

District 4 C5

# Lions Pride



LIONS PRIDE—VOLUME 38, ISSUE 10

April 2021



## CAMELLIA LIONS CLUB



DG Cat Gon celebrating with Camellia Lions Members 4th Anniversary

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## District Governor Cat Gon's Message



### Welcome Spring! Happy Easter!

What a welcome relief to move out of the winter months and into spring. With the development of the Covid Vaccine, we should be soon back on the road to meeting and serving in person. I for one, cannot wait to get out there and see you all!

Well slowly and steadily my year as your district governor is coming to an end. My tenure will end in less than ninety days and I am more motivated to serve as every day intensifies the immediacy of the end of this Lion year. There are yet so many miles yet to go, promises to keep, and we are all working diligently to make rest of the year momentous while preparing for the incoming District Governor and her Cabinet.

Cancellation of our Convention at the San Ramon Marriott (slated for April 16-18) has caused us to explore the best method to coordinate this year's Elections. Same as last year, due to the continuing threat of Covid, we are conducting our District Elections this month via electronic and mail-in balloting. Please review the choices of venues for our 2023 Convention, District Officers, and the proposed budget. Your club Presidents and Secretaries will have sent in your Delegate certifications and have the instructions for the processing of your ballots. Remember to submit your votes according to the instructions and deadlines.

Now is also the time to be nominating club officers for the 2021-2022 year. Please get those election of club officers completed now as the District deadline for incoming club officers is April 15, 2021. Prompt reporting to Lions Clubs International (form PU-101) will help us to get our District Directory out in a timely manner with accurate information. Also, please verify any changes to your meeting venue, officers' addresses, telephone numbers, and email addresses.

As a District, we have taken the forefront on service reporting within the Multiple District. Our Lions are finding new and innovative ways to serve their communities: Non-perishable Food Drives; to Drive-Thru dinners to go; to On-Line Auctions. Our Lions have not let this pandemic dampen their spirits and willingness to serve. Our clubs contributed to the California Lions Care Food Drive with such fervor that the total weight of food stuffs collected throughout California was virtually 240,000 pounds all told! Several clubs donated over 1,000 pounds in non-perishable food products. Congratulations to our amazing Lions!! Sacramento Antelope Lions have continued to provide by utilizing a grant from California Lions Foundation...YEAH!! Go Team Antelope!!

The 2021 Convention Committee and I would like to personally invite you to 2021 District Celebration:

### *"Masquerade Gala and Ball"*

scheduled for June 4<sup>th</sup> and 5<sup>th</sup>, 2021 at the Sacramento Arden West Hilton Hotel. Plans are in the works to make this a fun-filled and entertaining event. Come in disguise as your favorite masked Super-Hero or masked Villain...the sky's the limit! Registration form for meals and housing is located on our website at: [www.district4c5.net](http://www.district4c5.net) and in this issue of the Pride.

We have been socially distant for more than a year now and the committee and the Hotel will be observing care and social distancing protocols for our safety during the event.

This Gala will showcase our outstanding Lions and Projects, but this will also double as the Governor's Appreciation event. We celebrate not only our family but our amazing success stories. As many of the contests culminate at the end of May, these too will be acknowledged. It will be my honor to award many of our Lions at this prestigious event before their peers.

It is time that we come together and applaud the members of our Lions' family. We are all hoping to see you at the Gala. **We encourage you to register for the Gala, do so quickly to guarantee meal reservations, rooms if needed, and avoid late fees.**

Now is also the time to plan your own club installation and yearend acknowledgements. Celebrate the unusual year that we have managed to endure and outlast. Never before has this District been put to the test in such a way...And yet, we have emerged strong and ready to get back to serve. Reward and recognize those Lions who helped us make this a banner year. Look to our foundations for awards, not only support these foundations in their efforts but also to honor those Lions who have been so supportive throughout the year.

Continue to *"Believe in the Power of Service"* and enjoy the coming holiday and festivities with your families!

### *Fondest Wishes!*

DG Cat, PDG Erv Gon  
and Family



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



Dear District 4-C5 Lions,

March was a busy month for this 1<sup>st</sup> VDG filled with lots of Zoom meetings for upcoming conventions and celebrations, Foundation meetings, District and Multiple District 4 business meetings, club visits and District Governor trainings.

The Zoom meeting I enjoyed the most was with Woodland Host Lions Club. President Tim Leathers invited me to attend along with Lions from a few other local clubs. It was great to hear about the events and projects planned for the near future and hear about what everyone had been doing lately. The way the clubs in the Woodland area work together is very impressive and all clubs should consider trying to team up as they do.

I was asked to say a few words about District functions including our upcoming June 4<sup>th</sup> & 5<sup>th</sup> Celebration Gala. District Governor Cat Gon and the committee are planning a fun filled two days at the Arden Hilton and I encourage attending. After the past year, I certainly look forward to getting together with fellow Lions and celebrate what we have accomplished this past year under difficult and unusual circumstances, and I hope you do too. It will be easy to dress accordingly with DG Cat's theme "Masquerade." I bet there will be some very creative masks worn by all. Be sure to register early and book a room so you won't need to travel back and forth to home.

To all clubs that have submitted their delegate forms to Lion Dennis Kramer, **please be sure to submit your ballots back to him before the election deadline April 18<sup>th</sup>**. First Vice District Governor Candidate Tim Luckinbill, 2nd Vice District Governor Candidate Zenny Yagen and I would appreciate your vote of confidence. The three of us have worked very well together on previous Cabinets and on many District projects. It will truly be an honor to serve next year with Lion Tim and Lion Zenny and all the members of

the Executive Cabinet, Committees and Appointees. We have a great team lined up to serve in 2021-2022.

Roseville Host Lions Club Secretary, Ed Smith, invited me to attend their first in-person meeting in many months on March 17th for Saint Patrick's Day which was quite festive. Everyone was excited to see each other, and yes, we all kept our distance and wore masks except while eating deli sandwiches. Thanks to their President April Marskell, the room was decked out in green balloons and members wore their green.

It was nice to see Past Council Chair (PCC) Derek Ledda there too. The two of us were invited to speak. PCC Derek shared information on the exciting new branch club being formed for dog lovers. He is available to speak to anyone wanting more information. Thank you to Roseville Host Lions for a very enjoyable night out of my house. I would like to visit other clubs if my schedule permits so please email me if you are open to having a visitor. I don't even need to be the speaker; it would be nice just to get together by Zoom or in person.

Don't forget to submit your new club officers to Lions Clubs International as soon as they are elected. Please try to do this by April 15<sup>th</sup> as the new District Directory is already in the works. The sooner information is received the quicker it will be completed for distribution after July.

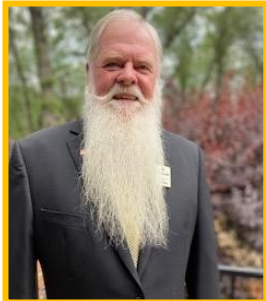
Please don't forget to update member's contact info before filling out the form.

Thank you for your commitment and dedication to serve others. Together we are making a difference everyday to people in need in our communities and around the world.

1 VDG Donna and Lion Brad Prince



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



Happy Easter 4-C5 Lions, March and April are very important months on the Lions Calendar. First, I would like to address the plans to elect next year's club officers. It is time, actually it is a little late, to get the club officers nominated.

Nominations are not to be taken lightly.

It is a timely decision that all club members must take part in. **The PU101 must be posted by the Club Secretary on or before April 15th.** Lions Clubs International needs the names and positions in order to post them for next year. Directories have to be printed and that alone can take a couple of months. Also, make sure all of the members information is correct as you enter the new Lions to their new position. Then think about all the clubs around the world trying to do the same thing we are doing. It can be a nightmare if you wait until the last minute. Deadlines come and go, but it feels good when things come together in a timely matter.

The District 4-C5 Awards Presentation is scheduled June 4th and 5th. Plan to attend if you can. It is in Sacramento again this year at the Arden Hilton where IPDG Sarah Enloe had her celebration. An overnight stay is planned for Lions that don't want to drive home late after having a great time socializing. Yes, we can actually get together with some small adjustments. Meals are planned and there are always fun things to share with each other. Hope to see many of you there.

I have been able to visit some "in-person" club meetings while still practicing social distancing. It is great to visit those clubs after not seeing them in person for a year. As restrictions lessen, consider meeting in person with your club members. Get your shots, practice social distancing, and start having in-person meetings. There are a whole bunch of Lions working their hearts out on community projects, but the meeting time is still suffering. Let's get together!

Voting ballots should be out soon, if not already. There will be a several items to cast your votes for

this year: District Officers, 2021/2022 budget and hotel site selection for the 2023 District Convention. **THE BEARD IS BACK!**

It is critical that your club's votes (based on number of delegates reported) are submitted back as instructed **no later than April 18<sup>th</sup>.**

I hope the Easter Bunny doesn't get overwhelmed this year, as I know of several Lions Clubs doing Easter Egg Hunts. Thousands of eggs will be hidden all over the district, so watch where you step when you're out and about. Happy Easter to all!

2VDG Tim Luckinbill

# Happy Easter



# 2nd Vice District Governor Candidate Proclamation



## SACRAMENTO MALAYA LIONS CLUB DISTRICT 4-C5

March 10, 2021

### CLUB OFFICERS 2020-2021

Lion Zenny Yagen, PMJF  
*Charter President*  
8779 Corbally Court  
Elk Grove, CA 95624

Lion Adrian Blanco  
*1<sup>st</sup> Vice President*

Lion Gino Barrica  
*2<sup>nd</sup> Vice President*

Lion Leila Pereira  
*Record Secretary*

Lion Lee Ramirez  
*Treasurer*

Lion Kerry Yagen  
*Lion Tamer*

Lion Annabelle Pimentel  
*Tail Twister*

#### *Club Directors*

Lion Conrad de Castro  
Lion Gladys Acosta  
Lion Lourdes Belasco  
Lion Ludy Garrucho

Lion Jamie Ramel  
*Club Service Coordinator*

Lion Zenny Yagen  
*LCIF Club Coordinator*

Lion Edna de los Reyes  
*Membership Chairperson*

Lion Jennifer Gallinato  
*Club Marketing  
Communications*

#### *Advisors*

PCC Derek Ledda, PMJF  
PDG Andy Anderson, PMJF

**Our Motto:** We Serve.

Zenny Yagen  
8779 Corbally Court  
Elk Grove, CA 95624

Dear Fellow Lions,

This letter is to inform you of my intent, with the full support of the Sacramento Malaya Lions Club, to submit my candidacy for the office of Second Vice District Governor of District 4-C5, Multiple District 4, California, for the Lion Year 2021-2022. My candidacy for Second Vice District Governor will be voted on at our upcoming District 4-C5 Election of Officers for Lion Year 2021-2022.

Enclosed you will find a copy of the Resolution of the Sacramento Malaya Lions Club, supporting my candidacy for Second Vice District Governor, and my Resume. My Resume outlines my qualifications for the position of Second Vice District Governor. I have been a member in good standing of Sacramento Maharlika Lions Club for the past 10 years; currently serving as the Charter President of Sacramento Malaya Lions Club, and as well as the District Cabinet Treasurer.

I am a passionate supporter of the principles of the Lions Clubs International and am honored to have the opportunity to represent District 4-C5 as your Second Vice District Governor. As a member of the largest service organization in the world, I am committed to working in and serving our communities together.

With your support, I will be honored to serve as your Second District Governor of District 4-C5 for the Lion Year 2021-2022.

Sincerely yours in Lionism,

Lion Zenny Yagen  
Candidate for Second Vice District Governor  
District 4-C5



Save the Date

*Join us for fun, friends, and camaraderie*

*June 4th & 5th, 2021*

*at the*

*Sacramento*

*Arden West Hilton*

**More Information to Follow!**

**District 4-C5 Lions Masquerade Ball & Gala**  
**Sacramento Hilton Arden West Hotel June 4 – 5, 2021**



# "Masquerade"



**PLEASE COMPLETE ONE FORM PER PERSON REGISTERING FOR CONFERENCE**

### Registration Packages

- \$120  **Before May 22, 2021 Includes:** Full Registration, Food Fair, Friday Dinner, Saturday Lunch, Saturday Dinner Banquet
- \$75  **Before May 22, 2021 Includes:** Full Registration, Saturday Lunch, Saturday Banquet
- \$10  **After May 22, 2021 Includes:** Late Registration Fee plus either of the above packages
- \$5  **NO MEALS – FOOD FAIR & ATTENDANCE ONLY** (cover name badge costs)

### Individual Meals – A` la Carte Options

**See Page 2 for Entrée Options and Descriptions.**

Please note # of Meals and Totals

Friday Dinner	<input type="checkbox"/>	\$55	\$
Saturday Lunch	<input type="checkbox"/>	\$20	\$
Saturday Dinner	<input type="checkbox"/>	\$55	\$

**Group Room Rates are available June 3 - June 5, 2021**  
 Reservations made through Hilton Hotel will be subject to availability and will be charged at the Lions group room rate.

Reservations may be made through **SACRAMENTO HILTON ARDEN WEST** at: (800) 445-8667 after March 31, 2021 but before May 28, 2021. **USE CODE: LIONS**

<b>Total A la Carte</b>	<input type="checkbox"/>	<b>Total Due</b>	\$
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## Registration Information - One Form Per Person

Club Name _____	Club Officer/Title _____
Last Name _____	First Name _____
Address _____	City/State/Zip _____
Email _____	Phone Number _____

***"Check Box" if this Applies to You!***

**NEW MEMBER?**

**FIRST TIME TO CONFERENCE?**

### List any dietary restrictions here


### Total Due by May 22, 2021

\$	Registration Package
\$	A` la Carte Meal Totals
\$	Late Registration Fee (After 5/6)
\$	Total Amount Due

Please make checks payable to **District 4-C5**.  
 Mail form and check to Lion Jeri Retzlaff,  
 6921 Mitchlen Ct, Sloughouse, CA 95683.  
 Questions? [jeri.retzlaff8331@gmail.com](mailto:jeri.retzlaff8331@gmail.com)

**PLEASE, PRE-PAY PRIOR TO DEADLINE.**  
**NO PAYMENTS TAKEN AT THE DOOR**

# Masquerade Gala Meal Options

## Friday Evening Dinner Choices

- **CHICKEN TOSCANO** ~ Grilled Chicken with Basil vin Blanc & Capers, Artichoke Hearts, Roasted Garlic, Sundried Tomatoes, Creamy Lemon Risotto
- **JAMAICAN JERK CRUSTED PORKLOIN** ~ Pearl Onions, Sweet Demi, Tumeric Rice Pilaf
- **ROASTED EGGPLANT** ~ Roasted Eggplant and Vegetables with Rice and Spring Peak Mash

Includes: Salad choice of dressing, dessert, fresh seasonal vegetables, rolls and butter, freshly brewed coffee & hot tea

Choose One Entrée	Chicken Toscano	<input type="checkbox"/>	Crusted Pork Loin	<input type="checkbox"/>	Roasted Eggplant	<input type="checkbox"/>
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## Saturday Luncheon Choices

- **HILTON HAMBURGER** ~ Grilled Onions, Bacon, Cheddar Cheese, Lettuce and Roasted Garlic Aioli, Served with French Fries or Chips
- **CALIFORNIA CHICKEN SANDWICH** ~ Lettuce, Tomato, Provolone Cheese and Avocado with Roasted Garlic Aioli, Served with French Fries or Chips
- **SALMON CAESAR SALAD** ~ Central Coast Romaine, Freshly Shaved Parmesan, House Garlic Croutons and Classic Caesar Dressing

Choose One Entrée	Hilton Hamburger	<input type="checkbox"/>	Chicken Sandwich	<input type="checkbox"/>	Salmon Caesar	<input type="checkbox"/>
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## Saturday Evening Dinner Choices

- **SLICED FLANK STEAK** ~ Sliced Flank Steak (6 oz) with Cracked Pepper & Gorgonzola Cheese, Herb Roasted Potatoes, Seasonal Vegetables
- **CHICKEN ROSEMARY** ~ Seared Chicken with Roasted Garlic Demi and Rosemary Lemon Garnish and Yukon Gold Mashed Potatoes
- **DELTA ASPARAGUS PASTA** ~ Penne with Artichoke, Olives, Shaved Asparagus & Feta Cheese

Includes: Salad, choice of dressing, dessert, fresh seasonal vegetables, rolls and butter, freshly brewed coffee & hot tea

Choose One Entrée	Flank Steak	<input type="checkbox"/>	Chicken Rosemary	<input type="checkbox"/>	Delta Asparagus	<input type="checkbox"/>
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*Masquerade Gala & Ball*  
*Hilton Arden West Hotel, Sacramento ~ June 4<sup>th</sup> & 5<sup>th</sup>, 2021*



*“Masquerade”*

**2021 FOOD FAIRE & GAMES**

**Friday, June 4<sup>th</sup> ~ 12:00 PM to 2:00 PM**  
**Hilton Arden West Hotel**  
**at the Terrace**

Tradition has it that the District Convention Food Faire is always a major highlight of our convention. What a great way to kick off the weekend of fun and camaraderie as we enjoy the GALA THEME *“Masquerade”*.

- 1) Booths and / or tables should be decorated in keeping with the convention theme
- 2) Booth width will be no more than (10) feet.
- 3) Non-Cash prizes will be awarded for the best:
  - a) Combination of food served, booth decoration, and costumes
  - b) Most challenging and all-round fun game.
- 4) Visiting dignitaries will act as judges.
- 5) Food Faire will be held on the Hilton Terrace, adjacent to the pool.  
 (No cooking is allowed in any room.)
  - a) Cooking facilities are NOT available from the hotel.
  - b) **No Electricity is available.** RESTRICTION - Sterno permitted, Propane BBQs only.
- 6) Booth space reservation must be received by **Wednesday, May 22, 2021**
  - a) Space will be on a first come, first served basis so get your request in EARLY.

*Please retain the upper portion of this flyer for rules and guidelines.*

**Mail the bottom portion of this form no later than Wednesday, May 22, 2021 to:**



IPDG Sarah Enloe ~ 9321 La Tonis Way ~ Elk Grove, CA 95758  
 Questions? Contact IPDG Sarah at (916) 769-8601 or [sarahte@comcast.net](mailto:sarahte@comcast.net)

**District 4-C5 Masquerade Gala Food Faire Registration Form 2021**

Club:		Entry Name:	
Contact:		Phone #	
Type of Food/Game:		Email:	
Game booth description:			
<b><u>NO Electricity Available</u></b>	<b><u>Ice Needed:</u></b>	<b><u>YES</u></b>	<b><u>NO</u></b>

2021 Gala Food Faire Application

# DISTRICT 4~C5 MINIATURE GOLF TOURNAMENT at SCANDIA



5070 Hillsdale Blvd,  
Sacramento, CA 95842

## Registration Form

Friday, June 4, 2021

9:00am Check in  
9:30am Shotgun Start

**FUN FOR ALL AGES!**

**WHERE: 5070 HILLSDALE BLVD, SACRAMENTO, CA 95842**

**COST: \$15.00 PER GOLFER CHILDREN 5 & UNDER FREE**

**MAIL REGISTRATION FORM, AND CHECK (MADE OUT TO  
DISTRICT 4C5) TO: LION MITZI STOCKEL  
3461 ALMOSTA RD.  
PLACERVILLE. CA 95667**

**GOLFER'S NAME**

**PHONE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**DEADLINE: JUNE 1, 2021**

## District 4-C5 Bulletin Survey

It is important to find out more information about the needs of the District from time to time. Therefore, I am asking for your assistance in completing the District 4-C5 Pride Bulletin survey below, to better serve our membership in the upcoming year!

### **Instructions: Please respond by April 30th!**

Please PRINT THIS PAGE, fill out the survey questions and scan/email back to me, | 1VDG Donna Prince at [liondprince@gmail.com](mailto:liondprince@gmail.com) or mail to 21014 Clivus Dr., Grass Valley, CA 95610.

Thanks for taking this time to complete!

Do you read the current District 4-C5 Bulletin (newsletter)?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
If you <b>DO NOT</b> read the bulletin, is the reason related to the content?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
If you <b>DO NOT</b> read the bulletin, is the reason related to the size or length of the bulletin?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
If you <b>DO</b> read the bulletin, do you like the current content?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
If you <b>DO</b> read the bulletin, do you like the size or length of the bulletin?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Does your club president or secretary forward you the bulletin each month upon receipt?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Did you know that the bulletin is on the District website, <a href="http://www.district4c5.net">www.district4c5.net</a> ?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
The frequency of the District 4-C5 bulletin should be:	Bi-Monthly	Monthly	Quarterly
<b>CHECK ONE:</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What type of content would you like to see that is not already included? <b>Please be specific!</b>			

# 2021 Lions Clubs International Convention

Dear Lions,

Due to the continuing concerns about the coronavirus (COVID-19) pandemic, the board of directors voted to transition the **2021 Montreal Lions Clubs International Convention** to a virtual event that will be delivered totally online. This decision was made with the health and safety of our Lions, staff and vendors in mind as limiting international travel and large gatherings is key to global containment strategies.

Although we are disappointed that we won't be able to host this event in person, we are excited about hosting our first virtual international convention that can safely connect Lions from around the world. We are still finalizing the details of your new convention experience, and will share those with you as soon as they are ready.

Here are some important details about the 2021 virtual convention we'd like to share with you:

- **Everyone's invited** – Our 2021 convention will be a virtual event that's open to all Lions and Leos around the world.
- **Registration fees** – **The registration fee will be US \$50 until March 31**, then **US \$75 beginning April 1**. The registration fee for Leos will be US\$30 regardless of date. **Convention is currently scheduled for June 25-29**. Additional event and registration details will be provided soon.
- **Current registrants** – Lions who are currently registered for convention will receive an email soon with more information about their registration options.
- **Elections** – Executive officer and international director elections will be conducted electronically, and voting procedures will be forthcoming.
- **Convention updates** – Check our convention website [LCIcon](#) for convention updates and details as they become available.

This global health pandemic has forced us all to make decisions and changes that place health and safety first. However, we are optimistic that with each new day there is hope, and as Lions, we continue to find new ways to stay connected, safely serve our communities and continue our global mission of service. We appreciate your understanding during this challenging time for our organization and the world, and thank you for your incredible service as a Lion.

Regards,

Dr. Jung-Yul Choi  
International President



**Lions Clubs International**

The Board of Directors of the Northern California Lions Sight Association (NCLSA) is seeking nominations for the positions of Director. Applicants must:

- Be Lions in Good Standing within their Lions Club.
- Have a special interest in sight-related projects.
- Be willing to serve a Four-Year term on the Board.
- Be willing to attend monthly meetings of the Board and Committee meetings as assigned and attend a majority of NCLSA sponsored events. (Monthly meeting held the first Wednesday of every month at 4:00 p.m. on Zoom.)
- Submit with this application a Qualification Statement that he or she is qualified. This information will be used as a profile for voters to consider prior to the election.
- Be willing to serve on Committees as appointed: Adopt-A-Vision, Awards, Brochure and Website, Constitution and By-laws, Folsom Project, Friends in Sight Model Project, Fundraising / Public Relations, Nominations and Elections, Society for the Blind, Vision is Possible, Vision Screening Unit, Vision Van Drivers, Visionary or UC Davis Eye Center



## Northern California Lions Sight Association, Inc.

### Board of Directors Nomination Form

Applicant's Name: \_\_\_\_\_

Club: \_\_\_\_\_

Region: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

The Board of Directors of the above named Lions Club has approved the nomination of the aforementioned Lion on:

Date: \_\_\_\_\_

Club President or Secretary Signature: \_\_\_\_\_

Please mail this **completed form** and the **Applicant's Qualification Statement** no later than **March 31, 2021** to Nominations & Elections Chair:

Lion Zenny Yagen  
8779 Corbally Court  
Elk Grove, CA 5624

or

Email to: [zennyyagen@yahoo.com](mailto:zennyyagen@yahoo.com)

Nominations will be approved at the April 7, 2019 Board meeting, which will be held at 4:00 p.m.

# Visionary Report

## Lion Bing Ventura, Board of Directors, Washoe Region

The Northern California Lions Sight Association (NCLSA) is a non-profit corporation whose members are all Lions in good standing from Lions Clubs of District 4-C5. The Board of Directors are composed of four elected Directors from each of our four Regions, along with our Immediate Past NCLSA President, the current District Governor and our Immediate Past District Governor. Currently, the Association is seeking interested lions to be part of the association becoming a board member. Please submit your name to any board member to be included in the ballot to be voted upon at the District Convention.

The NCLSA meets via Zoom due to Pandemic the first Wednesday of every month at 4 p.m. All Lions are welcome to attend the meetings. The meeting ID and password will be posted as per request. If you are interested in serving on the NCLSA Board, please contact a current Director. Our website is [www.nclsa.com](http://www.nclsa.com). Clubs are encouraged to become a VIP Member and please remember to pay their VIP dues.

Please support NCLSA by buying an Award. For additional information, please visit the NCLSA website at [www.nclsa.com](http://www.nclsa.com) and then click on Trust Awards, to view prices and pictures of the plaques. Contact Director Lynn Ventura at (916) 798-4423 or email [lynnven@aol.com](mailto:lynnven@aol.com) and/or any NCLSA Director, if interested in ordering awards.

**Vision Is Possible (VIP):** This is one of the programs that NCLSA provides to anyone in need of eye surgeries (Cataract, Strabismus, etc.). Director Faye Young presented to the Board a 79 year old patient, S-256, who is in need of bilateral cataract surgery. The Board has approved to shoulder the cost of surgery in the amount of \$650 per eye.

Any VIP club can refer patients to NCLSA if the procedure is beyond the club's financial reach. Please forward your request to Lion Faye Young who will be presenting the patient to the Board of Directors for approval.

Encouraging all Lions clubs to avail of the PlusOptics in your next club activity. If you need training on how to operate the instrument to just let any Board member of NCLSA and they can come to your club to conduct the training.

The NCLSA Board of Directors has approved a matching grant for the UC Davis Eye Center and submitted to LCIF for review and approval during their Board of Directors meeting in May 2021. This is a matching grant from LCIF of \$200,000 for the next two years. NCLSA has committed \$75,000 towards that project, the other \$25,000 will be coming from any club's donation or from other sources.

In another event, The Society for the Blind is having a fundraiser asking for an old iPhone (iPhone 6 and up). So, if you have that iPhone please contact any of the NCLSA Directors and we'll arrange for a pick up.

**Vision Screening Unit:** The Board of NCLSA apologizes for suspending the use of the VSU at this time due to the Pandemic restrictions imposed by the State of California, as a result, NCLSA board has decided to waive the VIP dues for the year 2020-2021 however, if you want to make a donation to NCLSA it is always welcome.

If you are interested in reserving the Sight Van in the future when Covid-19 restrictions are lifted, mail the reservation form and check to NCLSA Vision Screening Unit, c/o Jim Kirkpatrick. His telephone number is 916-224-8108 and email address is [kirkpatrick32@comcast.net](mailto:kirkpatrick32@comcast.net). The Reservation Form is available on NCLSA website at [www.nclsa.com](http://www.nclsa.com) under Vision Screening. Please send check and reservation form together. Do not hesitate in reserving the van. The calendar is getting full. VIP clubs may reserve the unit 12 months in advance.

Also, the PlusOptics screening devices are available to all clubs at District 4-C5 at \$25.00 per day. For additional information, please contact any NCLSA Director and/or your Region Chair to reserve the unit.

Currently, NCLSA is seeking additional QUALIFIED DRIVERS for the Vision Screening Unit. These drivers need to have experience driving large recreational vehicles; school buses; and/or tractor-trailer type trucks. If interested, please contact any NCLSA Director.

**Fundraisers for NCLSA** – There are new NCLSA Pins which feature the Vision Screening Unit (VSU) for sale at \$5.00 each. Additionally, they are still selling old VSU pins. If you buy a set of 2 pins (old and new VSU pins) they are \$8.00 for a pair. Other than the pins, different plaques are also available for sale for your club awards. Please contact one of the Directors if you desire to purchase a pin or a plaque.

# Lions Education Foundation (LEF)



## Lions Education Foundation – Who are we?

Lions Education Foundation (LEF) was founded 31 years ago. We had big plans to have a celebration during our 30th year, but COVID restrictions prevented some of those plans.

The initial Board was made up of Past District Governor (PDG) Gordon Daniels, Past International President Kay K Fukushima, PDG Carl Burson, Lion Tom Moulton, and PDG Alan Wilson. We are a 501(c) 3 Foundation. We have just under \$20,000 in cash assets that we use for matching grants. When we formed LEF, we needed funds to get it started. So, we reached out to corporations, merchants, and individuals for donations. Once adequate funds were donated and on deposit, we were off and running.

The original purpose of LEF was to help support and raise funds for our Lions Quest Program, so that Lions Quest Workshops could be conducted on a matching grant basis with the support of Lions Clubs International sponsored programs. PDG Gordon Daniels was the first president of the organization; followed by PIP Kay K. Fukushima; and later, PDG Carl E. Burson, Jr.

With the help of others serving on the original Board of Directors, we were able to expand the scope of LEF to include supporting all Youth Activities within District 4-C5 on a Matching Grant basis. As a result, today, our entire annual budget is allocated to youth and education of the youth within our District (not limited to the youth, but it is a main function).

Currently, any matching youth related grant is covered by Clubs sending checks payable to LEF for up to \$500 to obtain a matching grant for a maximum amount of \$1,000 in a fiscal year. Those youth related projects can be in support of a camper-ship; literacy programs; and scholarships, all of which, clubs have participated in the past.

Currently, we have had several matching grants during the last year, with many of them completed as applied for, in spite of COVID restrictions.

How do you apply? You complete the application, which is available on our website. As stated previously, Clubs have supported scholarships; camperships; the literacy program; and several other youth related grant requests.

Once the project has been completed, the Club is required to fill out and submit a simple final report. Clubs must complete projects funded by matching grants before the (your) club can apply for an additional matching grant.

How does LEF maintain their cash balances? Living off of interest was the initial idea. But if anyone, who has been around for a while, knows that interest income is no longer a viable avenue for any reliable income, with some interest earning a few cents per month on large balances.

Our fiscal year begins on July 1<sup>st</sup> of each year. During normal years, we usually hold four major fundraisers, beginning in September with our annual Golf Tournament. This year, we were able to hold our 2020 Golf Tournament in Roseville, with golfers wearing masks and maintaining safe distancing. Raised funds were divided, with a portion going to LEF, and the balance going to Lions Clubs International Foundation.

The next fundraiser was our annual Soup and Salad fundraiser held at Roseville Host Clubhouse at a cost of \$20 per person. This year, it was cancelled due to the COVID restrictions. We look forward to holding that event in January 2022.

The next fundraiser was our annual Pasta Feud, often held at Mother Lode Lions Clubhouse in March of every year, and it too, was cancelled. We hope to resume that event next year or substitute another similar fundraising event.

*Continued on next page*

## Lions Education Foundation (LEF) Continued

We are looking at another possible fundraiser, Dinner and Bingo, possibly in May 2021, that might be virtual. We are investigating the possibility of first, a drive-through to pick up the meals, then going to your own homes and enjoying an evening of on-line Bingo with prizes that can be sent to the winners of the games. It is a work-in-progress.

Further, we reach out to clubs to purchase trust awards, such as the Kay K. Fukushima Life Membership Award for \$500, a beautiful clock that you can have engraved recognizing Lions. Also, the Gordon Daniels Foundation Award plaque for a donation of \$150, and lastly, the Paul Shimada Leadership Award for \$75, which is a beautiful gavel set. You might offer the gavel set to an incoming officer that has never held the position. We are also looking at a new plaque recognizing another of our earlier Past District Governors. Watch for an announcement of the availability of that beautiful plaque.

We are subject to Rules and Regulations as a Foundation and have Bylaws which are reviewed every other year.

Our Foundation goes through an annual financial review by an independent Certified Public Accountant.

Our Board is made up of the existing District Governor; Vice District Governors; and our Immediate Past District Governor; as well as several Lion members in good standing, that support our youth related activities.

Our matching grants are currently limited to \$1,000 per Club in a fiscal year. If we were to fund every Club in our District during our fiscal year, we would exceed the amount of cash we have on deposit. Therefore, our policy is to fund as many matching grants as possible as they are submitted. It is entirely possible that we could run short if every club applied at the same time. So, if we run out of funds, we would notify all accordingly. Fortunately, with the Clubs not hitting us all at once, we do not have a

problem. We encourage you to join us during our fundraising efforts in the coming months and again next year. We are talking about possibly holding several drive-thru meals in each Region during the balance of the fiscal year, in order to increase our funds to fund future matching grants.

We continue to hold our monthly meetings via Zoom on the third Tuesday of each month at noon.

We are available to speak to your clubs during the year, either in person or via Zoom. Please let our newest Board member Lion of the Year/Region Chair Helene Smith know if you would like a guest speaker during your meetings. She can be reached via email at [4timon@gmail.com](mailto:4timon@gmail.com).

For those of you on Facebook, check out our Facebook page listed under Lions Education Foundation – District 4-C5 and hit “Like”.

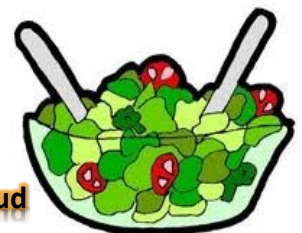
We look forward to getting back to some normalcy in the upcoming months and seeing many of you in person.

For further information contact LEF President, Nick McNicholas ([lormac2@mchsi.com](mailto:lormac2@mchsi.com) or 530-908-2048)

*Submitted by LEF Board member PDG Doug Wight*



**Pasta Feud**



**Soup & Salad**



**Golf Tourney**





## Global Membership Team Report

As of March 31, 2021, we have added 95 new, reinstated and transferred members to 27 clubs of our District for a 54% and lost 138 members. Our net progress for this year is -43.

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

7/0 Total members – 1,320	Total Females – 566 (42.88%)	Total Males – 754 (57.12%)
2/1 Current members – 1,270	Total Females – 548 (43.2%)	Total Males – 722 (56.8%)

DG Cat Gon’s first membership goal was to have every club increase their membership by either one new/reinstated/transfer member during each quarter or add four 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 (22)	Roseville Host Lions (13)	Embarcadero Lions (5)
Malaya Lions (9)	Nepalese Lions (7)	Mother Lode Lions (4)

The clubs that have added two-three new/reinstated/transfer members during the year to meet DG Cat’s goals of adding one new members to their clubs during each quarter are:

Esparto Lions	Grass Valley Foothill	Higgins Diggins
Meadow Vista	Roseville Sunrise Lions	Camellia Lions
Mabuhay Lions	Maharlika Lions	Woodland Host 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 three clubs has increased to 20 or more.

Esparto	19 members	(+1)	Penn Valley	19 members	(+1)
Roseville Host	15 members	(+10)	Nepalese	13 members	(+5)

45 of 50 (90%) Clubs have been visited about Membership  
 27 of 50 (54%) 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



## Lions Clubs International Foundation (LCIF) Report

As of March 31, 2021, I submit the following report on the District 4-C5 actions in reference to the LCIF.

We are ahead of last year's donations at this time! Total donations reported on LCIF Report for this year 2021-2020 is \$30,083. This is 86% of Governor Cat's goal of \$35,000.

- ◆ **Total number of clubs donated to LCIF: 50 of 50 (100%)**
- ◆ **Total number of Zones visited: 8 of 8 (100%)**
- ◆ **Total number of Model Clubs: 1 – Midtown**
- ◆ Total number of clubs visited: 45 of 50 (90%)
- ◆ **Total number of clubs with a Club LCIF Coordinator: 50 of 50 (100%)**
- ◆ Total number of club/district fundraisers conducted for LCIF: 3
- ◆ **Total number of 100% Clubs: 1 – Woodland Yolo Sunset.** Other clubs are submitting their paperwork: Woodland Host, Sacramento Metropolitan and Folsom Lake
- ◆ Total number of 100/100 Clubs: 0 – Folsom is working on their paperwork

### Goals for the last four months

- ◆ Work with clubs with under 15 in membership to become a 100% Club
- ◆ Work with individuals on reaching the next Level of Giving

We have a challenge made by Lincoln Hills Lions Club to each club to donate \$300 to LCIF for the Texas disaster relief.

Clubs and its members who have donated **\$1,000 or more** to LCIF:

Folsom City Host

Galt

Higgins Diggins

Mother Lode

Penn Valley Hi-Graders

Capitol

Sacramento Embarcadero

Sacramento Malaya

Woodland Host

PDG Andy Anderson  
District LCIF Coordinator



**Lions Clubs International**  
**FOUNDATION**

## Gone, But Not Forgotten



# Lion Bruce Emerson Foresthill Lions

## District 4-C5 Convention 2021 Celebration of Life

A friendly reminder to all Club Presidents and Secretaries to **please send photos** of your club members who passed away from April 26, 2020 to April 27, 2021. Please email photos to District Chaplain Carle Enloe at [sarahte@comcast.net](mailto:sarahte@comcast.net).

## Welcome New Club Members—Reported February/March 2021



Name	Club Name	Zone	Region
Archuleta, Pamela	Sac Embarcadero	Crocker	Sacramento
Bitondo, Frank	Galt	Sutter	Sacramento
Damazio, Anthony	Galt	Sutter	Sacramento
Delacuesta, Sereena	Sac Malaya	Crocker	Sacramento
Dix, Alison	Roseville Host	Eureka	Washoe
Jean, Bonnie	Mother Lode	Marshall	Washoe
Lee, Matt	Meadow Vista	Foothill	Donner
Mazzuola, Candee	Galt	Sutter	Sacramento
Ose, Trevor	Galt	Sutter	Sacramento
Quiggle, Dan	Elk Grove	Sutter	Sacramento
Ramirez, Jason	Galt	Sutter	Sacramento
Sabarren-Ner, Cleo	Sac Malaya	Crocker	Sacramento
Schulte, E. Marlene	Woodland Host	Gordon	Donner
Yagen, Peri	Sac Malaya	Crocker	Sacramento



District 4-C5 Lions, Lion Vicky Brady is sad to announce that the **MD4 Youth Exchange Program for this year has been cancelled.** Since the first priority is the health and safety of students and host families, we are joining our many international Lions friends and colleagues in encouraging our students to stay local and stay safe. We will be working hard to get the 2022 program up and running as soon as we are able. If you have any questions, please contact [Victoriabrady@sbcglobal.net](mailto:Victoriabrady@sbcglobal.net). Thank you for your support!

## Where there is a Need...

On Sunday, February 28, 2021, several members of the **Nevada City Lions Club** met at the entrance to the SPD Grocery store in Nevada City to collect donated non-perishable foods and monetary donations.

We had two tables with displays of foods donated and by the day's end we had collected 1100 pounds of non-perishable foods and \$463 in cash donations. All of the donated items were delivered to the Interfaith Food Ministries in Grass Valley on March 1, 2021.

While we were at the front of the SPD Market, Naomi Cabral, the Development Director of Interfaith Food Ministries stopped by to encourage us and to make arrangements for the drop off of all donations that next Monday.

Additionally, we were joined by **Cub Scout Pack 23** who had held their food drive at Seaman's Lodge in Nevada City and their parents dropped off their donations to be added to our overall collection of non-perishable foods.

The donated items wrapped at our club level the month long CALions Food Care Drive where we heard that over 200,000 pounds of non-perishable food items were donated. Job well done Lions both at our local level and throughout the state.



CA Lions collected 238,860 pounds of food during the month of February! Kudos to the Lions Clubs in District 4-C5 that contributed towards this effort!!



DG Cat Gon once again contributing her blood donation on March 27th!

## Where there is a Need...

**District 4-C5's Violence Against Women & Children Committee** and **Women's Development Team** are hard at work preparing for our joint event, *Shifting the Lens – A virtual event exploring how language impacts gender-based violence.* We will be exploring how the words we use can impact how we view and address (or choose not to address) issues such as domestic violence, sexual assault, labor trafficking and sex trafficking. Attendees will also have an opportunity to provide input on a new name for the Violence Against Women and Children Committee!

Scheduled speakers include representatives from A Community for Peace, Foundation for Peaceful Communities, Empower Yolo, Stand Up Pacer and the Preventing and Addressing Child Trafficking Project of the Child and Family Policy Institute of California.

The event is free, however you must register to attend. You can register online at <http://bit.ly/2021SLR>. Space is limited; registrations will be accepted on a first come, first served basis. **Registration closes on April 17, 2021.**

For more information about this event, please contact Lion L. "Rico" Ozaki at [rico.ozaki@gmail.com](mailto:rico.ozaki@gmail.com).

## Special Alert-Kidney Donation Needed

Lion Chris Mateo is in need of a kidney or must face a lifetime of kidney dialysis. Chris's doctor told him at the end of last year that he reached a significant threshold in his condition.

Earlier last year, he was diagnosed with Chronic Kidney Disease and must change his diet and other lifestyle aspects to maintain at least 50 percent function of his kidneys.

By November 2020, he was told his kidney's were only functioning at 20 percent. His only solutions was a lifetime of dialysis or a kidney transplant. Chris is on the list for a transplant, but it can take 8-10 years to receive one. With that being said, he wanted to share this information in the hopes a volun-

teer would be willing to become a live donor.

A transplant can take place in less than 6 months. The first step is to fill out a brief questionnaire at [ucdonor.org](http://ucdonor.org) (you will need his full name and birth date (Chris Mateo,

9/9/1983), and then work with his medical team to get tested to see if it's a match.

Many of Chris's friends and family members, including his wife have already signed up; however, given his blood type and many other factors, they want to make sure they



have a large enough pool to find a donor as soon as possible.

The donations of body parts, such as kidneys, blood, etc. between living persons is the ultimate in gift-giving and more so when the two are strangers and are forever bonded together.

## Where There is a Need...

On Sunday, March 7, 2021, several members of the **Nevada City Lions Club** also meet on Red Dog Road for our quarterly road clean-up. In less than an hour, the five volunteer Lions collected four large bags of trash that had been littered along the busy road.



L-R Jim Wapp, Jamie Beer, Dora Hermansen and Verne Taylor behind President Jackie Wapp



The five volunteer Lions collected four large bags of trash along Red Dog Road in Nevada City.



**Higgins Diggins Lions Club** President Laura Barhydt presented a donation of \$1,000 to the Nevada County Fairgrounds Foundation. The Foundation President, Sandy Woods, gratefully accepted the check. Sandy is a proud member of Grass Valley Foothill Lions Club. In presenting the check, President Laura shared the club's passion and concern for the ongoing viability of the community's Fairgrounds given the pandemic's huge negative impact on the grounds. Higgins Diggins challenged other Nevada County nonprofit service clubs to step up to match their club's donation to help the Nevada County Fairgrounds.

**Maharlika Lions Club** is seeking donations of backpacks and nursery supplies for the Sacramento Children's Home between now and June 30th.

Items needed include: backpacks, pencils, reusable masks, hand sanitizer, highlighters, binders, dividers, calculators, crayons, markers, tape, staplers, multi-subject spiral notebooks, glue scissors, rulers, USB Zip drive, etc.

Nursery supplies include: unopened diapers (all sizes), baby wipes, baby bottles, pacifiers, bottled water (cases of small 8-ounce), Clorox or Lysol disinfecting wipes, disinfectant spray, humidifiers, feminine hygiene products, laundry detergents, bleach, cleaning supplies, medical gloves (latex-free-all sizes), paper towels, toothbrushes (children's), gift cards (Target, WalMart, Kohl's, Foot Locker, etc.).

For more information, please contact Mark at (916) 872-3477 or Trish at (916) 945-6209.



## Where There is a Need...



Members of the **Woodland High School Phoenix Leos Club** worked with staff from the Woodland Tree Foundation to plant trees at Fern's Park on Arbor Day, March 6, and planted about eight trees! They learned a lot about the history of trees in the historic city of Woodland (City of Trees). They decided to take part in this wonderful event to give back to the

community and our Earth! They all believe that planting these trees will allow our community to flourish and sustain itself!

Photos include: Omar Ruelas, Alan Cortez, Connor Green and Nate Diaz. There were other members at the event as well including Krysta Solorio, Ariana Garcia, Cassandra Tamayo.



**Woodland Yolo Sunset Lions Club** made a \$500 donation to the Yolo Food Bank. We were told that because of COVID 19 the Food Bank requested monetary donations rather than canned goods.



**Grass Valley Gold Country Lions** was awarded the California Lions Foundation (CLF) maximum grant of \$1,000 as part of their 'Feed The Hungry' program. CLF made grants available to communities facing increased emergency food and meal needs due to the ongoing pandemic.

Nevada County has seen a large increase in need and Gold Country Lion's President Ryan Meacher, and Food Bank of Nevada County Director, Nicole McNeely, sought the grant to provide funds for fruit and vegetables, a need that has been difficult to fill.



donate



**Auburn Host Lions Club** members working on their building addition. The roof is on, the exterior walls are complete and the inside is gradually taking shape. No date set for grand opening at this time, but not too far in the future!

## Where There is a Need...

On Saturday, March 20, 2021, volunteers from **Nevada City Lions Club** and Boy Scout Troop 24 were at Pioneer Park's pool area and playground doing some spring cleaning and sprucing up in anticipation of warmer days ahead during our first week of spring.

the Nevada City Lions had their garden tools and portable leaf blowers at work to get the pool entrance ready for patrons to arrive later this spring.



L-R Jim Wapp, Jamie Beer, Verne Taylor, Jackie Wapp and PDG Doug Wight

The playground area of Pioneer Park was adopted by the Nevada City Lions Club a number of years ago. Members of their club often volunteer various weekends per year in an effort to keep the playground area as neat as possible after some of our long winters.

After just a few hours the entire area looked much neater and was ready for use by patrons of the pool and playground area in the upcoming weeks once COVID restrictions will allow less restrictive use.



A.J. Beer watching Paul Wapp and Verne Taylor raking near the entrance to the playground area

Boy Scout Troop 24 members and parents worked inside the gated pool area sweeping, raking and getting the pool ready for the warmer days of spring. Just outside of the pool area, its entrance along with the playground area needed some sprucing up, so several members of the Nevada City Lions were there during the morning doing their part in beautifying those two areas. The members of

**Colfax Lions Club** members worked with the Placer County Food Bank at the Sierra Vista Community Center in March. Several hours of service and several hundreds of dollars were also donated to the cause.



Van used to transport goods

Lion Red Houck and Lion Rose Craighead directing traffic



Lion Ted Huss loading a resident's trunk with food items



## Where There is a Need...

In December, **Folsom Lake Lions Club** included an article in *Pride* that described holiday bags and baskets that were donated by many for low income, homebound, and disabled seniors in Folsom, sponsored by Powerhouse Ministries. Folsom Lake Lions were proud to be able to respond to the need - they thought you might like to see a video placed on YouTube by Powerhouse Ministries. If you would like to get a warm and fuzzy feeling, please view the entire video: [https://www.youtube.com/watch?v=uLwZgt\\_aVMQ](https://www.youtube.com/watch?v=uLwZgt_aVMQ) A photo of their club appears at approximately 2.0. Don't blink or you will miss them!

In February, in response to the Multiple District 4 Food Collection Drive, they collected and donated a total of 892 pounds of food. The food distribution was split with 587 pounds going to the Twin Lakes Food Bank in Folsom; the remaining 305 pounds was donated to the Head Start Food Program of El Dorado County School District.

In March, they also donated 31 pounds of food to the Orangevale Food Bank.

In the meantime, they also learned that there was a need at Union Mine High School (UMHS) in El Dorado for bottled water because all of the water fountains in the high school had been shut off in response to the Covid virus. Some students did not have containers to bring water from home or to refill in the cafeteria. Several of their members delivered five cases (160 bottles) of water to the school. In addition to the water, they learned that a number of students either had no shoes or inappropriate shoes for school. They donated Target gift cards to provide shoes for those students who needed them.



Bottled water donated to UMHS. PDG Carol Ring, Lion Gail, Lion Dee along with some students.



Reveille Lions Tom Galeazzi, PDG Frank Dunn, and PDG John Lynch had the privilege to present a program about our American flag to students at Holy Rosary School. The children learned the meaning of the colors, stripes and stars; how to properly fold a flag and the meaning of its pledge. Always a great project for the Lions clubs.

## Impact on Eye Sight from Blue Light

Reprinted from VSP

It's been about a year since many of us quickly transitioned from an office to a work-from-home setting due to COVID-19.



We quickly packed up our cubicle or shared desk space and began working from our couch, kitchen table or make-shift desk. This work-from-home lifestyle has us spending more time on our digital devices, especially people who are trying to help kids with online schooling, on top of their own work.

Extra time on digital devices isn't always a good thing because of the blue light emitted. If you're unfamiliar with blue light, it's the range of light with the highest amount of energy in the visible light spectrum (the light we can see). Modern devices like smartphones, tablets and computer monitors all emit blue light. While historically we've gotten our daily dose of blue light from the sun, our increased exposure to blue light from these modern devices has been linked to the onset of digital eye strain.

As a group of frogs was traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying and they proceeded to try and jump out of the pit.

Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out.

Eventually, one of the frogs took heed to what the others were saying and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die.

VSP network doctor, Jennifer Tsai, OD, notes that after blue light enters your eyes it scatters causing your eyes to have to work harder to focus the scattered light. In other words, your eyes are putting in overtime daily which can contribute to digital eye strain and not-so-fun symptoms like headaches, blurred vision and dry eyes.

### Reduce Your Blue Light Exposure

If you spend two or more hours a day in front of a screen, a blue-light-reducing anti-reflective coating, such as TechShield® Blue AB, on your eyeglass lenses could be helpful. TechShield Blue AB is a next-generation anti-reflective coating that filters and reflects the specific blue light wavelengths associated with digital eye strain. This near-clear coating is a great choice for people who work on computers or other digital devices all day.

If you work outdoors, or spend your days going from inside to outside and back again, light-reactive lenses like SunSync® Elite or SunSync Elite XT might be a better fit. These lenses offer convenience, comfort and the confidence of targeted blue light filtration. Outdoors, these lenses quickly darken, ramping up the defense against blue light and UV rays from the sun. Indoors, these ultra-responsive lenses quickly return to clear, but the blue light defense remains.

He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

### Moral of the story:

People's words can have a big effect on other's lives. Think about what you say before it comes out of your mouth. It might just be the difference between life and death.



# UPCOMING EVENTS



<p><b>April 14, 2021</b> Elk Grove Lions Drive-Thru Pasta Dinner Albiani Recreation Center 8830 Sharkey Dr., Elk Grove</p>	<p>4 pm to 6 pm - \$40 for dinner for 4 Pasta w/special sauce, salad, garlic bread and dessert Purchase tickets at: <a href="https://www.elkgrovelionsfoundation.org">Drive-Thru Pasta Dinner Tickets – The Elk Grove Lions Club (elkgrovelionsfoundation.org)</a></p>
<p><b>April 24, 2021</b> Embarcadero Lions Tri-Tip Drive Thru Takeout Plate’s Care, 16 Business Park Way (Army Depot), Sacramento</p>	<p>3:30—5:30 pm \$50 dinner for 4 (tri-tip, baked potatoes, salad, pork/beans, rolls, cookies) RSVP: Jeng6880@gmail.com <b>and</b> mail check to Mark Steffens, 2824 Aurora Wy, Sacramento, 95821</p>
<p><b>April 24, 2021</b> Shifting the Lens Virtual Event-gender based bias</p>	<p>10 am—Noon Register by 4/17/21—<a href="https://bit.ly/2021SLR">bit.ly/2021SLR</a> Contact Lion Rico Ozaki @ rico.ozaki@gmail.com</p>
<p><b>May 4, 2021</b> Lions Education Foundation Taco Tuesday Hosted by Nevada City &amp; Higgins Diggins Lions Clubs Higgins Diggins Lions Center 22490 E. Hacienda Dr., Grass Valley</p>	<p><b>Orders are pre-sale only! Checks received by 4/30/21</b> 5 pm—7 pm \$10—2 beef tacos, refried beans, chips, cookie \$1 for soda or water To place your order, contact 1VDG Donna Prince at liondprince@gmail.com or (530) 268-3782.</p>
<p><b>May 7, 2021</b> Embarcadero Lions Club Biggest Little Golf Tournament Teal Bend Golf Club 7200 Garden Hwy., Sacramento</p>	<p>Registration 7:30 am, Shotgun Start 8:30 am \$89 if paid by 4/9/21 or \$95 if paid later Contact Lion Steve Quist @ (916) 541-1144 For registration form and other info</p>
<p><b>May 21, 2021</b> Auburn Host Lions Golf Tournament Turkey Creek Golf Club 1525 State Hwy. 193, Lincoln</p>	<p>Shotgun Start: 8:30 am, 4-player scramble \$125 per player, Hole Sponsor: \$175 Register online @ <a href="http://www.dixongives.com/auburnhost">www.dixongives.com/auburnhost</a> Contact Kevin Casey @ (530) 305-6446, email sierraforester@gmail.com</p>
<p><b>September 24, 2021</b> Lions Education Foundation &amp; CA Lions Foundation Golf Tournament Morgan Creek Golf Course, Roseville</p>	<p><b>SAVE THE DATE</b> For Flag or Tee-Box Sponsorships, contact PDG Andy Anderson</p>



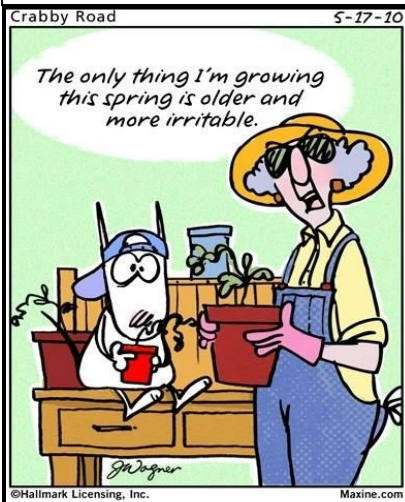
## 2019-2020 Cabinet Officer Contacts

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

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## 2020-2021 Global Action Team and LCIF Coordinator

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



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

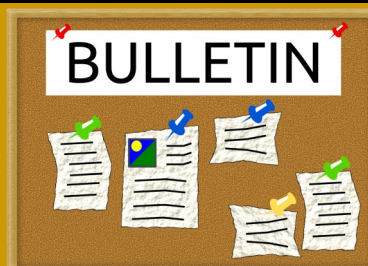
1. Email blast messages—sarahte@comcast.net (NEW)
2. Webmaster—webmaster@district4c5.org
3. Facebook—pr@district4c5.net
4. Pride Bulletin—denandkitk@aol.com



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

**Please forward all articles and photos**

**(please identify who is in photos) by the 25th each month!**



**To Qualify for Club District 4-C5 Bulletin Contest:**

**Mail or email your club bulletins to:**

1. Kitty Kramer, denandkitk@aol.com
2. DG Cat Gon, dg@district4c5.org
3. Cabinet Secretary Dave Evans, cs@district4c5.org