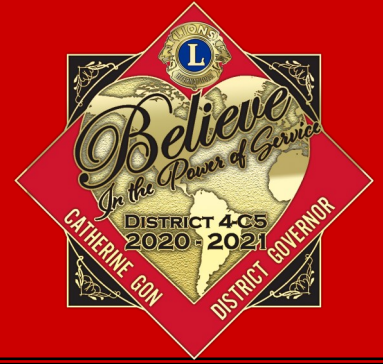


District 4 C5

Lions Pride



LIONS PRIDE—VOLUME 38, ISSUE 4

October 2020



Higgin Diggins "Cow Pasture" Visitation

DG Cat and PDG Dick Dickey present Higgins Diggins President Laura Barhydt and Lion Brad Prince with Melvin Jones Fellows.

In this edition:

Governor and VDG Messages	IPDG Sarah Convention News	City of Hope	Diabetes Test Challenge	Tax Filing Info	LCIF & GMT Reports	Where There is a Need...	DG Cat's Visitations	LEF Golf Tourney Winners	Flu Shot Info	Upcoming Events
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District Governor Cat Gon's Message



Welcome Fall!

We have just passed the 6-month marker of COVID self-quarantine. The dog days of summer have fallen behind and the cool mornings and the comfortable evenings of autumn are upon us.

Local counties are slowly re-opening to small gatherings and social events. Many of our clubs in the foothills and outlying areas have opted for small meetings and outdoor gatherings in an effort to proceed with their Lions' business and service. To coin a phrase, let us not forget that **"Need Knows No Season"** and this year that need has been exacerbated by the Coronavirus and its disparaging effects.

The District will soon be out of the immediate fire danger. Many of our neighboring districts have not been so fortunate. Efforts have been made to supply the towns of Yreka and Mount Shasta in District C1 with much needed non-perishable food products, paper items, and new blankets. Even during this period of social distancing, our Lions are finding ways to continue to perform service. Similar efforts have been made to assist our home-bound seniors and their pets by supplying pet food through Meals on Wheels programs throughout several counties.

Congratulations to all the clubs who have continued to find innovative ways to serve our communities and keep the members informed with what is coming up in their areas and the district.

Visitations to the Clubs are proceeding along. I have had the opportunity to meet with one half of our clubs, mostly via ZOOM meetings. I truly have enjoyed all the visits. The innovative methods utilized to make service and visitations possible are amazing. Imagine dodging cattle and other obstacles to find a little piece of heaven in a pasture. The sounds of a babbling brook, soft mooing in the adjoining pasture, wafting soft breezes and a collection of Lions.... Now that is thinking outside of the box!

As many of our clubs are slowly getting back to meeting in one method or other, we need to communicate with our members. Many have grown accustomed to have few

meetings and limited service. Let us bring them back to the table by asking them what is needed in your areas and communities.

This year has been unusual in that most of us have been sheltering in place when not trying to outrun wildfires and the Coronavirus.

We are all gearing up for a fabulous **One-Day-District Convention at the Arden Hilton Hotel on October 17th** to celebrate 2020 for IPDG Sarah Enloe. This celebration will highlight all the great deeds from our outstanding Lions and accomplishments of our Clubs for the past year. IPDG Sarah and the convention committee have worked feverishly to bring the festivities to you without great expense and travel time. The registration form is available on the district website and easy to fill. Please be sure to send your registration with payment to Convention Housing Chair Jeri Retzlaff to guarantee reserved placement for the event. **Space is limited and social distancing will be observed, so get your registrations in today!**

This month has been especially painful for our IPDG Sarah and her extended family. The passing of their patriarch and Lion, Dr. Dionisio T. Tonel, DDS., who I affectionately referred to as "Dad," has left a huge rift in the family. Please be respectful of their loss.

We recently held the Lions Education Foundation (LEF) Golf Tournament, benefiting both the LEF and Lions Clubs International Foundation (LCIF). Our attendance was well attended and the donations to the tournament were no less than fantastic. Our Lions finished prominently with many accolades and honors., but the true winners in this event were LEF and LCIF. A special thanks goes out to PDG Andy Anderson (Tournament Coordinator) and Multiple District 4 LCIF Coordinator PCC Roger and PDG Judy Powell for their participation in the tournament.

Let us get out there and make a difference. We all care and there is great joy in service.

Until Next month, stay safe and live large!

Lion Cat, Erv Gon and Family!



1st Vice District Governor Donna Prince's Message



Dear Fellow Lions,

Fall is here and recent club meetings, events and projects prove the restrictions of COVID can't keep the dedicated Lions in our District from serving people in need of help.

I have been busy visiting clubs in person and by Zoom with District Governor Cat Gon as she makes her Official Visits. I am so impressed with the willingness of our fellow Lions to find new and creative ways to serve our communities and stay connected. Many interesting projects were shared on our visits and I would like to highlight a few here.

Antelope Lions came up with a brilliant idea to help their local businesses and introduce people in their area to Lions. The club will host a Scavenger Hunt during the month of October and present prizes each week to the first few individuals who answer questions they could only get by visiting local businesses. The contestants will email their answers to the club each week. As a former business manager, I think this is a splendid idea and I would have jumped at the opportunity to participate. Hmm, I suspect Antelope Lions will pick up a few new members from this marvelous project. For more info contact District GST and Antelope Secretary Jeri Wartena: wartena@comcast.net

Two more great ideas were shared by Region Chair Dusty Harrison who admitted she borrowed the first from her former club, the Agawam Lions in Massachusetts. Project "Stuff the Bus" with school supplies at Walmart on Pleasant Grove Blvd. will be sponsored by Roseville Host Lions on October 24 & 25th. A Wish List items from local schools will be available for Walmart shoppers to check out as they enter the store. Shopper can buy items on the list and donate them from 9am to 5pm. This is another great opportunity to showcase what we do as Lions and who knows, with happy Lions like RC Dusty Harrison to talk with who wouldn't want to join a club? If you are in the Roseville area, plan to stop by and pick up schools supplies to help "Stuff the Bus" for local kids.

The second project RC Dusty shared is a new and gently used towel drive for the Placer County SPCA. When asked what Lions could do to help out, SPCA said they needed towels of all sizes. The drive will take place October 1 – 15, so clean out your closets or go buy some new towels to donate (please, no raggedy or holey ones). All Lions can help with this project.

For info on either project email RC Dusty at ispy4you@att.net

You might consider approaching your club about hosting one of the projects above.

Our beautiful state has been ravaged by fires and Lions have answered the call for help. By the time you read this our District Disaster Relief Chair PDG Mike Retzlaff and his helpers may have already delivered thousands of cans, boxes and bags of non-perishable food and paper goods to District 4-C1 to the north of us. The communities in C1 have suffered greatly in the past few years from devastating fires.

Our Disaster Relief Trailer was parked at the entrance to Woodcreek Golf Course in Roseville on September 26th for the Lions Education Foundation Golf Tournament. Lions brought donations to help fill the trailer. My Pathfinder was filled with donations from Lions and I was so happy to see RC Dave Stoermer and Lion Robert Stoermer on site to unload everything. Our trailer was possible thanks in part by a grant from Lions Clubs International Foundation. It was fitting that DG Cat Gon chose LCIF to partner with LEF for the tournament this year. Past Council Chair Roger Powell and his spouse Past District Governor Judy were at the tournament to share info about LCIF (he is the MD4 LCIF Chair). The tournament was a big success with over 100 golfers participating. Special thanks go to everyone involved including Chairman PDG Andy Anderson, members of the LEF Board of Directors, Lion volunteers and three teenagers associated with Metropolitan Lions Club. I got to enjoy some down time and visited with fellow Lions Jeff Walton, PDG Doug Wight, District Administrative Assistant Jeri Retzlaff and her beautiful LPCCI pup in training, Topaz. This annual event is an excellent example of what Lions can do when we work together for the Greater Good.

Please don't forget to register NOW for our 2019-2020 District Convention on October 17th held at the Arden Hilton. We will finally get celebrate our accomplishments with Immediate Past District Governor Sarah and Lion Carle Enloe and a limited number of our Lion family members. Don't delay or you might not get to attend. Info has gone out by Constant Contact and is on our District website: district4c5.net

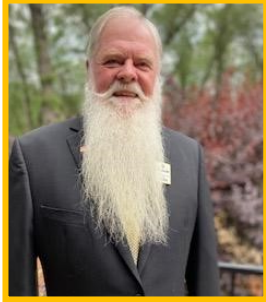
Enjoy the cooler weather October traditionally brings, and stay well and safe.

Regards,

1VDG Donna and Lion Brad Prince



2nd Vice District Governor Tim Luckinbill's Message



Happy Fall Season to all as I write this column next to a beautiful backyard pool in Southern California the duties are never ending.

Yes, even on vacation District Cabinet Officers still have duties that we need to share with our Lions we serve with.

I have just received a lengthy email from PDG Mark Piva, our NAMI (North America Membership Initiative) leader from MD-4. PDG Mark is sharing many of the ideas to build membership in our clubs. The ideas are from all over the state and from goes our leaders in Lions. Many are very doable and I'm sure you all will get a chance to review them as club leaders because the program is continuing to expand as time by. Lions Clubs International (LCI) is strengthening the NAMI Program as they know, based on statistics, that Lions need some support with building membership among our ranks.

LCI, Multiple Districts, Districts and every Club will be involved with the NAMI Program. There are some great ideas to build membership even as we are social distancing. Some ideas cover the growth of women membership in Lions, Specialty Clubs, Youth Clubs such as Leo's and Campus Clubs, and of course younger members in all clubs. The Zone and Region Chairs will be getting much the same information that I have already mentioned. Be ready to study the information and share it with your clubs and members. It is all hands-on deck for membership growth. Let's get behind this program and

make Lions even stronger. Our local contact in District 4-C5 is PDG Andy Anderson. If you have any questions about NAMI Lion Andy has an answer and can help in many ways.

As a Lion that has done many local projects while social distancing, I'm going to repeat myself from last month's 2VDG column. Lions get out there and help Seniors in need. I pushed my own club to get more involved and it worked. As Club Secretary, I needed projects to report to MyLion.

At a recent meeting, I received several reports from my fellow Lions doing great work for the Food Bank, shopping for someone that can't get out, driving a senior to a doctor's appointment, doing some yard work, stacking wood for the winter and so on. The list is endless so you can serve without putting yourself in harms way. Thank you to those brave Lions that serve their community.

Just a note to all the leaders of the 4-C5 clubs. Thank you for all the donations to the fire victims. Many donations have gone to our own 4-C5 Disaster Relief Trailer and crew of Lions, to Lions Clubs International Foundation for world-wide disasters and to the California Lions Foundation for California wildfires. All donations are tax deductible and funds that really help the cause.

Thank you,
2VDG Tim Luckinbill



Save the Date Wish Upon A Star

Registration
Forms available
NOW! Go to
www.district4c5.net



**LIONS DISTRICT 4-C5
ONE-DAY CONVENTION**
Sacramento Hilton Hotel
October 17, 2020 10am-3pm
(9:15 Check-In)

District 4-C5 Convention - October 17, 2020 10am-3pm (9:15am Check-In)
Hilton Sacramento Arden West Hotel, 2200 Harvard Drive, Sacramento, CA

"Wish Upon a Star"

PLEASE COMPLETE ONE FORM PER COUPLE REGISTERING FOR CONVENTION

Registration: \$45 Before October 10, 2020 Includes: Full Registration, Saturday Box Lunch, Camaraderie

Chose 1 entrée p/person ROAST BEEF SANDWICH TURKEY SANDWICH VEGETARIAN

Discounted Room rates are available October 16 - October 17, 2020. **Reservations made through Hilton Hotel will be subject to availability and will be charged at the regular room rate**

Room Reservations must be made through **HILTON SACRAMENTO ARDEN WEST, 2200 Harvard Drive** at (916) 604 3990 after September 20, 2020

Registration Information

First Name _____ **Last Name** _____

Phone Number _____ Email _____

Club Name _____ Club Officer/ Position _____

First Name _____ **Last Name** _____

Phone Number _____ Email _____

Club Name _____ Club Officer/ Position _____

Total Now Due by October 10, 2020 \$ _____ **Total Amount Due (All-Inclusive)**

Please make checks payable to District 4-C5. Mail form and check to Lion Jeri Retzlaff, 6921 Mitchlen Ct, Sloughouse, CA 95683. 916-206-3678

Questions? jeri.retzlaff8831@gmail.com

Attire: Cabinet uniform - suit (but not so formal - meaning - scarfs and ties are optional but with white shirt or blouse); OR blue camp shirt.

Please no shorts. Suggested attire for all is business casual.

All registrations MUST be received no later than October 10, 2020. No payments to be made at the door. No refunds for cancellations will be granted.

The Intersection of City of Hope and Lions Education Foundation

Submitted by Lion Dave Pevny, District City of Hope Chair and LEF Treasurer

The annual Lions Education Foundation (LEF) golf tournament was held on Saturday, September 26, 2020. It was a very successful fundraiser for LEF---thankfully, since LEF's other regular fundraisers were canceled due to Covid-19. Kudos to Tournament Chair PDG Andy Anderson, and to all the volunteers, donors, and golfers who helped make it a success.

Being the District Chair for City of Hope, and LEF's Treasurer, I regularly sponsor a T-box sign on behalf of City of Hope. The T-box sign now leads me to preparing this brief article about a very touching end to the tournament.

During cleanup around the golf course clubhouse following the tournament and lunch, after most people had left for their homes, a gentleman named Tom approaches and asks, "Is there someone named Dave Pevny still around?" DG Cat points to me. That led to a nice conversation with Tom.



I learn that Tom is a volunteer "Ranger" at the Woodcreek Oaks Golf Course in Roseville, the site of this year's LEF golf tournament. During the course of doing his volunteer work that day, Tom reads the signs of the T-box sponsors. He sees the City of Hope sign with my name on it, and decides to track me down. Why did he go to that trouble? After he finds me, during our conversation, I learn that his son was a cancer patient and was treated at City of Hope. His son eventually died of his cancer a long time ago, but Tom was so appreciative of the treatment and care that City of Hope provided him that he has never forgotten it.



That's just one more testament to the wonderful work being done at City of Hope. Please continue making contributions to the Lions Diabetes Innovation Fund at City of Hope through the website www.cityofhope.org/lions. And for those clubs who haven't yet designated a Club Chair for City of Hope, please do so and send me, Dave Pevny, the names at dpevny@gmail.com.

And when next September's LEF golf tournament comes around, please participate at least with a T-box sign. The signs really do get noticed!

Lion Dave Pevny with City of Hope Golf Sponsor sign

District 4-C5 October Diabetes Testing Challenge

We all know the terrible effects diabetes can have on one's life - stroke, blindness, heart attack, kidney failure, neuropathy, amputation, coma....death. But if diabetes is caught and treated in the early stages, especially if one is pre-diabetic, steps can be taken to reduce and even eliminate the toll diabetes can take on one's body.

You and Your Club Can Make a Difference! How?

Step 1. Using social media (Facebook, club website) challenge your community to take the following steps:

- Log onto www.diabetes.org
- Scroll down to "[Take Our Risk Test](#)"
- Take the test!
- Ask community members to post on your Facebook page when they have taken the test, what their results were (if they want to share) and if they are making an appointment with their doctor if needed.

Step 2. Throughout the month, post information about diabetes and the impact it can have on one's life if ignored or left untreated. Share ideas on how they can minimize the effects of diabetes – exercise, healthy eating habits, maintaining normal cholesterol, etc. There is a myriad of information available to Lions on www.lionsclubs.org under Resources.

Step 3. Share your success in MyLion!

Step 4. Consider doing a fundraiser for City of Hope and the Lions Diabetes Innovation Fund. Go to www.cityofhope.org/lions for more information.

How about it? Are you ready to improve the life of your community? Are you willing to commit to one or two months of consistently posting on your club's page, and reposting and sharing on community pages to encourage people to take the pre-diabetes quiz?

For more information, please talk to your club's Diabetes Chairperson.

Lion Dave Pevny is our City of Hope Chair. Lion Lynn Ventura, our District Diabetes Chair, is an excellent guest speaker.

I look forward to hearing your club's success story!

Serving with the Heart of a Lion,

Lion Jeri A. Wartena
 District 4C-5 Global Service Team Coordinator
wartena@comcast.net
 (916) 217-9486

ARE YOU AT RISK FOR

TYPE 2 DIABETES?

American Diabetes Association

Diabetes Risk Test

- 1** How old are you?
 Less than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
- 2** Are you a man or a woman?
 Man (1 point) Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point) No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)
- 6** Are you physically active?
 Yes (0 points) No (1 point)
- 7** What is your weight status? (see chart at right)

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point)	(2 Points)	(3 Points)
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You weigh less than the amount in the left column (0 points)

If you scored 5 or higher:
 You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at www.diabetes.org or call 1-800-DIABETES

Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Annual Tax Filing Information

Please remember that all Lions clubs, districts and multiple districts that have annual gross receipts of less than US\$50,000 and do not have to file Forms 990 or 990-EZ must file the **e-Postcard** (also known as 990-N). **If your Lions club, district or multiple district has a foundation, which is a separate legal entity, the appropriate form will need to be filed as well.**

All filers must register at IRS.gov prior to filing their next Form 990-N. This is a one-time registration if the designated Lion files annually. If the designee changes from a prior year, the new designee must register with the IRS.

Please refer to the following chart regarding annual filing requirements:

2019/2020 Tax Year*	Form to File
Gross receipts normally \$50,000 or less	990-N
Gross receipts greater than \$50,000 and less than \$200,000 and total assets less than \$500,000	990-EZ or 990
Gross receipts \$200,000 or greater or total assets \$500,000 or greater	990

*Prior to December 31, 2010, gross receipt limits for filing the 990-N was \$25,000

The e-Postcard is due by November 15th day of the fifth month after the close of your tax year. Lions clubs operate on a fiscal year, July 1 – June 30, and the e-Postcard is due by November 15 each year. ***Please note that an organization cannot request an extension for filing the Form 990-N.***

If you do not file, you risk losing your tax-exempt status. Any Lions club that fails to meet its annual reporting requirement for three consecutive years will automatically lose its tax exempt status. A club may apply for reinstatement of its tax exemption even if it originally fell under a group exemption.

Every club and/or district (single, sub- and multiple) must have an employer identification number (EIN), even if it will not have employees. The EIN is a unique number that identifies the organization to the Internal Revenue Service. To apply for an EIN, you should obtain a Form SS4 and its instructions from the IRS. You may also apply for an EIN online, by telephone (1-800- 829-4933) or by fax (fax number at the location accepting applications from your state). It is important that clubs and districts use the correct EIN for their annual filing.



For frequently asked questions about tax issues and regulations affecting Lions clubs and leadership, visit the [Lions Tax FAQ](#). Visit www.irs.gov/eo for complete details and to sign up for Exempt Organization's free email newsletter, EO Update, to receive up-to-date information posted on the charity pages of irs.gov.

Legal Division
Lions Clubs International

Lions Clubs International Foundation (LCIF) Report

As of September 29, 2020

I submit the following report on the District actions in reference to the LCIF.

Total donations reported on LCIF Report for this year 2021-2020 is \$2,805. This is 8% of Governor Cat's goal of \$35,000.

- ◆ Total number of clubs donated to LCIF: 28 of 50 (56%)
- ◆ Total number of Zones visited: 7 of 8 (87.5%)
- ◆ Total number of clubs visited: 24 of 50 (36%)
- ◆ Total number of clubs with a Club LCIF Coordinator: 48 of 50 (96%)
- ◆ Total number of club/district fundraisers conducted for LCIF: 2
- ◆ Total number of 100% Clubs: 0 – Woodland Yolo is submitting their paperwork.

This year we have four District fundraisers setup for this year:

- ◆ Update on Operation "Clip Cat", in total Governor Cat has raised \$7,200 for Childhood Cancer. Still waiting for the final checks to come in so that they can be deposited into the District Account for LCIF.
- ◆ The LEF Golf Tournament was held on Sept 26th at Woodcreek Golf Course. We had 104 golfers playing in the tournament. MD4 LCIF Coordinator PCC Roger Powel was our guest. The final report will be in next month's report.
- ◆ Working with LCIF to find out how a non-lion can donate on-line with their donations being reflected in the District's account. LCIF IT Department is working on this action. As soon as this is accomplished, IPDG Sarah will start her "Operation Clip Sarah" and joining her will be her granddaughter.
- ◆ As soon as a Bowling Lanes can be opened again, PDG Nick McNicholas and I will set-up another No-Tap Bowling Tournament. We hope in February.

I will continue to match \$20 from every club in our District and will present a Melvin Jones Fellowship to someone in our District.

PDG Andy Anderson
District LCIF Coordinator

Global Membership Team Report

As of September 29, 2020

As of today, we have added 36 new, reinstated and transferred members to 13 clubs of our District for a 26%. Our net progress for this year is -13.

Our District is starting off with the following make up of members:

7/1 Total members – 1320	Total Females – 566 (42.88%)	Total Males – 754 (57.12%)
9/1 Current members – 1312	Total Females – 567 (43.2%)	Total Males – 745 (56.8%)

The clubs that have added 2 or more new/reinstated/transfer members during the first quarter are:

Esparto Lions	Roseville Host Lions	Sacramento Nepalese Lions
Sacramento Maharlika Lions	Sacramento Malaya Lions	Roseville Sunrise Lions
Galt Lions		

DG Cat’s second membership goal is to have every club who has under 20 in membership increase to over 20 in membership. The following clubs are starting off the year under 20 in membership and the information red/blue shows their increase or decrease in membership.

Esparto	19 members	(+2)	Lincoln Host	19 members	(+1)
Penn Valley	19 members		Rocklin	19 members	(-1)
Sac Antelope	19 members		Davis Aggies	18 members	(-7)
Gold Country	18 members		Grass Valley Host	18 members	(-1)
Placerville	18 members		Sac Fort Sutter	18 members	
Sac Mabuhay	18 members	(-1)	Nevada City	16 members	
Sac Golden State	16 members		Woodland Reveille	16 members	
Roseville Host	15 members	(+8)	Sac Midtown	15 members	(-1)
Winters	15 members	(-1)	Newcastle GS	14 members	
Sac Nepalese	13 members	(+3)	Sac Metropolitan	12 members	
Woodland Yolo	12 members		Delta	10 members	
Folsom Lake	10 members		Citrus Heights	8 members	

Now for the numbers:

24 of 50 (48%) Clubs have been visited about Membership
 13 of 50 (26%) Clubs have inducted a new, reinstated or transfer member
 7 of 8 (87.5%) Zones have been visited about the Membership
 78 Lions attended the New Member Orientation Class

PDG Andy Anderson
 District 4-C5 GMT Coordinator/NAMI Champion

Where There is a Need...

On Saturday, September 19, 2020, the **Capay Valley Leos Club**, sponsored by the Esparto Lions Club, held a car wash fundraiser to raise funds to give to victims of the Capay Valley fires. This event was made possible through the involvement of many community members. The Molina Family of the El Toro Carnecieria Market gave their generous permission to hold the event at their store location in Esparto on Yolo Ave. Esparto Lions Club members President Gabe Galvan & Vice President Becky Schwenger led the support for Leos members all day from 9 am-4 pm, along with additional members who came by to show support for the Leos' efforts: 2nd Vice President David Schwenger, Treasurer Carrie Clark, Director Obie Obermueller, 4C-5 Past District Governor Nick McNicholas, and Gordon Zone Chair Lion Arturo "Lion-Carlos" Carvajal.



Lion Diana Rowland

arrived at 10 am, and the Capay Valley Leos Club were ready to start. Three Esparto Lions Club members, including President Gabe Galvan, had the water hoses connected and the necessary materials (buckets, special soap, good car washing shammies). Lion Diana's car was one of the two first cars that were thoroughly and carefully hand-washed. Way to go Capay Valley Leos, helping the rural community of Capay Valley affected by wildfires," said Lion Carvajal.

The Leos members washed approximately 42 vehicles and all the contributions received for car washes, as well as from passersby stopping to leave a donation, will be donated to local Capay Valley fire victims.

ed to local Capay Valley fire victims.

Leos would like to acknowledge those who helped make this event possible: Gian Fernandez, Mia Trujillo, Vanessa Anaya, Karina Hernandez, Maria Aguirre, Thomas Sim, Valeria Ramirez, Juan Diego Heredia, Xitlalit Navarro, and Matthew Simas.

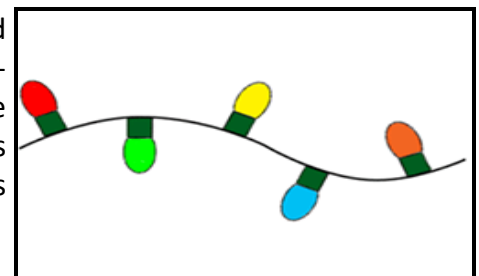
The Capay Valley Leos Club is open to high school students in the area from grades 9th-12th. Esparto Lions Club President Gabe Galvan is one of the Leos Club Advisors along with Esparto Lions Club Director Obie Obermueller.

Loomis Lions Club President Schneider welcomed 13 members who logged on to get the most recent news relative to the Club. The next meeting is via Zoom on October 6th.



Lion Russ Kelley is organizing a program to collect bicycles either new or to be repaired, refurbished, and later distributed to kids. More details to follow!

Christmas lights donations needed – There is a possibility that the entire downtown will be lit up for the holidays. If you have working lights you wish to donate, give Lion Russ



a call (916) 956-1683.

Where There is a Need...

On September 9, 2020, the **Nevada City Lions** went ahead with their regular club meeting on the front porch of Seaman's Lodge in Nevada in spite of no indoor lighting due to PG&E's PSPS (Public Safety Power Shutoff for those of you that live in the SMUD area and aren't familiar with the acronym and its definition). Much of the areas surrounding the cities of Grass Valley and Nevada City were part of the power shutoffs that many of you in other counties were also experiencing. The two towns had their own emergency generators to keep the two towns lit during the nearly two-day first round of PSPS. Unfortunately, Seaman's Lodge where we usually meet was just beyond the areas served by the huge generators.



Lions Julie Meyer, Verne Taylor and Ina Elrod relaxing ahead of meeting

We had hoped to go forward with some of our projects, but due to COVID restrictions we have been sort of put on hold as several of those projects will take either city or county approval and assistance. We have plans to do some weeding and garden maintenance at Pioneer Cemetery in Nevada City which is a city property. But those plans were set aside, first due to the heat a week or so ago and now the City of Nevada City is involved in a tug of war with PG&E over removal of some trees that pose a threat of damage to nearby power lines that are adjacent to the cemetery. We can't proceed until that standoff is behind us and of course the smokey skies are keeping us mostly indoors.

Another project is a road clean up, but we also put that off until the hot weather subsided and now will wait until the smoke subsides.

We had hoped to put together a day where we could sell tacos kits but the one city building that might have a proper kitchen is not open due to COVID restrictions.

So, the Nevada City Lions are looking at some other ideas including purchasing Lions coloring books and distributing them.

Like many Lions Clubs in our District, we are just getting by with staying in touch with our members. Several members are shopping for seniors that are shut in or doing garden maintenance or other small projects during our COVID restrictions. We will continue doing the small things and chores for people, and what we do best, "We Serve." We wish the best to all during these challenging times.

The Nevada City Lions decided to meet in person after several months of meeting virtually so that we can socialize in person again. The evening was balmy and by then winds had calmed down from the occasional breeze and the few gusts that were witnessed here and there so we felt safe to proceed with the meeting.

We had hoped to go forward with some of our projects, but due to COVID restrictions we have been sort of put on hold as several of those projects will take either city or county approval and assistance. We



President Jackie Wapp, Lion Jim Wapp and son Paul Getting ready to begin our meeting.

Where There is a Need...

September was a busy month for **Folsom Lake Lions**. September 19 was the annual Folsom Community Services Day. We participate in this event every year. We were provided with a "popup", plus a table and chairs for our volunteers to collect drive-by donations of fabric and yarn. The fabric is used by staff at the Placer County Correctional Facility to sew many different types of items which are then donated to the community. Examples are stuffed toys, clothing, pillows, baby blankets, backpacks, etc. The yarn is donated to the Hooks and Needles group at Folsom Prison. The inmates crochet a variety of items, such as small stuffed animals, scarves, hats, socks, etc. This year we collected a very large supply of fabric and yarn; unfortunately, due to the coronavirus, neither agency is producing at this time. Three of our members (Bernie DeCuir, Gail O'Brien, and Dee Farmer) participated, as well as two Twin Lakes Food Bank volunteers that we met (Kathy Deem and Ilene Zinterhofer). We appreciated all of the help they gave us, especially when it came time to load our 3 SUVs. Here is a photo of our 5 volunteers:



Also in September, we held our annual Club retreat, which was attended by all Club members. We shared a potluck lunch, and then spent some time reviewing our project list for this year (2020-2021) and identifying the project leaders. We then worked on our budget for the year, making best "guesstimates" of what our financial situation would be. We also made a BIG decision to cancel our main fundraiser for the year, that being the January crab feed. Our immediate past president, Dee Farmer, gave Certificates of Appreciation to all of the club members. Donations were made to various charitable organizations in each club member's name. A special award was presented to Bernadette DeCuir - a progressive Melvin Jones. Here is a photo of Bernadette receiving the award from Dee Farmer and LCIF Coord (and PDG) Carol Ring:



Lion Bernadette Decuir (center) receiving her latest Melvin Jones Fellow. With PDG Carol Ring (left and Lion Dee Farmer (right)

On September 24 we were also honored to have our District Governor Cat Gon and some members of her Cabinet visit our Club via Zoom. It was a very good visit, we all appreciated them taking time from their busy schedule to meet with us.

The **Placerville Lions** broke through the barriers created by Covid-19 to come together virtually, and in September we adjusted for power shut-downs due to fire dangers. Our Lions keep on moving despite supposed barriers because the needs of neighbors do not stop. In September we heard from two programs focused on the needs of foster and at-risk children. The home schooling and isolation today adds to the trauma these young people experience, in part because fewer people observe them on a regular basis. The impacts of harmful conditions remain hidden to those who can intervene. And while our Halloween Party for community children is now cancelled, and our fundraisers continue to be on-hold, we are participating in the District 4-C5 Disaster Relief Food and Blankets project for those affected by the fires in the Mt. Shasta area. With adjustments to overcome today's obstacles, the Placerville Lions are committed to serve our sisters and brothers in need.

Where There is a Need...

Sacramento Maharlika Lions Club has had a very, very busy September.

We did an outreach at My Sister's House where we donated children's backpacks filled with school supplies, toiletries, food supplies, pizza lunch, and office supplies.

On September 12th, we participated in the Disaster Assistance Team outreach in Marysville where we donated water, food, diapers, toilet paper, paper towels etc. On September 19th, we followed that up with same group up in



Oroville where we also added gas cards to the same items we donated the week before.

Living in California, we often talk about only facing or preparing for one type of Natural Disaster: Earthquakes. We frequently say we are due for the worst and how we can try our best to prepare for it. Within this conversation, we do not realize that California has been plagued yearly with wildfires that have had large destruction every year. We are not well prepared for it, but in times of events like these, we as a community come together and help others out.

Recently, **Sacramento Nepalese Lions Club (SNLC)** was able to start a fundraiser and help raise money for the recent wildfires in California. Working with the community in the Northern California region, SNLC was able to raise \$1,150 that will help out the

Recently, we were at the SPCA to donate to their pet food drive.

On Saturday, September 26th, we sent 16 golfers to the Lions Education Foundation Tournament!!!



And on October 3, we will do another outreach for the wildfire victims in Oroville.

At the same time, we are trying to raise funds by having a Lumpia Sale as well as Christmas Wreath Sale. See Events Page for more details!

victims of this tragedy. Even during the global pandemic being able to raise this sort of amount is no small feat.

As members of the SNLC, we would like to thank each and every donor for their generous support. SNLC mailed the proceeds to the California Lions Foundation.



DG Cat's Visitations

Higgins Diggins Lions members were so excited to welcome District Governor Cat, PDG Erv Gon and her Cabinet to our first in person meeting since March. Members were invited to bring their own picnic dinner and enjoy the beautiful outdoors on the Barhydt Ranch where social distancing is easy. As the guests arrived they were greeted by a herd of mama cows and their brand new babies. There was a lot of action at the gate due to the arrival of three truck and trailer loads of hay being unloaded into the century old barn. This might be the most unique entertainment



DG along with PDG Cat and Andy, PDG Erv, team will and PDG Dick encounter Dickey presented two visitations this year!

We were very pleased that so many of DG Cat's cabinet were able to attend

and help present some of our club awards. In attendance were 1st VDG Donna Prince, 2nd VDG Tim Luckinbill, Donner Region Chair Helene Smith, Sacramento Region Chair Cecile Presley, Sierra Zone Chair Laura Barhydt, PDG Andy

Anderson who was right at home on the ranch, PDG Erv Gon who is a very good photographer, and PDG Dick Dickey and Lion Jacki. DG Cat



recipients with the great honor of a Melvin Jones Fellowship, Lion Brad Prince and Lion Laura Barhydt. Lion Helen Beghetti was named Lion of the Year for her outstanding service to the community and her willingness to take on any task to support the club activities. Several members received appreciation awards which included a jar of honey produced on the ranch.

Everyone enjoyed DG Cat's inspirational and motivating speech. It was very encouraging as we all struggle with the challenges of keeping our clubs healthy and serving our community under these difficult circumstances due to the Covid 19 restrictions. DG Cat's calm resolve to go forward, do what we can to serve and support where there is a need even if we have to do things differently than we are used to. We can be successful.



In the year of Covid 19, how do you help a non-profit? The Auburn 49er Lions helped with a drive through dinner at the C-Horse Ranch on September 13th. The C Hose Ranch-Healing Pastures provides those with disabilities an opportunity to gain confidence and self-esteem while learning to ride a horse. The 49er Lions has provided BBQ fundraisers for this group for more than 10 years. Honey Cowan, owner, asked for our help and how could we turn her down. Lion Chuck Parcher gathered the food and took it the C-Horse Ranch. Some of us baked about 120 potatoes. Lion David Johnson and Lion Chuck cooked and cut the meat to perfection, 60 pounds of Tri-tip and 18 pounds of Chicken. Lion Margareta Swann helped get everything boxed and ready to go. This was a drive through dinner on a ranch. Some walked up, some came by car, and some just rode up to get their food. This was the first charity event we have been able to do since March. Lions and guests really enjoyed themselves while wearing masks and gloves and being outside.



DG Cat's Visitations



Newcastle Golden Spike Visitation



In Memorium-Recent Loss



Lion Kiyoshi Sanui, Senator Lions

Lion Kiyoshi had been a member of the Sacramento Senator Lions Club for 16 years, having joined in 2004. He was sponsored by the late Lion Molly Kimura, who brought in many members into the club.

Lion Kiyoshi was a wonderful person and a great Lion. He was kind, quiet, and soft-spoken. The home-dried persimmons which he generously handed out to club members over the years rivaled those sold in the stores. He was energetic and could always be counted on to lend a helping hand in the club's many fundraisers. According to his family, Lion Kiyoshi was happiest when he was participating in the club's Special Projects.

Lion Kiyoshi will be sorely missed. Our thoughts and prayers are with his family. Due to the COVID-19 pandemic restrictions, there will not be a public memorial service.

For those who have asked if they could make a donation to honor Lion Kiyoshi, the family would like donations to go to the "Sacramento Senator Lions Club - Special Projects" that help support the community. Please send your check to:

Sacramento Senator Lions Club
P.O. Box 22614
Sacramento, CA 95822

September 26th Golf Tournament

104 golfers met on a beautiful Saturday afternoon, September 26, 2020, for an Lions Education Foundation and Lions Clubs International Foundation Fundraiser. More details will follow in next month's bulletin, but here are some of the winners! Please note, I am unable to identify some golfers!



1st PLACE
1st Place Team

2nd Place Team includes PDG Mike and Lion Sheri Reztlaff

2nd

PDG Nick McNicholas, PDG Andy Anderson, unknown, and Lion Kitty Kramer—Closest to Pin Winners

Unknown—Longest Drive Winners

Welcome New Club Members—September 2020

HELLO



Name	Club Name	Zone	Region	Month
Bishop, J D	Galt	Sutter	Sacramento	Sept 2020
Bishop, Heather	Galt	Sutter	Sacramento	Sept 2020
Bitondo, Joe	Galt	Sutter	Sacramento	Sept 2020
Shahi, Bimala	Sac Nepalese	Gordon	Dos Rios	Sept 2020
Yagen, Kathleen	Sac Malaya	Crocker	Sacramento	Sept 2020

NEWS
YOU
CAN
USE

SEPTEMBER
ISSUE

15

FLU
SHOT

16



Don't Skip Your Shot

Getting vaccinated against the flu every year is crucial. Although it can't prevent every case of the flu, the vaccine is the best protection—both for yourself and for those around you. And if you do get sick, your symptoms may be milder.

How the Flu Vaccine Works

Flu viruses occur in many varieties. Every year, scientists predict which flu viruses will be most common in the coming months. Then they develop a vaccine targeting three or four of those viruses. Contrary to popular opinion, the flu vaccine can't give you the flu.



HEALTH BITE

When someone with a cold or flu coughs, sneezes, or even talks, the virus is sent out via respiratory droplets—and people nearby can be infected. Follow the "6-foot rule": Droplets don't usually travel beyond 6 feet, so keep this distance between you and anyone showing signs of a bug.

4 More Ways to Prevent Cold and Flu

So you get your flu shot, wash your hands often, and avoid people who are ill. But did you know that your phone can make you sick? Tackle these lesser-known risk factors to improve your odds of a healthy season.



1. Combat stress. Stress can wreak havoc on your health. Try reducing stress with meditation, which can also help protect your body against cold and flu. One recent study of adults ages 50 and older found that practicing mindful meditation was associated with shorter, less severe colds.

2. Get your exercise. Regular exercise can boost your immune system. It helps your body produce more cells and antibodies that attack bacteria and viruses, so you can better fight off infection. Studies show that those who exercise use half as many sick days due to colds and other infections than those who don't exercise.



3. Clean your cellphone. Your phone goes everywhere with you. With all that handheld time, it can carry bacteria and viruses and spread illness. During cold and flu season, disinfect and clean your phone regularly to prevent the spread of germs.

4. Prioritize sleep. Poor quality or quantity of sleep can reduce the function of your immune system.

If you do have flulike symptoms, see your doctor right away. You may be able to take an antiviral medicine to reduce the severity of your symptoms. It's most effective when taken within 48 hours of feeling ill.



Upcoming EVENTS

<p>On Sale Now Maharlika Lions Club Lumpia Sale</p>	<p>\$25 for 50 pieces, or \$8.50 dozen Veggie, pork, or beef, uncooked and frozen For delivery at home or pickup Contact Lion Trish at (916) 945-6209</p>
<p>October 1—15, 2020 Roseville Host Lions SPCA Towel Drive</p>	<p>New or gently used bath/hand towels needed for the Placer SPCA For donation pickup or drop off location, please contact Lion April Markskell at aprilmarkskell@gmail.com or RC Dusty Harrison at ispy4you@att.net</p>
<p>Through October 3, 2020 District 4-C5 Food/Blanket Drive locations: <ol style="list-style-type: none"> 1. TSL Warehouse (PDG Mike Retzlaff) 8331 Valdez Ave., Sacramento OR 2. Taste of Tuscany, 7753 Roseville Rd. A, Sacramento OR 3. Higgins Diggins Community Center 22490 E. Hacienda Rd., Grass Valley </p>	<p>Disaster relief for Mt. Shasta fires For more information, contact PDG Mike Retzlaff at (916) 225-8321 or email mikeretzlaff@sbcglobal.net</p>
<p>October 3, 2020 Malaya Lions Club Parking Lot Sale Elks Lodge, 6446 Riverside Blvd., Sacramento, CA</p>	<p>8 am to Noon If you would like to donate, contact Lion Conrad de Castro at (916) 424-5933 or CT Zenny Yagen at (916) 599-6544</p>
<p>October 3, 2020 Lions Wilderness Camp 1768 Vista Creek Dr., Roseville</p>	<p>8 am—NO Early Birds please Enter through RV driveway—Facemasks/Social Distancing https://lionswildcamp.org/</p>
<p>October 10-November 8, 2020 Maharlika Lions Christmas Wreath Sale 22 " Noble Fir Wreaths</p>	<p>\$25 + tax Delivery after Thanksgiving Contact Lions Mark or Kendra Bamba (916) 872-3411 or (916) 995-1220</p>
<p>October 11, 2020 Maharlika Lions Virtual Walk/3.21 Run For Down Syndrome</p>	<p>10 am Join the team at www.ds-stride.org/diastepup For information, contact Lions Bing/Lynn Ventura at (916) 798-4423</p>
<p>October 17, 2020 IPDG Sarah's District Convention Sacramento Hilton See Pages 5 and 6 for details</p>	<p>\$45 per person 9:15 am registration 10 am—3 pm</p>

MORE EVENTS ON NEXT PAGE

Don't forget to advertise your club events! See Page 24 for details!!

Upcoming

EVENTS

October 18, 2020 Auburn Host Lions Golf Tournament The Ridge	Contact: Lion Kevin Casey, sierraforester@gmail.com or (530) 305-6446
October 24 & 25, 2020 Roseville Host Lions—Stuff the Bus Walmart, 900 Pleasant Grove Blvd. Roseville, CA	9 am—5 pm School Supply Drive For additional information, contact RC Dusty Harrison at ispy4you@att.net
November 19, 2020 Lions Blood Bank Vitalant Headquarters, Sacramento Room 10536 Peter A McCuen Blvd. Mather	1 pm—5 pm DAY OF—Complete your Fast Track Health History Questionnaire at Vitalant.org/health Bring photo ID/Eligibility Questions, Please call 1-877-258-4825 or schedule online at dondrs.vitalant.org and enter SMFM757 MUST wear mask/face covering that meet CDC guidelines



Without volunteers, we'd
be a nation without a soul.

Rosalynn Carter

quoteFancy

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
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 Jeri Wartena Global Service Team Coordinator	(916) 217-9486	gst@district4c5.org
PDG Andy Anderson Lions Clubs International Foundation Chair	(916) 687-8133 (hm) (916) 955-3882 (cell)	lcif@district4c5.org
PDG Nick McNicholas 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:

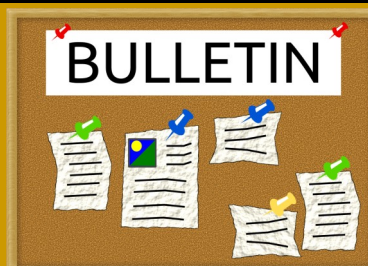
1. Email blast messages—sarahte@comcast.net (NEW)
2. Webmaster—webmaster@district4c5.org
3. Facebook—pr@district4c5.net
4. Pride Bulletin—denandkitk@aol.com



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