

District 4-C5

Lions Pride




LIONS PRIDE—VOLUME 37, ISSUE 8

February 2020



Multiple District 4-Regional Lions Leadership Institute in Santa Rosa-Front: Lions Cecille Presley and Myrna Agbunag, and DG Sarah Enloe
 Back: 2VDG Donna Prince, Lions Jim Fuller, Dave Stoermer, RC Tim Luckinbill, Carle Enloe, PDG/GLT Nick McNicholas

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District Governor Sarah Enloe's Message



Dear District 4-C5 Lions:

Happy Valentine's Day to our Lions and their families! January 2020 has magically disappeared. We are already into February, which is a Leap Year month which only comes around once every four years and gives us an extra day.

On January 25, Lion Carle and I ended the month of January by taking a leisurely drive to the Santa Rosa area to visit our District 4-C5 members attending the Regional Lions Leadership Institute (RLLI) at the Earle Baum Blind Center. PDG Thomas "Nick" McNicholas, our District GLT Coordinator, joined us on the visit. Congratulations to our District RLLI Graduates: 2VDG Donna Prince; RC LOY Tim Luckinbill; Gordon ZC Jim Fuller; Woodland Host Lion David Stoermer; Golden State President Cecille Presley; and Maharlika President Myrna Agbunag.

We now have only two more official District Governor (DG) Visitations to complete for this year. February is going to be a block buster month of Lions activities. This coming Saturday, February 8, 2020, we have our third Cabinet Meeting which is being hosted by Dos Rios Region Chair (RC) Dennis Puccetti and his team at the at Pioneer High School, 1400 Pioneer Avenue, Woodland, CA. We are encouraging all our members, especially our new members to attend and prevail themselves of the District-wide New Member Orientation that is being offered. Of course, our Lions' Crab Feed Season and Student Speaker Contests are in full swing. We are encouraging our members to support these activities. Please come out and support our students who are participating in the contests. Save the Date...the District Student Speaker Contest will be on Saturday, **April 18, 2020** at 1:00 pm, Sacramento County Sheriff's Community Meeting Room, 7000 65th Street, Sacramento, CA.

We have a major community event that we are attending on the evening of Valentine's Day, plus the next day we are attending the Higgins Diggins Lions Club Crab Feed. The following week, we are attending MD4 Lions Council of Governor's Meeting from February 18 through 20, 2020, and the 101st California Lions MD4 Convention 2020 at the Visalia Convention Center, Visalia, CA on February

21-23, 2020. This year's Convention theme is "Denim and Diamonds." The Special Guest and Keynote Speaker this year will be Lions Clubs International Third Vice President Patti Hill. For additional information, please visit California Lions MD4 website at www.californialions.org. We are once again encouraging our District 4-C5 Lions to attend. It will be exciting and definitely entertaining.

Our own District 4-C5 Convention is just two and a half months away and 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 please 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.

I am proud to share that our District is heading in the right direction. The District 4-C5 Leadership Team is strong and in capable hands! Our membership has increased, and all the Clubs are working very hard and definitely demonstrating that they have taken the International President Choi's challenge to heart. We are focusing on increasing our Membership; Retention; and building new and younger leaders, and support the Lions Clubs International Foundation, thanks to our Global Action Team!

I look forward to seeing you all during the upcoming visitations and other events in the District.

Thanks for you all you do.

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



Happy Chinese New Year!
Time seems to be motoring
along at a break-neck pace.

Congratulations to our alumni from the recent Regional Lions Leadership Institute held in Santa Rosa. We were very well represented and very proud of your accomplishments.

Most of the official visitations are completed and the move towards attending District events and our Convention are in full swing.

Convention registrations are up and the Convention Committee members are working feverishly to provide our Lions with a very exciting and fun-filled event. With the theme: **“Wish Upon a Star,”** we will be sure to see everything from Ariel the Little Mermaid to Tinkerbell; lots of Disney characters, both heroes and villains.

This year, the daily schedule has been changed. Kick off is on Thursday, April 23 with a No-Tap Bowling event at Earl Anthony Bowl in Dublin. Anyone, even a beginner can bowl a 300 game in No-Tap bowling. Friday festivities start at noon with the Food Fair and amusements. The afternoon progresses with post lunch gatherings, First Timer's mixer, followed by nominations, seconding speeches, and a joint rally for all candidates. After dinner the ever-famous Costume Parade commences with varied skits and shenanigans, entertainment/dancing and joint hosted dessert in the candidates' hospitality room.

Saturday morning will begin with the PDG hosted tables for breakfast leading into varied forums up to lunch. The parade of Club presidents and Banners will get underway just before noon followed by keynote speech from our International Guest, International Director Larry Edwards. 4th quarter cabinet meeting and townhall meeting, District Cocktail Party hosted by District Governor Sarah will

complete the afternoon. Formal Dinner and Awards and more entertainment. Candidates hospitality will open at the close of the evening happenings. There are many more modifications to the schedule to come.

I hope to see many of you at the convention. I would appreciate your vote of confidence. If you have not registered, it is not too late. There is plenty of time to get your paperwork in and reserve your rooms!

Remember your vote is vital to the growth of this district and please send in your completed delegate forms to Lion Dave Pevny by the required deadline. Questions pertaining to issues up for vote at the convention will be discussed and relevant supportive copies of documents available to each club in order to allow our members to make informed decisions.

Our upcoming Cabinet Meeting is just around the corner; Saturday, February 8, 2020, at Pioneer High School in Woodland. Introduction of our candidates for District Office will be one of several highlights of this meeting. The agenda of intriguing information and forums will pique your interest.

This is an opportunity to learn fresh information about what's new from Lions Clubs International (LCI), hear more about the potential candidates for District offices, and upcoming convention and future convention sites up for the vote.

I hope that you will take advantage of this opportunity to attend the Cabinet Meeting to learn more about these significant topics of concern to all Lions of District 4C5.

Change is necessary to keep the district vibrant and moving towards a strong future. **“Progress is impossible without change, and those who cannot change their minds cannot change anything.”** George Bernard Shaw

Be part of the Change!

Respectfully Submitted, 1st VDG Cat Gon



2nd Vice District Governor Donna Prince's Message



Dear Lions,

Did your January fly by as fast as mine did? Holy Cow here we are in February already! The months ahead are jammed packed with exciting Lions fundraisers, community service projects, and events, including conventions. OH BOY, CONVENTIONS!

If you haven't made your reservation for our District Convention in April, move it to the top of your "To Do" list. This year we will have a magical time sprinkled with lots of fairy dust, so don't be a Grumpy dwarf or a sad Eeyore and join in on all the fun in San Ramon. Convention Chair, PDG Nick McNicholas and the fantastic committee of dedicated Lions are determined to make this the best celebration of all time for the fairest princess of all, District Governor Sarah and all her adoring subjects, we Lions in C5. I know you will leave feeling like you spent the weekend at Disneyland with your family.

Speaking of family, I recently returned from the CA Multiple District 4, Regional Lions Leadership Institute in Santa Rosa. I was joined by five fellow Lions from our district: RC Tim Luckinbill, ZC Jim Fuller, and Lions Cecille Presley, Myrna Agbunag, and Dave Stoermer. I know what you are thinking, this group of 4-C5 Lions together at a training? How did the instructors keep them out of mischief? The answer - they separated us into four different groups! We were joined at the RLLI by 32 Lions from other districts. At our graduation we all agreed, the weekend of training was FANTASTIC! We were fortunate to have the greatest team of instructors in Past Council Chair Liz Crooke, PDG Manny Sanchez and PDG Norm McDaniel. All of the graduates are ready to go forth and take on leadership roles in our clubs and our district. Watch for these rising Lion stars to shine very bright in the future!

I am absolutely amazed how close 38 students can get while going through an intensive three days of classes together. One highlight was the 5-minute

presentations we each had to prepare and give. We were the best cheerleaders ever for each other and everyone made it through them with high marks and didn't pass out. Of course, the long nights we spent in the library certainly helped with our bonding. Several classmates insisted we keep in touch and they plan to attend our district installations. Last word about this training, plan to attend one! You will come away with so much valuable information that will help you in your personal, professional and Lion's life. Bravo to PDG/GLT Nick McNicholas for encouraging all of us to attend. And...what goes on in Santa Rosa, stays in Santa Rosa!

Lastly, I want to give a shout out to our Global Service Team Coordinator, Jill Santos and Zone Chair Jeri Wartena for helping our club officers navigate MyLion. Their hard work paid off this month when our district hit 100% reporting of activities for all 52 Lions Clubs! A big Lion's Roar to all the club Presidents, Secretaries and Club Administrators who take the time each month to report to LCI. This task certainly takes time, but it is very important. The information you report helps Lions Clubs International (LCI) in many ways. They use the data when seeking corporate grants from sources like the Bill and Melinda Gates Foundation. One of the first questions such foundations ask is "Tell us what your members do." If we don't provide LCI with that info, they won't have much to say and that means no multi-million dollar grants will come our way. So, please keep up the great reporting, every community service project, hours worked, number of Lions participating and monies donated need to be reported. This also gives your club an excellent paper trail of where and when that money you collect from the public gets disbursed.

Have a great month of service to your community 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:**

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

1st VDG Cat Gon

32 Sunlit Circle

Sacramento, CA 95831-1657

2022 Convention Hotel Choices

The information is being presented for your consideration to vote on at this years District 4-C5 Convention. Be sure your club’s convention delegates know your club’s wishes for the **2022** Convention.


2022 CONVENTION SITE SELECTION CHOICES										
Pertinent information for "Finalist" Hotel Sites competing for the 2022 District 4-C5 Convention Bid. The information provided here is to assist delegates in voting for the Hotel Site of their preference.										
Please be sure to vote for ONE hotel Sunday morning, April 26, 2020										
HOTEL NAME AND LOCATION	DISTANCE FROM CAPITOL	2022 DATES	BREAKOUT ROOMS	COMP ROOM NIGHTS	FOOD FAIR SPACE	AUDIO VISUAL	ALL INCLUSIVE 1 NIGHT ROOM OCCUPANCY RATE	ALL INCLUSIVE MEAL PACKAGE	(EXAMPLE) COST 2 NIGHTS (FRI & SAT) 2 MEAL PKGS	PARKING
BLACK OAK RESORT AND CASINO TUOLUMNE	2 HR-27 MIN DRIVE TIME 103 MI	4/7-4/10 4/21-4/24	ADEQUATE	1 COMP FOR EVERY 40 PAID	OUTDOOR	AVAILABLE TBA	\$125.00	\$155.00	\$560.00	COMP
MARRIOTT SAN RAMON	1 HR-43 MIN DRIVE TIME 94 MI	4/6-4/10	ADEQUATE	1COMP FOR EVERY 40 PAID	OUTDOOR COVERED PATIO	AVAILABLE TBA	\$140.85	\$333.13	\$947.96	COMP
MONTBLEU RESORT AND CASINO LAKE TAHOE	2 HR-22 MIN DRIVE TIME 117 MI	4/7-4/10	ADEQUATE	1COMP FOR EVERY 40 PAID	OUTDOOR TBD	AVAILABLE TBA	\$101.89 SUN-THUR \$170.29 FRI-SAT	\$228.00	\$796.98	COMP
RED LION HOTEL REDDING*	2 HR-28 MIN DRIVE TIME 160 MI	4/7-4/10 4/21-4/24	ADEQUATE	1COMP FOR EVERY 40 PAID	OUTDOOR INNER PATO	AVAILABLE TBA	*\$118.93	\$177.61	\$593.08	COMP
WYNHAM HOTEL AND RESORT VISAILIA	3 HR-29 MIN DRIVE TIME 212 MI	4/7-4/10	ADEQUATE	1 COMP FOR EVERY 50 PAID	POOLSIDE OR PARKING LOT	AVAILABLE TBA	\$117.79	\$180.00 MIN \$240.00 MAX	\$595.58 MIN \$715.58 MAX	COMP

*** \$5.00 nightly room rebate if District meets the 80% guaranteed room occupancy. Hotel has no elevators**

Respectfully submitted by PDG Erv Gon,

Student Speaker Contest Schedule

As of this printing, the attached schedule is for zone through State contest schedules. Please support the students by assisting with the contests or in cheering on your students!

Zone Contests		Region Contests	District/Area/State
<p>February 25 @ 6:30 PM Crocker Zone Buddhist Church 2401 Riverside Blvd. Sacramento</p>	<p>March 11 (Wed) @ 6:30 PM Foothill Zone Higgins Diggins 22490 E Hacienda Dr. Grass Valley</p>	<p>March 21 (Sun) @ 2:00 PM Donner Region Higgins Diggins 22490 E Hacienda Dr. Grass Valley</p>	<p>April 18 (Sat) District 4C-5 Contest @ 1:00 PM 7000 65th Street Sacramento</p>
<p>March 3 (Tue) @ 6:30 PM Marshall Zone 4701 Missouri Flat Rd. Diamond Springs</p>	<p>March 11 (Wed) @ 6:30 PM Wolfskill Zone VFW Building 3300 U St. Antelope</p>	<p>March 24 (Tue) @ 6:30PM Washoe Region 4701 Missouri Flat Rd. Diamond Springs</p>	<p>May 16 (Sat) Area 1 Contest @ 1:00 PM 7000 65th Street Sacramento</p>
<p>March 5 (Thurs) @ 6:30 PM Gordon Zone Boy Scout Cabin 515 Lincoln Woodland</p>	<p>March 12 (Thurs) @ 6:30 PM Eureka Zone Roseville Host 107 Sutter Ave. Roseville</p>	<p>March 26 (Thurs) @ 7:00 PM. Sacramento Region Shriners Hospital for Children 2425 Stockton Blvd. Sacramento</p>	<p>June 6 (Sat) State Final Contest @ 3:00 PM Council of Governor's Meeting Modesto</p>
<p>March 8 (Sun) @ 1:30 PM Sierra Zone Condon Park 660 Minnie St. Grass Valley</p>	<p>March 13 (Fri) @ 7:00 PM Sutter Zone Robbie Waters Pocket-Greenhaven Library 7335 Gloria Dr. Sacramento</p>	<p>March 27 (Fri) @ 7:00 PM Dos Rios Region Boy Scout Cabin 515 Lincoln Woodland</p>	

KCRA 3—Special Report

On January 15, 2020, Roseville Sunrise Lion, Joey Swiencki, visited KCRA Channel 3 and posted the following on his Facebook page:

What a fun time today and tonight at KCRA Channel 3 running the camera's on the 4 pm, 4:30 pm, 5 pm, 6 pm and 6:30 pm new. Thanks for my favorite cousin Rachel who works at station from Tuesday through Saturdays. She is the best and favorite cousin. I love my cousin Rachel! I got to meet Del Rodgers for the first time and he is going to root for the Green Bay Packers. I got to meet a lot of people at KCRA 3and I just had a fun time, something new!



Lion Joey with Sports Newscaster Del Rodgers

Joey at the helm!



1VDG Cat Gon's Pending DG 2020-2021 Visitation Schedule

Dear District 4-C5 Club Presidents, et al,

A very Happy New Year to you and your club members! By now many of you may have heard from your respective Region or Zone Chairs regarding the impending 2020-2021 District Governor Visitation Schedule (provided DG Candidate Cat Gon is successfully elected as the 2020-2021 District Governor).

The plan is to have the Official Club Visitations published in various District's 4-C5 media, including the Official District Directory, in order to facilitate scheduling for the incoming cabinet to meet with the Club membership and the newly elected Club Officers. For planning purposes, this schedule is being organized early in order to allow for the busy calendars of each Club. Now is the time we would like to alert the Clubs of the **proposed** date of visitation so as to not have any activity conflicts on the date requested. This timeline is nearing completion and soon to be published.

Eliciting your advance help in confirming the following visitations with your Club and the potential incoming Club Officers is important and would solidify the timetable for both the Clubs and Governor's team. The favor of a prompt response of any conflicts, challenges, or comments to the following schedule is appreciated by January 31, 2020.

MONTH	DATE/LOCATIONS		
JULY	<ul style="list-style-type: none"> • 15 Embarcadero • 15 Woodland Host & Yolo Sunset <i>combined</i> • 15 Capitol • 16 Auburn 49ers • 16 Lincoln Hills • 16 Lincoln Host 	<ul style="list-style-type: none"> • 18 Mabuhay • 20 Downieville • 21 Loomis • 21 Foresthill • 22 Embarcadero • 22 Foothill • 22 Nevada City 	<ul style="list-style-type: none"> • 23 Grass Valley [& "DG dunking"] • 26 Nepalese • 27 Country Club • 27 Elk Grove • 28 Newcastle Golden Spike • 29 Embarcadero • 29 Auburn Host
AUGUST	<ul style="list-style-type: none"> • 04 Reveille • 04 Placerville • 04 Maharlika • 05 Embarcadero • 05 Folsom City Host • 06 Senator • 11 Gold Country 	<ul style="list-style-type: none"> • 12 Embarcadero • 12 Meadow Vista • 13 Delta • 13 Midtown • 13 Camellia • 18 Colfax 	<ul style="list-style-type: none"> • 18 Orangevale • 19 Embarcadero • 19 Roseville Host • 20 Valley Hi • 26 Embarcadero • 27 Penn Valley Hi-Graders
SEPTEMBER	<ul style="list-style-type: none"> • 01 Fort Sutter • 01 Rocklin • 02 Embarcadero • 02 Metropolitan • 03 Higgins Diggins • 09 Embarcadero 	<ul style="list-style-type: none"> • 09 Golden State • 10 Rio Linda • 15 Roseville Sunrise • 16 Embarcadero • 16 Citrus Heights 	<ul style="list-style-type: none"> • 17 Mother Lode • 23 Embarcadero • 23 Antelope • 24 Folsom Lake • 30 Embarcadero
OCTOBER	<ul style="list-style-type: none"> • 01 E.s.p.a.r.t.o • 07 Embarcadero • 08 Fair Oaks Host • 13 Davis Aggies • 14 Embarcadero 	<ul style="list-style-type: none"> • 14 Pride of Laguna Creek • 21 Embarcadero • 21 Winters • 22 Galt • 28 Embarcadero 	

New Lions Members!!

District 4-C5 Newest Members for January 2020

Name	Club Name	Zone	Region	Month
Berliner, Art	Newcastle Golden Spike	Eureka	Washoe	Jan 01
Capper, James	Sac Maharlika Lions	Sutter	Sacramento	Dec 29
Dapelo, Anthony	Elk Grove Lions	Sutter	Sacramento	Jan 10
Doyle, Cameron	Rio Linda Lions	Wolfskill	Dos Rios	Jan 01
Hailey, Nicole	Winters Lions	Gordon	Dos Rios	Jan 01
Kemper, Kevin	Meadow Vista Lions	Foothill	Donner	Jan 08
Lewis, Olga	Sac Maharlika Lions	Sutter	Sacramento	Dec 29
Reinhard, David	Meadow Vista Lions	Foothill	Donner	Jan 08
Schopfer, Christoph	Meadow Vista Lions	Foothill	Donner	Jan 08
Springer, Jason	Elk Grove Lions	Sutter	Sacramento	Jan 10
Wong, Michelle	Sac Camellia Lions	Crocker	Sacramento	Jan 02
Zhou, Eva	Sac Camellia Lions	Crocker	Sacramento	Jan 02



Gone, but Not Forgotten

- ◆ Ewing B. Smith, Auburn Lions
- ◆ Lucy Din Wong, Capitol Lions
- ◆ George Lenhart, County Club Lions

District 4-C5 Global Membership as of 1/31/2020

Club Name	Zone	Membership as of 7/1/19-10/31	1st Quarter	2 nd Quarter	3rd 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		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	2		10/10/2019
Grass Valley Foothill	Sierra	25	1	1		9/11/2019
Grass Valley Gold Country	Sierra	21				2/4/2020
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	2	3	2/26/2020
Mother Lode	Marshall	54	1	3		8/11/2019
Nevada City	Sierra	18				9/11/2019
Newcastle Golden Spike	Eureka	17/14			1	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		3		7/17/2019
Rio Linda	Wolfskill	31	6	1	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

District 4-C5 Global Membership as of 1/31/2020

Club Name	Zone	Membership as of 7/1/19-10/31	1st Quarter	2 nd Quarter	3rd Quarter	Date Visited To be visited
Sacramento Camellia	Crocker	34		3	2	12/12/2019
Sacramento Capitol	Crocker	41	2	3		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	16/17		3		11/17/2019
Sacramento Maharlika	Sutter	57	2	3	2	7/16/2019
Sacramento Metropolitan	Crocker	11/12	1			2/05/2020
Sacramento Midtown	Wolfskill	16/15				9/12/2019
Sacramento Nepalese	Sutter	15/18	3			8/25/2019
Sacramento Senator	Crocker	55		2		1/02/2020
Sacramento Valley Hi	Sutter	23	1			8/18/2019
Winters	Gordon	14/15	1		1	1/08/2020
Woodland Host	Gordon	36	1	1		1/08/2020
Woodland Reveille	Gordon	18				10/1/2019
Woodland Yolo Sunset	Gordon	14/12				1/08/2020
Totals (20 @ 39.22%)		1350	40	44	12	
30 of 51 = 58.82%						
Proud Lion Award			1st Qtr	2nd Qtr	3rd Qtr	
Donner Region	N/A	N/A	3	3		
Dos Rios Region	N/A	N/A	1	3	2	
Sacramento Region	N/A	N/A		2	5	
Washoe Region	N/A	N/A	1	2	1	
Totals			5	10	8/23	

Month	LCI Totals	Female Totals	Female %	Male Totals	Male %
June 2019	1,350	571	42.30%	779	57.70%
July 2019	1,354	576	42.54%	778	57.46%
Aug 2019	1,361	580	42.62%	781	57.38%
Sept 2019	1,356	582	42.92%	774	57.08%
Oct 2019	1,363	586	42.99%	777	57.01%
Nov 2019	1,374	594	43.23%	780	56.77%
Dec 2019	1,371	595	43.40%	776	56.60%

Mid-Year GMT Report for District 4-C5

(Jan 31, 2020)

As of today, we have added 96 new or reinstated members to 31 clubs of our District for a 60.78%. Our net growth for this year is 22 members.

We have several clubs that has taken up DG Sarah's goal to add 4 new members during this year and they are:

- Foresthill Lions Club - 8
- Rio Linda Lions Club – 8
- Sacramento Maharlika Lions Club – 7
- Meadow Vista Lions Club – 7
- Sacramento Camellia Lions Club - 5
- Sacramento Capitol Lions Club - 5
- Auburn Host Lions Club – 5
- Elk Grove Lions Club - 4
- Sacramento Golden State Lions Club – 4
- Mother Lode Lions Club - 4

Clubs that have added 3 new member during the first two quarters so far are:

Colfax Lions, Galt Lions, Pride of Laguna Creek, Roseville Host Lions, Sacramento Mabuhay and Sacramento Nepalese Lions.

DG Sarah's second membership goal is to have every club who has under 20 in membership 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 has major strides in increasing their membership:

- Sacramento Antelope Lions Club 15 – 16
- Sacramento Golden State Lions Club 13 – 16
- Sacramento Mabuhay Lions Club 16 - 18
- Sacramento Nepalese Lions Club 15 – 18
- Sacramento Metropolitan Lions Club 11 – 12
- Winters Lions Club 14 - 16

Now for the numbers:

- 24 members have received the MD4 Proud Lion Award:
- 186 members has received New Member Orientation Training
- 48 of 51 (94.12%) Clubs have been visited about Membership
- 31 of 51 (60.78%) Clubs have added a new member
- 6 of 8 (75%) Zones have been visited
- 96 Total new/reinstated members for the District

PDG Andy Anderson

District Global Membership Team Coordinator

Where There is a Need.....

On January 11-12, several members of the **Nevada City Lions** got up really early to head for the Ponderosa Hall at the Fairgrounds to volunteer as cooks and servers for the California Care Health Fair volunteer medical professionals. It's estimated that there was about 80-90 medical volunteers attended the breakfast on Saturday and more on Sunday.

Thanks go out to all of those members that participated. IPDG Doug Wight opted to stay home and take care of a cold (good idea!)



Verne and others in the kitchen

Several members judged Cub Scout Pack 23 Pinewood Derby cars at Seaman's Lodge, Pioneer Park, Nevada City.

The judges were Jim Purcell, Jackie, Jim and Paul Wapp, Chuck Woerner, Dora and Mike Hermansen, and Julie Meyer.



L-R Dora, Julie, Jackie, Paul, Jim W, Chuck, Jim P, Mike and James W were the judges

Embarcadero Lions Club 5th annual "Night at the Theatre." Sacramento Theatre Company's (15th & H Street Sacramento) production of "Pump Boys" sold out seating for 83. There was a vast array of foods & beverages, plus opportunity drawings with all funds raised directed towards supporting vision related programs in our community including all the handicapped facilities at the California State Railroad Museum.



2VDG Cat Gon with other Embarcadero Lions Members

Quite impressive spread of food for guests



Where There is a Need.....

For three years in a row now, the **Penn Valley Hi-Graders Lions** and **Higgins Diggins Lions** have teamed up to collect See's Candy for our Airmen at Beale AFB, just north of Sacramento.

Msgr. Williams made sure those Airmen who had to work on Christmas Eve and Christmas day received all of the goodies collected. We would like to thank all of those community members for purchasing extra candy this year and donating it to our deserving Airmen.



Lions Carol Puphal, Shirley Emmrich, Msgr. William Williams, IPDG Doug Wight, President Bruce Puphal and Dan Emmrich of Penn Valley Lions.



The Embarcadero Lions Club provides a monthly breakfast to SMUD staff which 1VDG Cat Gon chairs, with PDG Erv as her assistant. They donate funds towards each event. 1VDG Cat provides a different themed hot breakfast usually attended by an average of 20, with 32 this time and up considerably from an average attendance of six since they took it over. Another way to serve the community!



5 Health Benefits of an Apple

Apples are not just crunchy, sweet and satisfying. As part of a smart diet, they can help protect against serious diseases, including heart disease, diabetes, cancer, and more. Consider them your healthy secret weapon.

You've heard it a zillion times, "An apple a day keeps the doctor away." Turns out, there is more truth to that than you might think. Studies show apples have powerful health benefits, particularly when it comes to fighting chronic diseases that kill millions of people each year. Here's a short list of how eating more apples can help keep you healthy.

1. **Protects Your Heart**—Multiple studies show that apples are good for your ticker in multiple ways. Their high fiber content has been shown to help improve cholesterol levels (lowering bad LDL cholesterol and increasing good LDL cholesterol), according to researchers from Florida State University. A review of data from three major studies also found that people who ate whole fruits, including apples, were less likely to develop high blood pressure. And the Women's Health Study showed that women who ate apples over a 7-year study had up to a 22 percent reduced risk of heart disease. Finally, a Dutch study found that eating apples and pears was associated with 52 percent lower risk of stroke, thanks

to their high fiber and a flavonoid called "quercetin."

2. **Boosts Brain Health**—A group of four large studies presented at the Alzheimer's Association's International Conference in 2017 adds to the evidence that eating a plant-based diet may help prevent dementia. In one of the studies, Swedish researchers following 2,000 people for six years, found that those who stuck to a diet called the Nordic Prudent Dietary Pattern had a better cognitive function than people who ate more fatty, processed foods. Among other things, the Pattern diet calls for eating plenty of non-root vegetables, plus pears, peaches, and you-guessed-it, apples.

In another of the studies, healthy older adults who

followed either the Mediterranean or MIND diet or both of which stress eating fresh fruits and vegetables, lowered their risk of dementia by 30 to 35 percent. The longer they followed the diet, the better their cognitive function. Experts point out that more research is needed, but the results look promising.

3. **Helps You Lose Weight**—One medium apple can help fill you up for under 100 calories, so it's no surprise that apples can help with weight loss. Turns out it's what form of apple you eat that counts. In one study, people who ate apple slices before a meal felt fuller and more satisfied than people who had applesauce, apple juice or no apples at all. The same study also found that starting a meal with apple slices helped people eat an average of 200 fewer calories compared to those that skipped the apple slices.

4. **Lowers Your Risk of Type 2 Diabetes**—The numbers speak for themselves. In a study of 38,000 healthy women, those who ate one or more apples a day had a 28 percent lower risk of Type 2 diabetes than the non-apple eaters. And in a review of data from more than 187,000 people involved in three long-term studies, Harvard researchers found that people who ate at least two servings a week of blueberries, grapes, and yes, apples lowered their diabetes risk by 23 percent, compared to people who had one serving or less a month. Experts say the fruit's fiber helps stabilize blood sugar. Flavonoids, a type of antioxidant, also play an important role.

5. **Fights Cancer**—Apples rank second only to berries in antioxidants, making them superheroes when it comes to fighting cancer. In fact, an analysis of several Italian studies found that eating one or more servings of apples a day helped lower the risk of colorectal cancer more than eating any other fruit. Other studies in humans have found that eating apples can be helpful in preventing lung and prostate cancer. Don't toss the peel, though, that's where more cancer fighting antioxidants are found.

<http://eatingwell.com/article/17769/5-health-benefits-of-an-apple/>



Try to Ignore These Intense Little Eyes!



Every 2 minutes a child is diagnosed with some form of cancer. The average age at diagnosis is 6 years. Over the past 20 years, the increase in incidence of childhood cancer has increased upwards of 13 percent.

With the advances and research that have come to light, cancer awareness and detection is at an all-time high. The mortality rate has increased only in areas of low resources and inadequate healthcare. Cancer is the leading cause of death in children from infancy to 15 years of age, second only to accidents.

As much as we detest seeing our children in any pain, the physical scarring and hair loss from many chemotherapy and radiation treatments have been known to trigger irreparable damage to their self-esteem. Imagine being teased because you don't have eyebrows as well as hair? This can be more devastating to an ailing child than the ravaging effects of the disease.

I've opted to put my efforts to growing my hair to be harvested for wigs (minimum length 12 inches), **AKA: OPERATION "CLIP CAT"**. **Lions Clubs International Foundation (LCIF) Pediatric Cancer Research** will be the platform that will serve as the recipient of funds collected. I hope to collect \$5,000 for cancer research. Aggregate pledges of \$20 or more will designate the total length of hair which will be cut from my head. The more funds collected; the more hair will be cut off! The funds from this campaign could make a substantial difference in the life of a child.

Please make your donations **payable to Lions District 4-C5** with memo noted for LCIF Pediatric Cancer Research Campaign, reportable to Lions Clubs International.

Mail your checks to: **Lion Cat Gon, 32 Sunlit Circle, Sacramento, CA 95831**

For more information contact me at catgon@att.net or 916-427-5747

Thank you in advance for your consideration. With your help, hopes for a cancer-free childhood can become a reality!

Join me in **OPERATION "CLIP CAT"** (Jan 2020-Aug 2020)

Help us make our goal of \$5,000!

Respectfully submitted by,

CATHERINE GON

1ST VICE DISTRICT GOVERNOR

LIONS DISTRICT 4-C5

Upcoming Events



<p>February 15, 2020 Mother Lode Lions Club Crab & Shrimp Feed Mother Lode Lions Hall Corner of Missouri Flat/Pleasant Valley Rd.</p>	<p>\$50 per person, Outside wine Ok w/\$10 corkage fee 5:30 pm Social, 6:30 pm Dinner Contact (530) 622-8130 for tickets</p>
<p>February 21, 2020 Woodland Host Lions Mexican Dinner Scout Cabin 515 Lincoln St., Woodland</p>	<p>\$12 per person 6 pm Social, 6:30 pm Dinner Enchilada's. rice/beans, salad, dessert Contact Barbara Larson @ (530) 666-4572 or RC Dennis Puccetti @ (530) 669-7941</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>
<p>March 1, 2020 Roseville Sunrise Lions 50th Anniversary Bennett's Kitchen 1595 Eureka Road, Roseville, CA 95661</p>	<p>\$30 per person (Limited to 75 people) 4 pm Social, 5 pm Dinner Reserve by February 10th—email lionnick@sbcglobal.net Mail check to Roseville Sunrise Lions Club, c/o PDG Nick Nichol, 8181 Walnut Hills Way, Fair Oaks, CA 95628</p>
<p>March 5, 2020 Auburn 49ers Lions Celebrity Chefs Fundraiser Gold Country Fairgrounds</p>	<p>\$20 per person 5:30—7:30 pm Contact Dana Johnson @ (916)704-9709 for tickets</p>
<p>March 7, 2020 Sacramento Metropolitan Lions Club El Dorado County Human Trafficking Hotline Post Placerville, CA</p>	<p>10 am to 2 pm Signup for event at http://bit.ly/HotlinePOST Helps prevent human trafficking in local areas Contact Rick at eldopost3sgf@gmail.com for more information</p>
<p>March 7, 2020 District 4-C5 Pre-Convention Casino Bus Trip Jackson Rancharia Pickups in 2 locations: Roseville-Sunsplash Parking Lot OR Sacramento-Sac County Sheriffs parking lot, 7000 65th St.</p>	<p>\$30 per person (\$20 gaming credit) Pickups in 2 locations: Roseville-Sunsplash Parking Lot Sacramento-Sac County Sheriffs parking lot, 7000 65th St. Contact your Region Chair for tickets—See Page 19 for contact info</p>
<p>March 7, 2020 Delta Lions Celtic Irish Tea Grand Island Mansion 13415 Grand Island Rd., Walnut Grove</p>	<p>\$35 per person 11:30 am—2 pm Reservations due by February 28th! Contact Jean @ (916) 813-0941 for tickets</p>
<p>March 7, 2020 Foothill Lions 10th Annual Cioppino & Pasta Feed Nevada County Fairgrounds in Grass Valley Ponderosa Hall, 101 W. McKnight Way, B-106</p>	<p>\$45 per person 5:00 pm doors open, 6:00 pm Dinner Contact (530) 273-6217, Ext. 219 or Foundation@NevadaCountyFair.com</p>
<p>March 14, 2020 LPCCI Crab Feed-30th Anniversary Citrus Heights Community Center Greenback Lane/Fountain Square Drive</p>	<p>\$60 per person 6 pm Social, 7 pm Dinner, 8:30-10 pm Opportunity Drawings Purchase tickets @ https://www.lpccicrabfeed.com Contact Mark Steffens @ (916) 214-8650</p>
<p>March 22, 2020 Mother Lode Lions Bowling Knotty Pine Lanes, Pollock Pines</p>	<p>\$20 per person (includes shoes) 9:30 am check-in, 10 am start Contact Annie Schmidt @ (530) 651-3824</p>

Don't forget to advertise your club events! See Page 20 for details!!

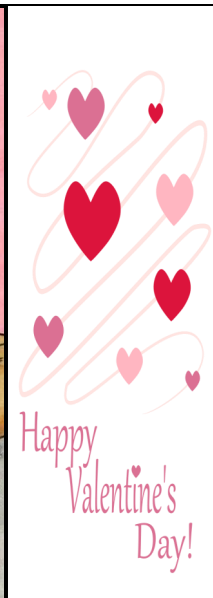
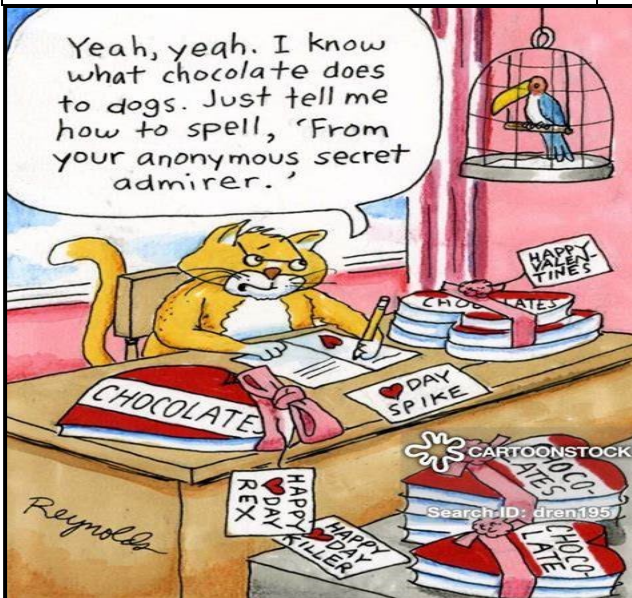
2019-2020 Cabinet Officer Contacts

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



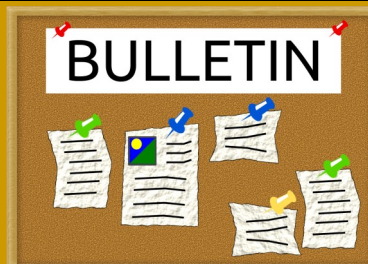
Share your club's event flyers to advertise throughout the district!!
Send information to the following:

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



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, denandkitk@aol.com
2. DG Sarah Enloe, dg@district4c5.org
3. Cabinet Secretary Zenny Yagen, cs@district4c5.org