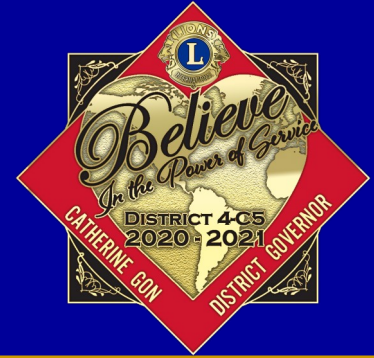


District 4 C5

Lions Pride



LIONS PRIDE—VOLUME 38, ISSUE 7

January 2021



Antelope Lions Parade Float

Antelope Lion Jim Kirkpatrick as Santa Claus at the Antelope Christmas Car Parade.
Parade float built by other Antelope Lions Members

In this edition:

Governor and VDG Messages	Loomis Lions Excerpt	MD-4 Leadership Summit 1/9/21	2021 Student Speaker Info	Melvin Jones Fellow Awards	LCIF and GMT Reports	Where There is a Need...	Covid Resolutions	& More...
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District Governor Cat Gon's Message



Happy New Year!

**"GUNG HAI FAT
CHOY!"**

I hope that each of you have enjoyed a wonderful Holiday Season. My family and I were able to gather in small groups to enjoy each other's company and exchange gifts. Mom is a firm believer of family gatherings so this year was an exercise in patience. At 94 years strong and still driving, she like us all are suffering from severe episodes of "Cabin Fever" and tries to escape the safety of her house on a regular basis. It is all I can do to keep her safe by "Driving Ms. Daisy" to her appointments and weekly grocery shopping.

It appears that we are remaining in a holding pattern of socially distancing and quarantine for quite some time to come. The vaccine for the COVID-19 Pandemic will be disbursed in the next few months according to CDC protocol, so remain vigilant and continue to practice safety and preventive measures to keep you and your families thriving and well.

With this in mind, the 2021 Convention Committee has been reviewing the possible consequences of this pandemic upon our April 16-18, 2021 convention at the San Ramon Marriott. Convention Chair Doug Wight and the committee have been seriously contemplating alternate plans if the possibility of postponement becomes necessary and requires rearrangement to a later date or venue.

But let us not dwell on negative thoughts with the dawning of a new year! With every new day comes another opportunity to serve. I am very confident that we shall soon hear from the future Lion Leaders of our district that they will be stepping into the forefront to become candidates for the office of Second Vice District Governor and the 2021-2022 cabinet positions.

Our Lions are recognized throughout the Multiple District Four (MD4) to have very knowledgeable and efficient leaders. There is always an opportunity to learn more about Lions and to serve in any capacity within our organi-

zation. After the past nine months of house arrest and social distancing, 2021 will be the year to get out there and do something, anything exciting and new! The past nine months of solitary confinement should inspire us to want to escape and enjoy some well deserved camaraderie and service activities.

First Vice Governor Donna Prince is looking for just those types of persons to work with her as a team to keep the workings of our district strong! ***To be fearful of the unknown is normal, but please don't let a little trepidation keep you from serving your Club, Zone, Region, and the District. The members of your club and the cabinet are readily available to help each of us to succeed and as such we share and enjoy a relationship as close as family. Together we all succeed collectively and have lots of fun while serving.***



Honorable Mention and Congratulations to the entry from Roseville Sunrise Peace Poster Contest.

Stay tuned for more information pertaining to the Student Speaker Contest which will be available from Chairman Mark Steffens.

The upcoming MD4 Convention has been postponed to May 21-23, 2021 at the Grand Sierra Resort in Reno, Nevada.

Until we are able to meet together, please keep safe, stay busy, volunteer when possible, and live large!

Best Regards,

Lion Cat & PDG Erv Gon



1st Vice District Governor Donna Prince's Message



HAPPY NEW YEAR!

From our family to yours, we hope you enjoyed some special time over the holidays with loved ones, whether it be with a limited number of just household members or by virtual means with your extended family and friends. Staying connected with those we care about is so important at all stages of our lives and we need to keep doing this until better days arrive.

Thank goodness 2020 is behind us and there is hope for our country and world to finally make some serious progress against COVID19. For those of us in the vulnerable category relief may be a little longer off, but isn't it great to think one day in the not to distant future we will be able to resume most of the activities we have curtailed or cancelled for so many long months?

Looking back at the past year, I am amazed at the spirit of giving and volunteerism of our Lions. Kudos goes out to all the clubs who continued to donate funds to support individuals, groups and organizations to help ease the difficulties of this year and in many cases helped those people continue with their work. Congratulations to the clubs that continued to provide hands-on service, often in very innovative ways. Each of us who donate money and/or assists with community service projects continues to show that "Where There's a Need, There's a Lion!"

January is the month we need to think about selecting slates of new Club officers for 2021-2022. Hopefully your club has already started the process and is reaching out to Lions to step up and serve as leaders. To all our Lions who have never served in this capacity before, please consider doing so! Don't be shy or worried about the responsibilities or if you will do a good job, there is plenty of help online at www.lionsclub.org and from our own District Leadership Team led by Past District Governor Nick McNicholas. In addition, several club officers' trainings will be offered before, and shortly after July 1st.

If you have already served as a Club Officer (and in some cases if you have not) there are positions open at the District level as Zone Chairs, Region Chair and on various Committees. If you are interested in helping your District thrive and want to help 4-C5 continue with the reputation of being the best District in California, please call me so we can talk. To those Lions who have already accepted

positions for next year, I am so grateful and say thank you!

As we enter the second half of our Lions year, we all have the ability to help District Governor Cat Gon meet her membership goal of adding four new Lions to each club. A few clubs have accepted and exceeded this challenge, with Galt Lions leading the way. Since September 1st Galt Lions Club has added 16 new, enthusiastic members! Wow, that is incredible! We welcome all to our 4-C5 family and thank you to all your sponsors. Be like Galt...reach out and share the excitement, and personal gratification you get from serving as a Lion with others, and invite your friends, family, co-workers and neighbors to join your Lions Club.

Our District Convention Committee is meeting and making plans for a celebration with the theme selected by DG Cat's of "Masquerade, Experience the Magic.. Second Vice District Governor Tim Luckinbill and I are responsible for obtaining the program ads. This is your opportunity to showcase your club, officers, projects and events, or a message of support or thanks to DG Cat or anyone of your choice. Businesses may also buy ads to highlight their goods and services. Please contact 2nd VDG Tim or me for more info and when you are ready to go forward with an ad. **The deadline for ad orders is March 31, 2021.** Remember, anyone can place an ad and Immediate Past District Governor Sarah Enloe is available to help you create an ad.

Thank you for your willingness to serve in good times and in difficult times. As Lions we are always willing to lend a helping hand.

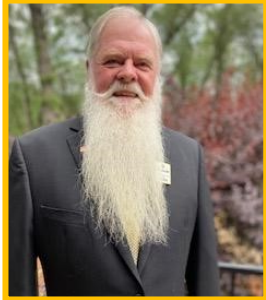
We will get through this unprecedented time together with the support of our fellow Lions. Things will get better, great times and opportunities to formulate fond memories are ahead for us, we just need to be a little more patient.

Stay Safe and Well,

Donna & Brad and all the Prince Family



2nd Vice District Governor Tim Luckinbill's Message



Happy New Year 4C5 Lions,

December is the last month of the year and I think it is the best month of the year. Filling the needs of many folks young or old, hungry, homeless, sad and lonely. There is nothing better than to put a smile on

someone's face that needs to be cheered up. A new toy, a plate of food, a warm bed for the night or just a Merry Christmas to greet someone for the first time. In Lionism, that is an Act of Kindness, and Christmas time is all about just that. If you get the International President Choi's newsletter, that is exactly what he is asking us to do (Simple Acts of Kindness).

This month I have been reading newsletters, activity reports, and hearing on the TV all about Acts of Kindness that have been going on throughout the holidays. Everyone that has given has a BIG HEART and a smile on their face. Thank you, Thank you, Thank you!

I received a letter from Lions Clubs International the other day asking for a LCIF donation. I will send a donation, but what got my attention was who was pictured on the envelope. It was a group of Lions that were wearing masks, so you didn't notice right away. I saw a tall guy with a cowboy hat and glasses. That sure looks like PDG Andy Anderson, and then I started looking closely IPDG Sarah, DG Cat, PDG Erv, 4-C5 Treasurer Zenny, and a few more Lions. Someone in the Sacramento area must have some pull. That picture probably went all over the world. Good coverage for District 4-C5.

One of the projects I was involved in the past month was Wreaths Across America. This has been the first year in the Colfax area that American Legion and the Veterans of Foreign War got involved in the program. The wreaths are purchased by donations and they are placed on the Veteran's grave site. It will be an amazing site when there will be a wreath on each Vets headstone. The wreaths stay on the graves for about two weeks. The Colfax Cemetery was a

beautiful Christmas scene this year.

I was asked a question a few weeks ago about some help for Lions in need. I was able to get some info on a program that District 4-C5 supports. I have been in Lions for several years and never heard of the Lions Medical Emergency Fund. The old saying (Just Ask), but you need to ask the right person. Well, I did and I found out all about the Fund for Lions. It helps any Lion that requests a helping hand with very few questions asked. If a club sees a need, that club can request help for their Lion. It is mostly used for medical bills that are piling up, so some relief can be very helpful. Why I'm mentioning it is that the account has been dormant for quite awhile. As Lions we should support the fund and keep it active for future needs. Do a fundraiser for the Lions Medical Emergency Fund or pass a jar at every meeting to support our Lions in need. A very worthy project when we all get back together again.

In closing, I want to wish everyone a HAPPY NEW YEAR, be safe and continue those Acts of Kindness. Hope to see you all soon!

Your in Lionism,

2VDP Tim Luckinbill



What to do when a once strong Lions Club slows down DG Cat Gon reviews a real complaint and suggests steps to take

A CLUB IN THE SOUTH ABOUT TO SAY GOODBY TO A HISTORY OF VALUABLE COMMUNITY SERVICE

Case 5 - Summary

DG Cat Gon,

We are both an old club and an isolated one, meaning too far from the nearest club for easy sharing of problems and for visiting, too. By old, I mean we have a long history of service, and for years our small town relied on our members to do things for the community. In short, we were both a civic and service club. Over time, our members became discouraged and too few were doing everything, they were really engaged. Club leaders were overworked, overly committed, and frankly, burned out. As we neared collapse, no one wanted to be an officer or be the president. Our District sent out it's Training Team and they attended our meetings and were a big part of our programs. They got us fired up to the point we even recruited some members and filled our offices; the Training Team deemed us a solid club again.

A year has passed and we are once again about to close our doors. Should we just quit or what?

Lion Jim Johnson

DG Cat Gon Responds

Dear Lion Jim:

I applaud you and the club for accepting assistance from the District Training Team and then including them in your meetings and part of your programs. They got your club excited and made it so you got some new members and filled your offices.

You say that the Training Team deemed you as a solid club again. What was the basis of this observation on your part? On it without a fight!

What has changed between the before and after pictures; how do you rediscover that excitement? Once you can pin-point the stimulus that propelled you forward before, then you can re-implement the same basic strategies.

Don't be afraid to reach out to the District again to assist you. Each District wants every club to be viable and to succeed.

In looking for fresh ideas and new members to stimulate activity and promote more participation, contact your local Chamber of Commerce or form a partnership with a community based organization. Collaboration can bring in new projects and potential new members.

Inquire with your members about what they want from the club and which direction they would like to see the club pursue. Ask the members to invite their friends, family, and associates to attend club and Lion functions and meetings. You may be surprised to find that these relationships can add more enthusiasm, projects and members to your club's strengths.

Your club is not ready to give up; so don't give up on it without a **FIGHT!**

Any Lion member wishing to have a club reviewed by DG Gon may submit a summary (like Johnson's) to this email address
morrisjac@gmail.com

Only one submission will be accepted for review here per month. Each submission will have the real names of the club and sender removed and certain other data altered. False names and data used for privacy reasons.

NOT ALL HEROES
WEAR CAPES. BUT
THEY DO WEAR MASKS.

LOOMIS LIONS CLUB



MD-4 Lions Leadership Summit



- "SAVE THE DATE" -

MD-4 LIONS LEADERSHIP SUMMIT

JANUARY 9, 2021 8:30AM-12:30PM (PST) ONLINE EVENT

Hello California Lions and Beyond! The Multiple District 4 Global Leadership Team is proud to present this, the second in our series of the "MD-4 Lions Leadership Summits" to all California Lions. It is the goal of the Global Leadership Team to provide California Lions with the leadership tools they need to succeed in the current world climate. To Pre-Register for this event simply click on the link below.

<https://us02web.zoom.us/meeting/register/tZMtf-GhqzosE9eS5L3H-T3X9zVk9sLkstT2>

TOPICS:

"Do We Really Want To Do That? Being Relevant and Meaningful" Presented by Lion Jama Wahl from MD1

Click here to get a sneak peek at this topic — <https://youtu.be/rj36RVRkIHM>

Member Retention - "Hakuna Matata" - "What does it mean to you?" Presented by Lion Brian Sheehan, 2nd Intl VP

Click here to get a sneak peek at this topic — <https://youtu.be/49xITLfHWWs>

"A Little Bit Service - A Little Bit Rock and Roll" Presented by Lion Anne Smarsh from MD-19

Click here to get a sneak peek at this topic — <https://youtu.be/RQAxMMKkb20>



For more information and to be placed on the mailing list for this Summit and future Leadership Events and Programs in MD-4 email: norm@lionsleadershipforum.com

or visit our FB page <https://www.facebook.com/MD4LLS>

Thank you for your time...



You don't have to be perfect to help people.
All you have to be is real.

—TRENT SHELTON,
MOTIVATIONAL SPEAKER

Annual Student Speaker Contest Training

Good Afternoon, RC, ZC, Club Student Chairs, and any Lion interested,

You will find the information below that you will need to be able to attend our District Lions Student Speaker Contest training!

We will spend time going over the guidelines for holding a Student Speaker contest. Of course, everything will have to follow whatever the state guidelines will be. We will be just going over general information.

You have been invited to the following event.

District 4-C5 Lions Clubs' Student Speaker Contest Training (6:30PM PST / Doors open at 6:00PM PST) Wednesday 1-6-2021

When Wed Jan 6, 2021 6:30pm – 8:30pm Pacific Time - Los Angeles

Where <https://us02web.zoom.us/j/81263988749> (map)

Calendar steffens.mark@gmail.com

Who

- sacramentoembarcaderolionsclub@gmail.com - organizer
- steffens.mark@gmail.com
- bshowalrh@yahoo.com

Mark Steffens and Brent Showalter are inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/81263988749>

Meeting ID: 812 6398 8749

Passcode: 886269

One tap mobile

+16699006833,,81263988749# US (San Jose)

+13462487799,,81263988749# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 312 626 6799 US (Chicago)

+1 929 436 2866 US (New York)

+1 301 715 8592 US (Washington D.C.)

Meeting ID: 812 6398 8749

Find your local number: <https://us02web.zoom.us/u/kdvlngmJy6>

Going (steffens.mark@gmail.com)? [Yes](#) - [Maybe](#) - [No](#) [more options »](#)

Thanks,

Mark Steffens

President, Sacramento Embarcadero Lions Club

District 4-C5

District Student Speaks Chair

LPCCI, Past President, Trustee

SIR Branch 69, Little Sir

Steffens.mark@gmail.com

(916)-214-8650

TOGETHER

We Can Make A Difference



New Melvin Jones Fellow Recipients



Past District Governor Dr. Herbert K. Yee was presented with a Melvin Jones Fellowship (MJF) by his **Capitol Lions Club** members on December 12, 2020. The MJF was presented in a small outdoor ceremony in Dr. Yee's backyard with his son, Dr. Wesley Yee, his caregiver Soo Lee, and a few Capitol Lions Club Board members looking on. (Note: PDG Andy

Anderson was a great help in expediting the process through LCIF.)

At 96-years of, PDG Dr. Yee is the second oldest Past District Governor in California, according to Multiple District 4 CA Lions. He will turn 97 in the coming year, and his club presented him with the MJF as an early 97th birthday present. PDG Dr. Yee is a Charter Member and Life Member of the Capitol Lions Club, which was formed in October 1953. He served as our District Governor in 1966-1967.

PDG Dr. Yee was born in 1924 in Toishan, Guangdong Province, China, in 1924. He came to the United States in 1931, entering through the Angel Island Immigration Station. He graduated from Sacramento High School in 1942, attended Stanford University, and received his D.D.S.

(dental) degree from the University of the Pacific in 1948. PDG Dr. Yee has a long history of philanthropy and humanitarianism in the local community, as well as in his birthplace of China. He continues to serve as Post Commander of American Legion Post No. 696 ("Gung Ho" Post), has been the dentist to California Governors Pat Brown and Ronald Reagan, has served as a Regent of the University of the Pacific, President of the State Board of Dental Examiners, and President of the International College of Dentists, as well as the Yee Family Association, to name just a few of the titles which he earned over the years. His awards and honors are too numerous to mention.



Lions Arthur, Keely, Bryan, Norman, Connie, Dave, Lilly with PDG Dr. Yee



Sacramento Senator Lions Club recognized member Lion Vicky Brady for her many services in the club, as well as, in the District and in the Multiple with a Melvin Jones Fellowship Award on December 7, 2020.

Because of the Covid-19 pandemic and shelter-in-place mandate, it was not possible to have a bigger celebration to honor Lion Vicky. However, the lack of a party celebration does not diminish our recognition and appreciation of what Lion Vicky has contributed to Lions and her dedication to the Lions motto of "we serve." Over the years, she held many positions in the club and district and is the Immediate Past Chair of the Youth Exchange Program for Multiple District Four and is currently the Chair of the same program in District 4-C5.

Congratulations to Lion Vicky! Sacramento Senator Lions Club is so proud of you!

L to R: Immediate Past Club President Shirley Kato, ZC Josephine Fong (both are MJF Award Committee members and Dr. Ernie Takahashi-absent), MJF Award recipient Lion Vicky Brady, and President PDG James Fong

Lions Clubs International Foundation (LCIF)

District 4-C5 Special LCIF Mid-Year Report

On behalf of DG Cat Gon, I would like to congratulate each and every Lion, club, zone, region and our District for the OUTSTANDING support you have given to Lions Clubs International Foundation this year. This year has been extremely hard with the Covid virus, but we have surge forward in our support of our District.

Governor Cat gave us six goals to reach for the year and we have reached four of the six goals in just six months. The remaining two goals will be within reach by the end of the year if not before.

1. To have every club send in a donation to LCIF and as of the first part of December, we have accomplished this goal. All 50 clubs have been given credit for donating to LCIF.
2. To have every club assign a Club-LCIF Coordinator and this has been accomplished.
3. To have at least one model LCIF Club and this has been obtained. Our newest Model Club is the Sacramento Midtown Lions Club.
4. To host a very successful district wide LCIF Fundraiser. This was accomplished with "Operations-Clip Cat." But we have had three total fundraisers for LCIF. The second one was a donation by the Lions Education Foundation (LEF) from their annual golf tournament and we have also had one club (Higgins Diggins Lions Club) complete a fundraiser for LCIF. From the two district-wide fundraisers, we were able to donate \$11,300 to LCIF.
5. To donate to LCIF a total of \$35,000. As of Dec 30th, we have donated \$21,144 (60.4% of her total).
6. To have five clubs be recognized as 100% Clubs. This is in process.

Per Governor Cat's request, the total funds donated from our two district-wide fundraisers was divided equally between all 50 clubs in the donation process. Each club was given the credit of donating \$226. The funds were deposited into the District's Unnamed account per DG Cat so that she could present some well deserving Melvin Jones Fellowships during our District Convention this coming April in San Ramon.

Please keep up the great support you and your clubs have given to LCIF so that we can make this dismal year outstanding. Currently, we are the only District in MD4 with 100% assigned Club Coordinators and sitting 3rd in the total amount of donations in MD4 with \$21,144.

PDG Andy Anderson
District 4-C5 LCIF Coordinator



Lions Clubs International
FOUNDATION

CLUB NAME	ZONE	JUL- SEPT 2020	OCT- DEC 2020	JAN- MAR 2021	TOTAL AMOUNT DONATED	DATE VISITED OR To visit
Auburn 49ers	Foothill	20	500		520	9/24/2020
Auburn Host	Foothill	20	0		20	8/5/2020
Citrus Heights	Wolfskill	425	220		645	01/02/2021
Colfax	Foothill	20	0		20	
Country Club	Wolfskill	0	20		20	
Davis Aggies	Gordon	0	20		20	11/5/2020
Delta	Sutter	20	0		20	10/12/2020
Downieville	Sierra	0	20		20	
Elk Grove	Sutter	80	20		100	7/13/2020
Esparto	Gordon	480	25		505	10/1/2020
Folsom City Host	Marshall	20	0		20	8/5/2020
Folsom Lake	Marshall	20	0		20	9/24/2020
Foresthill	Foothill	20	0		20	
Galt	Sutter	20	0		20	11/12/2020
Grass Valley Foothill	Sierra	0	116.50		116.50	7/22/2020
Grass Valley Gold Country	Sierra	0	20		20	
Grass Valley Host	Sierra	0	20		20	
Higgins Diggins	Sierra	100	1,277.5 0		1,327.50	9/3/2020
Lincoln Hills	Eureka	0	20		20	8/10/2020
Lincoln Host	Eureka	0	20		20	
Loomis	Eureka	0	20		20	7/21/2020
Meadow Vista	Foothill	240	0		240	8/26/2020
Mother Lode	Marshall	120	50		1,170	9/17/2020
Nevada City	Sierra	0	20		20	11/11/2020
Newcastle Golden Spike	Eureka	0	20		20	9/22/2020
Penn Valley	Sierra	0	20		20	8/27/2020
Placerville	Marshall	40	0		40	8/4/2020
Pride of LC	Sutter	20	0		20	
Rio Linda	Wolfskill	420	300		720	10/8/2020
Rocklin	Eureka	0	0		0	
Roseville Host	Eureka	0	50		50	10/20/2020
Roseville Sunrise	Eureka	0	0		0	9/15/2020
Sacramento Antelope	Wolfskill	0	20		20	9/23/2020

CLUB NAME	ZONE	JUL- SEPT 2020	OCT- DEC 2020	JAN- MAR 2021	TOTAL AMOUNT DONATED	DATE VISITED OR To visit
Sacramento Camellia	Crocker	20	0		20	8/13/2020
Sacramento Capitol	Crocker	20	1,000		1,020	7/15/2020
Sacramento Embarcadero	Crocker	570	450		1,020	7/15/2020
Sacramento Fort Sutter	Crocker	0	0		0	
Sacramento Golden State	Sutter	20	50		70	10/12/2020
Sacramento Mabuhay	Wolfskill	20	0		20	
Sacramento Maharlika	Sutter	20	0		20	8/4/2020
Sacramento Malaya	Crocker	20	0		20	7/9/2020
Sacramento Metropolitan	Crocker	20	0		20	11/5/2020
Sacramento Midtown	Wolfskill	0	20		20	
Sacramento Nepalese	Gordon	0	0		0	7/26/2020
Sacramento Senator	Crocker	70	0		70	8/6/2020
Sacramento Valley Hi	Sutter	20	0		20	10/18/2020
Winters	Gordon	0	0		0	
Woodland Host	Gordon	20	1,670		1,690	7/15/2020
Woodland Reveille	Gordon	0	0		0	
Woodland Yolo Sunset	Gordon	0	0		0	7/15/2020
		\$2,905	\$6,939		\$9,840	
District 4-C5		0	\$11,300		\$11,300	
Total for 2020/2021		\$2,905	\$18,239		\$21,144	

35 of 50 (70%) Clubs have been visited about the LCIF

50 of 50 (100%) Clubs have donated to the LCIF

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

50 of 50 (100%) Clubs has a Club LCIF Coordinator

Total goal for the District is 60.4%

Clubs Purple = \$2,000 <

5 Clubs Brown = \$1,000 to \$1,999

1 Club Red = \$750 to \$999

4 Clubs Blue = \$500 to \$749

0 Club Green = \$250 to \$499

40 Clubs right side of column Black = \$0 to \$249

Global Membership Team (GMT) Report

As of December 30, 2010, District 4-C5 added 71 new, reinstated and transferred members to 22 clubs of our District for a 44% and lost 106 members. Our net progress for this year is -35.

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%)
- 11/1 Current members – 1310 Total Females – 571 (43.58%) Total Males – 739 (56.4%)

DG Cat's first membership goal was to have every club increase their membership by either 1 new/reinstated/transfer member during each quarter or add 4 new members during the year.

The clubs that have added 4 or more new/reinstated/transfer members during the year to meet DG Cat's goals of adding 4 or more members to their clubs during the year are:

- Galt Lions (16)
- Roseville Host Lions (13)
- Sacramento Embarcadero Lions (4)
- Sacramento Malaya Lions (6)
- Sacramento Nepalese Lions (7)

The clubs that have added 2 - 3 new/reinstated/transfer members during the year to meet DG Cat's goals of adding 1 new members to their clubs during each quarter are:

- Esparto Lions
- Grass Valley Foothill Lions
- Higgins Diggins Lions
- Mother Lode Lions
- Roseville Sunrise Lions
- Sacramento Mabuhay Lions
- Sacramento Maharlika Lions

DG Cat's second membership goal is to have every club who started the year with under 20 in membership increase to over 20 in membership. Since the starting of the year 3 clubs has increased to 20 or more.

- Esparto Lions 19 members (+2)
- Penn Valley 19 members (+1)
- Roseville Host 15 members (+10)

34 of 50 (68%) Clubs have been visited about Membership
22 of 50 (44%) Clubs have inducted a new, reinstated or transfer member
8 of 8 (100%) Zones have been visited about the Membership
87 Lions attended the New Member Orientation Class

PDG Andy Anderson

District GMT Coordinator/NAMI Champion

Gone, But Not Forgotten



- Lion Joe Tallerico, Elk Grove Lions
- Lion Donald Veninga, Elk Grove Lions
- Lion Alex Blanca, Newcastle Lions
- Lion Carlene Hosea, Placerville Lions



“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”

— Erma Bombeck

Welcome New Club Members—December 2020



Name	Club Name	Zone	Region
Encarnardo, Inah	Embarcadero	Crocker	Sacramento
Eng, Joyce	Embarcadero	Crocker	Sacramento
Gon, Alex	Embarcadero	Crocker	Sacramento
Gon, Marc	Embarcadero	Crocker	Sacramento
Sales, Vince	Malaya	Crocker	Sacramento



Where There is a Need...

Citrus Heights Lions Club held their meeting at Lion Sandy's residence on Wednesday, December 2. First order of business was to discuss getting drunk (kidding!). We discussed possible club projects. We then went into action. We counted 268 eyeglasses and boxed them for the Folsom Project for the Visually Impaired. This included children's eyeglasses and sunglasses.

Pictured at left: Citrus Heights Lions Club Members William Fallai, Claudia Ferguson, Sandra Harmon, and Kathi Throne



Merry Christmas



Embarcadero Lions Club members preparing their annual infamous pasta dinner with all the fixings, Christmas gifts and our Club President Mark Steffans as Santa for 300 guests via drive-through.

Pictured above: DG Cat Gon, PDG Rich DeCuir, PCP Joe Bowers and Lion Maryrose Barnhurst --- Santa aka CP Mark Steffens and his nine reindeers are in the air!



Lion Mark Steffens enjoying role as Santa Claus at the Embarcadero Lions drive-through pasta dinner



Where There is a Need...

Woodland Host Lions participated in several events during this Christmas season:

- This year they partnered with the Woodland High Leo Club holding a toy drive for the Salvation Army.
- Woodland Host Lions volunteered for their annual Bell Ringing Day at Raley's for the Salvation Army. Lions Sally Nelson and Susan Vogelesang sure enjoyed seeing everyone.
- They also sponsored the gift giving for three families along with their yearly donation of Christmas stockings decorated by members for the children and socks for clients at 4th and Hope.
- Donated knitted hats and gloves made by two members.



Lions Sally Nelson and Susan Vogelesang ringing bell for Salvation Army at local Raley's



Lions Wes Nelson and Sally Nelson proudly show the donations to 4th and Hope

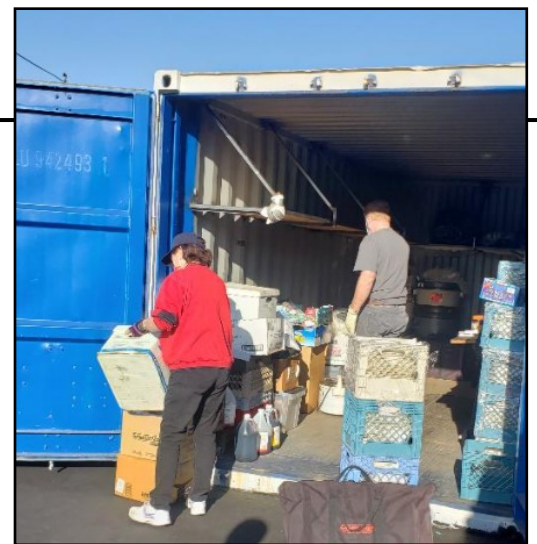


Leo President Krysta Solorio and Lion Susan Vogelesang displaying the toy donations



Embarcadero Lions on the move repositioning their storage container full of catering supplies able to host up to 500 guests at any formal event.

It took six hours for the cross town move of our ocean going container, but easily tasked with the many members innovative hands and minds pitching in.



Where There is a Need...

The **Penn Valley Hi-Graders Lions Club** donated See's Candy to the airmen at Beale AFB again this year. Citizens from our community were asked if they would like to buy an extra box of candy and donate it to the troops who were having to work over the Christmas holiday.

This is the fourth year in a row that the Hi-Graders have donated goodies to the airmen.

Pictured are Lions members Faustino Cardona, Carol Puphal and Kodi, Tim Fahey, MSGT Amber Chrystal, Dan Emmrich, Shirley Emmrich, PDG Doug Wight, and Bruce Puphal.



The **Folsom Lake Lions Club** met via Zoom in place of our annual Christmas dinner. We all had a good time visiting and toasting each other, but being able to meet in person is going to be wonderful.



We donated 25 gift bags to the Powerhouse Ministries in Folsom. They organized a community Senior Gift Bag Program - they identified seniors who are in need in the community, we prepared 25 gift bags, and the Powerhouse Team delivered them. All of our members volunteered to donate many various items which were on a list provided by Powerhouse Ministries. The bags included such things as lotions, hand soap, bath puffs, slipper socks, face masks, calendars, playing cards, and caps/scarves made by the Folsom Prison Hooks and Needles. Three of our Lions members Gail O'Brien, Evelyn Butler and Dee Farmer sorted items into each bag. Lion Gail put the finishing touches on the bags with brightly colored tissue paper, and each one had a Christmas card which had been prepared by our Leo Club members. Here's a picture of Santa's sleigh delivering the gift bags to the Powerhouse Ministries.

Their next project that completed in December was donating gifts for homeless teens. The Folsom Police Department each year collects gifts through the community for children in need. We have historically donated gifts for homeless teens.



This year two of our members, Karen Prince and Rita Withers, shopped for gifts and delivered them to FPD. We don't have photos of all of the gifts, but here's a photo of a couple items:



Where There is a Need...



President PDG James Fong and Principal Patricia Hecht.

On December 7, 2020 **Sacramento Senator Lions Club** delivered food and toys to Sierra Enterprise Elementary School coordinated by Special Projects Chair, Lion Shirley Kato. Members of the club generously donated food and toy items which were delivered to the school by Lions Shirley Kato, Vicky Brady, Club President PDG James Fong and ZC Jose-

phine Fong. little more cheerful, according to Principal Patricia Hecht, who was very appreciative and on hand to receive the donations.

Items donated included 39 toys, 184 cans/packages of food, 60 “cup o’ noodles,” ten-\$20 Walmart gift cards. In the past, Sacramento Senator Lions had also donated Kindles to students to encourage reading.



Senator Lions Members delivering toys and food

phine Fong.

Located in Sacramento, but belonging to the Elk Grove Unified School District, Sierra Enterprise Elementary School is a Title I (low socio-economic) school and the items donated go towards making 70 families' holidays a

The holidays give us many opportunities to serve our community. The **Sacramento Metropolitan Lions Club** is happy to report that even with the pandemic, we were able to continue providing emotional support to some of our furry friends.

In past years, the Sacramento Zoo has hosted a Holiday Magic family event that includes activities for the family, free photos with Santa and themed animal enrichments. The animal enrichments are special treats given to the animals.



Last year, the Sacramento Zoo reached out to us to donate fresh, undecorated Christmas trees for the bigger animal exhibits. We donated funds to purchase two trees for a lion exhibit. This year, we searched, but could not find anything online about a 2020 Holiday Magic event. We contacted the Zoo and were told that due to COVID concerns and staffing changes, the Zoo decided against holding the traditional Holiday Magic event this year. They did let us know that they were still looking for donations of fresh unused Christmas trees for the animals.

The Sacramento Metropolitan Lions Club is happy to report that we donated \$200 to purchase Christmas trees for a lion exhibit. Below is a picture of male lion, Kamau, enjoying one of his Christmas trees.

Where There is a Need...

Sacramento Nepalese Lion's Club (SNLC) partnered with Vitalant blood donation centers to organize a blood drive event from December 12th to 19th to replenish the blood shortage due to COVID 19. In a very short period of time, a total of 94 donors from the northern California region came forward to participate in this noble cause. SNLC is deeply touched and humbled by all the respected blood donors for their willingness to participate in the event at this time of crisis.

SNLC also wants to recognize and thank all the area coordinators and the Project Coordinator, Lion Kishor Sherchand, for their vigorous enthusiasm and the zeal to make this event successful.

We would also like to thank NAFA and SNC for promoting this event.

The **Placerville Lions** didn't let anything stop them from having some fun this holiday season. We got a gift for a certain Lion member, sent it in time for our Great Gift Reveal Virtual Party. We all had a great time seeing each member unwrap and Reveal their gift selected just for them. A great way to start the holiday party season.



Just a few of the many blood donors during the SNLC Blood Donation drive.



Where There is a Need...

As everyone knows, the need in our communities is greater than our resources. However, we all look for ways to assist as best as we can. Fortunately, because of the supportive relationships the **Antelope Lions** have built up throughout the years with the local schools, needs were identified, and the Antelope Lions were able to serve.



Working with the 12 schools as well as the local Family Resource Center, the Antelope Lions Club was able to provide 60 families with much needed food for Thanksgiving. Thanks to Lions Jeremy and Natalee Price and their restaurant, The Taste of Tuscany, they came through with food donations! Numerous

members shopped the local stores, purchasing all the necessary items. The Lions met at Taste of Tuscany Sunday night and packed the food boxes. Thanksgiving Feast for Families recipients then picked up their two boxes of food and turkey on Monday/Tuesday mornings from Taste of Tuscany. Everyone stayed safe, with the necessary distancing, and thanks were shared by one and all.

Christmas Giving Tree provided its own challenges and \$1,000 was allocated. Lions Denise Day and Jeri Wartena, along with Denise's cousin, Lisa Sudbeck, gifts were selected for 44 children who otherwise would have received little for Christmas! This event was hosted by Taste of Tuscany since they opened, but because the restaurant is take-out only now, the tree needs were not being met. Antelope Lions met this need, along with generous donations of \$250 from customers. The gifts were delivered to Center Unified's Family Resource Center and then distributed to the four grade schools, and hand delivered by the principals to the individual students.

Since Carmichael Lions no longer has a club serving the area, Antelope Lions were contacted by social worker Meghan Wright from Carmichael, with six families in need of gifts, clothing, and food for Christmas. With assistance from Wolfskill Zone Chair Ann Alvarez, she contacted the clubs in our zone, and the families' needs were met! The Antelope Lions adopted two families, and **Citrus Heights Lions Club** and **Midtown Lions Club** assisting two more. Thanks to the generous donations of a myriad of toys

from customers of Taste of Tuscany, additional toys were available for distribution. The remaining toys were then taken by Lions Robert and Lori Bullis to Shriner's Hospital for children receiving care over Christmas.

For the 29th year, the Antelope Lions distributed 24 \$100 Wal*Mart gift cards to families in need for Christmas. The wonderful relationships with the schools comes in handy. The staffs know who is in need and ensured the families received their gift cards. Usually, the Lions delight in surprising the students at school with their gift cards, but because of COVID-19, relied on the staff members to gift the children.

On December 19th Antelope Lions provided the opportunity to serve the entire community! Thanks to Shannon McCarthy, a local community member (who will most likely be our newest Lion!), the inaugural Antelope Community Christmas Car Parade took place! 65 festively decorated vehicles were led by our local Fire Department. With sirens wailing, the parade left Antelope High School and followed a four-mile route through the Antelope Community, ending up at the Antelope Community Aquatic Center next to the Fire Station. What Christmas Parade would be complete without Santa Claus? Lions Robert and Lori Bullis donated the use of their flatbed truck, and Lions Brian Raffaelli, Todd Brundage and Sharon, Jim Kirkpatrick and Jeri Wartena joined Lions Robert and Lori in decorating the back of the truck. Complete with lights, gifts, and a Christmas Tree, the truck was ready for Santa! Santa Claus, a.k.a. Lion Jim Kirkpatrick, was in the last vehicle in the parade, waving at all the children along the route. If only you were there to hear the squeals of delight as the children spotted Santa Claus! "There's Santa, it's really Christmas!" was one of the comments heard as the parade wound through the neighborhood. The parade route was lined with observers all along the way, with many in "jammies" waving to one and all as the vehicles passed by. Families took care



to keep distant from one another while enjoying the show. The Lions hope this parade will become an annual event and are already planning for Christmas 2021!

Blessings given and blessings received sounds trite, but it is so true! And to complete the year, Lion Tim Ray and his fiancée welcomed their 8-pound baby girl into our world on December 27th!

6 Covid Friendly Resolutions to Keep!

From The Drs. Website

Ready to say goodbye to 2020, but not sure how to approach the New Year? Here are 6 ways to set some intentions about how you want to live that are COVID-friendly.

2020 put a lot of things in perspective for people and helping us all appreciate the importance of our health and our loved ones.

1) Move a Little Every Day

Whether you decide to create a fitness goal or simply just park farther away from your destination while running errands, it's important to set the intention to move your body. Not only is getting exercise good for your body, but it's also great for your overall happiness, and why not start the New Year with a goal for more joy? You don't need a gym to get moving.

2) Connect with Loved Ones

Make a friend or loved one your pen-pal. Pick someone to write to and spend 20 minutes connecting with them, send the letter off in the mail and await your reply. New York-based chef and creator of All Good Things Lisa Adams says that "Having a pen pal gives me a grounding, calm connection, and a creative outlet," and she shares it's more intentional than a text or email. The act of writing a letter adds value to the connection of the person on the receiving end. Plus, owning great stationery like this or this makes it easier to stick to your goal.

3) Set a Bedtime

Sleep is so important for our overall health and wellness. As "The Genius Life" author Max Lugavere shares sleep is "like a car wash for your brain," and it's one of the best things you can do to keep your brain healthy. Most people are simply not getting enough sleep. While sleeping in later is likely not an option, going to bed earlier is. Set an alarm, reminder, or calendar invite on your phone to encourage yourself to head to bed. Also, you can cut down on blue light before bed,

which will help the quality of your sleep.

4) A Needed Gratitude Adjustment

While it's easy to feel the burdens of everything that may not be going as planned in your life, take some time every day to give thanks for what is working. From a good cup of coffee to a long hug with your partner, giving thanks for what we have is a proven way to cultivate more joy in your life. Get a dedicated journal like this or this and use your first new minutes of your day or before bed to take stock of everything good.

5) Try Something New

This pandemic has brought a lot of trends back from near-dead like roller-skating, hunting, and even cross-stitch. Pick something you've always wanted to try and set a goal to do it. Whether it's tackling TikTok or meal planning keep it small, give yourself grace, and be ready to be a beginner.

6) Read More!

As Dr. Ian Smith says reading is a great way to feel better and keep your brain active. You can join a book club or simply pick out something that looks good, but reading is a great way to keep your brain engaged.



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Happy New Year!

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

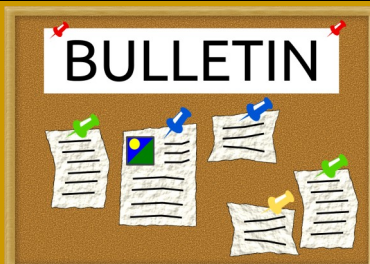


Pride Bulletin Editor:

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