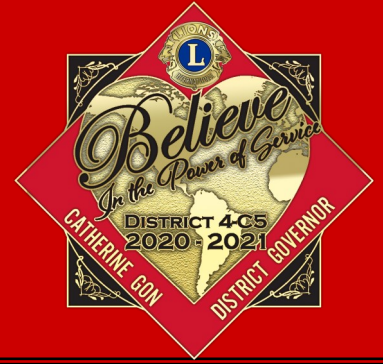


District 4 C5

# Lions Pride



LIONS PRIDE—VOLUME 38, ISSUE 2

August 2020

## Operation Clip Cat Complete!



District Governor Cat Gon reached (over) her goal of \$5,000 for pediatric cancer. On July 30th, she donated her locks! See Page 6.

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## District Governor Cat Gon's Message



### Greetings Fellow Lions!

I hope that this issue of the Pride finds you all in good health and safely sheltering. Each of us are in this together even if we are not allowed to gather. This Fourth of July was relatively quiet due to COVID-19 ... much quieter!

Continuing to strive to celebrate our association through diversity, we become more acclimated to the new normal of social distancing finding innovative ways to connect with our fellow Lions and communities. During this time of isolation, the loss of contact with each other has taken its toll on several of our families.

The District has recently lost some of our most active and influential Lions these past couple of months.: Capitol Charter member Lion Frank Wong passed away in June (Lion Frank was 95 years of age with 67 years as a Lion); Roseville Sunrise Lion Jerry Curtis; and Woodland Reveille Lion Joe Martinez, Sr.; in July: Midtown Lion Guily Fontillas and Maharlika Charter President, Past District Governor (PDG) Noberto (Bert) Melliza. These great Lions have left their "pawprints" on our District as well as on our hearts. We truly wish to express our condolences to their families and will be remembered in our prayers. They will all be sorely missed!

July came in like a LION with the first virtual/internet Officers Training session orchestrated by our Global Leadership Team Coordinator, PDG Nick McNicholas, collaborating with three knowledgeable instructors, Administrative Assistant (AA) Lion Jeri Retzlaff, Chaplain Lion Carle Enloe, and PDG Doug Wight. The amount of information that was made available to our attendees was incredible and very informative. Our goal to have all our officers trained to succeed in their position as a Club officer is well on its way. If you were not able to attend but would like to have access to the curriculum, please send an email to PDG Nick McNicholas at: [lormac2@mchsi.com](mailto:lormac2@mchsi.com) or Phone: 530.908.2048.

Many of the clubs have opted to have a virtual installation of officers ceremony. If space is available, opt into holding the installation al fresco. The fresh air and being able to actually get together socially within eyesight of our fellow club members is the best medicine in the world.

So far this year has set a precedence on how to run a Lions District under quarantine and has limited our interactions. Because our Lions are very innovative and able to adjust at a moment's notice, we have been able to meet with several clubs via ZOOM or teleconferencing. The executive cabinet has been busy setting up virtual visitations, Zone, and Region meetings. We are carrying on business as usual best as possible.

Zoom meetings measure up a bit short compared to in-person meetings, but circumstances being what they are, this allows the team to exchange pertinent information while addressing the members. When conditions permit, I plan to double back to visit with all the clubs in person.

Our first Virtual Cabinet meeting will be held by the Donner Region on August 8th commencing at 9:00AM via ZOOM. Credentials for logging in will be attached with passcode on the meeting agenda to follow. Information from Lions Clubs International, the Multiple District Four, District 4-C5 Committee and foundation reports to be disseminated. Reports will be brief and transcripts will be made available. One item of major significance is that our books have been brought up to date as a corporation. After diligent digging and hours of phone calls, the condition of the District is current and back to active status. The District owes a great debt of gratitude to the perseverance of Lion Carle and IPDG Sarah Enloe, PDG Doug Wight, and a myriad of individual Lions. *Thank You!*

That brings me to a reminder for all club Treasurers to begin their closure of last year's accounting by preparing the documents needed to file the club's annual tax returns and other necessary documents to maintain your non-profit status. Your outgoing treasurer should be able to direct you as to what forms to use and how to file them. Should you have questions or need assistance, please ask now!

Our new District bulletin-board platform is Constant Contact administered by IPDG Sarah Enloe. Announcements should be directed to her attention for an Email Blast and to the Webmaster for posting on the District calendar, ([sarajte@comcast.net](mailto:sarajte@comcast.net) & [webmaster@district4c5.org](mailto:webmaster@district4c5.org), respectively).

IPDG Sarah is looking forward to the upcoming one-day convention on Saturday, September 12th to be held at the Arden Way Hilton Hotel. We plan to cram several days' worth of activities into one for this one-day event. The hotel is taking great precautions to provide a safe socially distanced venue for our usage. Forum seating will be set in the atrium with plenty of distancing between seats and dinner will be like-wise dispersed to four (4) persons per table unless table is occupied by a family. Convention Chair, PDG Nick McNicholas and the committee will again make this an affair to be remembered and enjoyed by all in attendance.

Until we are able to meet again, carry on with your selfless acts of kindness, take care, and stay safe.

*Respectfully submitted,*  
*Lion Cat, PDG Ery Gon and*  
*Family*

## 1st Vice District Governor Donna Prince's Message



Dear District 4-C5 Lions,

What do Lions do best? "We Serve!"

I am so proud of the Lions and Leos in our District who continue to meet the challenges of our changing world by providing vital services to those in need, even in the most difficult of times.

Our amazing District Governor Cat Gon will continue to inspire all of us to stay the course and remain positive as we carry on with our mission to help our communities this year.

July was a busy first month of our Lion's year with clubs finding new and creative ways to hold meetings and gatherings, and to work together on community service projects.

I was recently honored to preside at the Installation of Officers for three clubs: Nevada City Lions, Sacramento Antelope Lions and Higgins Diggins Lions. Each installation was special and unique, one was even held in a nice, tree covered parking lot. Lions are so innovative! Something all three had in common was a sense of purpose, camaraderie, and a desire to move forward with new ideas and implementing new technologies within their clubs.

One highlight for me was the official induction of two new members into the Antelope Club. Welcome to our family Lions Timothy Ray and Denise Day! A special thank you goes to their sponsors, Lions Phil Galli and Lori Bullis who will help them earn their Proud Lion Award.

With the help of our District Global Service Team (GST) Coordinator Jeri Wartena, I have been spending more time on MyLion via my phone. Every Lion can submit activities and meetings on MyLion, but only certain club officers may report (or finalize) them. If you need help with accessing MyLion contact GST Jeri Wartena, she is happy to assist. She can be reached at (916) 217-9486.

As of today, July 25<sup>th</sup>, club officers in our district reported a variety of service activities in several of our International Focus Areas.

- To help fight hunger Antelope, Galt, Higgins Diggins and Valley Hi Lions Clubs made donations and worked at food banks, distribution centers and for Meals on Wheels.
- Midtown and Nevada City Lions reported collecting and donating eyeglasses to the Folsom Project for Visually

Impaired.

- To help our Environment, Pride of Laguna Creek, Colfax, Penn Valley Hi-Graders, and Higgins Diggins Clubs reported clean up and restoration projects, recycling, collecting pull tabs and cleaning up streets. The Sierra Zone and Colfax Lions joined together to clean up the property of a disabled woman in Nevada City. This was a major project coordinated by our 2<sup>nd</sup> Vice District Governor Tim Luckinbill. Kudos to everyone involved who assisted this woman in her time of need.

To help save lives, Winters Lions Club sponsors a Blood Bank every eight weeks. If you donate blood don't forget to credit "District 4-C5 Lions" during your interview process.

At this time there are very few club donations reported on MyLion, but this will probably change as end of the month reporting takes place. Don't forget to include any monies donated or earned at fundraisers by your club on MyLion.

Zoom and teleconferencing meetings are increasing in our District. Some clubs were quick to adopt the new technologies while others are not. If your club hasn't held a meeting in awhile, please stay in touch with your members in other ways, such as emails and by telephone, both still work quite well.

The path to becoming a District Governor requires many hours spent at leadership seminars, trainings and lots of meetings. This means less time spent with family and one's own Lions club. I want to thank my husband, Lion Brad, my children and grandchildren for their support and understanding as this exciting journey continues for all of us. To my fellow Higgins Diggins members I may be absent at meetings and events in the foreseeable future, but keep in mind I will be back, working side by side with you filled with even more enthusiasm and a greater passion to serve.

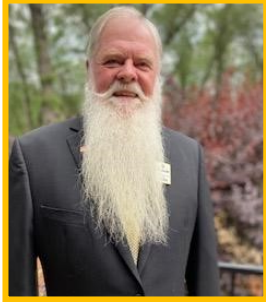
Everyone, please stay safe and enjoy the rest of your summer!

Donna Prince

First Vice District Governor



## 2nd Vice District Governor Tim Luckinbill's Message



Well District Lions, another Zoom events have become extremely popular and month is almost finished, and it easy to use. It has been a good way to keep in touch with your club, the District Cabinet, school, college classes, and even family reunions. If you get a chance to be on a Zoom meeting do not be afraid, it is quite easy and convenient.

In my eyes this has been a terribly busy month, let us review. Many Lions and friends had one of the best 4<sup>th</sup> of Julys in a long time. What a great way to share your 4<sup>th</sup> with family and maybe some awfully close friends. No crowds at the parade, no crowds at the fireworks, good food and drink, great weather for a 4th. You really could not ask for a better holiday.

Let us talk about service that is being done by our District Lions. I hope all the club secretaries are posting their service activities on MY LION. If you are not, you are missing the boat. There will be no history of your club and club activities during this time in our lives when anything in service means so much. Making masks for the public to be safe when out and about, buying groceries for an elderly neighbor, cleaning up the neighborhood, trash pickup along the highways, helping at your local food bank, just to name a few. If you really want to help just look around. The need is always there, so do not tell me there is nothing to do or report.

One of the other things I noticed in the month of July is the number of people celebrating birthdays. I know of several people that were born on the 4<sup>th</sup>. That is almost as good as being born on Christmas, but there are a ton of birthdays in July. HAPPY BRITHDAY JULY BABIES.

Now that the month is drawing to a close most of the club officers training has been completed. PDG Nick McNicholas has done a great job getting the training and trainers together on the Zoom Program. The

Governor Cat has started her club visitations this month. All have been done on Zoom and she has shared some good information with the visiting clubs. This is the time that you get to meet the Governor and her Cabinet, but it is not all about us. As a Lions Club we are here to answer any of your questions that you might have. With a little planning and a few questions, it will make the meeting more interesting and I'm sure someone on the cabinet can give you the right answer.

Thanks for your time and I hope to see you all at a visitation soon.

2VDG Tim Luckinbill



2VDG Tim at Sierra Vista Community Center



## District 4-C5 Cabinet Meeting

Saturday, August 8, 2020

9 am – 12 pm

Donner Region

**Agenda Theme: Innovation in Service**

Donner Region Cabinet Meeting Via Zoom

Time: Aug 8, 2020 09:00 AM Pacific Time (US and Canada)



<https://us02web.zoom.us/j/87625038153?pwd=eDNBWnFQdUISLohNTFFtUygzQlB1QT09>

Meeting ID: 876 2503 8153, Passcode: 293172

One tap mobile: +16699009128, 87625038153# US

9:00	Mistress of Ceremonies	Region Chair Helene Smith
9:00	Meeting called to Order	Region Chair Helene Smith
	Flag Salute	ZC Laura Barhydt
	Invocation	Lion Carle Enloe
	Moment of Silence for Lions Departed	
9:05	Protocol – Introduction of Officers	2VDG Tim Luckinbill
9:07	Welcome	District Governor Cat Gon
9:12	Approval of February 8 <sup>th</sup> , 2020 Cabinet meeting Minutes	PCS Zenny Yagen
9:14	Roll Call of Clubs	CS Dave Evans
9:19	Cabinet Secretary's Report	CS Dave Evans
9:20	Cabinet Treasurer's Report	CT Zenny Yagen

### District Coordinators and Committee Reports

(All reports to be submitted electronically to CS Dave Evans)

*Please keep your reports brief and within the time allocated*

9:21	District Constant Contact Messaging	IPDG Sarah Enloe
9:23	Service & LCI Reporting	Lion Jeri Wartena
9:26	Membership and LCI Foundation	PDG Andy Anderson
9:30	Leadership and CA Lions Foundation	PDG Nick McNicholas
9:35	Lions Education Foundation	PDG Nick McNicholas
9:40	District Convention 2020	PDG Nick McNicholas
9:45	District Convention 2021	PDG Doug Wight
9:49	Site Selection Update	PDG Erv Gon

*"Believe in the Power of Service"*

9:51	Wilderness Camp/Camp Ross Relles	<b>PDG Nick Nichol</b>
9:55	Folsom Project for the Visually Impaired	<b>PDG Don Ring</b>
9:58	Student Speaker Foundation	<b>Lion Ed Smith</b>
<b>10:00</b>	<b>10-minute Intermission S-t-r-e-t-c-h!</b>	<b>10-minute Intermission</b>
10:10	Student Speaker Contest 2020 & 2021	<b>Lion Mark Steffens</b>
10:15	Lions Project for Canine Companions	<b>Lion Mark Steffens</b>
10:17	Peace Poster 2020	<b>Lion Robert Stoermer</b>
10:19	City of Hope	<b>Lion Dave Pevny</b>
10:21	Club Contest & Awards	<b>CS Dave Evans</b>
10:24	Top Club Contest	<b>Lion Lorene Euerle</b>
10:27	Diabetes Awareness	<b>Lion Lynn Ventura</b>
10:30	No. CA Lions Sight Association	<b>Lion Bing Ventura</b>
10:33	Special Kids Day	<b>Lion Kitty Kramer</b>
10:35	Long Range Planning	<b>Lion Dennis Kramer</b>
10:38	Campus Clubs	<b>PCC Derek Ledda</b>
10:41	Youth Programs & Scouting	<b>Lion Jeff Walton</b>
10:44	Youth Exchange	<b>Lion Vicky Brady</b>
10:46	Youth Protection Policy	<b>2<sup>nd</sup> VDG Tim Luckinbill</b>
10:49	Leo Club Updates	<b>Lion Steve Murphy</b>
10:51	Constitutions & By-Laws	<b>PCC Richard Wilmot</b>
10:53	Pediatric Cancer	<b>Lion Dr. Laura Balangue</b>
10:55	New Member Orientation	<b>Lion Sheri Retzlaff</b>
10:57	Closing Remarks and Announcements	<b>District Governor Cat Gon</b>
10:59	Blessing	<b>Chaplain Carle Enloe</b>
11:00	Motion to Adjourn	<b>Region Chair Helene Smith</b>
<b>11:05</b>	<b>Member Orientation Forum (stay on-line)</b>	<b>Lion Sheri Retzlaff &amp; PDG Andy Anderson</b>
<b>12:00</b>	<b>Final Adjournment</b>	

*Thank You for attending our first Virtual Cabinet Meeting*  
*Take Care, Stay Safe!*

# 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.

❖ **Currently at 124.23% of Goal!!**

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, **We are still taking donations**

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 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)

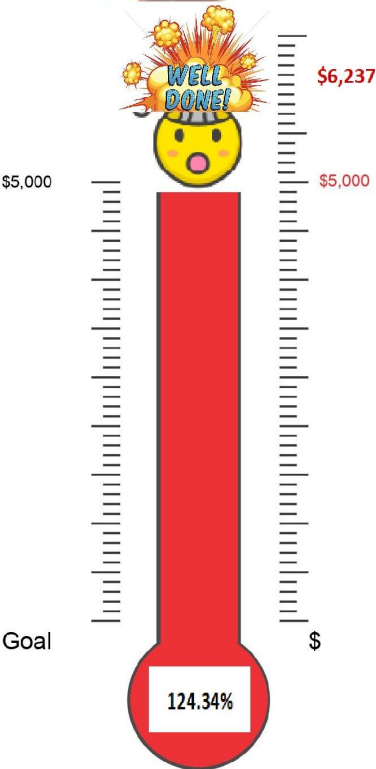
*Help us Exceed our goal of*

**\$5,000 or More**

Respectfully submitted,

**CATHERINE GON  
DISTRICT GOVERNOR**

**LIONS DISTRICT 4-C5**



# LIONS DOLLARS FOR DIABETES CAMPAIGN KICK OFF



All Lions welcome  
to attend!!

**Sunday, August 9, 2020**

**10:00 A.M.**

**Zoom Video Conference**

**With Special Guest: Debbie Thurmond, Ph.D.**

*Ruth B. & Robert K. Lanman Chair in Gene Regulation and Drug Discovery Research*

Please join your fellow Lions for informative and entertaining kick off event for the **September Dollars for Diabetes Campaign**. Hear updates about the Lions Diabetes Innovation Fund and learn more about the new campaign and how you can get your district involved.

**Click Here to Join:** [www.CityOfHope.org/LionsCampaignKickOff](http://www.CityOfHope.org/LionsCampaignKickOff)

Or Dial: (415)762-9988 □ Webinar ID: 968 0521 9960 □ Password: 538483

Please send your RSVP to Carl Woody at [cwoody@coh.org](mailto:cwoody@coh.org).

**Any Lions that RSVP for this call will be entered into a drawing for a gift card.** The winner will be announced on the call.





## Can Your Eyes Get Sunburned?

The simple answer is YES! VSP network eye doctor, Jennifer Tsai, OD from New York City reminds us “our skin and our eyes are organs. This makes them susceptible to the elements, which mean that like our skin, our eyes can become sunburned from prolonged exposure.” But you can’t put sunscreen on your eyes, right? “Of course not,” she tells us.



“There are, however, simple things you can do to prevent photokeratitis, which is essentially damage to the cornea from sunlight exposure.” Dr. Tsai also shares that cataracts and macular degeneration are some of the other long-term issues linked to prolonged UV exposure.

### 3 Ideas for Protecting Your Eyes in the Summer

- **SUNGLASSES!** Wearing protective eyewear is an essential for summer. There are a lot of great stylish sunglasses to choose from that can protect your eyes while keeping you looking great. Larger frames will always protect more of your face so consider oversized styles for prolonged exposure. Also, when shopping for sunglasses, the most important feature to keep in mind is full UV coverage. You want to look for a sticker that says UV 400 which covers UVA and UVB lights or 100% UV protection.
- Large brim hats are very much in style right now. When outside and exposed to the sun, wear one that shades your eyes.
- While at the pool, beach, lake, or river, consider an umbrella to create a shaded spot for yourself and your family.

### Don't Forget About Those Overcast Days

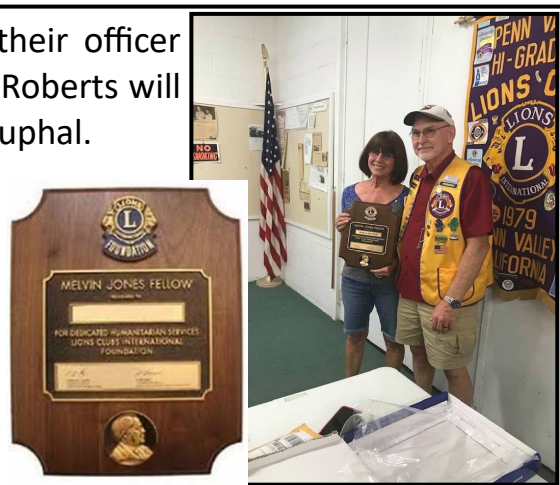
Even on days when you don't see the sun, your eyes are exposed to UV rays. Dr. Tsai says, “wind, glare, and ultraviolet radiation exposure are most prevalent in the winter. Your overall exposure is nearly doubled when shoveling, skiing, or snowboarding!” So regardless of the time of year, sporting the right protective eyewear is important for your overall eye health. Avoid the short and long-term effects of UV damage (and look stylish) by simply throwing on a pair of shades year-round.

Wishing everyone a happy, healthy, and safe summer!

*This post was reviewed by [Dr. Jennifer Tsai, OD](#). Dr. Tsai practices In New York City.*

The **Penn Valley Hi-Graders Lions Club** recently held their officer installation for the 2020/2021 term. Lion President Roy Roberts will be taking over the helm from Past Lion President Bruce Puphal.

Lion Bruce handed out a few awards to the members. The big award of the night was honoring Partner in Service (PinS), Sheila Becker, with a Melvin Jones Fellow award for Sheila's 25+ years of service to the Penn Valley Community. Pictured is Lion Bruce with PinS Sheila Becker.



## Where There is a Need...



In late June, **Auburn Host Lions** gathered at Lion Ken's back yard to install our new President and Board for 2020-2021. Lion Ralph was the master of ceremonies and did a fine job. We also welcomed one new member, Jersey, and one re-joined member, Uncle Larry. New president Randy Maki presented out-going president, Dave Joiner, with a giant wooden gavel.

I hope all Lions are well and keeping safe during the pandemic. We are hoping to begin meeting again as a club soon, but there are details to work out first. Lion Randy will be talking to the fairgrounds people about this.

Lion Fred Doster was awarded Lion of the Year (picture at left).

President Joy Martin stated that the **Placerville Lions Club** is quickly moving forward with our new slate of officers, in spite of our ever-changing environment. Club meetings and Board meetings are now virtual, and members who normally are unable to meet in person can now do so. Recent articles in The Lions magazine and a break-out session at last year's cabinet meeting inspired us to invite a speaker who shared a power point presentation, by

Zoom, on enhancing our social media presence to address member involvement, fundraising, and community connection. This is opening possibilities for our club in alternative ways we can serve our community in spite of new restrictions now in place.

We believe we can continue to community service in the areas of the Literacy Project, Student Scholarships, Vision and Hearing Services, and human trafficking awareness. We are also targeting food bank services for the homeless and others in need. Indeed, the Placerville Lions "Believe in the Power of Service."

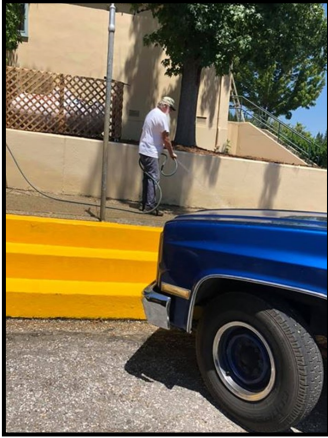
The **Folsom Lake Lions Club** recently donated 10 flannel baby blankets and 23 pillows that were made by the women at the Placer County correctional facility in Roseville. A small book was inserted into a slot on one side of each pillow. Lion Bernadette and PDG Rich DeCuir delivered all of these items, plus about 10 facemasks that were made by Lion Mary Rose Barnhurst of the **Embarcadero Lions Club**.



The other project that we completed in July was the donation of backpacks and school supplies to the Twin Lakes Food Bank. The Food Bank collects backpacks and school supplies from the community and distributes them to those who need them when the families come to pick up groceries. In addition, they work with the Folsom Cordova Unified School District to provide the backpacks and supplies to the school district for distribution to the students who need them. The Food Bank provided the list of needed supplies and Folsom Lake Lion Rita Withers did the shopping for our Club and delivered all of it to the Food Bank for distribution.

The Wellspring Women's Center in Sacramento's Oak Park neighborhood, has been providing respite and services to women and their children since 1987. They serve nearly 200 women and children each weekday and offer four different programs: Nutritious Meal Program, the Children's Corner Program, the Safety Net Services Program, and the Women's Wellness Program. If you are interested in learning more about these various programs, please access their website at the following: <https://www.wellspringwomen.org>.

## Where There is a Need...



**2VDG Tim Luckinbill** showed up at the Colfax Sierra Vista Community Center to get our swamp coolers running in time for our Flea Market tomorrow, his generosity in our community is awesome! Thank you so much Tim from all of us at the center He even took the time to trim the branches from the roof.

This is a **Sierra Zone Project** that 2VDG Tim coordinated to help a disabled lady in the Nevada City area. Code Enforcement was contacted due to complaints about the disarray her yard was in and she couldn't do the clean-up herself or afford to hire it out. Another non-profit asked if the Lions could help. Of course we can! Funds were donated to pay the dump fees by some of the clubs, and other members worked the day of the clean-up. As you can see to dumpster were brimming over the top and it will be dumped and set back on the property for a refill. We started at 8:00 am and the dumpster full by noon. An 8-

hour day, done in 4 hours. That's hard work! Thanks to all that are mentioned below.

Clubs that donated funds were: Grass Valley Host, Higgins Diggins, and Penn Valley. The other non-profit is Sierra Roots, an advocate for the homeless also in Nevada City.

Clubs that showed and worked their hearts out were:

Penn Valley Lions : Bruce Puphal, Jim Baker ( JB ), Al and Chris Megenity

Gold Country Lions: Allan Archer, Mike Straight

Nevada City Lions: Vern Taylor, Jim Wapp, and his son Paul

Colfax Lion: Tim Luckinbill



Another day on the job and I think we might get it done enough to get code enforcement off her back. Thanks again for all the help Sierra Zone!



## Where There is a Need...



DG Cat installing her Home Club's new Officers and announcement she has exceeded her "Clip Cat" financial goal leading to a video recording of her "cut" of her over two years growth down to her waist.

Cancer kids will benefit with the many wigs donated & the cancer research donations will help bring the days of a cure that much earlier.



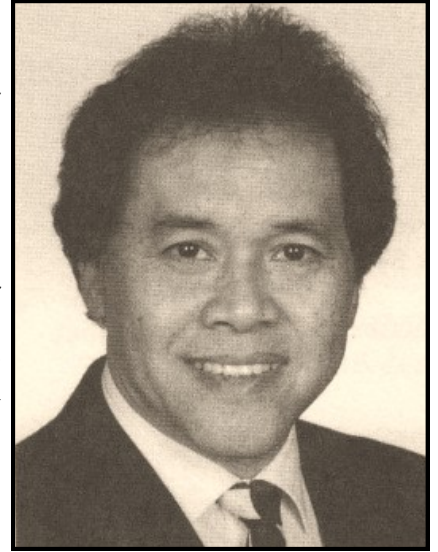
**Grass Valley Lions** recently built a wheelchair ramp for Rose Koolhof! Thanks to Lions Rob Shotwell, Bill Mitchell, President Art Ralli, and Arnie Romanello for all their hard work.



## Remembering PDG Norberto "Bert" Melizza

It is with great sadness that the Sacramento Maharlika Lions Club and District 4-C5 share with you the sad news that PDG Bert Melliza passed away on Friday, July 10, just two days after his 77<sup>th</sup> birthday, surrounded by his family who loved him.

Bert was passionate about helping others which explains his dedication to serving as a Lion for 43 years, starting as a member of the Mabuhay Lions Club and since 1993 as the charter president of the Sacramento Maharlika Lions Club where he remained an active member and respected advisor for the final 27 years of his life. He was Governor of District 4-C5 in 1996-1997 and was active at the District and Multiple District levels as chairperson of the Youth Exchange, one of his two great passions in Lion service. The other was helping to organize and lead



his own club's many medical, dental and child sight missions to the Philippines which served thousands of needy people during each mission. He left behind his lifetime partner in love and service, Julie, who was always at his side supporting all the projects he cared about.

For those who have asked if they can make a donation to honor Lion Bert, Julie would like donations to go to the Sacramento Maharlika Lions Club Foundation which is a 501(c)3 non-profit that helps to fund the Maharlika Mission. Checks should be sent c/o the Foundation Treasurer, Lion Rey de Jesus, at 3224 Aurelia Court, Elk Grove CA 95757. All donations will be earmarked for expenses directly related to delivery of the services.

## In Memorium-Recent Losses



PDG Bert Melliza, Maharlika Lions  
Lion Quily Fontillas, Midtown Lions

# Save those Pop Tabs

*The sweetest way to support the Ronald McDonald House Charities*

*PDG Erv Gon*

It takes approximately 1,128 pop tabs to equal one pound. At the current return rate of \$0.40 to \$0.50 per pound of pop tabs, you helped to bring in over **\$6,000 last year**. Last year you donated over 13 million pop tabs!



More than just soda and beer pop tabs. The tabs can come from energy drinks, soup cans, Spam cans or anything with a metallic tab. We personally keep a little cup on the side of our refrigerator and it takes us a year to nearly fill a cup, but with so many participating it adds up fast so don't think your small collection of tabs is insignificant.

The Pop Tab program is important because it provides extra revenue that can help make up for the donations that families cannot make. To house one family at Ronald McDonald House is between \$100-\$140 per night. That is a total of over \$4,000 a night when the "House" is full. They ask for a \$10 per night room contribution from each families, but no family is turned away based on their inability to pay.

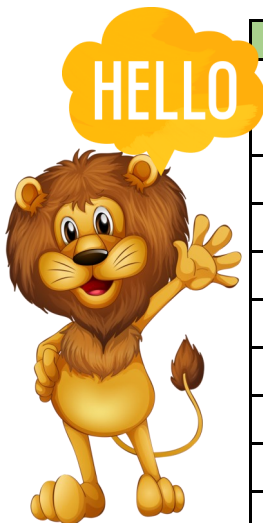
The time is nearing to put a BIGGER smile on a kids face as we help house their Families while they are undergoing major medical care at a nearby hospital.

On **Halloween day, October 31 at 9:30 am**, all the "Pop Tabs" collected by our District's "Hills" & "Flatlanders" Club during the last 12 months will be delivered to the Sacramento Ronald McDonald's House in a glorious "Tab Popping" ceremony with a tour of the amazing facilities available to those who wish to experience the mystical magic of what your simple, but complex little tabs do!

No Tricks, all Treats for the family utilizing the awesome facilities.

*Deliver your tabs to or contact Colfax Lions Club 2<sup>nd</sup> Vice District Governor Tim Luckinbill ([luckingbillt@yahoo.com](mailto:luckingbillt@yahoo.com)) or Embarcadero Lions Club Lion Past President Alex Eng ([xeng916@sbcglobal.net](mailto:xeng916@sbcglobal.net)) or I to arrange for pickup throughout the year!*

## Welcome New Club Members—July 2020



Name	Club Name	Zone	Region
Ambrose, Steve	Lincoln Host	Eureka	Washoe
Bambao, Christina	Sac Malaya	Crocker	Sacramento
Blanco, Adrian	Sac Malaya	Crocker	Sacramento
Gray, Sharee	Foresthill	Foothill	Donner
Husted, Charline	Elk Grove	Sutter	Sacramento
Ojha, Sajan	Sac Nepalese	Gordon	Dos Rios
Rayamajho, Jyoti	Sac Nepalese	Gordon	Dos Rios
Robinson, Susan	Sac Mabuhay	Wolfskill	Dos Rios
Thapa, Shambar	Sac Nepalese	Gordon	Dos Rios
Wiley, Lisa	Roseville Sunrise	Eureka	Washoe

## 33rd Annual Peace Poster Contest

2020-2021 Peace Poster and Essay Contest --Theme "**Peace Through Service**"

The club must have a kit to enter the contest .The cost of the kit is \$11.95 plus shipping, handling and applicable taxes. To sponsor more then one contestant you will need a kit for each contestant. To order online: Club Supplies Sales at International Headquarters or call: Club Supplies Sales at (630) 571-5466 or 800-710-7822.

### Deadlines:

- ◆ Contest kit order by **October 1st**
- ◆ Club Contests completed by **November 6th**.
- ◆ District 4-C5 at the **2nd Cabinet Meeting November 7th, 2020**.

Please let me know if your Club will be entering the contest by November 1st, so I can have enough space to display the Posters. Posters need to be ready to display by 9:00 AM for judging.

**Make sure students follow the RULES!!** This contest is only for 11 and 12-year old students, but if a student turns 13 **on November 15th** they are permitted to enter the contest.

Thank You,

### Peace Poster Chair

Lion Robert Stoermer  
Yolo-Sunset Lions Club  
Email: [rastoermer72@gmail.com](mailto:rastoermer72@gmail.com)

### Peace Poster Co-Chair

Lion Larry Vogelesang  
Woodland Host Lions Club  
Email: [lv62chevy@sbcglobal.net](mailto:lv62chevy@sbcglobal.net)



2019/2020 Winner-China  
Zhuo Zhang, 12 years old

## Message from IPDG Sarah Enloe

To District 4-C5 Lions,

I would like to take this opportunity for one last time to welcome all of our newest members for our Lion Year 2019-2020 to the Lions Clubs Family in our District. We are honored to have you join us in providing service to our communities.

Also, I would like to say farewell to all of our Outstanding Lions who have left us during this past year to join the largest club in the world – the Lord’s Lions Club. They will be missed, and we all know that they will be looking down upon us to make sure we are still providing excellent service to our communities.

Sincerely yours in Lionism,

IPDG Lion Sarah Enloe  
District Governor 2019-2020  
Hand and Hand, We Can Do More

*See next pages*

## District 4-C5 Newest Members for 2019-2020

Name	Club Name	Name	Club Name
Jones, Janell	Auburn 49ers	Horn, Carla	Rio Linda
Smith, Steve	Auburn 49ers	Kypke, David	Rio Linda
Gamache, Jeff	Colfax	Landstrom, Lexi	Rio Linda
Howard, Gary	Colfax	Lore, Diane	Rio Linda
Oberhelman, Nancy	Colfax	Miller, Johann	Rio Linda
Connelly, Brian	Foresthill	Bullis, Lori	Sac Antelope
Connelly, Sandy	Foresthill	Bullis, Robert	Sac Antelope
Dunnicliff, Jerome	Foresthill	Day, Denise	Sac Antelope
Dunnicliff, Roberta	Foresthill	Ray, Timothy Jr.	Sac Antelope
Hopper, Patty	Foresthill	Han-Rogers, Yujuan	Sac Camellia
McKeegan, Bonnie	Higgins Diggins	Liu, Kun	Sac Camellia
McKeegan, Jim	Higgins Diggins	Wong, Katy	Sac Camellia
Andersen, Roger	Meadow Vista	Wong, Michelle	Sac Camellia
Andersen, Steven	Meadow Vista	Zhou, Eva	Sac Camellia
Childers, Justin	Meadow Vista	Frasche, Xuemei	Sac Capitol
Dobbins, Dwain	Meadow Vista	Lambert, Yan	Sac Capitol
Garofalo, Jess	Meadow Vista	Le, My	Sac Capitol
Garofalo, Tony	Meadow Vista	Liang, Chun Hao	Sac Capitol
Kemper, Kevin	Meadow Vista	Luo, Fanny	Sac Capitol
Nichols, Jon	Meadow Vista	Ross, Nora	Sac Mabuhay
Reinhard, David	Meadow Vista	Lee, Kevin	Sac Metropolitan
Rickard, Stephen	Meadow Vista	Ariaz-Soto, Monica	Sac Senator
Schopfer, Christoph	Meadow Vista	Soto, Marco	Sac Senator
Anderson, Michelle	Downieville	Hines, Dolores	Sac Mabuhay
Mukhi, Jivat	Grass Valley Foothill	Dapelo, Anthony	Elk Grove
Wisnia, David	Grass Valley Foothill	Feist, Randall	Elk Grove
Rathbun-Coburn, Toni	Grass Valley Host	Springer, Jason	Elk Grove
Diaz, Jacob	Davis Aggies	Bitando, Joseph	Galt
Ngo, Khanh	Davis Aggies	Bitondo, Brittany	Galt
Pham, Dinh	Davis Aggies	Vermeltfoort, Rachel	Galt
Ramirez, Alejandra	Davis Aggies	Handra, Inderjit	Pride of Laguna Creek
Saeturn, Aysia	Davis Aggies	Lange, Don	Pride of Laguna Creek
Tirumalai, Pranav	Davis Aggies	Lange, Marylou	Pride of Laguna Creek
Vaidya, Tanisha	Davis Aggies	Smith, Amanda	Pride of Laguna Creek
Hailey, Nicole	Winters	Abenojar, Marilou	Sac Golden State
Philbrook, Tecera	Winters	Nguyen, Khang	Sac Golden State

*Continued on next page*



## District 4-C5 Newest Members for 2019-2020

Name	Club Name	Name	Club Name
Gardner, Mary	Woodland Host	Ruiz, Johnny	Sac Golden State
Nelson, Sally	Woodland Host	Ruiz, Norma	Sac Golden State
Cunningham, LC	Woodland Reveille	Blue, Josie	Sac Maharlika
Goff, Carol	Citrus Heights	Bush, Anthony	Sac Maharlika
Munier, Nancy	Fair Oaks Host	Bustos, Scarlettte	Sac Maharlika
Broome, Mike	Rio Linda	Capper, James	Sac Maharlika
Doyle, Cameron	Rio Linda	De Jesus, Susan	Sac Maharlika
Farris, Kyle	Rio Linda	Laguardia, Albert	Sac Maharlika
Hargis, Diana	Rio Linda	Lewis, Olga	Sac Maharlika
Azurin, Aida	Sac Malaya	Ramel, Jamie	Sac Malaya
Barrica, Gino	Sac Malaya	Ramirez, Leonila	Sac Malaya
Belasco, Lourdes	Sac Malaya	Yagen, Kerry	Sac Malaya
Centeno, Crisel	Sac Malaya	Dahal, Anup	Sac Nepalese
Combater, Mercidita	Sac Malaya	Joshi, Bibek	Sac Nepalese
Daclan, Lucina	Sac Malaya	Pokharel, Yubaraj	Sac Nepalese
Fowler, Cresta	Sac Malaya	Lynch, Brian	Sac Valley Hi
Galinato, Jennifer	Sac Malaya	Satumino, Murray	Sac Valley Hi
Garruchu, Ludy	Sac Malaya	Yanez, Wanda	Sac Valley Hi
Go, Mildred	Sac Malaya	Figueroa, Angelina	Loomis
Gonzalez, Jose	Sac Malaya	Nauman, Chelsy	Loomis
Gordulan, Erna	Sac Malaya	O'Donnell, Sharon	Loomis
Jackson, Crisina	Sac Malaya	Rowe, Phil	Loomis
Jackson, Olive	Sac Malaya	Berliner, Art	Newcastle Golden Spike
Lopez, Susan	Sac Malaya	Rice, KW	Newcastle Golden Spike
Lopez, Tess	Sac Malaya	Riley, Virginia	Newcastle Golden Spike
Magsuci, Elena	Sac Malaya	Pearson, Valerie	Rocklin
Mateo, Chris	Sac Malaya	Cooper, Gloria	Roseville Host
Munar, Carol	Sac Malaya	Makela, Sherri	Roseville Host
Navarro, Avelina	Sac Malaya	Crawford, Glenda	Mother Lode
Pangilinan, Carmelita	Sac Malaya	Petersen, Kathy	Mother Lode
Pimentel, Anabelle	Sac Malaya	Wilkinson, Peter	Mother Lode
Pino, Corazon	Sac Malaya	Nelson, Virginia	Placerville
Pino, Dulce	Sac Malaya	Roberts, Kelly	Placerville
Acosta, Gladys	Sac Malaya	Szpetkowski, Jerzy	Auburn Host
Agustin, Vicky	Sac Malaya	Reyes, Ryan	Sac Maharlika

## District 4-C5 Members Lost in 2019-2020

PD			G
Lj-	Lion B. G. Grant, Auburn Host	Lion William Stephenson, Auburn Host	on
Ge	Lion Ewing Smith, Auburn Host	Lion Tomas Passanisi, Colfax	or
ge	Lion Bill Hibbard, Elk Grove	Lion Richard Merz, Folsom City Host	Le
nh	Lion Wayne Shotwell, Galt	Lion Lyman Kuhwarth, Grass Valley Foothill	art
,	Lion Roland Grattan, GV Gold Country	Lion Roy Brooks, Grass Valley Host	Co
un	Lion Mary Rosenberg, Grass Valley Host	Lion George Menzoian, Higgins Diggins	try
Cl	Lion Patrick Taylor, Loomis	Lion Rudolph Carrillo, Mother Lode	ub
	Lion Ralph Gillmore, Placerville	Lion Jerry Curtis, Roseville Sunrise	
	Lion Frank Wong, Sacramento Capitol	Lion Robert Farmer, Sacramento Fort Sutter	
	Lion Luz Villarica, Sacramento Midtown	Lion Mary Ann Miyao, Sacramento Senator	
	Lion Alice Yagi, Sacramento Senator	Lion Donald LaPlante, Woodland Host	
	Lion Joe Martinez Sr., Woodland Reveille		

### Everywhere



© Tara L. Collacchi

There was no time to say goodbye.  
But this I ask - please do not cry.  
Remember me as you think best.  
Remember the happy times, but forget the rest.

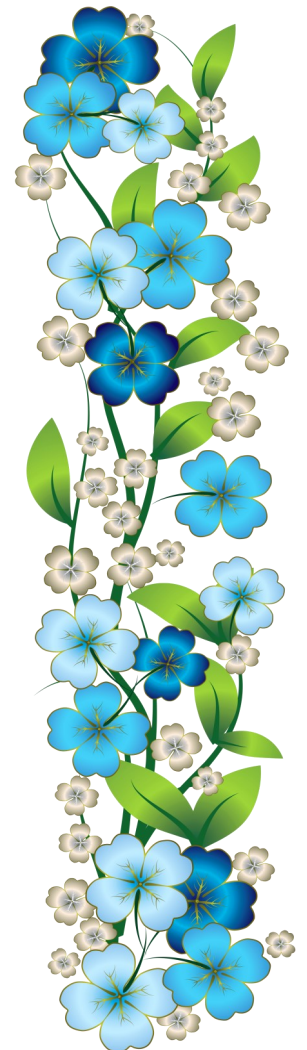
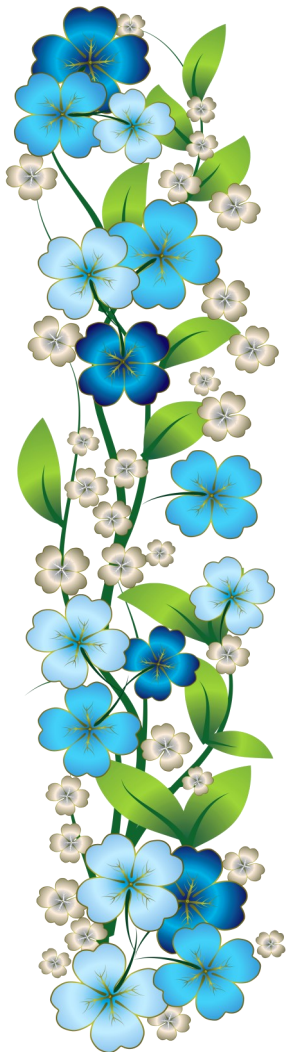
Look for me and I'll be there,  
And you will find me everywhere:  
In the gentle touch of the breeze  
That cools the skin or swirls the leaves.

In the scent and color of flowers  
That gave me such happy hours.  
On sunny days, under sunny skies of blue,  
Just think of me, I'll be with you.

In winter when there's cloud or mist,  
The rain will give to you my kiss.  
As wood smoke lingers in the air,  
Look for me and I'll be there.

Where seagulls cry above the sea  
And surf rolls in so endlessly.  
Among towering trees that soar above,  
In all these things that I once loved.

Look for me and I'll be there.  
You'll feel my presence EVERYWHERE!



# North American Membership Initiative

## What is the North America Membership Initiative (NAMI)?

NAMI is a focused program designed to address and reverse the decline in Lions membership across the United States.

## What is the importance of NAMI?

We need to establish a solid plan for revitalization and growth before our organization's ability to serve humanity – our core mission – is fundamentally compromised.

## What are the objectives of NAMI?

There are three objectives for this program. First is to rejuvenate districts with new clubs. Second is to revitalize clubs with new members. Third is to re-motivate members with new fellowships and exciting service.

## What are the goals of NAMI?

The goals of NAMI is to assist all districts and clubs in gaining positive membership growth and the development of scalable best practices.

## Who is on the District's NAMI Steering Committee?

District Governor Cat Gon, 1<sup>st</sup> VDG Donna Prince, 2<sup>nd</sup> VDG Tim Luckinbill, D-GLT PDG Nick McNicholas, D-GST Lion Jeri Wartena, D-GMT & NAMI Champion PDG Andy Anderson and Region/Zone Chairs.

## What are the roles and responsibilities of the District Governor's team?

District Governor Teams are directly involved in planning, promoting and supporting NAMI activities throughout the district.

## How are the clubs in the district involved with NAMI?

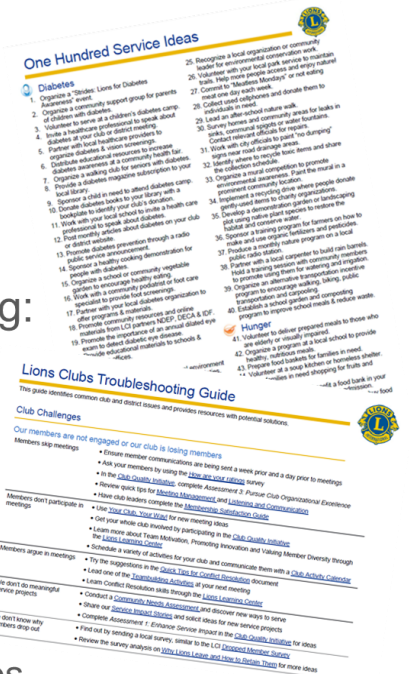
Clubs are the foundation of NAMI success. Club members can participate in the NAMI projects throughout the year, including leadership development, club marketing and welcoming new members into their clubs.

## NAMI Resources

Access from the NAMI webpages, [lionsclubs.org/nami](https://lionsclubs.org/nami), starting in January

Links to existing materials, plus new tools including:

- 100 Recruiting Ideas and 100 Service Ideas
- Club Assessment checklist
- Troubleshooting Guide for club and districts
- Achievement Certificate template for learning events
- Marketing tips, social media posts, templates and photos



## Ed's Summertime BBQ Chicken

*Recipe courtesy of 1VDG Donna Prince*

4 boneless breasts or 6 thighs  
3-4 Tbs. olive oil  
Juice of ½ a lemon  
Juice or 1 large lime (or 2 small)  
Zest from 1 lime  
1 Tbs. minced garlic  
½ tsp. salt  
3-4 Tbs chopped cilantro or parsley



Note: Not actual picture of recipe results

Rinse breasts, pat dry. Remove the area around the knuckle (where the wing connects).

Filet out the thick end of the breast so chicken cooks evenly.

Make 4 shallow cuts on the smooth side of the breast (against the grain) to allow marinade to seep in.

Place chicken in a container to marinate (I use a Tupperware marinating container with a lid, and gently flip the chicken during marinating time).

Drizzle olive oil over breasts, sprinkle salt and garlic over chicken.

Zest the lime over the chicken, squeeze lemon & lime juice over chicken.

Add cilantro or parsley (use whichever you prefer).

Turn breasts a few times with a fork or tongs to coat evenly with marinade.

Refrigerate at least one hour.

Cook on hot BBQ grill, turning to make a nice crisscross pattern.

Let chicken set for 5 minutes to retain juices when cut.

This is great served hot or cold.

For variation I have used mandarin or pineapple juice.

At our family restaurant we added a shot of Tequila and called it "Margarita Chicken" We served it over steamed rice topped with a little warmed salsa, grated cheese and sour cream.

For a nice Southwest Salad chill the chicken, cut in bite sized pieces and toss with romaine and iceberg lettuce, black beans, tomatoes, jicama, corn and a little grated cheese. Serve with any dressing, Ranch or Thousand Island or a vinaigrette are great.

Leftover chicken can be cut up in pieces for Chicken Quesadillas.

# Upcoming EVENTS

<p><b>September 12, 2020</b>  <b>District 4-C5 One-Day Convention for 2019/2020</b></p>	<p>Save the Date—More information to follow!</p>
<p><b>September 26, 2020</b>  <b>Lions Education Foundation Golf Tournament</b>  Woodcreek Golf Course  5880 Woodcreek Oak Blvd.  Roseville, CA</p>	<p>\$125 per golfer and sponsorships available  Includes range balls, green fees, contests, and lunch  *Contact: PDG Andy Anderson @ (916) 687-8133</p>
<p><b>October 18, 2020</b>  <b>Auburn Host Lions Golf Tournament</b>  The Ridge</p>	<p>Contact: Lion Kevin Casey, sierraforester@gmail.com or  (530) 305-6446</p>

Have an event planned? If so, send me the details to [denandkitk@aol.com](mailto:denandkitk@aol.com), so I can add to the event calendar!!



Service Project Idea for Crocheters! Wigs for Kids undergoing treatments where they loose their hair. All types of patters on the web.

One such site is: <https://www.mooglyblog.com/free-crochet-wig-patterns/> or <https://themagicyarnproject.com/>

May be an idea for Pediatric Cancer goals!

**Don't forget to advertise your club events! See Page 22 for details!!**

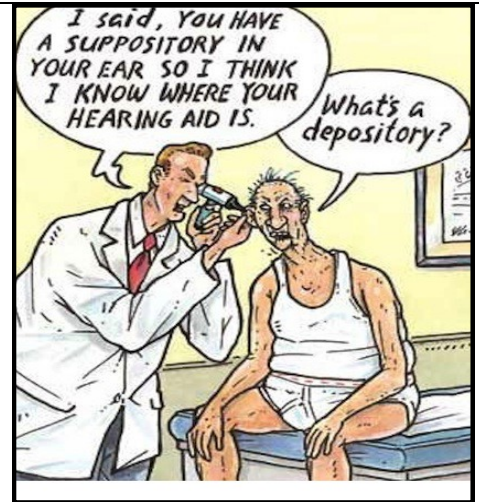
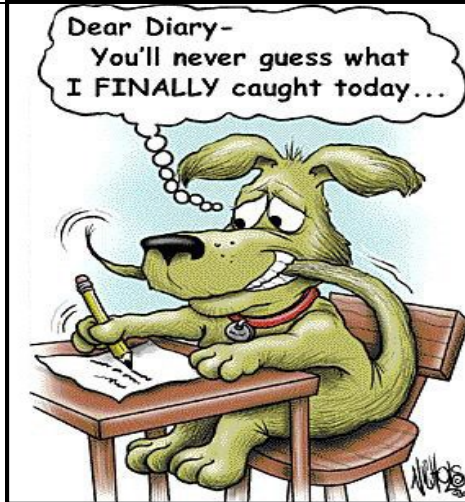
## 2019-2020 Cabinet Officer Contacts

CABINET OFFICERS	PHONE	EMAIL
Cat Gon, District Governor	(916) 427-5747 (hm) (916) 607-0556 (cell)	dg@district4c5.org
Donna Prince, 1st Vice District Governor	(530) 268-0906 (530) 305-8077 (cell)	1vdg@district4c5.org
Tim Luckinbill	(530) 272-7131	2vdg@district4c5.org
Dave Evans	(916) 267-8425	cs@district4c5.org
Zenny Yagen, Cabinet Secretary	(916) 599-6544 (cell)	ct@district4c5.org
PDG Carl Burson Jr., DG Advisor	(530) 346-9940	bristlecone@wildblue.net
PDG Rich DeCuir, DG Advisor	(916) 624-9210	rbdecur@sbcglobal.net
DONNER REGION	PHONE	EMAIL
Region Chair, Helene Smith	(530) 367-6583	donnerregion@district4c5.org
Foothill Zone Chair, Lindalee Talso	(530) 210-7465	foothillzone@district4c5.org
Sierra Zone, Laura Barhydt	(530) 913-6659	sierrazone@district4c5.org
DOS RIOS REGION	PHONE	EMAIL
Region Chair, Dave Stoermer	(530) 402-1818	dosriosregion@district4c5.org
Gordon Zone Chair, Carlos Carvajal	(530) 753-0980	gordonzone@district4c5.org
Wolfskill Zone Chair, Ann Alvarez	(916) 601-9895	wolfskillzone@district4c5.org
SACRAMENTO REGION	PHONE	EMAIL
Region Chair, Cecille Presley	(916) 397-6391	sacramentoregion@district4c5.org
Crocker Zone Chair, Josephine Fong	(916) 997-4427	crockerzone@district4c5.org
Sutter Zone Chair, Eddie Aducayen	(916) 690-5323	sutterzone@district4c5.org
WASHOE REGION	PHONE	EMAIL
Region Chair, Dusty Harrison	(916) 759-3759	washoeregion@district4c5.org
Eureka Zone Chair, Merita Sumovic	(916) 960-9133	eurekazone@district4c5.org
Marshall Zone Chair, Evelyn Butler	(916) 990-4826	marshallzone@district4c5.org

*Continued on next page*

## 2020-2021 Global Action Team and LCIF Coordinator

NAME	PHONE	EMAIL
<b>PDG Nick McNicholas</b> Global Leadership Team Coordinator	(530) 908-2048	glt@district4c5.org
<b>PDG Andy Anderson</b> Global Membership Team Coordinator	(916) 687-8133 (hm) (916) 955-3882 (cell)	gmt@district4c5.org
<b>Lion Jeri Wartena</b> Global Service Team Coordinator	(916) 217-9486	gst@district4c5.org
<b>PDG Andy Anderson</b> Lions Clubs International Foundation Chair	(916) 687-8133 (hm) (916) 955-3882 (cell)	lcif@district4c5.org
<b>PDG Nick McNicholas</b> MD-4 CA Lions Foundation Chair	(530) 908-2048	glt@district4c5.org



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

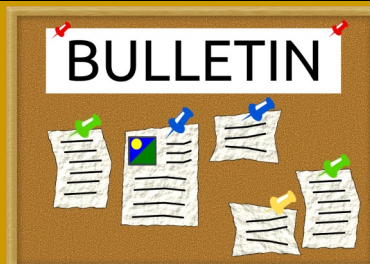
1. Email blast messages—sarahte@comcast.net (NEW)
2. Webmaster—webmaster@district4c5.org
3. Facebook—pr@district4c5.net
4. Pride Bulletin—denandkitk@aol.com



**Pride Bulletin Editor:**  
Kitty Kramer  
denandkitk@aol.com

**Please forward all articles and photos**

**(please identify who is in photos) by the 25th 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 Cat Gon, dg@district4c5.org
3. Cabinet Secretary Dave Evans, cs@district4c5.org