

District 4-C5

Lions Pride



LIONS PRIDE—VOLUME 37, ISSUE 10

April 2020

LIONS CLUBS INTERNATIONAL

Responding to the Coronavirus

Lions Clubs International is actively working with our clubs around the world and monitoring the ongoing coronavirus (COVID-19) pandemic, which is changing the way we live, work and serve. This Response Center is your central source for news and resources impacting Lions and our efforts to serve the world during this challenging time. Check back frequently for updates since this is a rapidly evolving situation. Let's continue to put our kindness in action by putting the health and safety of our communities first.

Top News

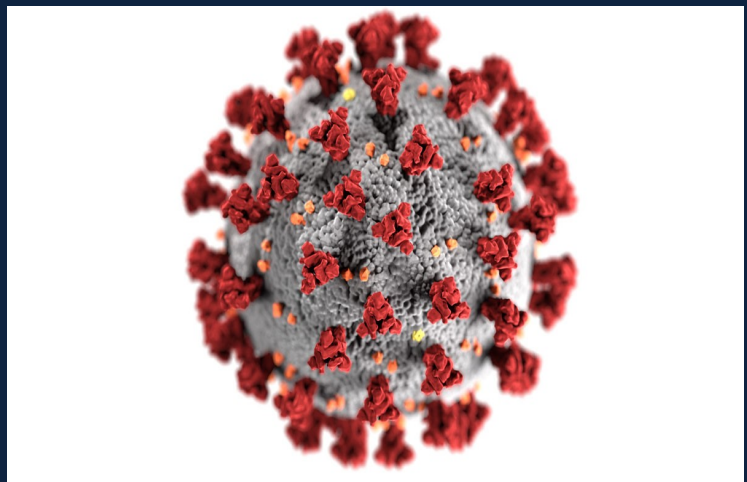
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District Governor Sarah Enloe's Message



Dear District 4-C5 Lions and Families:

February was a Leap Year which leaped in and out and was gone! We hardly had time to catch our breath before March arrived. Unbeknownst to us, March would soon turn into a horrendous month with the outbreak of the Coronavirus (COVID-19). By mid-March, the Coronavirus (COVID-19) was a full-blown pandemic! We have seen the results across the world; in our families; our communities; and those in the front-lines, who have been tested, and are doing their best to combat the virus during this very challenging time we are in.

As we have said before, the District 4-C5 Leadership Team and I would like to assure our Lions and their families that your safety during this Coronavirus (COVID-19) pandemic is our highest priority! The Shelter-In-Place Order has been extended until April 30 to slow down the spread of the COVID-19. I know that this is a very difficult time, but these coming weeks are very critical for us to help flatten the curve by remaining in our homes, except for going out for necessary supplies and other necessary appointments. We have also been using the phrase "Social Distancing," which simply means deliberately increasing the physical space between people to avoid spreading illness, usually a minimum of six feet.

It is equally important, as human beings, that we also need to interact with others; support our families; fellow Lions, and our neighbors, especially in times such as these, when we are faced with so many challenges and uncertainties. We can find creative ways to check-in with our families using virtual applications and phones, far and near; and calling next door neighbors to offer assistance. Other means of communicating are video chat, social media (FB), and instant messaging (IM). Staying connected is crucial. I'm proud that our Lions are showing a

collective resilience; collaboration; cooperation; and have the "I can do" spirit in this fight to protect our love ones, neighbors, friends, and the front-liners, and communities. Even though the Covid-19 has changed the way we live, it will not change the way we are as Lions. We need each other more than ever. Remember, we can, and will get through this together.

Several updates have been shared with you regarding our District Convention and Election of Officers. Additional information regarding our upcoming election of officers will be forthcoming. **I encourage all clubs to please ensure that your dues are paid on time.** The majority of our Lions' events in the District and club meetings have been cancelled and/or postponed. The District Leadership is recommending that our clubs consider establishing and conducting their meetings using virtual meetings applications like Zoom; free teleconferencing services; and many more applications. Several Clubs in our District have been very successful in holding virtual meetings. Again, please be patient as we deal with the new waves of conducting virtual meetings and other activities.

Lion Carle and I would like to personally thank our District Officers, Lions, and everyone from the bottom of our hearts for your calm, professionalism, and support during the past month. I would also like to thank our Lions for doing your part to keep yourselves and your communities healthy during these difficult times.

In closing we would like to wish all the District 4-C5 Lions and their families a safe and blessed Easter celebration.

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



Greetings from the Gon Family Self-Confinement unit.

I hope that this message finds you all healthy and in good spirits. The COVID-19 virus has everyone on wits' edge and curtailing our normal spring lifestyles. This has been an eye-opening experience. Many of us are young at heart if not in actuality. I have had to remind PDG Erv that he is not a teenager anymore and needs to be

cognizant of using more extensive hygiene to stay safe. We have imposed the self-confinement upon all our family members with the exception of Dr. Alex. His patients have been cut to only those with serious needs. Even my 94-year young mother, lives alone is in lock-down mode, missing her favorite outings, BINGO, and getting her hair done; going out only to garden and feed her cat. Visits with her are short, only long enough to drop off supplies and check on her vitamins and medications. Evening telephone chats help and keeps us up on how she is faring and any problems that may have cropped up between visits.

As we all exercise caution during this confinement period let's not forget about the shut-ins and elderly by making sure to check up on them and picking up much needed groceries and medications. We are currently experiencing a change in the way we interact with each other. We are being asked to create more space between each other, limit the amount of personal contact so we do not transfer virus between each other. Depending on your own interpretation, this may be a blessing or a curse. Within my own family, there are those who would ask that they be left alone while others are more likely to be in the middle of the dance floor inviting all others to join them. Most of us are somewhere in-between, enjoying social interaction while at the same time enjoying our own sanctuaries, we have created for ourselves.

I hope you are using this unique opportunity to good advantage. You can get closer to those who are in your own safe zone. You can use it to be of service to those who are more susceptible to the effects of the virus. You are even in the admirably strange position of getting back at your parents for sending you to your room when you were young by sending them to their room because they are old. You didn't even have to wait until they did something wrong. Please excuse me if you have already been inspired with that idea.

Above all humor and good will goes a long way: laughter is by far the most effective medicines known to mankind don't be afraid to share that with everyone!

Think of those who are not going to deal with isolation or separation in a favorable way. Find ways in which you can interact without exposing them to risk. Remember that older folks are likely to give great value to a written card or letter as this

was the way they were trained to connect with others when it was too expensive to make long distance phone calls and other options did not exist. If they use a computer, recommend sending them YouTube videos they may like but would never find. For many seniors, Facebook is their method of keeping connected. Any way you can be of assistance to others during this uncertain time will be appreciated.

Preparations for our convention has been shifted from the San Ramon Marriott to planning phase for an abbreviated localized event. The Convention Committee continues to work on an alternate venue and date once the COVID-19 quarantine is lifted. More info will be shortly upcoming. Please note that other events have been cancelled or postponed pending the lift of the ban on group gatherings.



Meanwhile, please remember to practice good hygiene. You can protect yourself and help prevent spreading the virus to others if you:

Do

- **Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub**
- **Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze**
- **Avoid close contact (1 meter or 3 feet) with people**
- **Stay home and self-isolate from others in the household if you feel unwell**

Don't

- **Touch your eyes, nose, or mouth if your hands are not clean**

Let's be safe out there and care for each other by being aware of the methods to safeguard our health and our families. Wishing you all a brief isolation period and the return of happy and healthier times. We miss seeing you and all the humanitarian efforts you offer to your communities.

Keeping you all in my thoughts as we fight to keep our Lions strong during these trying times.

Lion Cat, Erv Gon and Family

2nd Vice District Governor Donna Prince's Message



Dear Lions,

The news is filled with scary information due to the COVID19 pandemic. Nearly everyone is scared. People are looking for and depending on the Helpers in our world.

Lions are Helpers in our communities' everyday, and during our Stay at Home

order in California some Lions are serving at levels never imagined possible. They, along with their non-Lion peers are "essential" workers. Their careers and jobs vary widely, but one thing they have in common is they go to work everyday and provide services and goods we all need everyday. They are courageous and brave Helpers and to them we owe a huge debt of gratitude.

Those of us that are retired, and those not currently working can be Helpers too by following the Stay at Home order, going out only when necessary and adhering to the personal distancing recommendation of six feet. By doing this we will all help slow the spread of the virus and lessen the exposure of "essential" workers to COVID19.

Some Lions have found ways to serve their communities in ways while taking care to follow safety procedures. Antelope Lions teamed up with Taste of Tuscany Restaurant and The Pointe Church providing free produce, pasta and chicken to needy families. Their efforts were featured by Fox 40 news. Some Lions are making and donating masks to medical facilities, first responders and individuals. Many clubs have donated funds to food banks, animal shelters, hospitals other organizations.

Lions Clubs International Foundation is a worldwide Helper. At this writing LCIF has awarded 23 grants for COVID relief totaling \$1,098,776, proving once again "Where There's a Need, There's a Lion." LCIF recently emailed Clubs asking for donations to help with this cause. If you or your club is able to contribute at this time please do so. Contact our District LCIF Coordinator, PDG Andy Anderson if you need

more info. (andersj@frontiernet.net).

Reports say April will be a difficult month for all of us. I know we are all looking forward to the time when it is safe to resume the activities we enjoy, including attending club meetings and events. That time will come, but until it does we can all use the days ahead to finish projects at home, read books, work puzzles and play games with our families. If you haven't already explored our Lions International website, including the MyLion app log on and check it out at lionsclubs.org

If you need help registering just contact Zone Chair Jeri Wartena (wartena@comcast.net) or me.

Something I plan to do is begin a journal of my lifetime memories to pass on to my children and grandchildren; what it was like growing up, family memories, vacations, school experiences, friends, and what I still want to do, my bucket list. I also plan to write down all the family recipes that are stored in my head – before I forget them! I urge you to consider doing something like this too. I know I wish my parents had done this for me.

One of the most important things we can do at this time is to stay connected with our family, fellow Lions and friends. Make it a point to call at least two people everyday to ask how they are doing, and just chat. We often don't get to know the Lions in our own clubs very well because we are so busy at meetings, so this is the perfect time to do just that – and they will get to know more about you too.

Fellow Lions, stay safe and healthy and continue to be a Helper to those in need.

Donna Prince

2nd Vice District Governor

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the Helpers. You will always find people who are helping.'"
Fred Rogers



ATTENTION: Lions and Clubs!
PLACE YOUR AD FOR THE 2020-2021
DISTRICT 4-C5 DIRECTORY
AND WE ARE GOING DIGITAL!

Get your Directory Ads in Today!

Deadline Date: July 5, 2020

Advertise Your Upcoming Events!

Advertise Your Club Fundraisers
Celebrate Your Club Successes
Honor Your Club Officers
Recognize Your New Members
The opportunities are endless!

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

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

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

(Printed in Black and White only)



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

Lion Jeri Retzlaff jeri.retzlaff8331@gmail.com

Any questions-Call Jeri at: 916-206-3678



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

Incoming Cabinet Treasurer:

CT Zenny Yagen, 8779 Corbally Court, Elk Grove, CA 95624

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

SAVE the DATE

Saturday
JULY 11, 2020



Hilton Hotel
SACRAMENTO ARDEN WEST

District 4- C5 Installation of Officers

5:00 PM

11

JULY, 2020

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

Cancel Out Parkinson's Letter to Lions



SACRAMENTO EMBARCADERO LIONS CLUB

International Association of Lions Clubs
Chartered – November 28, 1973



To our Lions and Parkinson Family and friends:

I'm sure you have heard by now that this year's "Robert G Smith Walk to Cancel Out Parkinson's" has been cancelled. We are very sorry that we won't have the opportunity to meet with each of you this year at the annual event to honor PID Bob and raise funds for the Parkinson Foundation of Northern California (PANC).

However, we are asking all the supporters of our Walk to continue their financial support of this event because it is an important source of funding the PANC.

Here is the plan:

- ❖ The website will remain open for donations through the month of April.
- ❖ All walkers' registrations will be changed to donations.
- ❖ Any donation \$100 or more earns a banner patch/rocker. These items will be mailed to you.
- ❖ Walk t-shirts had not been ordered so they will not be available this year.

Ways you can help:

- If you have already registered to walk or made a donation, please consider it a donation.
- If you have recruited pledges, send them in as a donation.
- If you have not yet registered, go ahead and send a donation

If you do not want to participate in this way, notify us via email at rgsmith.parkinson@gmail.com and we will refund your donation less charges assessed by PayPal.

While global health and governmental agencies deal with how to fight the new coronavirus (COVID-19) we think this give us an opportunity to bring some normality to our lives and provide financial help to PANC.

Questions or additional information please contact: Suzanne Royce, Event Chair
(916) 768-0733 or rgsmith.parkinson@gmail.com

Working together we will come through these trying times stronger as a community.

Thank you for your understanding,

Suzanne Royce
Past District Governor 2003-2004
Embarcadero Lions Club
Parkinson's Walk Event Chair



All contributions to Embarcadero Lions Club are tax deductible as a charitable contribution to a non-profit organization which has received its tax exempt status under IRC 501(c) (3) and CA Revenue and Tax code 23701d.
Tax ID #94-2703851

LCIF Donations and Campaign 100

The following is a statement from LCIF Chairman about LCIF donations for the Corona Virus.

PDG Andy Anderson
District LCIF Coordinator

Donations for our COVID-19 response are being accepted through LCIF's General Disaster Fund. Please make a donation at <https://lionsclubs.org/en/donate> to help us in the fight to keep our families and communities safe. All donations to this fund are eligible for Melvin Jones Fellows and Campaign 100. Please be aware acknowledgements and recognition for LCIF donations will be delayed due to COVID-19.

LCIF recognizes and thanks its Campaign 100 International Committee members, area leaders, multiple district coordinators, district coordinators and club coordinators for their dedicated efforts to empower Lions' service both locally and globally. Our campaign leadership is in the process of evaluating the impact that the COVID-19 crisis is having on Campaign 100. In the weeks to come, we will provide you with more information about how Campaign 100 is adapting to address this unprecedented situation.

Campaign 100's support of Lions' service is more important now than ever. LCIF would like to take this opportunity to encourage all those who are working hard in support of Campaign 100 to prioritize health and safety, while remaining connected with your fellow Lions and the LCIF staff supporting you. Thank you for safely communicating the mission and impact of LCIF in your communities.

LCIF/CLF Opportunity Squares Still Available

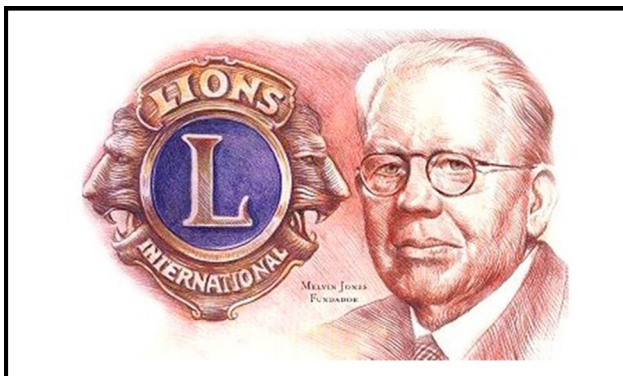
PDG Nick McNicholas and PDG Andy Anderson have a board that was started during the Lions Club International Foundation (LCIF) and California Lions Foundation (CLF) Bowling Tournament fundraiser. The board contains "squares" that you can pick for \$20 per square.

We started out with 100 squares total, and have 32 remaining squares just waiting for you to donate and select your square(s). Once all the squares are purchased, DG Sarah Enloe will pull the two lucky winners!

You have a chance to win either a Kay K Fukushima Fellowship or Melvin Jones Fellowship award. The first square picked will have the choice of the award, and the second square picked will receive the remaining award!

If you are interested in purchasing a square(s) you can email or call PDG Nick or PDG Andy:

PDG Nick – lormac2@mchsi.com or (530) 908-2048
PDG Andy – andersj@frontiernet.net or (916) 687-8133



Founder of LCI,
Melvin Jones

Past International President
Kay K. Fukushima



LCIF Donations as of March 31, 2020

Club Name	Zone	JUL-SEPT 2019	OCT-DEC 2019	JAN-MAR 2020	APR-JUN 2020 To be processed	TOTAL AMOUNT DONATED
Auburn 49ers	Foothill			20		20
Auburn Host	Foothill			20		20
Citrus Heights	Wolfskill		100	100		200
Colfax	Foothill	20	454	363.06		837.06
Country Club	Wolfskill	2000	15	1000		3015
Davis Aggies	Gordon		20			20
Delta	Sutter			40		40
Downieville	Sierra	100	1,000			1100
Elk Grove	Sutter	325	400	150	50	875
Esparto	Gordon		170	20		190
Fair Oaks Host	Wolfskill			200		200
Folsom City Host	Marshall	300	300	100	500	700
Folsom Lake	Marshall	20			1,000	20
Foresthill	Foothill		50	50		100
Galt	Sutter		250	20		270
Grass Valley Foothill	Sierra			108		108
Grass Valley Gold Country	Sierra		20	20		40
Grass Valley Host	Sierra			270		270
Higgins Diggins	Foothill	2,000	1,250	100		3350
Lincoln Hills	Eureka			20		20
Lincoln Host	Eureka		20			20
Loomis	Eureka			20		20
Meadow Vista	Foothill	200	400	600		1200
Mother Lode	Marshall	100	1671			1771
Nevada City	Sierra			20		20
Newcastle Golden Spike	Eureka		20			20
Orangevale	Marshall	300	300	1,300	300	1900
Penn Valley	Sierra			1,020		1020
Placerville	Marshall		50			50
Pride of LC	Sutter		113			113
Rio Linda	Wolfskill	420	290	315		1025
Rocklin	Eureka			20		20
Roseville Host	Eureka					
Roseville Sunrise	Eureka					
Sacramento Antelope	Wolfskill			300		300

LCIF Donations as of March 31, 2020 Continued

Club Name	Zone	JUL-SEPT 2019	OCT-DEC 2019	JAN-MAR 2020	APR-JUN 2020 To be processed	TOTAL AMOUNT DONATED
Roseville Sunrise	Eureka					
Sacramento Antelope	Wolfskill			300		300
Sacramento Camellia	Crocker			100		100
Sacramento Capitol	Crocker		25	100		125
Sacramento Embarcadero	Crocker	450	650	300	600	1400
Sacramento Fort Sutter	Wolfskill			20		20
Sacramento Golden State	Sutter		200			200
Sacramento Mabuhay	Crocker			20	2000	20
Sacramento Maharlika	Sutter	250	140	704		1094
Sacramento Metropolitan	Crocker		45	25		25
Sacramento Midtown	Wolfskill			3,020		3020
Sacramento Nepalese	Sutter		20			20
Sacramento Senator	Crocker	126	426	204	168	756
Sacramento Valley Hi	Sutter		1,000			1000
Winters	Gordon			100		100
Woodland Host	Gordon		30	745		775
Woodland Reveille	Gordon		40	55		95
Woodland Yolo Sunset	Gordon		20	650		670
2019/2020 49 clubs = 96.08%		\$6,611	\$9,489	\$12,239.06	\$4,618	\$28,339.06
District 4-C5		100	0	0	\$2,000	100

51 of 51 (98.04%) Clubs have been visited about the LCIF

49 of 51 (96.08%) Clubs have donated to the LCIF

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

51 of 51 (100%) Clubs has a Club LCIF Coordinator

Total goal for the District is 66.92%

3 Clubs Purple = \$2,000 <

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

3 club Red = \$750 to \$999

3 clubs Blue = \$500 to \$749

3 clubs Green = \$250 to \$499

28 clubs Left side of column Black = \$0 to \$249



The District is in the process of requesting an emergency grant from LCIF for \$10,000 to assist with the Coronavirus. The funds will be used to help support our hospitals in our area to fight the virus.

District 4-C5 Newest Members for March 2020



Name	Club Name	Zone	Month
Jones, Janell	Auburn 49ers Lions Club	Foothill	Mar 5
McKeegan, Bonnie	Higgins Diggins Lions Club	Foothill	Mar 12
McKeegan, Jim	Higgins Diggins Lions Club	Foothill	Mar 12
Nauman, Chelsy	Loomis Lions Club	Eureka	Mar 3
Nelson, Virginia	Placerville Lions Club	Marshall	Mar 17
Rowe, Phil	Loomis Lions Club	Eureka	Mar 3



In Memorium

Lyman Jack Kuhwarth, Grass Valley Foothill Lions

And

Ralph Gillmore, Placerville Lions

5 Foods that Can Boost Your Immune System

Reprinted from Hannah Kramer, AOL.COM

As the number of coronavirus cases around the world continues to rise, it's important for the public to take as many precautions as possible when it comes to protecting their health.

Of course, hand sanitizer and handwashing may be the timate forms of prevention, the Centers for Disease Control and Prevention recommends washing your hands with soap and water for at least 20 seconds), but et also plays a big part in keeping your immune system check.



"Taking care of our immune system is fundamentally important," said Natalie Lamb, a registered nutritionist to AOL Lifestyle. "When we are run down and the immune system is struggling, we are more likely to experience infections, catching a cold, chest infection or the latest virus."

"Leading a high pressured lifestyle can deplete the effectiveness of the immune system, and any form of stress on the body has been shown in studies to imbalance the gut flora and impair immunity," she continued. We caught up with the expert on how to optimize our diet and ensure our immune system is best prepared.

PREBIOTIC FOODS

"[These] are the food source for the bacteria already living in the gut," Lamb argued. "They are selectively fermented by beneficial bacteria to help their growth. Lactobacilli and bifidobacteria are more efficient at fermenting these prebiotic foods than pathogenic strains, and produce a lot less (if any) gas during fermentation." Jerusalem artichokes, onion, garlic, asparagus, leeks and bananas are good, natural sources of prebiotic foods.

FERMENTED FOODS

"Foods such as sauerkraut, kefir, yogurt, tempeh and miso have been used for centuries to help keep a balanced gut flora to support the majority of immune cells located there," Lamb said. "Many people aren't aware that up to 70 percent of our immune cells are located in the gut and that our gut bacteria plays an essential role in supporting a strong immune system."

Additionally, probiotic supplements have been found to have a lasting impact on the functioning of our immune systems.

"[Our immune system] can be compromised during the winter months if it's busy fighting off bugs. Traditionally consuming fermented foods on a daily basis is similar to taking a modern multi-strain probiotic supplement." Lamb suggested Bio-Kult for its strong antimicrobial properties.

ORANGE FRUITS AND VEGETABLES

These foods "are high in beta-carotene, the precursor to vitamin A and vitamin C, both essential nutrients to support a healthy immune system."

She explained: "Enjoy a range of carrots, squash, pumpkins and sweet potatoes delicious roasted in some olive oil with garlic and culinary herbs or boiled gently and mashed with butter. Orange colored fruits enjoyed in smaller quantities include oranges, mangos and papaya."

Continued on next page

5 Foods that Can Boost Your Immune System Continued

MUSHROOMS

Mushrooms may be one of the more polarizing vegetables, but they are also one of the best for your body.

"One of the most significant properties of medicinal mushrooms is that they are able to modulate both the innate and acquired immune systems," explained Lamb.

"Medicinal mushrooms primarily do this via compounds called β -glucans. Shiitake and oyster mushrooms both of which support the immune system, are available in many supermarkets and veg shops. Many other types can be purchased from specialist suppliers in either fresh or dried form."

GARLIC

Garlic has been proven to be a friend to our immune system for years. "This list wouldn't be complete without garlic, used for centuries as a natural antimicrobial to fight infections," established Lamb. "In the 19th century, Louis Pasteur described the antibacterial nature of garlic, and during both World Wars garlic was used to prevent gangrene. Garlic is most powerful when eaten raw and freshly chopped or crushed."

While nutrients like zinc, vitamin C, vitamin E, vitamin D and selenium can help boost the immune system, Lamb clarified that there are certain foods avoid on your next supermarket run.

"Try to reduce simple sugars and refined carbohydrates, such as breads, pasta, biscuits and cakes that are known to feed unwanted bacteria and yeast in the gut, encouraging their growth over beneficial immune supporting strains," she listed."

Lion of the Year (LOY) Parade

Submitted by LOY Tim Luckinbill

I hope everyone is well and doing the best they can. I wanted to share this Lion of the Year (LOY) Event, as my term is nearing a close.

The beautiful town of Grass Valley put together an all-day event for me for receiving the District 4-C-5 Lion of the Year award at last year's convention. The start of the event was a full-blown parade of downtown Grass Valley and the parade route had started at the newly named street, TIM LOY Street.



There was a ribbon cutting ceremony to dedicate the new attraction in the downtown area. I was able to lead the parade in one of my favorite old cars, with the LOY banner flying in the breeze and the trophy attached to the hood.

Unfortunately, with the complete state shut down due to the virus, there was only one entry in the parade, and there was only one person at the ribbon cutting ceremony. But I would like to thank all that would have attended if possible. Stay healthy and have some fun!



Teleconference Meetings

See Advisory Warning on next page

The **Antelope Lions** love "Zoom!" We have been holding our meetings using Zoom and the meetings have been very well attended! It was easy to make the decision to continue to use Zoom once the social distancing is a thing of the past, and have it active during our regular in person meetings. Four of our Lions find it difficult to make the Wednesday evening meetings, but were able to attend when we used Zoom, so it is absolutely a no brainer. We had the second reading of our Slate of Officers on Wednesday 25, and will hold our election on April 8 as part of our Zoom meeting. We expect excellent attendance.

The **Roseville Host** and **Woodland Host Lions** recently conducted a Zoom meeting as well and reported success with it!

While we are staying home & away from people, the **Sacramento Nepalese Lions Club**, are having conference calls via Facebook messenger. Whoever can join the meeting, we talk about what we should do and be safe. We even cancelled our Multi-cultural Event in May 23rd. We had even booked the venue and insurance and created flyers ended up cancelling it.

As DG Sarah mentioned, besides Zoom, there are other platforms that can be used to support teleconferencing with club members. The Executive Cabinet Meetings are being conducted with "GoToMeeting" platform. Additional info on Page 13.

AUDIO CONFERENCE CALL ETIQUETTE

➤ PREPARING FOR THE CALL

Be familiar with your equipment. Practice muting your devices (computer, phone, speakers) in preparation for the call.

Use an appropriate location. Make sure to take calls in a quiet, controlled area or where you can close the door to avoid background noises.

Dial in 3-5 minutes early. Keep the conference call number and pin handy. Entering late is distracting and interrupts the speaker.

➤ ROLE AS THE HOST

Begin with an agenda and the ground rules. Clarify the purpose of the meeting and expectations to keep everyone on topic and to the time allotted.

Take a roll call. Be sure the right people and decision makers are present.

Ask for people to hold questions until prompted. Allow the speaker to finish their comments before asking for clarifications.

Designate follow-up tasks at the end of every meeting and confirm consensus. This ensures a productive meeting and miscommunication of next steps.

Close the call formally. Thank everyone for their time and participation.

➤ GROUND RULES FOR PARTICIPANTS

Treat the call as if it were a face-to-face meeting. Avoid doing email, having side conversations with colleagues, or other tasks.

Mute your devices when not speaking. Background noises are distracting.

Don't put yourself on hold. Phone systems with music-on-hold is disruptive.

Identify yourself every time you talk; speak loudly and clearly. Help participants distinguish between voices and understand the context to your comments.

Address people by name when speaking to them. Ask for input to specific individuals to avoid confusion and keep conversation moving.

Speak one at a time. Two people cannot speak at the same time in a productive conversation. Pause for others to comment.

Advisory Notification—ZOOM Meetings

Bulletin Editor Obtained Information from CA State

Due to the Coronavirus (Covid-19) pandemic, it has required everyone to identify alternative technological methods by which to communicate. It has come to the attention of the Information Security Office (ISO), that the popular videoconferencing software called “Zoom” has recently been known to pose various security and privacy risks for its users and organizations.



Security and Privacy Risks

- The FBI has received multiple reports that the Zoom application is not securing user sessions and communications as much as the company has advertised.
- There are reports of the Zoom application sharing user information with third parties, including Facebook.
- The FBI has received multiple reports of conferences being disrupted by pornographic and/or hate images and threatening language, a phenomenon known as “Zoombombing.”

The ISO strongly recommends refraining from using Zoom application based upon the security and privacy risks mentioned. In the event situations arise where there are no other options available to you, below are some steps that can be incorporated to minimize risk.

Recommendations to minimize Risk

- To prevent against unwanted participants joining Zoom or other video teleconferencing meetings, do not make Zoom meetings public.
- Users should require a meeting password, or use the Zoom waiting room to control who has access to particular meetings.
- Manage screen sharing options. In Zoom, change screen sharing to “Host Only.”
- Do not share links on public social media posts, and instead provide links directly to intended participants.



The streets of Nevada City during the Coronavirus pandemic. Does seem like a ghost town!

Photo submitted by Lion Paul Dean



Let's Stay Connected!

Connecting may be challenge at this time, but here are some creative ideas to remain connected to clubs. These are some general suggestions and can help you begin to connect in meaningful ways.

Email Communication

- **Thank You Emails**- this is a great time to share some gratitude. This could include thank you for participating in the campaign, thank you for serving your community, and thank you for being a Lion
- **Area updates**- Provide updates on giving and grant updates to coordinators to share in newsletters or social media outlets
- **Grant Opportunities**-Provide grant opportunities that districts and clubs can apply for to help communities. <https://lionsclubs.org/en/explore-our-foundation/recent-grants>
- **Share LCIF Tools**- Share club coordinator guides, videos, presentations, grant history as reminders of the resources available to them.

Virtual Meeting/Training Options

During a time of social distancing, doesn't mean that we can't virtually connect. Below are a few suggestions of ways to remain connected not just to Lions but to family and friends.

- **Facetime** (Apple product users only)
- **Facebook Messenger**- You will need to download the Messenger app
- **Google Duo**- You just need a Google account to use and it's free- https://duo.google.com/?usp=duo_ald
- **Skype**- Makes video conferencing easy and its free- <https://www.skype.com/en/>
- **Facebook Live**- Create a private Facebook group for coordinators and share tips via Facebook Live
- **GotoMeeting**- this is a subscription based option- <https://www.gotomeeting.com/>
- ***Zoom** (my recommendation for virtual meetings!) Offers a full-featured Basic Plan free with unlimited meetings. Try **Zoom** for as long as you like - there is no trial period. A Basic plan has a 40 minutes time limit on meetings with three or more total participants. <https://zoom.us/freesignup/>

**Good option to stay connected with family and friends, too. ☺*

Training webinars

This is a great time to provide some refresher courses on components of the campaign or fundraising in general. Your LCIF Development Specialist can work with you on presenting these trainings or pulling resources. The list below are possible training topics, but if you have other ideas please share with your Specialist.

- LCIF Campaign tools
- How to use the Campaign 100 Dashboard
- Creative ways to encourage giving
- The value of storytelling
- Ways clubs can stay connected during social distancing

Phone Calls/ Text Messaging

- Asking the person how they are doing and being a listening ear
- Ask how the overall club members are doing
- Asking them about stories from their community of ways Lions are helping during this time. Consider sharing these stories on Facebook or other social media outlets. People want to see how others are doing, how Lions are serving their communities or staying healthy, etc.

Post-Cards Suggestion

<https://www.independent.co.uk/author/matt-mathers>

As the coronavirus outbreak takes hold across the United Kingdom, many people have become increasingly worried about the impact self-isolation could have on the most vulnerable.

In a bid to protect the elderly, on Sunday Health Secretary Matt Hancock announced that the over 70s could be asked to stay at home for several months, leading to fears that many could be overwhelmed by loneliness.



But one woman from Cornwall has come up with a simple idea to help people look after neighbors who are self-isolating. Becky Wass, a freelance copywriter from Falmouth, Cornwall, has designed a postcard that can be dropped through the letterboxes of those in most need of help during the outbreak.

The postcard, designed and created by Becky and shared on Facebook, offers help with errands such as shopping, collecting urgent supplies - or something as simple as a friendly chat on the phone.

Posting the card to Facebook last week, Becky wrote: "I've been feeling pretty helpless watching the news. Maybe you have too? I wanted to do something about it, so I've made a postcard that I'll be posting to my older neighbors as this progresses (after washing my hands!)"

"If just one person feels less lonely or isolated when faced with this pandemic, then I'll feel better about it (I hope!)." Becky told the BBC she came up with the idea after discussing ways to help with her husband. "Because fear has spread so quickly, it's really important to try to spread kindness," she explained.

"I do think in times like this everybody wants to do something to help, and this postcard just makes that a little bit easier." As of Monday morning, the post had been shared over 8,000 times and won the support of many Facebook commenters.

One wrote: "What a fantastic idea. My parents are both elderly and I know my dad especially is starting to feel very worried about this. There will be lots of people that don't have the immediate help of a family like my parents."

Link for postcard template:

https://drive.google.com/file/d/1L_8Go1zQ572fBZtEIfFQZi9vNEwK7Rf/view

HELLO! If you are self-isolating, I can help.

My name is
.....

I live locally at
.....

My phone number is
.....

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Posting mail

A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

Making Masks for Personal Use

Reprinted from Kaiser Permanente

At Kaiser Permanente, the safety of our employees, patients, and the community is our top priority. We know it's important to you, too. Over the last weeks, we have received an outpouring of gratitude and support from the communities we serve, including a genuine desire to help in any way.

You may have heard about shortages of supplies across the industry. While personal protective equipment is definitely stretched, we are managing our supply levels closely and providing our staff with medical-grade PPE that is aligned with the latest evidence-based science.

We have also been able to identify different options for supplementing our supply levels, including working with various government and industry organizations to help increase our available resources.

The CDC does not consider homemade masks to be effective personal protective equipment inside our clinical environments or for those caring directly for people with COVID-19. **However, if you'd like to make your own mask for personal use when leaving your home for groceries or**

other essential items – or you have the ability to make personal-use masks to donate to others, please see our step-by-step instructions at:

https://about.kaiserpermanente.org/content/dam/internet/kp/comms/import/uploads/2020/03/02_COVID_Mask-Instructions_v9.pdf

You can also watch an instructional video at:

<https://www.youtube.com/watch?v=4aMCFnK5bHk&feature=youtu.be>

How to send us your homemade masks

Please send your homemade personal masks to:

Kaiser Permanente
Attention: Homemade Mask Project
1800 Harrison Street
Oakland, CA 94612

Make sure to write the number of masks you're sending to Kaiser Permanente on the outside of your shipping package.

Thank you for your well wishes and all that you are doing to help. We're grateful for your support.



You're not stuck at home, you're safe at home. One word can change your attitude, and one cough can change your life.

- Timber Hawkeye



Thoughts on the Pandemic

Submitted by Lion Mary Dignon

I worked on Grieving Heart during a hard time in my life that was full of loss and grief. Sometimes it actually hurts to work on it — indeed, the piece is full of nails, hard memories and pure overwhelmingness. But it was also cathartic, and by the time I finished, I was able to reach a healing. I've been thinking of this mosaic a lot lately during this pandemic shutdown.

The whole pandemic crisis is getting to me. At first, I was resolutely positive about it all and determined to make the most of this time to clarify my values and work on my goals, get some good work done in my mosaic studio, and keep in touch with my important people. How can I complain when I've got Andy and all my good friends, a nice comfortable roof over my head, a studio and a dream kitchen to work in, plenty of food, and plenty of toilet paper to boot?

But I'm edgy. I have no confidence that Trump and his administration are acting well to protect us, and indeed I don't believe they even care about protecting anything but themselves, their business profits and their re-election prospects. I'm angry that my country's leadership is so selfish, dishonest and dangerously incompetent.

And I'm worried. I know that at some point in this whole crisis I will lose someone I care about. We all will.

We're not safe, and we're living in a world that is going to hell in a hand basket. Nothing will ever be the same. Ever. We're in for a long siege with this pandemic, and what with climate change and everything else, getting "back to normal" is not going to happen. And "normal" is busy evolving into something totally different from everything we've ever taken for granted up to now.

It's easy to go into a negative spiral on those thoughts. But then I remind myself that I have good people to love, a good home, good things to do, and good things to hope for. I remember and reinforce my decision to live and love well anyway, regardless of disabilities and difficulties in my life.

It's always there, that determination that one way or another, I'll always strive for my best, and I'll find the good times. It's not a denial of the bad times — God knows we all have plenty of those — but it is a determination to en-

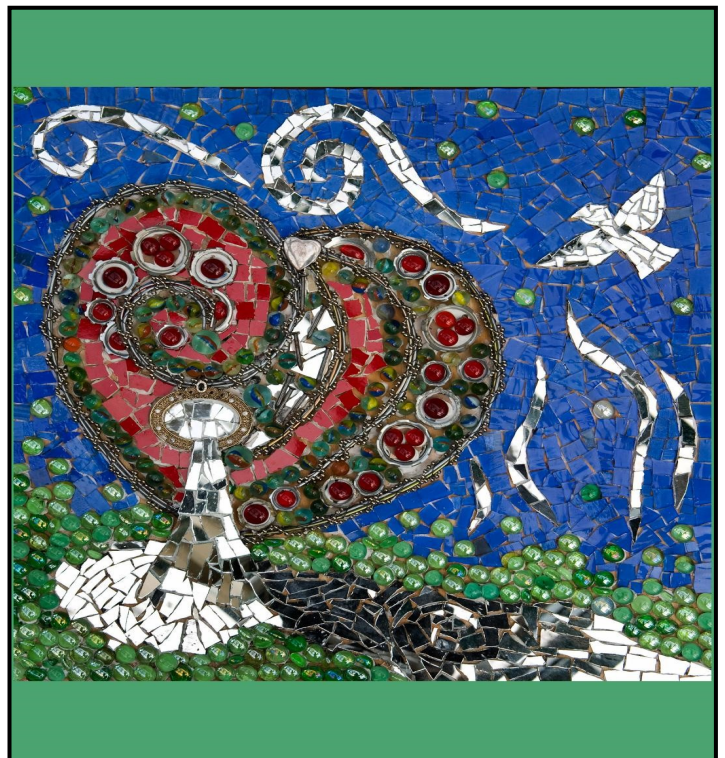
joy even the smallest wildflower on the hard stretches of the Life Road. Even more, it's a honed skill of making myself aware of and receptive to those joys. They're always there. Sometimes I have to look really hard for them, but they're there.

It's amazing how the decision to live and love well anyway can pull you through the hardest of times. It pulled me through law school and a legal career when I was legally blind and wearing two high-powered hearing aids. It pulled me through brain tumor surgery, the loss of even more sight and hearing, and the loss of a career and a community I loved working in. It pulled and continues to pull me through grief so heavy it often makes me feel as though I must shatter into a thousand pieces. It pulled me into a new life and career as a mosaic artist and continues to pull me into wonderful friendships and experiences today.

So, we're in a hard time. We all go through them, and our world history is full of them. Be well and safe, my friends, and live and love well anyway. We'll pull through.

dignan101@sbcglobal.net

www.marydignan.com



One of the many beautiful mosaics designed by blind artist and Embarcadero Lion Mary Dignon

Where There is a Need.....



Community volunteer Pamela prepping carrots

Antelope Lions Feeding Antelope Community and Beyond!

We are all aware that it has become difficult for our clubs to service our communities as we have in the past. Social distancing makes things a bit tricky, but the Antelope Lions have found a way to meet the challenge!

Lion Jeremy Price is chairing Antelope Feeding Antelope and Beyond. The Antelope Lions budgeted \$350 for the first event, which was held on Friday, March 27, 2020. Potatoes, onions, celery, cucumbers, bell peppers, lettuce, tomatoes, oranges, eggs, pasta, marinara sauce, bread and chicken were available to anyone who came by Taste of Tuscany restaurant between 10 and noon. The Fish radio station did a live broadcast from the patio, where all the food was set up. Gloved and maintaining social distance, six volunteers were able to assist the 50 families who came through – all food was distributed. People came from Rio Linda, Carmichael, North Highlands and Citrus Heights, as well as Antelope. It was first come, first served, no questions asked. Thanks from one and all abounded! Even more touching were the tears in the eyes of some of our guests for the gift received.



Antelope Lion Denise Day sharing chicken, fish and sausage with guests

An anonymous contribution of \$500 was made by a family who heard what the Antelope Lions and Taste of Tuscany did to assist the community and wanted to help. With that money, the Antelope Lions, Citrus Heights Lions and other volunteers were able to distribute food to 100 families on April 2, once again because of the generosity of Taste of Tuscany. Unfortunately, we were out of food by 10:50! There is definitely a need, and once again, people came from all over. This time we gave out potatoes, onions, celery, bell peppers, cucumbers, carrots, broccoli, tomatoes, lettuce, bananas, oranges, pasta, marinara sauce, chicken, fish and sausage. Fox 40 News was there at 9:45 am, and did a wonderful story prior to our opening at 10 a.m.

Can you help? First, is there a way you can copy what the Antelope Lions are doing in your community? If not, would you like to donate so more can be helped? Many of the events throughout our district have been cancelled for the remainder of this

service

year, so you may have some funds available to support this worthy cause. The Pointe Church in Antelope and The Fish radio station are part of this project, but we can always use volunteers.

Because the patio is fairly large, it was easy to set up tables to maintain that necessary social distance. Guests entered one at a time and stopped at each station to receive food. Tape was placed six feet apart along the sidewalk to assist those patiently waiting for their turn.

For more information, please contact Lion Jeri Wartena, Antelope Lions Club Secretary at (916) 217-9486.

Citrus Heights Lions Kristen Sketchley and Natalee Price, Antelope Lions Denise Day, Jeremy Price and Jeri Wartena and volunteer Elke rejoicing after a job well done!



Where There is a Need.....



Mother Lode Lions has kept their candy shack open thanks to Lions Mary Ellen Ware and Richard Grant. Since all our candy is pre-wrapped, they may be only candy store open at this time. Many of Lions opt not to work the candy shack with health issues and family health issues. Lion Annie Schmidt is going to bag Easter candy and the bags will be passed out during the candy "drive by" in lieu for their annual Easter Egg Hunt.

See's CANDIES®



1VDG Cat Gon and Rotarian prior to the Stay-At-Home order. She was the guest speaker and discussed the Pediatric Cancer fundraiser "Operation Clip Cat" during the meeting



Submitted by PDG Bob Olin

Sometimes you have a thing that happens to you that breaks up the day and also lessens the worry about something like the virus.

Coming home the other day on Sun City Boulevard in Sun City, Lincoln Hills, Sue and I saved a life. It may have only been a turtle, but it is now still living because we took the time to care. This is what we should also be doing today with this virus going around.

It is time for all of us to care. To care for each other although that is what we were supposed to be doing before the virus. But we need a little more effort today.

While driving up Sun City Boulevard, we saw something in the road and as we got closer and closer, we realized it was a turtle. Since it was in the middle of the road, we figured it would not be fast enough to move so we kept on going straight rather than try to turn our wheel. The turtle just went right under the middle of our car.

So, we went to the end of the portion of the street where we could turn around and went back to see where the turtle now was.

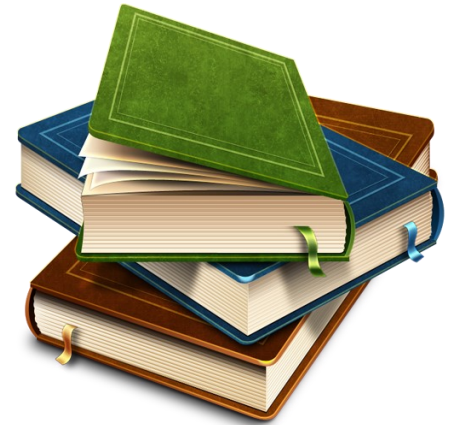
When we arrived, it was up against the curb of the median. Only one car came by before we could reach the turtle and we cautioned it to come over towards us to avoid hitting him/her.

Figuring it would have a hard time climbing the curb of the median and it would still have to get to the other side of the road if it did. We picked it up and put it in our open space and pointed it towards where it could reach the water.

A life saved.

If you see a neighbor who cannot get up whatever curb they reach and trying to get on the other side, turn around and pick them up like you like to be picked up.

What Lions Can Do for Literacy



1. Publicize the importance of literacy and English as a Second Language (ESL). Help raise public awareness.
2. Volunteer at schools to help children learn to read, i.e. pre-schools, elementary and middle schools. They need to learn by the end of the 3rd grade.
3. Volunteer to tutor adults in literacy and ESL programs at libraries.
4. Help recruit students and volunteer tutors for library literacy and ESL programs.
5. Donate money to library literacy and ESL programs for student and tutor training materials.
6. Volunteer to serve on library literacy and ESL Boards and Advisory Councils.
7. Solicit donations for literacy programs from companies and organizations.
8. Help literacy programs with fundraising events. Sponsor an event.
9. Help literacy programs with grant writing.
10. Advocate for literacy/ESL with city/county/state/federal officials and legislators. Legislators/officials need to hear from other than program staffers.
11. Collect and donate books to children and adults who cannot afford to buy them, or do not have access to them.
12. Establish a "Speaker's Bureau" to make presentations in support of literacy.
13. Use your connections with the media to support literacy programs.
14. Organize vision screening for children. Coordinate vision screening equipment for schools through NCLSA.
15. Engage your family, friends, employer, and co-workers in literacy. Use social media.
16. Volunteer with organizations that help blind/visually impaired learn Braille.
17. Read to children at schools and libraries to help them see the fun, the knowledge and the wonder that books hold. Get them hooked.
18. Read or record books on tape for the blind/visually impaired.
19. Sponsor a Lions Reading Contest at your elementary and middle schools. Contact Lion Donna Prince, Higgins Diggins Lions Club, (530) 268-0906, liondprince@gmail.com for information on setting up the contest. She is the originator of the contest. Over 25 clubs currently conduct Reading Contests in their local communities, fun events inspire thousands of children. You will be amazed at how very easy it is to sponsor the contest, and what a wonderful feeling of accomplishment your club members will have.

Through your leadership, encourage your Club to develop support for literacy of children, adults and the blind/visually impaired. Try to assist all three rather than just one. All three are in crisis and need our help.

Children - Learning to read is prevention at its finest. If we can get them through that very tough starting period of learning to read by the end of the third grade, they can accomplish so much more on their own. Their education, and their life can be so much more successful if they have good literacy skills.

Adults - Parents are their children's first teachers, and if literate, can be more effective in their teaching. Parents that have good literacy skills can get jobs with better pay and benefits, and can better provide for their families to help elevate them up out of poverty and low income status. Literate parents are in a better position to help their children learn to read, help them with homework, to inspire them by example of their own lives, and help them financially to obtain higher levels of education.

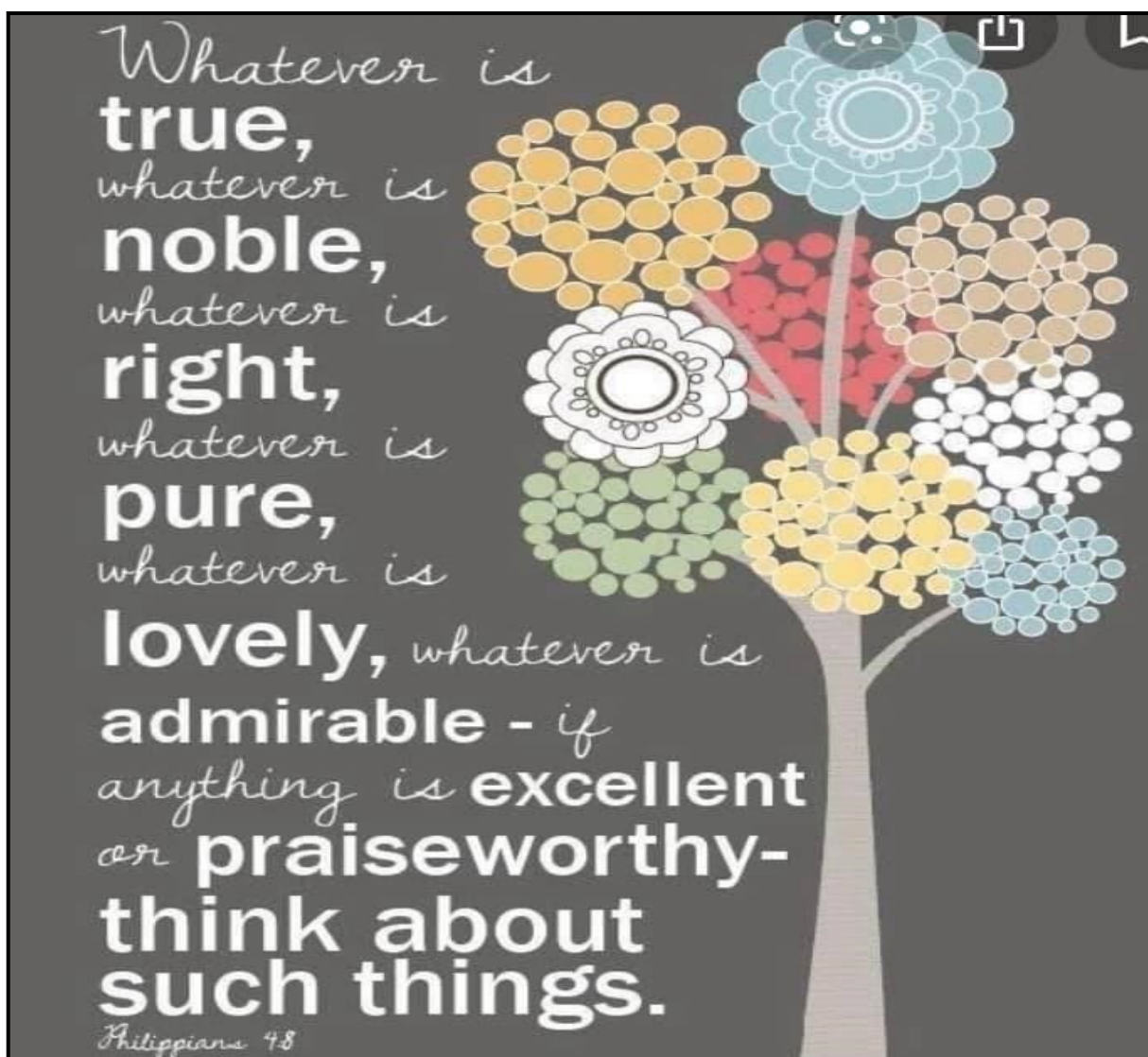
Blind/Visually Impaired - There are an estimated 22 million legally blind people in the U.S. Less than 20% can read Braille. Being able to read Braille is a major step in gaining an education, finding employment and living an independent life. Of those employed, 70% can read Braille, which validates the importance of reading Braille as a key factor in finding employment.

To discuss literacy options, or for a speaker at your Club, contact Lion Alan Archer, District Literacy Chair, Gold Country Lions, Grass Valley, (530) 558-5276, email: archer3636@suddenlink.net

Reading is the single most important skill we need to master for success in life; it is our pathway to knowledge.

Upcoming Events

<p>May 1, 2020 Embarcadero Lions Biggest Little Golf Tournament Teal Bend Golf Course 7200 Garden Highway, Sacramento</p>	<p>\$89 per player by 4/10/20, \$95 after 4/10—limited to 72 players Tri-Tip Dinner, free range balls, contests and more Make check payable to Embarcadero Lions Club Mail check to: Frank Adams, 9665 Bullion Way, Orangevale, CA 95662 Contact Frank at (916) 213-5400 or franktadams@mac.com for sign-up form</p>
<p>June 20, 2020 DG Sarah Enloe's Governor Appreciation</p>	<p>1 pm Venue to be determined</p>
<p>July 11, 2020 Installation of 2020/2021 Cabinet Officers</p>	<p>Save the Date</p>



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

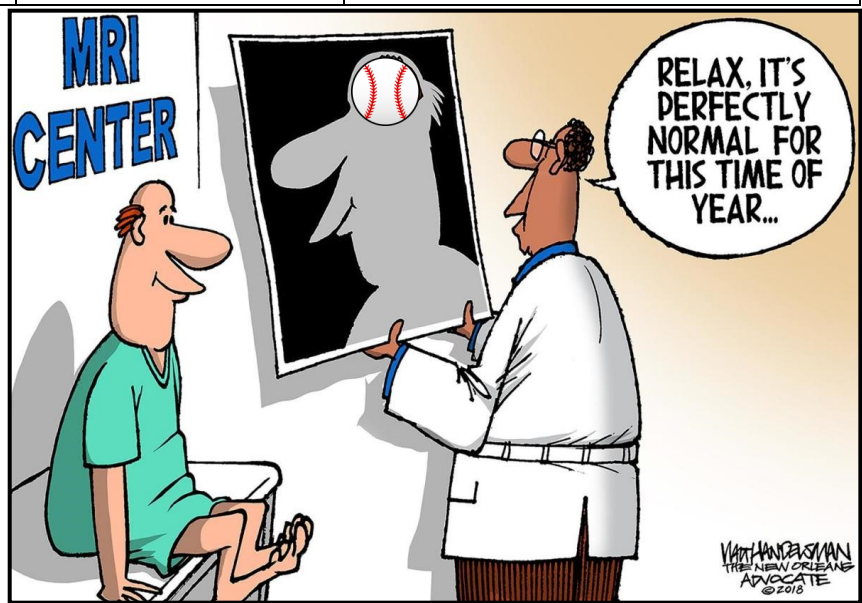
2019-2020 Cabinet Officer Contacts

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

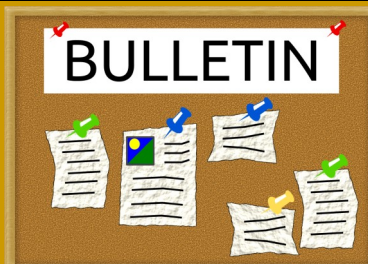


Share your club's event flyers to advertise throughout the district!!
Send information to the following:

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