

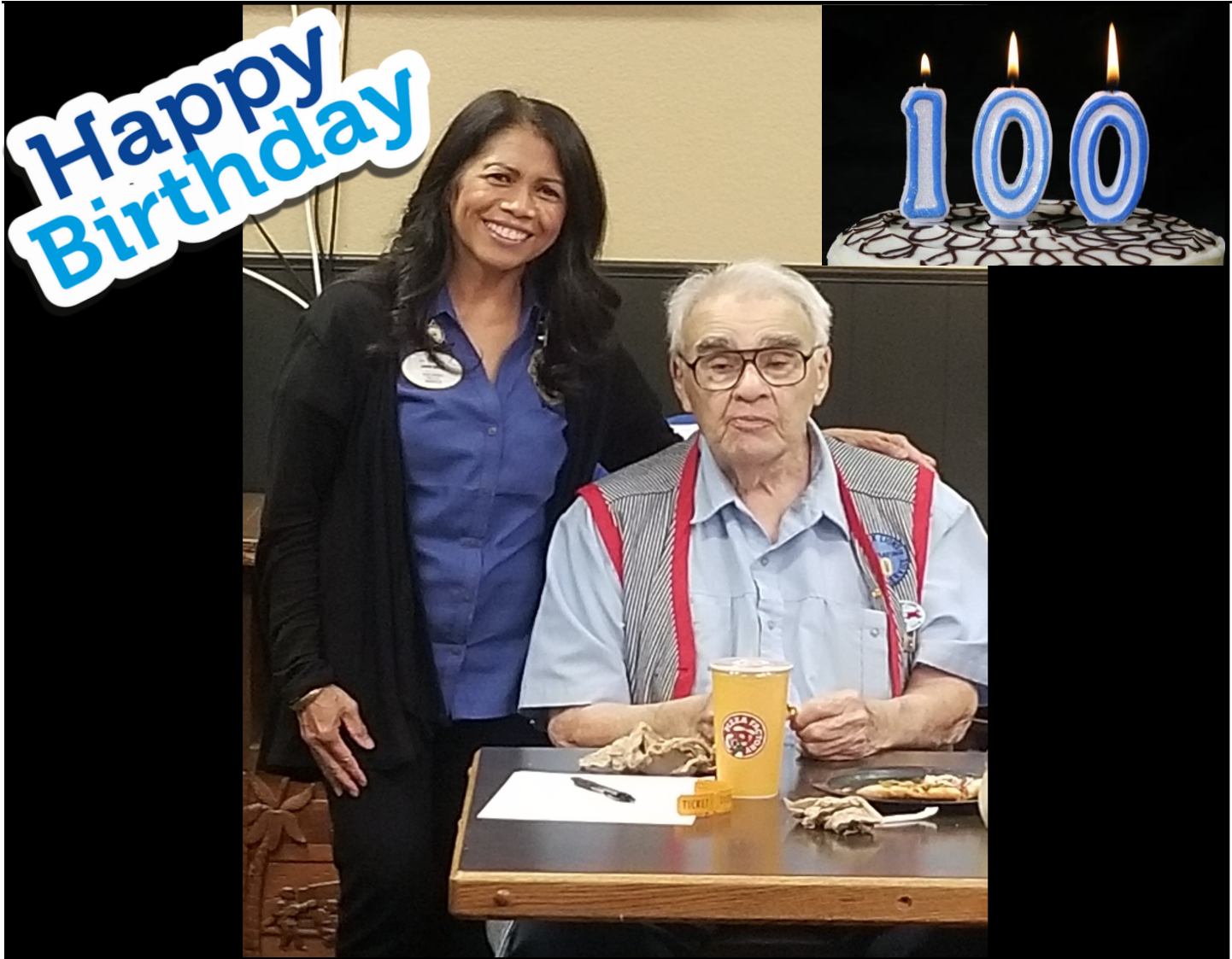
# District 4-C5

# Lions Pride




LIONS PRIDE—VOLUME 37, ISSUE 3

September 2019



District Governor Sarah Enloe with Lion Paul Petrul, Colfax Lions Club. Lion Paul recently celebrated his 100th birthday.

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## District Governor Sarah Enloe's Message



Dear District 4-C5 Lions:

Summer season is about to end. My second month as your District Governor kind of floated by very surreal as some months can! But we were very busy moving into our new home and settling in, but our Lions work never stopped. It was definitely a month of extreme strategizing and planning our first [District Cabinet Meeting sponsored by the Donner Region and LOY/Region Chair Tim Luckinbill](#) and his team plus finalizing our visitation schedule to all our Clubs in the District. Truthfully, this is the highlight of every District Governor's year. Because I get to meet the members; get to hear about all the wonderful things our Clubs are doing; and enjoy the visits. "Tis the Visitation Season!" We have also posted the District Governor's Visitation Schedule on the District 4-C5 website. It is definitely an action-packed schedule so that we can ensure we visit all of our Clubs.

Following our District Installation, I can truly feel the energy of our District! The Region and Zone Chairs have already been holding their Zone Chair meetings with excellent attendance at each of the meeting; the Clubs are moving and shaking; and we are already starting to increase our membership! The Donner Region came together strongly to complete a very successful joint Club collaboration effort at the Nevada County Fair where their fund raising was extremely successful.

Also, I would be remiss if I did not introduce our two newest members to our District Leadership Team. [From the Washoe Region, our new Eureka Zone Chair Kathleen Daugherty, Newcastle Lions Club, and from the Donner Region, our new Sierra Zone Chair Ginger Jackson, Grass Valley Host Lions Club.](#)

On August 18, 2019, I had the honor of being invited to be the Installing Officer for the Valley Hi Installation of their 2019-2020 Officers at the Hilton Garden Inn in Elk Grove CA. It was a wonderful installation and very elegant event. PDG Andy Anderson inducted one new member to the Club and presented one LCIF Melvin Jones Fellow to Dr. Mayette Almazan.

Of course, we would be remiss if we didn't mention that we also were honored to attend the "Roast of IPDG Doug Wight. We congratulate IPDG Doug and his Cabinet on a successful year. However, he was definitely roasted to a perfect well done! Everyone enjoyed the delicious dinner and the evening.

As we mentioned earlier, we finished the month of August in a blaze of glory with our first District Cabinet Meeting sponsored by the Donner Region and LOY/Donner Region Chair Tim Luckinbill and his team. I must report that it was a well-attended District Cabinet Meeting that had a new exciting

schedule of forums with a special presentation by a California DMV Representative regarding the "Real Driver License", which was definitely informative and very well received. It was a very successful first District Cabinet Meeting that set the tone for the rest of the year. I would like to acknowledge Higgins Diggins Lions Club for providing the delicious breakfast and Colfax Lions for their superb lunch. Needless to say, that this is how we roll in District 4-C5, teamwork that produces excellent results!

The District Directory was completed and disseminated on time, as promised, at our Donner Region Cabinet Meeting, thanks to the hard work and long hours by Lions Jan Windsor and Jeri Retzlaff. Our digital District 4-C5 Directory is also available to you and can be accessed on our website and it will be password protected. Please contact Lion Tony Santos at [lionmessag-es@gmail.com](mailto:lionmessag-es@gmail.com) should you have any questions regarding access to our digital district directory.

Just around the corner is the Lions Education Foundation Golf Tournament to be held at Mather AFB Golf Course on September 28, 2019. It's not too late to register for the tournament. For more information about sponsorship opportunities, please contact PDG Andy Anderson at 916-687-8133 or email [andersj@frontiernet.net](mailto:andersj@frontiernet.net).

The JDRF Diabetes Walk on October 5, 2019 at the State Capitol. For additional information, please contact our District Diabetes Chair Lion Lynn Ventura at 916-837-5682 or email at [lynnven@aol.com](mailto:lynnven@aol.com).

Also, please Save the Date – October 20, 2019, The International Food Fair, presenting the "Cuisine of the Pacific Rim" Folsom Community Center, 52 Natoma Street, Folsom, CA. More information, please contact CS Zenny Yagen at 916-599-6544 or email [zennyyagen@yahoo.com](mailto:zennyyagen@yahoo.com).

It is with great sadness to announce the passing of Lion Lucy Villarica of Midtown Lions Club. She will be greatly missed by all. We send our prayers and deepest condolences to Dr. Joe Villarica and Family.

I look forward to seeing you all during the upcoming visitations and other events in the District. Enjoy the remaining days of Summer, stay cool, and always be safe.

Together in Service,

District Governor Sarah and Lion Carle Enloe  
**"Hand in Hand, We Can Do More"**

# 1st Vice District Governor Cat Gon's Message



Greeting Lions!

What a quick couple of months this has been and the "Dog Days of Summer" are upon us. The Governor's Roast proved to be most enlightening; the food and festivities were enjoyed by all in attendance. All in all, IPDG Doug has had an amazing journey as Governor and came

through it like a champ!

Our first Cabinet meeting in Colfax was very well attended, with forums to pique almost everyone's interest. The warmth of the gym made the air-conditioned classrooms that much more appealing. Our Region Chair, Lion of the Year Tim Luckinbill, kept everyone on schedule. Information regarding the implementation of California "REAL ID" opened the floor to many questions. With so many interesting forums, the gym was almost reduced to a ghost town. District Governor (DG) Sarah has asked PDG Andy Anderson, Global Membership Team (GMT) Leader to bring back the Proud Lion/Proud Sponsor Awards to any Lion who was unable to complete in years prior. Lion Jan Windsor provided the first leg of that journey with an Orientation session. More information is available to interested Lions at [www.district4c5.net](http://www.district4c5.net)

Coming up on September 18<sup>th</sup>-21<sup>st</sup> is the USA/Canada Forum in Spokane, Washington. Again, we lions will have access to more than 80 different seminars and topics. It's not too late to register!

Now is the time to consider attending the **2020 convention**. The theme this year is "**Wish Upon A Star.**" **Lowest cost is NOW!** This year the process has changed a bit... The application is or will be on the website and in the Pride (See Page 6). Payment is based on the registration fee, meals and the package schedule. Meals may be purchased a-la-carte, but the most optimal pricing is the package. Housing will be booked directly by each attendee through the Marriott website also located on the application. **Please be sure to make your hotel accommodation arrangements early in order to ensure reception of the Lions discounted rate!** Once the block of allotted rooms is booked at the Marriott, all late bookings will be at the hotel's prevailing room rate. The application is fillable, print a copy and forward with check to AA

Jeri Retzlaff at the address on the form. A copy may be saved to your computer for future reference.

School is back in session and summer is coming to an end. Before we know it...the holidays will be upon us and the dawn of another year. Remember to be cognizant of our projects and those who benefit from those kindnesses.

Kindness is a gift, given from the heart, received in the mind and planted in the soul of another. It may have reality attached to it in the form of a meal, a place to sleep, or something to wear, but the "things" of kindness are an opportunity short lived compared to the emotional objective and reaction derived from the act.

It costs you nothing to give a smile or to say a kind word, yet the value is immeasurable. It is pulling a small part of someone or some living thing into yourself and sharing the presence and value of your existence while giving value to theirs. It is giving service to someone with no expectation of return and may even put you in jeopardy to fulfill the giving. It is personal, even if done on an epic level. It could be just saying "Thank You!" or it can be committing immeasurable amounts of your own wealth to provide aid to those who would not have enjoyed it without your generosity. No matter how small you may deem the gift of kindness that you extend may seem to you, it is tremendous to the recipient. You may not think of yourself as something special, but to the person who is showered with even the smallest acts of kindness, your act is extraordinarily heroic!

The realm of kindness is built in all sizes of acts and efforts over the range between courage, generosity and compassion. You will never run out of opportunities to give it and I hope you never stop looking for them. Kindness Matters: *"Be kind, because everyone you meet is fighting a battle you know nothing about."* ~ From the TV Show *Grantchester*

The gift of kindness that you give may not seem significant, but in the recipient's eyes, you are a world-class hero! Thank you in advance for all the kindnesses each of you impart upon those people and communities who you support and give assistance.

Respectfully yours,  
1<sup>st</sup> Vice District Governor Catherine Gon

## 2nd Vice District Governor Donna Prince's Message



Dear Fellow Lions,

How is it possible that two months of District Governor Sarah's year are already behind us? It is true what they say, time flies when you are having fun - especially when it is spent with Lions who know how to have a good time while serving our communi-

ties!

Our August Cabinet Meeting in Colfax was a well attended and very informative day filled with excellent forums and presentations. Region Chair Tim Luckinbill, Zone Chairs Helene Smith and Ginger Jackson did a terrific job organizing all the activities and the meals. Colfax Lions served a wonderful tri-tip lunch and Marianne Luckinbill's cabbage salad got rave reviews (I did see several Lions go back for seconds on everything.) To kick off the morning, Higgins Diggins provided a nutritious breakfast including oatmeal with all the add-ons you could want. Thanks to both clubs for keeping our energy levels up all day long.

The USA/Canada Forum in Spokane is just weeks away, and there is still time if you want to attend. Over 70 sessions are offered covering a wide range of seminars from meeting our International President Dr. Jung-Yul Choi to "The Dog Ate My Agenda." I noticed three of our District VIPs are Facilitators; PCC Derek Ledda, (Behind Every Lion Leader is a POL), PDG Mike and Lion Sheri Retzlaff (Lions University courses Advanced Facilitating Skills and Mentoring and Orientating New Members).

I will be a First Timer at the USA/Canada Forum and I am looking forward to soaking up information like a sponge. While at the forum I will join Region Chair Tim Luckinbill and Zone Chair Helene Smith in receiving our Bachelor's Degrees from Lions University (if we passed all our classes). If you haven't checked out this excellent training opportunity, give it a look see. Just google: [lionsuniversity.org](http://lionsuniversity.org) and you will find a wealth of classes from the history of our organization to conflict resolution in your club.

I first joined our Lions family 1992 when I became a Charter Member of the Bear River Lioness Club and thought I knew quite a bit, but I found I learned so much more during the classes I took. Fifteen are required for the degree, and it is all done online with multiple choice questions. Very interesting for all Lions no matter how many years of service you have behind you.

As reported last month in my message, there are other opportunities for advanced leadership training offered by Multiple District 4, all of which Global Leadership Team Coordinator Nick McNicholas or I would be happy to talk with you about. They include two sessions of the Regional Lions Leaning Institute (RLLI). The first is in Santa Rosa, date is January 25 - 27, 2020. The deadline to register is December 31<sup>st</sup> and space is limited. The second is in Rancho Cucamonga (March 20 - 22) with a January 31<sup>st</sup> deadline. Registration fees vary based on housing preferences.

Financial help is available from our District for leadership training.

The profits from our upcoming International Food Fair in October help Lions who wish to attend such trainings. You may support this event in several ways; purchase tickets and attend, set up and provide a table of delicious food, or provide prizes for the opportunity drawing. More info with the date and contact info will be available soon.

Last month I offered to schedule a guest speaker from the Lions Education Foundation (LEF) to come to one of your club meetings, unfortunately no one took me up on this offer. Please let me know when we can come and let you know what LEF is all about; how we can help you and how you can help us. Remember, we may have visited before, but we want to come back, especially to inform newer Lions about this great District 4-C5 foundation that provides educational and youth related grants. If you don't call me....I will be calling you!

Yours in Lionism,  
Donna Prince  
2<sup>nd</sup> Vice District Governor



**District 4-C5 Convention  
Marriott Hotel, San Ramon, CA - April 24 - 26, 2020**

*"Wish Upon a Star"*

**PLEASE COMPLETE ONE FORM PER PERSON REGISTERING FOR CONVENTION**

**Registration Package**

- \$320  **Before September 1, 2020 Includes:** Full Registration, Food Fair Friday Lunch, Friday Dinner, Saturday Presidents Breakfast, Saturday Hosted Lunch, Saturday Dinner Banquet and Sunday Breakfast. **(Requires \$100/person deposit which includes non-refundable registration fee)\***
- \$335  **Between September 1, 2019 - February 2020 Includes:** Full Registration, Food Fair Friday Lunch, Friday Dinner, Saturday Presidents Breakfast, Saturday Hosted Lunch, Saturday Dinner Banquet and Sunday Breakfast. **(Requires \$100/person deposit which includes non-refundable registration fee)\***
- \$350  **Between March 1, 2020 - April 23, 2020 Includes:** Full Registration, Food Fair Friday Lunch, Friday Dinner, Saturday Presidents Breakfast, Saturday Hosted Lunch, Saturday Dinner Banquet and Sunday Breakfast. **(Requires \$100/person deposit which includes non-refundable registration fee)\***

**\* All refunds subject to District's discretion on an individual basis, non-refundable deposit applies.  
NO REFUNDS ISSUED AFTER APRIL 1, 2020**

**Convention Registration ONLY** (Included in Packages above. All Attendees must pay registration fee)

- \$35  Registration Between September 1 - February 28, 2020
- \$50  Late Registration between March 1 - April 23, 2020
- \$75  On Site Registration - April 24 - 26, 2020

**Individual Meals A-la-Carte Options**

- \$70  Friday Dinner
- \$50  Saturday Breakfast
- \$55  Saturday Lunch
- \$85  Saturday Dinner
- \$55  Sunday Breakfast

Discounted Room rates are available September 1, 2019 - April 1, 2020 *Reservations made after April 1, 2020 will be subject to availability and will be charged at the regular room rate*  
Room Reservations must be made through the San Ramon Marriot after September 1st. You may call them at 925.543.6435 or use the attached link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1565827897793&key=GRP&app=resvlink>

**Registration Information: Is this Your First District Convention \_\_\_ Yes \_\_\_ No?**

Club Name \_\_\_\_\_ Club Officer/ Position \_\_\_\_\_  
 First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_ **Using Payment Plan? Y  N**

**Total Remittance**

- \$ \_\_\_\_\_ Registration Package
- \$ \_\_\_\_\_ Convention Registration
- \$ \_\_\_\_\_ Convention Payment Plan Remittance
- \$ \_\_\_\_\_ Ala Carte Meal Costs
- \$ \_\_\_\_\_ **GRAND TOTAL REMITTANCES**

Make checks payable to District 4-C5. Mail form & check to Lion Jeri Retzlaff, 6921 Mitchlen Ct, Sloughhouse, CA 95683

**List any dietary restrictions here:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Lions in the News

*Courtesy of The Union, Grass Valley*

Members of Grass Valley's Foothill Lions Club visited the Project for the Visually Impaired at Folsom State Prison.

They met inmates, many of whom are serving life sentences, who are doing well while doing time.

"It's an amazing program," said Foothill Lions Club Past President Arnie Romanello, who has toured the prison eight times and serves on the Board of Directors for the project.

Over the past three decades, inmates working in the Folsom Project for the Visually Impaired have processed more than 4 million eye-glasses.

Glasses are donated at Lions Club drop boxes across the state and then delivered to the prison. There, inmates use special equipment to determine the eye doctor's prescription for each pair of glasses, which details how the lenses help correct near-sightedness, far-sightedness, or perhaps a stigmatism. It's a precise procedure that helps ensure the correct glasses go to the people who need them.

The glasses are cleaned, repaired, and redistributed around the world, including countries such as Uganda, Bangladesh and Vietnam.

Inmates also record books on tape and CD, input closed captioning, and create texts in Braille. Literary books, academic books and even music books are translated into Braille. Prisoners also make visual Braille evacuation maps for buildings.

Lions Clubs across the state raise money to fund reading rooms, equipment and other project needs at Folsom Prison.

Don Ring of Wilton led the prison tour. He started the prison vision project in 1989 while serving as Lions Club District Governor. Another member of his Folsom Lions Club, who was then an associate warden at Folsom Prison, suggested the idea.

"The inmates in our program must be able to read, write and type," said Ring. "There are no sex offenders. They must exhibit good behavior. Any prospective worker must be approved by existing members of the team."

### PROGRAM START

The project started with inmates recording books on tape for the visually impaired. As it evolved, the program began to benefit inmates whose new job skills were helpful at parole board hearings.

"In fact, they have jobs waiting for them when they are paroled," said Ring.

In the early days of the project, inmate William Cloud recorded school books for a young girl named Amelia Diaz. The second grader wrote back in Braille to Cloud, who was serving a life sentence. The inmate asked to learn Braille, and eventually became an expert.

*Continued on next page*



Members of the Foothill Lions Club toured the Project for the Visually Impaired at Folsom State Prison. Left to right, past Lions District Governor and tour guide Don Ring, Foothills Lions Club members Sandy Woods, George Woods, Arnie Romanello, Al Eagle, Linda Stevens, Susan Healy-Harman and Patrick Eidman.  
*Lorraine Jewett*

# Lions in the News

*Continued from Page 7*

Cloud was later pardoned by the governor, worked for a blind judge in San Diego County, and now heads a lucrative bottled drink company in Arkansas, according to Ring.

“The whole thinking process changes for the inmates involved,” Ring said. Lions Clubs have actively supported sight-improvement programs for nearly a century.

In 1925, author and activist Helen Keller, who was deaf and blind, challenged Lions Clubs to become “Knights of the Blind.”

Today, Lions Clubs fund vision testing in schools, professional eye exams and glaucoma screening, guide dog programs, homes for the blind, and the purchase of special eye equipment for hospitals and clinics.

Built in 1880, Folsom State Prison, is one of California’s oldest prisons. There are 4,500 male inmates and 2,500 guards and 600 female inmates. Among the men, 22 work in the vision project and another 160 produce 50,000 license plates each day at a different manufacturing facility within the prison. Many of the women, housed in a separate section of the prison, raise guide dogs for the blind.

As Lions Club visitors stopped to confer with inmates during their tour of the vision project, nearly every prisoner thanked them for their support.

Visitors are not allowed to take cameras or cell phones into the prison, but Lions members left with special images hand-created by inmates. Each visitor was asked to choose several pieces of Braille art made with a Perkins Brailier. The drawings included puppies, sea creatures, and more,

## CHANGE

In 2009, the Lions Clubs project became an official part of the California Prison Industry Authority (CalPIA). The authority provides productive and rewarding work assignments for approximately 8,000 offenders in California

each year in a variety of service, manufacturing, and agricultural industries.

The authority is a self-supporting, customer-centered business that receives no funding from the state budget. CalPIA participants are returned to prison, on average, up to 38% : less often than offenders released from the state prison system’s general population.

Recidivism within the Lions Folsom Project for the Visually Impaired is even lower: a total of only 2-3%, according to Romanello.

The respectful, non-threatening demeanor of the prisoners surprised some of the Lions guests.

“Everyone reveres Don so much that we felt welcome and safe everywhere we went, even when there were no guards obviously present,” said Foothill Lions Club Treasurer Sandy Woods.

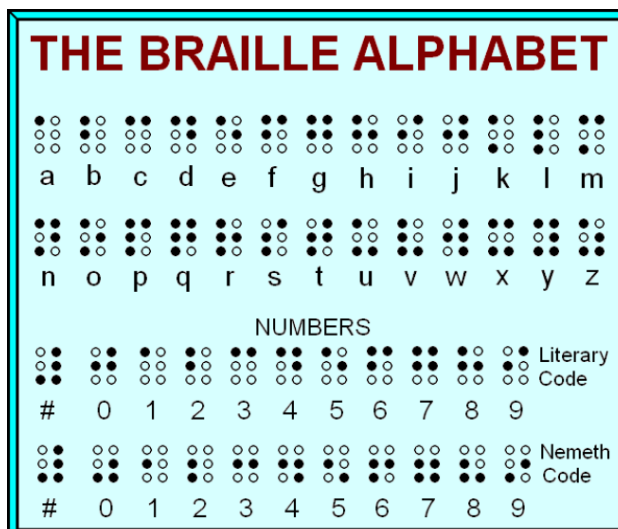
Lions Club visitors wondered about the need to avoid eye contact as they toured the license plate-making section. They needn’t have worried. One woman was even gifted earplugs by an inmate.

“I have a hearing sensitivity problem,” said Susan Healy-Harman, “and one of the inmates noticed me walking through the area with fingers in my ears. He gave me a set of brand new ear plugs.”

It takes years for prisoners to master the tasks demanded of them within the vision project. For example, the already-lengthy Children’s Scholastic Dictionary comprises 53 volumes in Braille.

Transcription into Braille is a labor-intensive endeavor, but a rewarding one.

“This is an opportunity to earn a career,” said one of the inmates, “and give back to society. We are men who have had a change of heart.”



# Welcome New Lions Members!!

## District 4-C5 Newest Members for Jul & Aug 2019

Name	Club Name	Zone	Region	Month
Dobbins, Dwain	Meadow Vista	Foothill	Donner	Jul
Nichols, Jon	Meadow Vista	Foothill	Donner	Jul
Rathbun-Coburn, Toni	Grass Valley Host	Sierra	Donner	Aug
Nelson, Sally	Woodland Host	Gordon	Dos Rios	Jul
Broome, Mike	Rio Linda	Wolfskill	Dos Rios	Aug
Munier, Nancy	Fair Oaks Host	Wolfskill	Dos Rios	Jul
Pokharel, Yubaraj	Sac Nepalese	Crocker	Sacramento	Aug
Feist, Randall	Elk Grove Lions	Sutter	Sacramento	Jul
Vermeltfoort, Rachel	Galt	Sutter	Sacramento	Aug
De Jesus, Susan	Sac Maharlika	Sutter	Sacramento	Jul
Laguardia, Albert	Sac Maharlika	Sutter	Sacramento	Jul
Yanez, Wanda	Sac Valley Hi	Sutter	Sacramento	Aug
Figueroa, Angelina	Loomis Lions	Eureka	Washoe	Jul
O'Donnell, Sharon	Loomis Lions	Eureka	Washoe	Jul
Pearson, Valerie	Rocklin Lions	Eureka	Washoe	Aug
Makela, Sherri	Roseville Host	Eureka	Washoe	Jul
Cooper, Gloria	Roseville Host	Eureka	Washoe	Aug



Region	New Members for 2019-2020	Reinstated members for 2019-2020
Donner	3	5
Dos Rios	3	0
Sacramento	6	2
Washoe	5	2
<b>Totals</b>	<b>17</b>	<b>9/26</b>

## URGENT! Volunteers Needed for September 15th

Volunteers are in great need to help with an Ovarian Cancer Run/Walk taking place on Sunday, September 15th. Here's a link to volunteer/race information, [www.letsrocrun.org](http://www.letsrocrun.org) (can copy/paste).

Also, please share with your members in case they may want to walk/run as well.

The run takes place in Sacramento, near X and Stockton Streets. For more information, email Shawn Kramer at [shawn@ocern.org](mailto:shawn@ocern.org) or call (530) 312-3897 with questions.





# Northern California Lions Sight Association Vision Report

## 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 Denny's Restaurant on Harbor Blvd, Sacramento, CA, 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](http://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](http://www.nclsa.com) and then click on Trust Awards, to view prices and pictures of the plaques. Contact Director Cecille Baylon at (916) 397-6391 or email [Cecille.baylon@live.com](mailto:Cecille.baylon@live.com) and/or any NCLSA Director, if interested in ordering awards.

**Vision Is Possible (VIP)** – Last July 24, 2019, a new set of officers were inducted into their respective positions by District Governor Sarah Enloe. It was a short ceremony before the board took a break for dinner at Vince's Restaurant in West Sacramento. It was first started by calling the meeting to order and then an opening remarks by Immediate Past President, Ritchie Carlson, followed by opening remarks by the incoming president, Dr. Ernie Takahashi. No other business was discussed as the meeting was just intended for the induction of new officers: President-Dr. Ernie Takahashi; 1<sup>st</sup> Vice President Bing Ventura; 2<sup>nd</sup> Vice President Vickie Brady; Secretary PCC Derek Ledda; CFO Cecille Presley; Assistant CFO Ritchie Carlson; Immediate Past President Ritchie Carlson.

**Vision Screening Unit** – Last July 27, 2019, Elk Grove

Lions Club conducted a Special Kids Health Fair and reserved the vision van for that day. On July 29, 2019, Foothills Lions club reserved the van for their event that day. Last August 10, 2019, Woodland Host Lions Club had the vision van for their Salvation Army Child event in Woodland.

Lion Christine Didlot of Mother Lode Lions requested the vision van for them to use all day on September 28, 2019, for the Veterans' Stand down and at the fairgrounds for their Senior Health Day in October 2, 2019, and Placerville Lions will have the van from October 3-7, 2019 for their back to school day.



If you are interested in reserving the vision 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](mailto:evoc504@gmail.com). The reservation form is available on NCLSA website at [www.nclsa.com](http://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.

Also, the PlusOptix screening devices are available to all clubs at District 4-C5 at \$25 per day. For additional information, please contact any NCLSA Director and/or your Region Chair to reserve the unit.

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 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.

# California Real ID

By Kitty Kramer

At the Cabinet Meeting on August 24th, a Department of Motor Vehicles (DMV) Manager, Wendy Lang, was our guest speaker prior to the forums. Lang described what the difference is between a regular California driver license and a Real-ID driver license.

Starting **October 1, 2020**, you will need to show federally-compliant (REAL-ID) identification in order to board a domestic flight within the U.S. and enter secure federal facilities, such as military bases, federal courthouses, and other secure federal locations.

## WHAT IS A REAL-ID?

The federal REAL ID Act places new rules on which forms of identification may be used to board flights within the U.S. and enter secure federal facilities, such as military bases, federal courthouses, and other federal facilities. A California issued driver license or identification card that meets these new requirements is called a REAL ID and is marked with a gold bear and star.

Getting a REAL ID requires proofs of identity, Social Security number (if eligible) and residency, and a trip to a DMV office.

## DO I NEED A REAL-ID?

No. A REAL ID driver license or identification card is optional.

REAL ID is needed if:

1. You wish to continue to use your driver license or identification card to board domestic flights within the U.S.
2. Enter secure federal facilities.

If you want to continue to use a U.S. passport, U.S. passport card, military ID, enhanced driver license, or other federally accepted identification to do those things, you do **not** need to get a REAL ID; however, it is recommended.

Visit [www.dmv.ca.gov](http://www.dmv.ca.gov) to find out more information. The REAL-ID website walks you through everything you need to prepare for obtaining a REAL-ID. Also, the online appli-



cation should be completed, <https://www.dmv.ca.gov/portal/dmv/detail/forms/dl/dl44> as it will save you time on your visit.

## ONLINE APPOINTMENTS

Online appointments with DMV book quickly. It sometimes takes up to 90-days to obtain one, so don't wait, get one now! If you are due for renewal, try booking your appointment as soon as you get your renewal notice (or sooner if possible). Go to [www.dmv.ca.gov](http://www.dmv.ca.gov) to make one.

A few questions came up during the presentation that needed verification and here are the questions/answers:

*If I need to get a duplicate REAL ID or when I renew my REAL ID, will I have to show my documents again?*

No. Once the REAL ID is issued, documents will not need to be presented again. The only exception for this would be those applicants with Limited Term Legal Presence. The department will need to verify new identity documents each time they expire.

*Why can't I use my permanent Military ID as an identity document?*

Military ID cards are not listed on the federally approved Identity documents list for REAL ID.

## Where There is a Need.....

### **Lincoln Hills Lions**

Dave and Carol Evans were on hand to present Amazon Gift Cards to three teachers at Sheridan Elementary School in Sheridan, CA. These teachers teach 2nd grade at the rural school established in 1864. The gift cards will help offset the teachers out-of-pocket expenses as the new school year kicks off.



L to R: Lion Dave Evans, Teachers Gabby Sisk, Maggie Mechanik, Lion Carol Evans and Brenda James.

The morning started with coffee and donuts for early arrivals, who were signed in by Lions Rose Craighead and Chris Houck, along with Partner-in-Service Jana Hook and non-member volunteer June Manning. Hot dogs and hamburgers were grilled for car show entrants and visitors by several



Lions Bill Houck and Josh Alpine

Lions members Bill Houck and Josh Alpine with support from Alan Shuttleworth, Chris Houck, and Mike Basich. Raffle prizes were given out throughout the day by Lion Ted Huss and Partner-in-Service Mary Ann Luckinbill.



The **Woodland Reveille Lions** may not have a food booth, but continue to donate monies to Kid's Day to purchase prizes at the Yolo County Fair. All three Woodland Lions Clubs (including **Woodland Host** and **Yolo Sunset**) also participated in the parking fundraising on two of the hottest days thus far.

The following Reveille Lions who volunteered were: Lion's Parking Chairperson Mike Horgan and Sue; President Carol Nicholson, 1st VP Jon Durst, PDG Frank Dunn, Joe Martinez, Don Pixton, and PDG John Lynch. We appreciate these dedicated Lions who volunteered to make some money working as part of the American Legion's project.

On August 17, 2019, the streets of Colfax were lined with vintage cars of all makes and models. The **Colfax Lions** hosted their third annual car show, featuring cars made in 1975 or earlier. Approximately 85 cars visited Colfax's Main Street throughout the day.



Awards were announced at 2 pm. Most Colfax Lions club members participated along with Partners-in-Service and non-member volunteers. Working hard to create this successful event are, including those named above: Fred Abbott (event chairman), Partner-in-Service Reene Abbott, Earl Coppin, Paul "Red," Tim Luckinbill, and Dan Zendner. Next year's car show is scheduled for August 15, 2020.

### **Foresthill Lions Club**

collected school supplies at our annual picnic in August for The Foresthill Divide School and delivered them to the school on Wednesday August 21<sup>st</sup>.



This was our 2nd year collecting supplies for the school. LtoR: Zone Chair Helene Smith, Lions Carol Jordan, Cathy Thorne, Carolyn Phillips, Harlan Hamburger and Linda Smith.

## Where There is a Need.....

**Maharlika Lions** Mustard Seed School Project for homeless children have bungalows in various states of disrepair. However, they do not anticipate embarking on this effort until next year.

We are considering painting the interior of one bungalow as a Maharlika project. Members visited the site for a preliminary assessment of what would be necessary to accomplish their project objective and found their initial projections needed to be revised. The project will involve painting the interior of one multi-room bungalow and after the Mustard Seed personnel empty the edifice, they will proceed with taping and prepping the surfaces then painting the interior. This includes the walls, ceilings and all of the trim. Lion Joe Stayner will be heading this effort.



Maharlika Lions delivered backpacks and school supplies to the kids at Mustard Seed

The children of homeless families are returning to school and need backpacks to carry their belongings, as well as bus passes and gift cards for gas and healthy snacks. Lions Lynn and Bing Ventura, President Myrna and Secretary Vickie along with other members visited the facility and delivered back packs and school supplies. The Maharlika visitors also learned that several other organiza-

tions make similar donations. They are not just bringing smiles to innocent faces but, changing lives and young minds.

## District Governor Roast



IPDG Doug Wight and Lion Diana Beer

On Friday evening, August 23, 2019, District 4-C5 Lions celebrated IPDG Doug Wight's Governor's year with the annual Governor's Roast. The event was held at the Roseville Host Lions Club, where we were served delicious steaks and fixings.

What everyone was waiting for was the main event!

What can you possibly say about one of the nicest guys you could ever meet?

Well, there was plenty! Region Chair Tim Luckinbill told a tall tale of shenanigans happening up behind IPDG Doug's house in the hills. Next time you see IPDG Doug, ask him about his "pimpmobile."

There was also talk about how lost he got when visiting the UC Davis Campus Lions one night. He had to call for back-up to get him to the meeting place.

There was a rubber chicken being bandied about and other stories about and Doug also received an autograph photo of Lion Dennis Kramer and him at the convention all decked out in their black tuxedos. All the speakers did a great job and it appears that IPDG Doug enjoyed his evening.

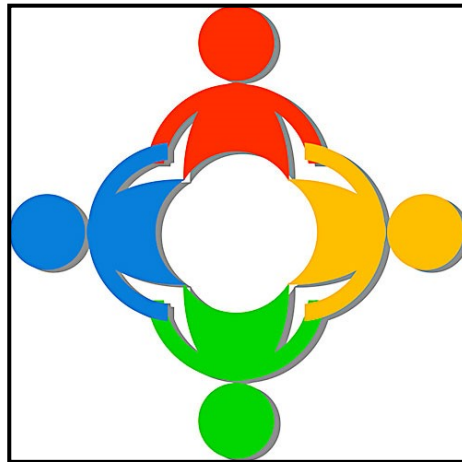
The Folsom Lake Lions and PDG Carol Ring did a great job with the dinner and passing out opportunity drawing gifts!

## Where and How to Recruit New Members

Where do we find and recruit new members for our clubs? This is the question of the day. Where do we find new members? It's very easy. Some Lions are not comfortable asking others to consider becoming a Lions club member even if they wholeheartedly believe in the benefits of membership and what to

share the experience with others. By using the recruitment wheel, all club members can participate in generating leads for the club to follow up on.

The following recruiting wheel was developed by Lions Clubs International several years ago. This wheel has eight ways to find new prospective members:



- 1) Relatives
- 2) Professional person
- 3) Job – co-workers
- 4) Church
- 5) Neighbors
- 6) Friends
- 7) Other Civic or Social Organizations
- 8) Someone you do business with

Any one of these areas could be a gold mine for your club in which to gain membership.

How do we identify these individuals is the next question. Here is a few ways to help with this process:

- ◆ Create list at a club's general meeting by asking each member to identify a person in each one the eight categories of the wheel.
- ◆ Collect these listing and the Club Membership Chair can develop a complete listing of all possible individuals that you can talk with about becoming a Lion.
- ◆ Hold a club's informational meeting open to all these individu-

als and ask each one to attend. At this meeting talk about your clubs goals and events that you do. By doing this, you can build enthusiasm for joining the club. Keep the meeting interested, lively and informative.

- ◆ Lastly invite these individuals at attend your club meeting and join you in one of your service projects. This will also show these individuals how you work with and support the local community

## Lions Clubs International Foundation Statistics



**Lions Clubs International**  
**FOUNDATION**

- ◆ 11 of 51 (21.57%) Clubs have been visited about LCIF
- ◆ 10 of 51 (19.61%) Clubs have donated to LCIF
- ◆ 5 of 8 (62.5%) Zones have been visited about LCIF
- ◆ 49 of 51 (96.08%) Clubs has a Club LCIF Coordinator
- ◆ Total donated for this year is \$4,409
- ◆ Total goal for the District is 10.37%

## District 4-C5 New and Reinstated Membership by Club

(Aug 30, 2019 from the MMR Monthly reports)

Club Name	Zone	Region	Female	New	Reinstated	Male	New	Reinstated
Auburn Host	Foothill	Donner	1		1	3		3
Elk Grove	Sutter	Sacramento	1		1	1	1	
Fair Oaks Host	Wolfskill	Dos Rios	1	1				
Foresthill	Foothill	Donner				1		1
Galt	Sutter	Sacramento	1	1				
Grass Valley Host	Sierra	Donner	1	1				
Loomis	Eureka	Washoe	2	2				
Maharlika	Sutter	Sacramento	1	1		1	1	
Meadow Vista	Foothill	Donner				2	2	
Nepalese	Sutter	Sacramento				2	1	1
Rio Linda	Wolfskill	Dos Rios				1	1	
Rocklin	Eureka	Washoe	1	1				
Roseville Host	Eureka	Washoe	2	2		1		1
Valley Hi	Sutter	Sacramento	1	1				
Woodland Host	Gordon	Dos Rios	1	1				
Totals			13	11	2	12	6	6

## Global Membership Team (GMT) Report

I am working with the club's President, Secretary, and Membership Chair to work on a program for one of their meeting to talk with them about how to attract new members. So far, 15 clubs have either new members or reinstated members for this year, totaling 25. I have attended 11 club meetings and 5 Zone meetings to date.

We held a New Member Orientation (NMO) at our District Cabinet Meeting and had 27 Lions and one non-Lion attend Lion Jan Winsor's New Member Orientation. Also Lion Jan conducted a NMO for Citrus Heights Lions Club. I am working with our Global Leadership Team Coordinator, PDG Nick McNicholas, on assisting with the training of our club officers especially our Club's Membership Chairs.

Total new/reinstated members for this year is 25. We had 17 new members (11 females and 6 males) and 8 members reinstated from last year (6 males and 2 females). Currently as of Jul 31, 2019 we have a ratios of 42.54% females to 57.46% males in membership. This shows a 2/10% increase in females for our District.

I am starting the ground work of creating a GMT Team. This team would include anyone who is involved with new members. For example, Campus Lions Clubs, Women Development, New Member Orientation, membership stats, New Lions Club Coordinator and our executive officers.

PDG Andy Anderson  
District GMT Coordinator

## Lions Gone, but Not Forgotten



*Lion Lucy Villarica,  
Midtown Lions Club*



## Ocular Migraines

*Reprinted from VSP*  
Matthew Alpert, O.D.

“Most people are familiar with classic migraines, but ocular migraines are less well-known. An ocular migraine is a condition where the blood vessels in the optic nerve at the back of your eye tighten and swell, resulting in various visual distortions. While classic migraines usually result in intense headaches, sensitivity to light and loud sounds, or nausea, ocular migraines are not necessarily painful.

If you’ve never had an ocular migraine before, your first one can be frightening. Although sudden vision impairment can also be a sign of stroke or carotid artery disease, true ocular migraines don’t actually indicate or cause any damage to your eyes or brain. You can often tell if you’re about to experience one if you start to lose your ability to see the focal point of your vision. For example, you might be able to see a street sign but not be able to read the text on it. The onset of an ocular migraine can last anywhere from about three to eight minutes.

The aura stage, or “light show” as many sufferers call it, usually follows the onset. This stage affects more than just the focal point of your vision. You might see something that looks like a lightning bolt moving about in your peripheral and central vision. Some people compare this stage of an ocular migraine to looking through a kaleidoscope. Everything appears very fluid, and you

can become quite disoriented. Retinal detachment displays similar “light shows,” only these types of light flashes typically last for only a split second and come in flurry form, rather than kaleidoscope form.

The causes of ocular migraines differ from person to person, and sometimes they are just unexplainable. Some say chocolate or caffeine triggers them, while others believe stress and certain medications are a factor. Still, other sufferers say they experience ocular migraines randomly. Once an ocular migraine has begun, it’s difficult and sometimes impossible to stop. The migraine aura typically disappears in about 30 to 40 minutes, and headaches (if you get them) come about 10 to 15 minutes after the aura stage.

My advice to those who suffer from ocular migraines is to just relax and enjoy the show. The more relaxed you can be, the better the odds are that you won’t bring on a stress-induced headache—a common side effect—when the show is over.



UPCOMING  
EVENTS

**...CALLING ALL DISTRICT...  
.....LIONS AND CLUBS!...**

.....YOUR AD FOR THE 2020  
**DISTRICT 4-C5 CONVENTION..**  
**PROGRAM ARE BEING TAKEN NOW!**

***Don't be left out!***

All notices will be placed in the order received!

**Deadline is March 31, 2020**

**Advertise Your Club Fundraisers**

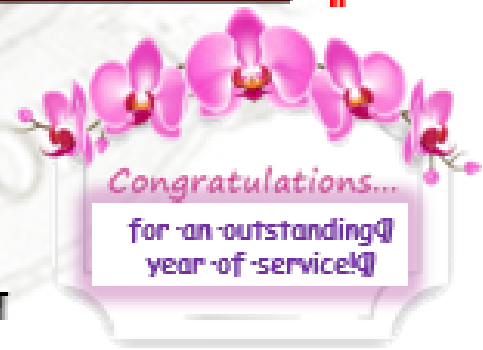
**Celebrate Your Club Successes**

**Honor Your Club Officers**

**Recognize Your New Members**

**The Opportunities are Endless!**

- ...Full page (5.5 x 8.5") - \$100
  - ...Half page (5.5 x 4.25") - \$50
  - ...Business Card (3.5 x 2.0") - \$25
- (Printed in Black and White only)**



Submit Ads in the Size/Price being purchased: Electronic versions ~  
jpeg (**Preferred**), Microsoft Word, Publisher, or PDF format to:

**[catgon@att.net](mailto:catgon@att.net); [Liondprince@gmail.com](mailto:Liondprince@gmail.com)**



appreciate  
recognition  
grateful  
positive  
and out  
cial

value  
good  
above and beyond  
team

Payment (**Checks payable; to District 4-C5**)  
with an electronic version / hard copy of your  
ad should be included to: 1<sup>st</sup> VDG Cat Gon  
32 Sunlit Circle, Sacramento, CA 95831-1657



# Upcoming Events

<p><b>September 7, 2019</b>          Maharlika Lions Golf Tournament for their Medical Mission to Philippines          Blue Rock Springs Golf-West Course          6455 Columbus Parkway, Vallejo, CA</p>	<p>\$110 per player, includes lunch and awards          Contact Mark Bamba @ (916) 872-3477 or mark@netsysinc.net or Myrna Agbunag @ (916) 505-1421 or mmagbunag@yahoo.com</p>
<p><b>September 11, 2019</b>          Lincoln Hills Lions 8th Annual Charity Golf Tournament          Turkey Creek Golf Club          Lincoln, CA</p>	<p>\$110 per player + free round of golf provided to each player)          Shotgun Scramble format          Make check payable to Lincoln Hills Lions Club Foundation and mail to: PO Box 211, Lincoln, CA 95648          Contact Dave Evans@ (916) 267-8425 or dave.d.evans@sbcglobal.net or Jack Baily (406) 438-2140          See Registration form at www.district4c5.net!</p>
<p><b>September 15, 2019</b>          Citrus Heights/Roseville Sunrise Lions 5K Fun Walk for Juvenile Diabetes Research Foundation          Rusch Park, Roseville</p>	<p>\$35 Registration per person          For more Information, visit www.citrusheightslions.com</p>
<p><b>September 28, 2019</b>          Lions Education Foundation Golf Tournament          Mather Golf Course          4103 Zinfandel Dr., Mather</p>	<p>\$125 per player          Registration 7 am, Shot Gun Start 8 am          Includes green fees, lunch, contests and range balls—Sponsorships also available          Contact PDG Andy Anderson @ (916) 687-8133 for registration/form</p>
<p><b>October 4, 2019</b>          Senator Lions Autumn Celebration          Asian Pearl Restaurant          6821 Stockton Blvd., #165, Sacramento</p>	<p>\$30 per person          Social-6 pm, Dinner-7 pm          Contact Jennie Chiu Allen @ (916) 284-2734 or jallen777@att.net or Gary Allen @ (916) 229-7827 or g7allen7@yahoo.com</p>
<p><b>October 5, 2019</b>          1VDG Cat Gon Campaign Fundraiser          Higgins Diggins Lions Club          22490 Hacienda Dr., Grass Valley, CA</p>	<p>\$20 per person          Cousin Jack's Pasty Dinner          Social-5 pm, Dinner-6 pm          Contact RC Tim Luckinbill @ (530) or l@yahoo.comuckinbillt</p>
<p><b>October 18, 2019</b>          Folsom City Lions - Annual Golf Tournament          1620 E. Natoma St., Folsom</p>	<p>\$120 per player          Tee Time 8:30 am Reception/Opportunity Drawing 1:30 pm          Includes reception, range balls, cart, opportunity drawing          Contact Bill Bonham (916) 747-3952 or Dan Hunter (916) 207-6094</p>
<p><b>October 25, 2019</b>          Sacramento Golden State Lions Halloween Karaoke Night          7909 Bruceville Rd., Sacramento</p>	<p>\$25 per person          Halloween Costume Contest—\$100 cash prize          6 pm dinner buffet          Contact Cecille @ (916)397-6391 or (916) 802-1708</p>
<p><b>October 31, 2019</b>          Woodland Host Lions Holiday Wreath Fundraiser</p>	<p>\$45 for a 22" mixed evergreen wreath/faux red berries          Contact www.woodlandhostlions.org for order form          Or contact Tim Leathers (530) 601-6330, Larry Vogelesang (530) 662-3814, or Wes Nelson (209) 605-1331</p>

**Don't forget to advertise your club events! See Page 19 for details!!**

## 2019-2020 Cabinet Officer Contacts

<b>CABINET OFFICERS</b>	<b>PHONE</b>	<b>EMAIL</b>
Sarah Enloe, District Governor	(916) 769-8601 (cell)	dg@district4c5.org
Cat Gon, 1st Vice District Governor	(916) 427-5747 (hm) (916) 607-0556 (cell)	1vdg@district4c5.org
Donna Prince, 2nd Vice District Governor	(530) 268-0906 (530) 305-8077 (cell)	2vdg@district4c5.org
Zenny Yagen, Cabinet Secretary	(916) 599-6544 (cell)	cs@district4c5.org
Kitty Kramer, Cabinet Treasurer	(530) 312-3898 (cell)	ct@district4c5.org
<b>DONNER REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
Tim Luckinbill, Region Chair,	(530) 272-7131	donnerregion@district4c5.org
Helene Smith, Foothill Zone Chair	(530) 367-6583	foothillzone@district4c5.org
Ginger Jackson, Sierra Zone	(530) 265-6416	sierrazone@district4c5.org
<b>DOS RIOS REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
Dennis Puccetti, Region Chair	(530) 669-7941	dosriosregion@district4c5.org
Jim Fuller, Gordon Zone Chair	(530) 908-1880	gordonzone@district4c5.org
Jeri Wartena, Wolfskill Zone Chair	(916) 217-9486	wolfskillzone@district4c5.org
<b>SACRAMENTO REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
Gayle Kono, Region Chair	(916) 213-8261	sacramentoregion@district4c5.org
Josephine Fong, Crocker Zone Chair	(916) 391-3666	crockerzone@district4c5.org
Beth Esternon, Sutter Zone Chair	(916) 802-1708	sutterzone@district4c5.org
<b>WASHOE REGION</b>	<b>PHONE</b>	<b>EMAIL</b>
Becky Bell, Region Chair	(530) 672-1892 (530) 906-008	washoeregion@district4c5.org
Kathleen Daugherty, Eureka Zone Chair	(530) 878-8284 (hm) (530) 867-3113 (cell)	eurekazone@district4c5.org
Evelyn Butler, Marshall Zone Chair	(916) 990-4826	marshallzone@district4c5.org

*Continued on next page*

## 2019-2020 Global Action Team and LCIF Coordinator

NAME	PHONE	EMAIL
<b>PDG Nick McNicholas</b> Global Leadership Team Coordinator	(530) 908-2048	glt@district4c5.org
<b>PDG Andy Anderson</b> Global Membership Team Coordinator	(916) 687-8133 (hm) (916) 955-3882 (cell)	gmt@district4c5.org
<b>Lion Jill Santos</b> Global Service Team Coordinator	(916) 337-2421	gst@district4c5.org
<b>PDG Andy Anderson</b> Lions Clubs International Foundation Chair	(916) 687-8133 (hm) (916) 955-3882 (cell)	lcif@district4c5.org

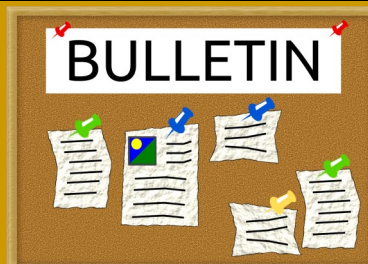


Share your club's event flyers to advertise throughout the district!!  
Send information to the following:

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 Sarah Enloe, dg@district4c5.org
3. Cabinet Secretary Zenny Yagen, cs@district4c5.org