (hm) (916) 955-3882 (cell)	lcif@district4c5.org



“

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

UNKNOWN

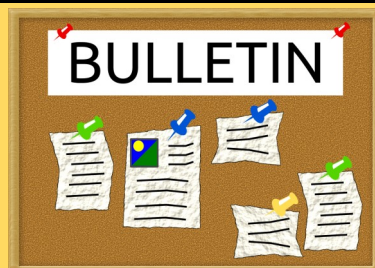
**Share your club's event flyers to advertise throughout the district!!  
Send information to the following:**

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