

District 4-C5

Lions Pride




LIONS PRIDE—VOLUME 37, ISSUE 6

December 2019



DG Sarah Enloe presenting Roseville **Sunrise** Lion Fay Young with a 20-year Lions Club member chevron!

In this edition:

Governor and VDG Messages	Gold Country Lions	Vision & Diabetes	Illiteracy	New Members	GMT Reports	Human Trafficking	Where There is a Need...	NCSLA Report	Upcoming Events
Pages 2—4	Page 7	Page 8	Page 9	Page 10	Page 11	Page 14	Page 16	Page 17	Page 19

District Governor Sarah Enloe's Message



Dear District 4-C5 Lions:

Thanksgiving has come and gone in a flash, as has, the month of November! We hope everyone had a very Happy and Bountiful Thanksgiving Holiday.

December, the final month of 2019, has arrived, bringing with it the Holiday season. Everyone is preparing for Christmas and the arrival of jolly ole Santa Claus, which is just around the corner. Of course, this is also one of the busiest times of the year for everyone, especially our Lions. We all our performing a balancing act between family and our Lions commitments! But it appears to be magic the way Lions find a way to balance everything they have on their plates. Our Lions are fulfilling their obligations to their communities ensuring that no one goes hungry by feeding the less fortunate members and helping stock food pantries. But International President Dr. Jung-Yul Choi points out in his most recent President's Message that these are short-term fixes. He wants us to look beyond at the bigger picture. What are causing our neighbors to be hungry? How can we, as Lions, help change the odds for families that are struggling?

During the past five months, we have completed 37 official District Governor (DG) Visitations, plus all our other Lions' and community activities. In this month, we will complete eight more official DG visitations bringing the total of 44 clubs visited in our first six months. I am very proud to report that the Clubs are working extremely hard and our membership numbers are increasing, which is very exciting. We are extremely proud of our Clubs' efforts! See reports later in this bulletin.

Please Save the Date! Our third Cabinet Meeting will be hosted by Dos Rios Chair Dennis Puccetti and his team, on February 8, 2020, at the at Pioneer High School, 1400 Pioneer Avenue, Wood-

land, CA. Please contact Region Chair Dennis Puccetti for more information at (530) 867-3038 or email plsbenj@aol.com.

Our District 4-C5 Convention will be held at the San Ramon Marriott Hotel on April 24-26, 2020. This year's Convention theme is "Wish Upon A Star." Again, we encourage everyone to register early. For additional information, contact District Convention Housing and Registration Chair Lion Jeri Retzlaff at jeri.retzlaff8331@gmail.com or call (916) 206-3678.

In closing, Christmas is just around the corner, Lion Carle and I would like to wish all District 4-C5 Lions and their families a very Merry Christmas and a Happy and Prosperous New Year. I look forward to seeing you during the upcoming visitations and other events in the District. 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



Season's Greetings and Happy Holidays! from the Gon Family

I hope that everyone had a wonderful Thanksgiving. It truly is the season of giving, which our Lions are noted for year-round. November has come and gone in a whirlwind. It is totally unbelievable that in a few short days, half of my term as First Vice District Governor will be over, as well as this year of 2019.

District Governor (DG) Sarah and her Cabinet have been busy these past few weeks visiting clubs in our district. It has been very edifying to see the myriad of different leadership styles and methods used by our Lions to serve their communities.

Leadership is an opportunity to inspire others, demonstrate integrity, appreciate that we all strive for a common goal, and that teamwork produces a journey whereby all benefit and enjoy the camaraderie. With that thought in mind, I am in the process of filling positions for my cabinet with the blessings of DG Sarah Enloe. Most of the positions are filled, apart from the Washoe Region. Please step forward and join our team in maintaining the amazing legacy that sets District 4C5 above all the other California Districts.

It is at this specific time of the year that the simple necessities and creature comforts are most keenly felt. Our first instincts are to provide for our families and secondly to assist those in need. Many of our Lions Clubs provide or distribute food and necessities to local families and assistance agencies.

In keeping with the traditions of past years, many of our Clubs make it a priority to care for the less fortunate and have established major projects to provide in whatever capacity possible: Food Drives and Baskets; Adopt-A-Family; Dinner with Santa; the list is endless. No matter which method your club chooses to provide for these needy individuals and families in our communities, let's make this a blessed holiday season for all whom we touch. Each act of kindness is profoundly appreciated.

Please join the many clubs to provide much needed aid to those less fortunate. to distribute food, gifts, and goods before Christmas.

For example: Roseville Host Santa Needs: Part-time Sleigh Drivers, Elves of All ages!!! To assemble boxes of food on Saturday, December 21, 2019, Time: 8:00 am - Box Assembly 9:00 am - LOCATION: PLACER FOOD BANK at 8290 Industrial Avenue, Roseville 95678. For additional information contact: Bernie Milmoie at (916) 782-8816.

Also, the "Lion Vern and Marie Aguilar Christmas Basket Give-away" to be distributed Christmas week is already under way. Preparations began in October with the building of the boxes and will continue through November and December with the collecting of food. For more info contact: President Troy Petersen at (916) 434-0866.

Antelope Lions traditionally provide Thanksgiving Feasts for Families, sponsor a Winter/Christmas Coat Drive, and supply Christmas for Families, just to name a few.

If I have not mentioned your clubs' contributions, please understand that they were not perceived as undeserving of acknowledgement, as all these events are of great value and noteworthy. To be more precise, there is just too little space to post and laud all your efforts in this edition. Please forward your events and activities to Pride Editor, Kitty Kramer for the January edition (see last page for contact info).

Our 60th annual Lions Convention: "*Wish Upon A Star*" will be here before we know it. Please refer to forms in this issue or go to the district website: www.district4c5.net and click on the **CONVENTION** tab for the fillable registration forms. Remember to type out one per person, include any special meals needed, and download printed form. Forward completed forms, payments, and any questions to Lion Jeri Retzlaff at the address at the bottom of the form. If you wish to make payments, please make note of that on the form and send initial deposit along with completed form.

In the center right side of the registration form is a **BLUE BOX**. This has a hyperlink directly to the San Ramon Marriott Hotel – **CLICK on the LINK**. You will have choices of check-in/check-out dates, number of persons occupying the room, double or king beds, location of room, and other options. Secure room with the credit card of your choice. You will not be billed until you check out. Space is limited on a first come-first served basis.

To make this year's convention more fun and interesting, the schedule of events is changing this year and a copy of the details will be coming out prior to the February Cabinet Meeting in Woodland.

We look forward to seeing many of you at your events during the next few weeks and at convention.

From our home to yours, please accept this humble holiday gift of friendship and camaraderie in service.

*PDG Erv and our family wish you a blissful
Holiday Season, filled with good health,
happiness, peace, and a Prosperous New Year!*

Respectfully Submitted,

1st Vice District Governor Cat Gon and Family

2nd Vice District Governor Donna Prince's Message



Dear Fellow Lions,

Thanksgiving has passed and I hope you had a bountiful celebration with people you care about, feasting on turkey or ham with all the trimmings. Personally, I really look forward to the leftovers for days afterward for several reasons. First, they are

yummy, and leftovers mean less time spent cooking in the kitchen and more time with family and friends sharing memories, laughing, and playing cards and board games.

As we begin the last month of this year and 2020 is just days away I find myself reflecting back on what a great year of service we have shared as Lions. The members in our district are masters at sponsoring community service projects, hosting fundraising events and donating much needed funds to those in need. I enjoy hearing about your club projects directly from club members, on the MyLion app, and in the pages of our monthly newsletter. So keep sharing what you do with our Bulletin Editor (and Cabinet Treasurer) Kitty Kramer and by logging on to MyLion and reporting the great projects of your club.

As we continue this year to fulfill the ideal of District Governor Sarah's motto, "Hand in Hand, We Can Do More," it is the perfect time to share the joy and sense of accomplishment we feel when working a project with others. I know it has been said many times before; the best way to encourage people to join Lions is to invite them to a project or an event, but this is so true! The next time you have a project or event, I encourage you to ask a non-Lion to join you. Be sure to introduce them to other Lions, give them a meaningful task and let them find out how much joy, pleasure and personal satisfaction we receive for our efforts. This might just lead to their "Ah Ha" moment; that special time when one knows they have the heart and soul of a Lion!

Remember, new members grow our clubs and bring new ideas and enthusiasm. They also enable our

Lion's family to evolve, get stronger, and let's not forget - more hands enable us to do more within our communities.

The end of the calendar year also means it is time to begin the process of preparing a slate of club officers for 2020-2021. If your club has a nominating committee I encourage you to contact them, step up and volunteer to take a position on your new board. If you have never served on the board and are apprehensive about doing so, don't be! Our district provides the best club officers trainings found in our Multiple District and beyond. We have highly qualified, smart and respected advisors and mentors willing to help anytime. All you need to do is reach out and ask our Global Leadership Team Coordinator, Past District Governor Nick McNicholas, for guidance. Another source of mentors may be in your club. Fellow Lions who have held office at the club and district level have a wealth of information to share. Just Ask Them! We are all here to help you succeed and assist your club as it grows in the coming years. So, I look forward to seeing some new names in key club positions when the Club Officers Forms are submitted to Lions Clubs International before April 15th, 2020.

Have a joyful holiday season celebrating this wondrous time of year in the accustomed ways, beliefs and traditions shared by your family. From our home to yours we wish you good health, peace, and a glorious New Year ahead!

2nd VDG Donna and Lion Brad Prince



**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, 2019 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 925.867-9200 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 Court, Sloughouse, CA 95683

List any dietary restrictions here:

2020 Convention Registration



CALLING ALL DISTRICT LIONS AND CLUBS!

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

Don't be left out

Get your Convention Ads in Today!

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

liondprince@gmail.com, catgon@att.net



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



1st VDG Cat Gon

32 Sunlit Circle

Sacramento, CA 95831-1657

Gold Country Lions Presentation of Kay “K” Fukushima Fellowships

On Wednesday, November 13, 2019, **Gold Country Lions** held a special luncheon at Nevada City’s Bistro 221 in which members from local Nevada County businesses and several Gold Country Lion members were presented with California Lions Foundation (CLF) Kay “K” Fukushima Fellowships and pins.

There were a total of 12 CLF “K” Fukushima plaques and pins presented which were realized due to funds raised during an earlier major fundraiser put together by Gold Country Lions during 2018-2019. Their members came up with a terrific idea of selling beautiful wall calendars entitled, “Paradise Is Not Lost” following the horrific fire that ravaged the small town of Paradise. The total funds raised amounted to \$12,000 which were donated to CLF with the specific purpose of having the entire amount go to the fire victims of the Paradise “Camp” fire. The calendars sprouted out of an idea put together by Lion Ken Eslick and then President Tom Parillo. The monthly calendar featured photos reflecting what Paradise and the surrounding communities were and what they will again return to be. The calendars were marketed by a lot of hard work by members of the Gold Country Lions along with various businesses assisting in the sales. The calendars quickly sold out and the \$12,000 was immediately presented to CLF.

year, 12 Kay “K” Fukushima Fellowship plaques and pins were available to the Gold Country Lions. With that in mind, the Gold Country Lions ordered the special plaques and pins which were presented to Greg Fowler of B & C Ace Home and Garden Center Hardware; Josh McGovern of Ben Franklin Crafts & Frames; Jeff Hansen of Hansen Brothers Enterprises in Grass Valley; Justin Painter of SPD Markets in Nevada City & Grass Valley; as well as Lou Freschi of Freschi Construction who was not present and to C & H Sugar, Crockett, CA. The C & H Sugar presentation will be made in the near future by club members from the club that who will take a quick trip to Crockett to make that presentation.

President Michael Straight shared that B & C Ace Home and Garden Center Hardware, Ben Franklin Crafts & Frames, and the two SPD Markets played a large role in marketing the calendars.

Freschi Construction and Hansen Brothers Enterprises contributed a lot of materials and labor for the remodeling of the newer Caramel Corn Booth at the Nevada County Fairgrounds with large discounts for their part in the remodel.

C & H Sugar who were recognized, several years ago, when the club approached C & H to purchase for their 10+ year donation of large quantities of brown sugar for their caramel corn recipe and wound up with free brown sugar for many years moving forward from that original request.

Additionally, President Michael presented the “K” Fukushima plaques and pins to club members Buie Mi-Dum, and his sponsor Ed Hall along with Sherri Malone, three of their newest members who tirelessly contributed many hours including maintenance of the Caramel Corn booth and many other projects. Ed Hall is the sponsor to both Buie and Sherri. These three new members brought a revitalized energy to Gold Country Lions. Alan Archer was also presented a plaque and a pin for a his multitude of club responsibilities including the reading literacy action program shared locally and throughout the entire District.

And last, but not least, three members, Craig McGovern, Tom Parillo, and Bob Wood drove all the way to Provo, Utah to visit with former member Ken Eslick to present him with a his “K” Fukushima plaque and pin.

Continued on next page



L-R Greg Fowler, Jeff Hansen, President Michael Straight, Justin Painter, Josh McGovern and Immediate Past President Tom Parillo

The board members of CLF notified then President Michael Straight and Tom Parillo that with the amount donated last

Gold Country Lions Continued

By the way, while there, the four of them managed to sneak in a couple of rounds of golf! Sounded like tough duty for the three local Lions. Ken, a 37-year club member, was the brains and driving force for the "Paradise Is Not Lost" calendar project. Without his efforts and passion to help, this calendar project would have never taken place.

The special luncheon also included guests, Past District Governor Nick McNicholas, Immediate Past District Governor Doug Wight, Second Vice District Governor Donna Prince, Sierra Zone Chair Ginger Jackson and Foothill Zone Chair Helene Smith. Past District Governor Nick explained the significance of the Kay "K" Fukushima Fellowship awards.

It was a wonderful luncheon meeting and a great opportunity to see the Gold Country Lions Club recognizing the local community business members.

Submitted by IPDG Doug Wight with collaboration with Gold Country Lion Immediate Past President Tom Parillo and President Michael Straight.

Is there a connection between vision and diabetes?

Reprinted from VSP

"The answer is yes," says VSP network eye doctor Maria Cristina Zamora, OD. Diabetes affects the blood vessels, and the back of the eye is the only place in the body where an eye doctor can directly view the blood vessels.

If left untreated, those with diabetes can develop a condition called diabetic retinopathy, where the blood vessels in your retina become damaged. "In fact, diabetic retinopathy is the leading cause of blindness in adults age 29-74," says Dr. Zamora. The early stages of diabetic retinopathy often have no noticeable symptoms, so Dr. Zamora recommends that everyone with diabetes have a comprehensive eye exam once a year.

Most diabetes-related vision issue can be prevented, but early detection is key, and an eye exam can do just that.

"If there's a problem happening, your eye doctor is sometimes the first to detect that change," Dr. Zamora explained. "This is why it's so important you make sure to get your annual eye exam, which should also include dilation. In many ways, the eyes can be a window into your overall health."

Data from the Centers for Disease Control and Prevention (CDC) shows 30.3 million people have diabetes in the U.S., however, 7.2 million people go undiagnosed. Don't wait to get you or your loved ones checked if you suspect diabetes. Find an eye doctor near you and schedule your annual eye exam.



ILLITERACY: How Big Is The Problem?

By Alan Archer, District Literacy Program Chair

(530) 558-5276 – archer3636@suddenlink.net



1. Children who cannot read at grade level by the end of the third grade are at great risk of being poor readers for the balance of their education, and with an increased risk of dropping out of high school before graduation.
2. Studies suggest that 2/3 of students who struggle with reading by the end of their 4th grade will experience trouble with the law at some point.
3. Approximately 85% of youth who come into contact with the juvenile courts are considered functionally illiterate.
4. The U.S. ranks 16th among the developed nations for adult reading skills.
5. Approximately 32 million adults in America (14%) are considered to be illiterate (cannot read).
6. It is estimated the 63 million adults read only between the sixth and eighth grade levels.
7. About 18% of high school students nationally are “dropouts”; a large percentage because they are poor readers.
8. Just under 20% of high school graduates have not developed basic reading proficiency at the 12th grade level by graduation.
9. About 70% of male and female inmates are either high school dropouts, and/or score at the lowest proficiency level for reading.
10. Research links illiteracy to poverty. As many as 75% of welfare recipients struggle to read even the simplest text.
11. Of the estimated 22 million legally blind people in the U.S., less than 20% can read Braille. Braille is the “reading and writing literacy” for the blind. Braille is a major step in gaining an education, finding employment and living an independent life.
12. Perhaps the biggest disadvantage of poor reading skills is the inability to get good employment. . . good pay and benefits, fulltime, growth potential, steady. Additionally, the lack of fully understanding health and medical information, legal documents and explanations, and much of the financial information. The resulting low income, poverty, stress on the family relationships all make for difficult lives.
13. Finally, illiteracy is almost never due to lack of intelligence.

We are surrounded by people who cannot proficiently read and write what they have just spoken to us. Their “spoken vocabulary” is adequate, it is their “written vocabulary” for which they need our help. The ability to read is perhaps the most vital skill we must master in order to compete in our society.

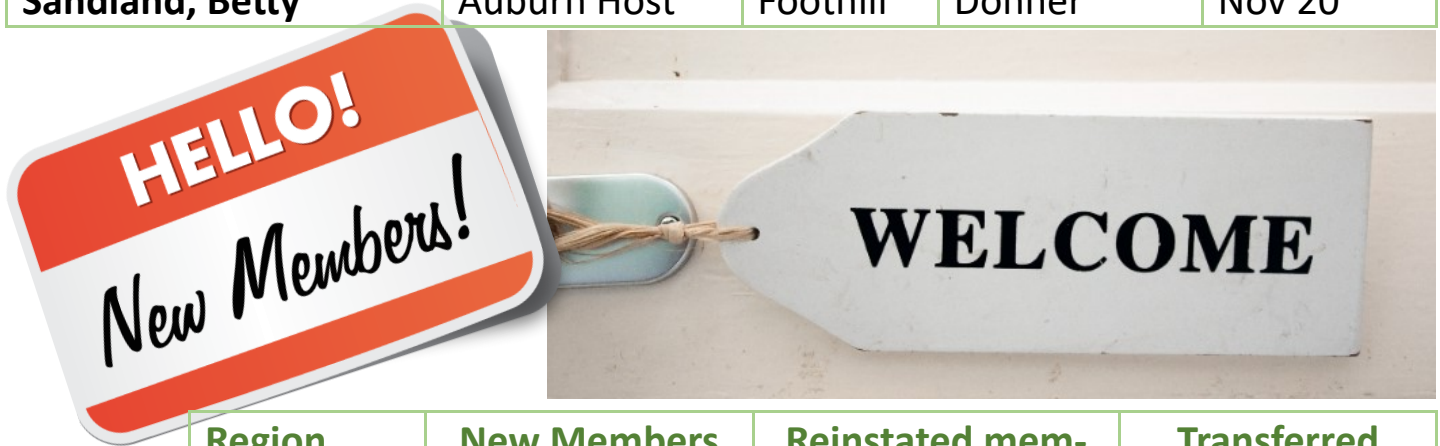
WHERE THERE IS A NEED, THERE IS A LION

There is a huge need in literacy. . . for its impact on human life, it ranks right up there with hunger, the environment, diabetes, childhood cancer and blindness. Contact me if I can help your Club and Members become active in literacy.

New Lions Members!!

District 4-C5 Newest Members for November 2019

Name	Club Name	Zone	Region	Month
Abenojar, Marilou	Golden State	Sutter	Sacramento	Nov 13
Bush, Anthony	Maharlika	Sutter	Sacramento	Nov 5
Connelly, Brian	Foresthill	Foothill	Donner	Nov 19
Connelly, Sandy	Foresthill	Foothill	Donner	Nov 19
Dunnicliff, Jerome	Foresthill	Foothill	Donner	Nov 15
Dunnicliff, Roberta	Foresthill	Foothill	Donner	Nov 15
Horn, Carla	Rio Linda	Wolfskill	Dos Rios	Nov 1
Howard, Gary	Colfax	Foothill	Donner	Nov 1
Nguyen, Khang	Golden State	Sutter	Sacramento	Nov 13
Oberhelman, Nancy	Colfax	Foothill	Donner	Nov 11
Ross, Nora	Mabuhay	Crocker	Sacramento	Nov 17
Ruiz, Johnny	Golden State	Sutter	Sacramento	Nov 13
Ruiz, Norma	Golden State	Sutter	Sacramento	Nov 13
Sandland, Betty	Auburn Host	Foothill	Donner	Nov 20



Region	New Members for 2019-2020	Reinstated members for 2019-2020	Transferred members for 2019-2020
Donner	14	7	1
Dos Rios	13	0	0
Sacramento	21	2	0
Washoe	9	1	0
Totals	57	10	1/68

Global Membership Team Report

November 2019

As of today, we have added 68 new or reinstated members to 26 clubs of our District for a 50.98%.

We have several clubs that have taken up DG Sarah's goal to add **four new members** during this year and they are:

- ◆ Foresthill Lions Club - 8
- ◆ Rio Linda Lions Club – 7
- ◆ Sacramento Maharlika Lions Club - 5
- ◆ Auburn Host Lions Club – 4
- ◆ Sacramento Capitol Lions Club – 4
- ◆ Sacramento Golden State - 4

Clubs that has added a **three new members** during the first two quarters so far are:

Colfax Lions, Mother Lode Lions, Roseville Host Lions, and Sacramento Nepalese Lions.

DG Sarah's second membership goal is to have every club who has under 20 members increase to over 20 in membership. So far, we have one club that has completed this goal - Fair Oaks Host Lions Club. BUT, we have several clubs who have major strides in increasing their membership:

- ◆ Sacramento Antelope Lions Club 17 – 19
- ◆ Sacramento Golden State Lions Club 13 – 17
- ◆ Sacramento Nepalese Lions Club 15 – 18
- ◆ Sacramento Metropolitan Lions Club 11 – 12
- ◆ Winters Lions Club 14 - 15

Now for the numbers:

- ◆ 14 members has received the MD4 Proud Lion Award
- ◆ 168 members has received New Member Orientation Training
- ◆ 39 of 51 (76.47%) Clubs have been visited about Membership
- ◆ 26 of 51 (50.98%) Clubs have added a new member
- ◆ 6 of 8 (75%) Zones have been visited
- ◆ 68 Total new/reinstated members for the District

PDG Andy Anderson
District GMT Coordinator



Global Membership Totals as of November 30, 2019

Club Name	Zone	Membership as of 7/1/19-10/31	First Quarter	Second Quarter	Date Visited To be visited
Auburn 49ers	Foothill	38		1	8/08/2018
Auburn Host	Foothill	41	4	1	10/30/2019
Citrus Heights	Wolfskill	11		1	10/16/2019
Colfax	Foothill	23		3	9/03/2019
Country Club	Wolfskill	17			9/23/2019
Davis Aggies	Gordon	35			10/21/2019
Delta	Sutter	11			11/14/2019
Downieville	Sierra	28		1	9/16/2019
Elk Grove	Sutter	39	2		7/22/2019
Esparto	Gordon	19			11/21/2019
Fair Oaks Host	Wolfskill	19/20	1		11/14/2019
Folsom City Host	Marshall	21			9/04/2019
Folsom Lake	Marshall	13			9/12/2019
Foresthill	Foothill	46	4	4	10/01/2019
Galt	Sutter	29	1	1	10/10/2019
Grass Valley Foothill	Sierra	25	1	1	9/11/2019
Grass Valley Gold Country	Sierra	21			
Grass Valley Host	Sierra	20	1		
Higgins Diggins	Foothill	51			7/18/2019
Lincoln Hills	Eureka	20			11/02/2019
Lincoln Host	Eureka	26/19			10/17/2019
Loomis	Eureka	50	2		10/01/2019
Meadow Vista	Foothill	23	2		
Mother Lode	Marshall	54	1	2	8/11/2019
Nevada City	Sierra	18			9/11/2019
Newcastle Golden Spike	Eureka	17/14			10/22/2019
Orangevale	Marshall	17			9/17/2019
Penn Valley	Sierra	21/20			9/26/2019
Placerville	Marshall	19/17			12/03/2019
Pride of LC	Sutter	38			7/17/2019
Rio Linda	Wolfskill	31	6	1	8/28/2019
Rocklin	Eureka	19	1		9/3/2019
Roseville Host	Eureka	15	3		8/21/2019
Roseville Sunrise	Eureka	38			12/3/2019
Sacramento Antelope	Wolfskill	17/19		2	9/25/2019

Global Membership Totals as of November 30, 2019

Club Name	Zone	Membership as of 7/1/19-10/31	First Quarter	Second Quarter	Date Visited To be visited
Sacramento Camellia	Crocker	34			12/12/2019
Sacramento Capitol	Crocker	41	2	2	12/18/2019
Sacramento Embarcadero	Crocker	40			1/08/2020
Sacramento Fort Sutter	Wolfskill	19/18			10/22/2019
Sacramento Golden State	Sutter	13/17		4	11/13/2019
Sacramento Mabuhay	Crocker	16		1	11/17/2019
Sacramento Maharlika	Sutter	57	2	3	7/16/2019
Sacramento Metropolitan	Crocker	11/12	1		2/05/2020
Sacramento Midtown	Wolfskill	16/15			9/12/2019
Sacramento Nepalese	Crocker	15/18	3		8/25/2019
Sacramento Senator	Crocker	55			1/02/2020
Sacramento Valley Hi	Sutter	23	1		8/18/2019
Winters	Gordon	14/15	1		10/23/2019
Woodland Host	Gordon	36	1		12/14/2019
Woodland Reveille	Gordon	18			10/1/2019
Woodland Yolo Sunset	Gordon	14/12			12/14/2019
Totals (20 @ 39.22%)		1350	40	28	



Where There is a Need.....

3Strands Global Foundation Presentation at the Violence Against Women & Children Committee Forum

"If I had known."

Lions attending the November District Cabinet meeting in Newcastle heard from Sean Brown, Regional Director – Capital District & Bay Area of 3Strands Global Foundation, as he retold the tragic story of a teenager who went missing for eight days before being found by law enforcement. During this time, she was being sold online for sex. A horrible nightmare for the young girl, her parents, and the community.

Months later, a friend of her mother asked the girl what they could have done to prevent this from happening. The girl said that if she had learned in school what human trafficking was and the tactics that human traffickers used, she would have known how to protect herself. This conversation led to the creation of a non-profit organization now known as 3Strands Global Foundation, based in El Dorado County.

3Strands strives to prevent trafficking of youth as well as support and reintegrate human trafficking survivors. With partners Fredrick Douglass Family Initiatives and Love Never Fails, 3Strands developed the PROTECT (PREvention Organized To Educate Children on Trafficking) prevention education program. The program teaches students about

human trafficking (both labor trafficking and sex trafficking) and the tactics trafficker use. It also trains teachers on the signs that a student may be a trafficking victim and available resources.

Kaitlyn DiCicco spoke next. She described her role as Program Manager of 3Strands' Employ + Empower Program. That program helps human trafficking survivors and those at risk for trafficking get and keep a job. This includes connecting the youth to other services and resources to empower them to create a better future for themselves.



The District's Violence Against Women & Children Committee hosted the forum presentation. Thank you to those who attended, as well as those who generously donated money

and a gift card to help 3Strands' clients in the Employ + Empower Program. We collected \$75 for 3Strands' clients through this forum.

This forum presentation was the result of input from you. The Violence Against Women and Children Committee is working on an awareness event for the fall of 2020 and would love to hear from you. What would you like us to include in the program? Please e-mail your suggestions for a topic, speaker, or location for the event to Lion L. "Rico" Ozaki at rico.ozaki@gmail.com.



Numerous Lions recently donated much needed blood!



Auburn 49er Lions Club Turns 50

On November 20, 1969, the **Auburn 49er Lions** became a chartered Club of the Lions Clubs International. Recently, the 49er Lions, friends and family gathered to celebrate 50 years of community service.

Over 100 Lions, former Lions, and guests were present, at the Auburn Elks Lodge to enjoy a delicious dinner. There was musical entertainment, provided by impersonators of Dean Martin and Marilyn Monroe.



Entertainers serenading the audience

Our District Governor Sarah Enloe and several Past District Governors took part in the festivities. Also in attendance were three Charter members: Gary Raine,



DG Sarah congratulating the Auburn 49er Lions on their 50th Anniversary

Dick Hamilton, and Vic Roumage.

All in all, it was an evening filled with good food, music, and many stories of friendship and camaraderie that comes with 50 years of community service.

Many members of the 49er Lions Club shared a favorite memory of certain events or projects over our 50 years. The Auburn 49er Lions Club is looking forward to another 50 years of making new favorite memories while continuing to serve the Auburn community.



Delta Lions Visitation in November

Higgins Diggins Lions donated \$250 to the Interfaith Food Ministries in Grass Valley to purchase food for distribution over the holidays.



Where There is a Need.....



Embarcadero Lions Club members: PP Jim Berdan, PP Steve Quist, PDG Erv Gon, PDG Rich DeCuir, Charter PP Frank Adams, PP Ernie Boone and Charter PP Frank's son Billy (he's 53 years young).

This is the **VIP Games** which stands for "Very Inspirational Person"! A group of Special Need Kids our Club helps out several times a year. This picture of us "Embarks" **Embarcadero Lions Club** was taken just before we left the site at La Sierra Community Center in Carmichael where since before 7 am, we prepared the coffee, beverages, candy and donut counter, set up all the chairs/tables, hang up the 20 or so signs, sorted the medals, set up the playing fields in the two gyms, etc. for around 200 kids competing in the Floor Hockey events. Apologize for no other pictures, but wanted to move out of the kitchen area as the Kiwanis group was coming in to prepare sandwiches for their lunch followed by our Roseville Sunrise Lions Club preparing the spaghetti dinner. We do this again in April, cooking a pancake breakfast for their Track & Field event at Luther Burbank High School and in May at East Portal Park, grilling hot dogs and hamburgers for their Bocce Ball tournament.

The **Colfax Lions** hosted its 54th annual Community Thanksgiving dinner on November 27 at the Sierra Vista Community Center. Event Chair, Lion Dan Zendner, said, "This is truly a whole town event. Local businesses, High School Leos Clubbers, Lionesses and Lions worked side-by-

-side to make this a gratifying experience."

Zendner offered special thanks to MarVal Supermarket for donating all the turkey and ham that was served, the Lioness Club for sponsoring the table decorations and arranging the individual table settings and the Colfax High School Leos for helping with table set up, food preparation, serving and the eventual table removal and clean up.

Zendner said, "I worried about turnout because of the bad weather, but that did not slow anyone down. We served 90 meals that were hand delivered into community residences and 185 meals at the Community Center. Seeing a huge number of Colfax neighbors sharing a meal is something that warms your heart."



Partner-in-Service Jana Hook (L) adds the finishing touches on a dinner for City Councilman, Kim Douglass. Also on the serving crew are (L-R) Lions Earl Coppin, Josh Alpine, Nancy Oberhelman and Russ Worrall.



Colfax High School Leos Club Members, (L-R) Megan Towne and Autumn Rhodes are the serving line's rolls and gelatin specialties

Where There is a Need.....

The **Camellia Lions** volunteered for the William Land Elementary Fall Carnival on October 18, 2019. Their members assisted with the Prize Booth.



Camellia Lions working at the William Land Elementary School



Camellia Lions at the My Sister's House 5K event on October 6, 2019

On December 5, 2019, Santa Claus (aka Region Chair [RC] Tim Luckinbill) arrived via a Nevada County Consolidated Fire Truck at the L.O.V.E. Building in Grass Valley. Approximately 25 children were waiting for his arrival during the annual Kare Crisis Nursery Christmas party. Around 6:15 pm, the fire truck, with the siren and lights blazing, pulled up in front of the L.O.V.E. Building with the children anxiously waiting on the porch of the building for his arrival. He was escorted inside by Executive Director Lynn Woerner, where the party got underway. This year volunteers from Kare Crisis prepared and served a full spaghetti dinner to all those present before Santa handed out the many gifts to the kids.

Santa, as in the past several years, talked to all the children and handed out Christmas bags stuffed full of presents to each child who sat on his lap. It was exciting to see the children so happy to greet him for this special night. The event was arranged by Grass Valley Host Lion, Past President Randy Witt. Besides Lion Randy, there were several members of **Grass Valley Host Lions Club**, members from **Nevada City Lions Club** and Foothill Zone Chair (ZC) Helene Smith present to celebrate Santa's arrival.

It was another successful event put on by the volunteers of Kare Crisis Nursery assisted by members of Grass Valley Host and Nevada City Lions Clubs.



Kare's Executive Director Lynn Woerner, Grass Valley Host Lions, Nevada City Lions, ZC Helene Smith and two firemen from Nevada County Consolidated Fire Dept. RC Tim as Santa Claus is front and center

Visionary 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. Currently, the Association is seeking interested lions to be part of the association becoming a board member. Please submit your name to any board member to be included in the ballot to be voted upon at the District Convention.

The NCLSA meets at the Denny's Restaurant on 1235 Harbor Blvd, West Sacramento, CA, the first Wednesday of every month at 7 p.m. All Lions are welcome to attend the meetings. If you are interested in serving on the NCLSA Board, please contact a current Director. Our website is www.nclsa.com. Clubs are encouraged to become a VIP Member and please remember to pay their VIP dues.

Please support NCLSA by buying an Award. For additional information, please visit the NCLSA website at www.nclsa.com and then click on Trust Awards, to view prices and pictures of the plaques. Contact Director Lynn Ventura at (916) 798-4423 or email lynnven@aol.com and/or any NCLSA Director, if interested in ordering awards.

Vision Is Possible (VIP): Encouraging all Lions clubs to avail of the PlusOptix in your next club activity. If you need training on how to operate the instrument to just let any Board member of

NCLSA and they can come to your club to conduct the training.

Vision Screening Unit: If you are interested in reserving the Sight Van, mail the reservation form and check to NCLSA Vision Screening Unit, c/o Jim Kirkpatrick. His telephone number is 916-224-8108 and email address is kirkpatrick32@comcast.net. The Reservation Form is available on NCLSA website at www.nclsa.com

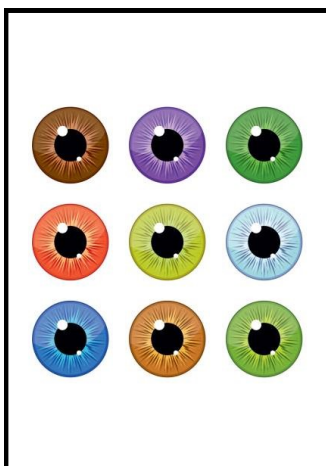
under Vision Screening. Please send check and reservation form together. Do not hesitate in reserving the van. The calendar is getting full. VIP clubs may reserve the unit 12 months in advance.

Also, the PlusOptix screening devices are available to all clubs at District 4-C5 at \$25.00 per day. For additional information, please contact any NCLSA Director and/or your Region

Chair to reserve the unit.

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

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



Upcoming Events



<p>December 7, 2019 Elk Grove Lions Crab/Shrimp Feed/Dance Elk Grove SES Portuguese Hall 10427 E. Stockton Blvd., Elk Grove</p>	<p>\$50 per person 6 pm social, 7 pm dinner, 9-11 pm dance Tickets available at www.ElkGroveLionsFoundation.org or contact Jack Edwards @ (916) 240-9302</p>
<p>December 7, 2019 Senator Lions Club Dandelions Arts/Crafts Show Sacramento Buddhist Church 2401 Riverside Blvd., Sacramento</p>	<p>9 am—3 pm For more information, visit www.SacramentoSenatorLions.org</p>
<p>December 13, 2019 Delta Lions Poinsettia Sale St. Patrick's Hall</p>	<p>\$12 per plant For orders, contact John Hawck @ (916) 683-1933 or (916) 690-7108 or Brad Pappalardo @ (916) 775-1070</p>
<p>December 14 2019 Mabuhay Lions Club Family Christmas VFW 4647 Hall 3300 U St., Antelope, CA 95843</p>	<p>\$25 per person, 7/under free Spaghetti/Meatballs, etc. Contact: Lenie Robins (916) 947-3242, Emily Burns (916) 213,-6539 or Klint Robins (916) 803-3479</p>
<p>December 15, 2019 Mother Lode Lions Fundraiser for Family of Deputy Brian Ishmael 4701 Missouri Flat Rd., Diamond Springs</p>	<p>\$10 per person Hamburgers/Hot Dogs with fixings 11 am—3 pm</p>
<p>January 3 & 4, 2020 Maharlika Lions Club Crab/Shrimp Feed VFW Post 67 2784 Stockton Blvd., Sacramento</p>	<p>\$50 Adults, \$10 Children under 12 6 pm Social, 7 pm Dinner Contact Lynn Ventura @ (916) 798-4423, Myrna Agbunag @ (916) 505-1421 or Vickie Debord @ (916) 524-3452</p>
<p>January 12, 2020 Embarcadero Lions Night at the Theatre "Pump Boys and Dinettes" presented by the Sacramento Theatre Company</p>	<p>\$40 per person 5:30 pm dinner, 7 pm show Contact Mark Steffens @ (916) 214-8650 or steffens.mark@gmail.com for more information and tickets</p>
<p>January 18, 2020 Folsom Lake Lions Crab & Shrimp Feed Folsom Community Center 52 Natoma St., Folsom</p>	<p>\$50 per person 6 pm Social, 7 pm Dinner Contact Margaret @ (916) 941-9724, Carol @ (916) 988-3491 or Bernie @ (916) 624-9210 or order online at www.folsomlionscrabfeed.com</p>
<p>January 19, 2020 Sacramento Capital lions Charity Ambassador Rice Bowl Restaurant, 2378 Florin Rd., Sacramento</p>	<p>\$35 per person-RSVP by 1/12/20 6 pm to 9 pm Contact Norman Chiang @ (916) 591-3288, Amy Li @ (415) 812-8721</p>
<p>February 29, 2020 LCIF/CLF Bowling Tournament Fundraiser County Club Lanes 2600 Watt Ave., Sacramento</p>	<p>\$25 per bowler, or \$125 Team (5 bowlers) 9 am Registration, 10 am Tournament Starts Contact PDG Andy Anderson @ (916) 955-3882 or PDG Nick McNicholas @ (530) 908-2048</p>



QuotesIdeas.com

Don't forget to advertise your club events! See Page 21 for details!!

2019-2020 Cabinet Officer Contacts

CABINET OFFICERS	PHONE	EMAIL
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
DONNER REGION	PHONE	EMAIL
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
DOS RIOS REGION	PHONE	EMAIL
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
SACRAMENTO REGION	PHONE	EMAIL
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
WASHOE REGION	PHONE	EMAIL
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
PDG Nick McNicholas Global Leadership Team Coordinator	(530) 908-2048	glt@district4c5.org
PDG Andy Anderson Global Membership Team Coordinator	(916) 687-8133 (hm) (916) 955-3882 (cell)	gmt@district4c5.org
Lion Jill Santos Global Service Team Coordinator	(916) 337-2421	gst@district4c5.org
PDG Andy Anderson Lions Clubs International Foundation Chair	(916) 687-8133 (hm) (916) 955-3882 (cell)	lcif@district4c5.org

TO MAKE A DIFFERENCE
IN SOMEONE'S LIFE, YOU
DON'T HAVE TO BE BRILLIANT,
RICH, BEAUTIFUL, OR PERFECT.
YOU JUST HAVE TO CARE



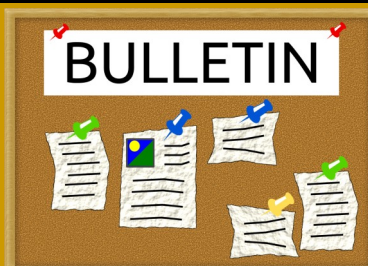
Share your club's event flyers to advertise throughout the district!!
Send information to the following:

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