

# District 4 C5 Lions Pride




LIONS PRIDE—VOLUME 38, ISSUE 9

March 2021



Left to right: Courtnie, Denise Fukushima-Sanui, Lion Ron Sanui, a volunteer, ZC Josephine Fong, PDG James Fong

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## District Governor Cat Gon's Message



**Dear District 4-C5 Lions,**

February is a short month. This year, it disappeared in a flash and was definitely an action-packed month. We barely had time to catch our breath between coordinating and executing the February 8th Cabinet Meeting; planning the upcoming Lions convention; gathering non-perishable food for the California Lions Care: Food for the Hungry program; attending multiple Zoom visitations, including 2.5 days of Multiple District 4 (MD4) Council of Governors (COG) meetings; celebrating our son's birthday and Valentine's Day with the family. By the way: Happy belated Valentine's Day to all!

Our "Virtual" Cabinet meeting on Saturday, February 8, 2020, hosted by Sacramento Region Chair (RC) Cecille Presley and Zone Chairs Josephine Fong and Eddie Aducayen, was very well attended despite technical difficulties. From reports received, it was a productive Cabinet Meeting and the one successfully launched forum on Projects and Fundraising during the pandemic was superbly presented and inspiring. The number in attendance was over 115 and our special guest 1<sup>st</sup> Vice District Governor (1VDG) Cindy Lemas-Gillespie from District 4-C2 kept the audience rivetted well after the meeting was adjourned with trivia fun and prizes.

Constitution and Bylaws Chair, PCC Richard Wilmot announced our candidates for District Officers. There remains an opening for that remarkably capable Lion to step up as candidate for the office of 2<sup>nd</sup> Vice District Governor. Please consider expanding your Lion's experience by accepting the fulfilling position as our next 2<sup>nd</sup> VDG.

Many of our clubs have adopted the Feed the Hungry Food Drive by collecting items or supplying food banks with monetary donations, many clubs exceeding the 1,000 pounds mark!

With just barely one and a half months away, our District 4-C5 Convention at the San Ramon Marriott Hotel on April 16-18, 2021 has been cancelled due to the current COVID-19 health restrictions. Once again, we are earnestly researching possible local locations to hold an abbreviated version of the one previously planned by our

Convention Committee. We hope to have a gathering that will be fun-filled and appeal to all the attendees. We are currently in negotiations with the Arden West Hilton to organize a two-day Celebration of District 4-C5 Lions to hold our celebration June 4<sup>th</sup> and 5<sup>th</sup> with voting to be held in late April or early May. More information will be forthcoming. Celebration theme is *"Masquerade"*. Again, we will encourage everyone to please register early. Registration forms will be available soon. Be prepared to enjoy many of the festivities as in past conventions, Food Fair, Games, Costume Parade, Club banner procession, and the Governor's Awards Banquet.

MD4 COG Meeting was held via ZOOM and Webinar from February 19 - 21. Of the many issues discussed was adoption of the revised Youth Protection Policy manual that will be posted on the MD4 website. Due to the restrictions from COVID-19, the MD4 Convention in Reno was rescheduled for May 21-22, 2021 and will be preceded by COG on May 19-20. For more information and registration refer to the MD4 website.

The Lions Clubs International Convention that was slated for Montreal Canada from June 25<sup>th</sup> thru 29<sup>th</sup>, 2021 has now gone virtual. Registrations have been discounted to encourage virtual attendance as a virtual event that will be delivered totally online. Here are some important details about the 2021 convention: the 2021 convention will be a virtual event that is open to all Lions. Registration is now open.

International Officer and Director elections will be conducted electronically; voting procedures will be forthcoming. Convention updates and details will be posted at [www.lcicon.lionsclubs.org](http://www.lcicon.lionsclubs.org) as they become available.

So much is happening and so quickly, doors opening, vaccines available, pending spring, events; all too many to list here. I can hardly wait to be able to gather in groups and meet with all of you! Until then, let us continue to stay safe and enjoy the luck of the Irish. Happy St Patrick's Day.

*Bless you all! Fondest Regards,*

*Lion Cat & P.D.G. Erv Gon*



# 1st Vice District Governor Donna Prince's Message



Happy March Fellow Lions!

March is my favorite month of the year. The cold, short days and long nights of winter begin to wane as spring ushers in more sunshine and warmer temperatures. Beautiful daffodils and camelias are blooming everywhere bringing color to cheer us up. I always feel energized in March and start thinking about planting our vegetable garden. I can't wait to taste the vine ripened tomatoes, cucumbers, peppers, squash and all the other delicious home-grown veggies all summer long. Lion Penny Lucas told me in her home state of Vermont no one ever leaves their car unlocked or windows open in summer or they will return to find their seats filled with zucchini...oh how I wish those people with bountiful gardens lived here!

Spring is a busy time for our Lions Clubs. This is a great time to start planning service projects and fundraisers. If your club needs help with ideas, please contact District Global Service Team Coordinator Jeri Wartena. If you missed our February 6<sup>th</sup> Zoom Cabinet Meeting Lion Jeri can share ideas that were presented at the forum "Service Project and Fundraising Ideas during COVID." Remember, help is just a phone call or email away, all you need to do is ASK!

Immediately following the Cabinet Meeting over 75 Lions stayed for a Fun and Games hour with District 4-C2 Vice Governor Cindy Lemas Gillespie. Our brains were tested by playing "Name That Tune" and a multiple-choice quiz with questions pulled from our February Pride bulletin. Everyone had a great time, especially the four winners, PDG Nick McNicholas, RC David Stoermer, ZC Eddie Aducayen and Lion Lori Bullis. They each got a \$20 gift card. Thank you to DG Cat for suggesting this enjoyable session and to VDG Cindy for providing the fun and frivolity.

This is the time of year for the election of our club and district officers. May I give a gentle reminder to all Club Secretaries and Presidents; please be sure to update the contact information for your members to Lions Clubs International (LCI) BEFORE you submit your 2021-2022 newly elected officers. If you don't, our next District Directory may not have current contact info for your club. Don't forget to check the birthdates on file too. In the past LCI only asked for the year of birth for members, but a few years ago they decided to add the month and day. If your membership's birthdates were not updated previously many will show the default of January 1<sup>st</sup>. This will cause problems when a member tries to set up their account at LCI. Please check that LCI has your correct meeting

information as well.

The directories are printed with the information on file with LCI, so Presidents, Secretaries and Club Administrators the ball is in your court to see we receive current contact info.

Very soon details will be shared about our upcoming District Celebration in Sacramento and this is guaranteed to be an event to remember! Be sure to mark your calendar and make your reservation early. There is still time to place an ad in the program, so contact 2<sup>nd</sup> VDG Tim Luckinbill or me with your order for a full page (\$100), half page (\$50) or a business card (\$25). **The deadline is March 31<sup>st</sup>.** Need help designing your ad? IPDG Sarah Enloe will assist you.

Since our Convention will be held late in our Lion's year our election will take place in April in the same manner as last year. Be sure to register your delegates when you receive the form and then VOTE!

As your candidate for District Governor, I want to take this opportunity to express my thanks to all my fellow Lions who have offered words of encouragement and support on this journey that began two years ago. and of course, for your vote of confidence in the upcoming election. To my club Higgins Diggins, thank you for your endorsement, support, and understanding that I may be absent from some of our projects in the coming year. To my husband Lion Brad and my big, beautiful family, I know you are always there for me when I need help anytime and anywhere. You lift my spirits every single day and give me the strength and courage to go on. I love you forever and always.

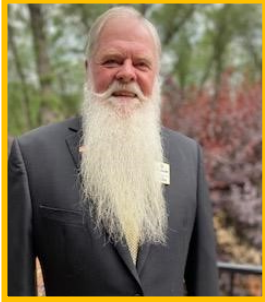
District 4-C5 has the reputation far and wide of producing Lion leaders of the highest caliber for over fifty years. We are in good hands this year with DG Cat Gon and I promise to do my best to continue with our legacy of great leadership. I am honored and proud to work with 1<sup>st</sup> Vice District Governor Candidate Tim Luckinbill and a very qualified 2<sup>nd</sup> Vice District Candidate who I am told is preparing to announce her or his candidacy soon. The three of us will work together with our Executive Cabinet and Committees to strengthen our clubs and district and continue to provide service to those in need locally and internationally. Together "We Serve" and have the power to make a difference in our world.

May St. Patrick's Day bring you the luck of the Irish, may you catch a leprechaun and may he give you his Pot of Gold!

VDG Donna and Brad Prince



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



Greetings District Lions,

Where has the month gone? It seems like yesterday I was writing my end of January letter to the Pride. Now it is the end of February. Many

things are popping on the calendar as we blow past the midway of the year. Meetings, visitations, trainings and events are starting to happen. As an officer in the cabinet, I'm involved with getting club nominations started as Lions International needs new officer names and info by mid-April. Nominations must happen first, the readings to the club members, then vote in the new officers. The Club Secretaries have to post this information to Lions International on MyLion in a timely matter so it can be printed for the following year, and officers training can get scheduled. When you think of your own club, then think of hundreds of clubs in the United States, and that many more in most countries around the world. All this is happening all at once. The system can get overloaded, so don't wait until the last minute.

Along with new officers, we are working on bringing the District membership to a District Governors Convention. This takes a ton of planning. We all have a great time at the conventions, but the planning and negotiations start months before. It is important that all clubs have representatives/delegates at the District Convention. The Club Delegates will vote on many items, so the delegates represent the clubs' choices on these items. Maybe Constitution and Bylaws have some wording that needs to change, choosing of the next two years convention locations, and of course, voting for elected officers. So, it is important to send a delegate that will vote as the club choose.

As we enter this time of the year, be thinking about placing an ad in the District Directory and the Convention Program. It is a great means to advertise what your club has done in your community or congratulate your new officers and so on.

Sorry to say the Student Speakers Contest was canceled for this year. There are many reasons, but the main one was the Covid-19 virus. Some of the contests had to be in person, some could be a zoom, some was to be a video. The Cabinet felt it was just too much to put everyone through and still have questions on the honesty of the program. Many of our Lions Clubs look forward to this Multiple District 4 (MD4) event. It will come back even stronger next year.

To close out, the MD4 Food Drive is drawing to a close. We had until February 28th to finalize the count of donations to the Local Food Banks and count the Funds that were given to the food banks. Remember \$1.00 = 1 lb. of food donated. Each Lions Club has a part in the collection, and reporting, but the District will compete with the other Districts in California. We want to keep our district on top as a leader in MD4.

Thank you for your time and everyone be safe and stay healthy.

2VDG Tim Luckinbill



**Calling ALL District 4-C5 Clubs and Lions**

**Your AD for the 2021 District 4-C5 Convention Program  
is being taken now! Don't be left out!  
Let us know if you need help with your ad.**



**Deadline is March 31, 2021**

- Advertise Your Club Fundraisers
- Celebrate Your Club Successes
- Honor Your Club Officers
- Recognize Your New Members

**The Opportunities are Endless!**

**HALF Page (5.5 x 4.25") - \$50    FULL Page (5.5 x 8.5") - \$100**  
**(Printed in Black and White only)**

**BACK Cover - Inside & Out are Available in color  
for an additional cost.**

**Submit Ads in the Size/Price being purchased and Mail Ad with  
Payment to:**

**1<sup>st</sup> VDG Donna Prince                      and/or**  
**21014 Clivus Drive**  
**Grass Valley, CA 95949**  
**Email: liondprince@gmail.com**

**2VDG Tim Luckinbill**  
**12494 Paloma Way**  
**Grass Valley, CA 95945**  
**luckinbillt@yahoo.com**

**Make Checks payable to: District 4-C5**

## District 4-C5 Election/Delegate Information

### District 4C-5 Lions Clubs International

Dear Fellow Lions,

At the last meeting of the District Convention meeting, discussion was held on the “possibility” of an in person, two-day convention to be held in Sacramento.

Since none of us knows for certain what the future has in store, a decision was made to move forward with the District Election via email, same as last year.

The results of said election to then be announced at the Convention, in whatever form it takes.

I have also enclosed the Candidates Proclamations, so they may be shared with your Delegates.

Also included is another copy of the Delegate form for your convenience.

The proposed District Budget for the year 2021-2022 will come from the Budget and Finance committee if it has not already been sent.

The Site Selection Committee will also send the selections directly to your club.

Again, just for clarification: The 2021 District 4C-5 Election will be conducted via email, regardless of the ability to hold an in-person convention.

Should any questions arise please don't hesitate to contact me.

Thank you for all you do,

Dennis Kramer  
Credentials and Election 2020-2021  
[Wischixen1@aol.com](mailto:Wischixen1@aol.com)  
530-312-3896



# District 4-C5 Election Delegate Form



## Lions Clubs International – District 4-C5 2020-2021 Convention, San Ramon Marriott Hotel



Pursuant to our District Constitution and Bylaws, Article VI, Section 3: “Each club in good standing shall be entitled to one (1) voting delegate and one (1) alternate for each ten (10) members of said club who have been enrolled for at least one year and a day, or major fraction thereof, as shown by the records of the International Office on the first day of the month last preceding the month during which the convention is held. Provided, however, that each such club shall be entitled to at least one (1) delegate and one (1) alternate. The major fraction referred to this section shall be five (5) or more members.”

And Section 6: “All Past District Governors and International Officers from the District shall have a vote at District Conventions, providing such past officer is a member in good standing of a club in good standing in this District.”

**DO NOT INCLUDE PAST DISTRICT GOVERNORS AS DELEGATES, SINCE THEY ARE ALREADY ENTITLED TO VOTE.**

NAME OF CLUB: \_\_\_\_\_

1. Our total club membership on March 1, 2021 is \_\_\_\_\_ (based on February MMR)
2. Number of delegates eligible to vote: \_\_\_\_\_
3. All of our club dues (International, MD-4 & 4-C5) are paid: \_\_\_\_\_ Yes \_\_\_\_\_ No

	Delegate Name – Please PRINT	Alternate Name-Please PRINT	Leave Blank
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

This affidavit is attested by: \_\_\_\_\_  
(Signature of Club President or Secretary) \_\_\_\_\_ President \_\_\_\_\_ Secretary

Dated: \_\_\_\_\_

**PLEASE RETURN THIS FORM AS SOON AS POSSIBLE, BY APRIL 1, 2021**

E-Mail to:

Lion Dennis Kramer

Email [Wischixen1@aol.com](mailto:Wischixen1@aol.com)

Phone: (530) 312-3896

# District Governor Candidate Proclamation

## HIGGINS DIGGINS LIONS CLUB

Grass Valley, California

### *RESOLUTION*

**WHEREAS**, the Higgins Diggins Lions Club, being in good standing in District 4-C5 and Multiple District 4 of the International Association of Lions Clubs International; have voted unanimously to support the candidacy of Lion Donna Prince for the office of District Governor during the ensuing year 2021-2022, and

**WHEREAS**, Lion Donna Prince, being a member in good standing since joining the Higgins Diggins Lions Club on June 1<sup>st</sup>, 2007 and has honorably served every office from Club President to Tail Twister and has chaired many successful committees and fundraisers, and

**WHEREAS**, Lion Donna Prince has served District 4-C5 as 1<sup>st</sup> Vice District Governor, 2<sup>nd</sup> Vice District Governor, Cabinet Secretary, Global Services Team Coordinator, Donner Region Chair, Golden Empire Zone Chair, and on the Board of Directors of Lions Education Foundation, Northern California Lions Sight Association, and Folsom Project for the Visually Impaired, and

**WHEREAS**, Lion Donna Prince has been honored with numerous awards including Club Lion of the Year, District 4-C5 Co-Lion of the Year, MD-4 Leadership Award, International President's Leadership Awards and is a Progressive Melvin Jones Fellow, and

**NOW, BE IT THEREFORE RESOLVED**, that the members and Board of Directors of the Higgins Diggins Lions Club hereby endorses Lion Donna Prince as a fully qualified candidate for the office of District Governor of District 4-C5, Lions Clubs International, for the year 2021-2022.

SUBSCRIBED AND EXECUTED this 22<sup>th</sup> day of December 2020, by:

  
Lion Laura Barhydt, President

  
Lion Janet Proctor, Director



# 1st Vice District Governor Candidate Proclamation

## COLFAX LIONS CLUB

Colfax, California

### RESOLUTION


**Whereas** the membership of the Colfax Lions Club, being in good standing in District 4-C5 of Lions Club International, have voted to support the candidacy of Lion Tim Luckinbill for the office of 1st Vice District Governor during the ensuing Lions year 2021-2022 and

**Whereas** Lion Tim Luckinbill, being a member in good standing for 19 years with the Colfax Lions, has honorably served in the offices of Club President, Club Vice President, and Club Secretary and has chaired many successful committees, projects/fundraisers such as, Summer Cruise-In Nights, 4<sup>th</sup> of July Parade, 1<sup>st</sup> VDG Pasty Feed, etc.) and

**Whereas** Lion Tim Luckinbill has served District 4-C5 as Golden Empire Zone Chair, Sierra Zone Chair, Foothill Zone Chair, Donner Region Chair (thrice), and 2<sup>nd</sup> Vice District Governor and

**Whereas** Lion Tim Luckinbill has been honored with numerous awards including 100% Club Secretary (twice), District Region Chair of the Year, Melvin Jones Fellow, MD-4 Outstanding Zone Chair, MD-4 Excellence Award and District 4-C5 Lion of the Year.

**Now, therefore, be it resolved** that the members and Board of Directors of the Colfax Lions Club hereby endorse Lion Tim Luckinbill as a fully qualified candidate for the office of 1st Vice District Governor of District 4-C5, Lions International, for the Lions year 2021-2022.



Lion Paul (Red) Houck  
Club President



Lion Christine Houck Quinn  
Club Treasurer

## Proposed 2021/2022 Budget for Approval

REVENUES	2019-2020	2020-2021	2021-2022	NOTES
	APPROVED	APPROVED	PROPOSED	
<b>ADMINISTRATION INCOME</b>				
MD4 Per Capita Dues	\$ 14,000.00	\$ 14,100.00	\$ 13,000.00	Based on 1300 members
Student Speaker Dues	\$ 1,400.00	\$ 2,820.00	\$ 2,600.00	" "
DG Pin Sales	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	
Student Speaker Contest	\$ 150.00		\$ 500.00	Increased by \$500 via Fundraiser(s)
Interest Income	\$ -	\$ -		
Revolving Fund	\$ 2,000.00	\$ 4,000.00	\$ 4,000.00	
<b>SUBTOTAL</b>	<b>\$ 20,000.00</b>	<b>\$ 21,920.00</b>	<b>\$ 21,100.00</b>	Decreased by \$820
<b>COMMUNICATIONS INCOME</b>				
Directory Ads	\$ 2,900.00	\$ 2,900.00	\$ 3,000.00	
<b>SUBTOTAL</b>	<b>\$ 2,900.00</b>	<b>\$ 2,900.00</b>	<b>\$ 3,000.00</b>	
<b>DISTRICT EVENTS INCOME</b>				
Cabinet Meeting Lunches	\$ 4,500.00	\$ 4,500.00	\$ 4,500.00	
Cabinet Meeting Raffle/Silent Auction	\$ 1,800.00	\$ 1,800.00	\$ 1,930.00	Increased by \$130
Cabinet Installation Dinner	\$ 4,000.00	\$ 4,000.00	\$ 4,000.00	
Cabinet Appreciation	\$ 500.00	\$ 500.00	\$ 500.00	
New Member Dinner Receipts	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00	
<b>SUBTOTAL</b>	<b>\$ 12,300.00</b>	<b>\$ 12,300.00</b>	<b>\$ 12,430.00</b>	Increased by \$130
<b>TOTAL INCOME</b>	<b>\$ 33,860.00</b>	<b>\$ 37,120.00</b>	<b>\$ 36,530.00</b>	Decreased by \$590
EXPENSES	2019-2020	2020-2021	2021-2022	NOTES
	APPROVED	APPROVED	PROPOSED	
<b>ADMINISTRATIVE EXPENSES</b>				
Review/Audit/Bookkeeping Expenses	\$ 3,000.00	\$ 3,000.00	\$ 3,000.00	
Bank Charges for three (3) Accounts	\$ 50.00	\$ 60.00	\$ 60.00	
Cab Off Name Tags/Patches/Other Banners/Shipping	\$ 900.00	\$ 1,200.00	\$ 1,200.00	
Copying/Printing/Maintenance	\$ 350.00	\$ 350.00	\$ 350.00	
District Awards	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	
Historian Fee	\$ 200.00	\$ 200.00	\$ 200.00	
Postage	\$ 270.00	\$ 270.00	\$ 260.00	Reduction of printed mailings
Stationary and Supplies	\$ 250.00	\$ 250.00	\$ 250.00	
Training/Trng Mtg (Off Trng, New Memb Orient)	\$ 350.00	\$ 350.00	\$ 350.00	

**Administrative Expenses Continued**

Revolving Fund - (Available after 4C5 Convention)	\$ 2,000.00	\$ 4,000.00	\$ 4,000.00	
<b>SUBTOTAL</b>	<b>\$ 9,870.00</b>	<b>\$ 12,180.00</b>	<b>\$ 12,170.00</b>	Decreased by \$10
<b>COMMUNICATIONS EXPENSES</b>				
Directory Printing	\$ 3,200.00	\$ 3,730.00	\$ 3,500.00	Decreased by \$250
Website Hosting (including webinars)	\$ 230.00	\$ 230.00	\$ 230.00	
Communications / Media	\$ 250.00	\$ 250.00	\$ 500.00	Constant Contact/Zoom
<b>SUBTOTAL</b>	<b>\$ 3,680.00</b>	<b>\$ 4,210.00</b>	<b>\$ 4,230.00</b>	Increased by \$20
<b>DISTRICT EVENTS EXPENSES</b>				
Cabinet Meeting/Facilities Rent Expense	\$ 2,100.00	\$ 2,100.00	\$ 2,100.00	
Cabinet Meeting Lunches	\$ 2,700.00	\$ 2,700.00	\$ 2,500.00	Decreased by \$200
Visiting DG Expenses	\$ 750.00	\$ 750.00	\$ 750.00	
Visiting VDG1 Expenses	\$ 500.00	\$ 500.00	\$ 500.00	
Visiting VDG2 Expenses	\$ 350.00	\$ 350.00	\$ 350.00	
Student Speaker Awards	\$ 2,200.00	\$ 2,820.00	\$ 2,820.00	
Cabinet Installation Dinner	\$ 4,000.00	\$ 4,000.00	\$ 4,000.00	
District Retreat	\$ 200.00	\$ 200.00	\$ -	Retreat Exclusion
New Member Dinner	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00	
Cabinet Appreciation	\$ 500.00	\$ 500.00	\$ 500.00	
<b>SUBTOTAL</b>	<b>\$ 14,800.00</b>	<b>\$ 15,420.00</b>	<b>\$ 15,020.00</b>	Decreased by \$400
<b>GOVERNOR EXPENSES</b>				
DG Pins	\$ 1,300.00	\$ 1,300.00	\$ 1,300.00	
DG Mini Banner	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00	
District Scrapbook	\$ 200.00	\$ 200.00	\$ -	District Scrapbook Exclusion
DG Home Club Banner	\$ 400.00	\$ 400.00	\$ 400.00	
DG Gift	\$ 300.00	\$ 300.00	\$ 300.00	
<b>SUBTOTAL</b>	<b>\$ 3,400.00</b>	<b>\$ 3,400.00</b>	<b>\$ 3,200.00</b>	Decreased by \$200
<b>MISCELLANEOUS EXPENSES</b>				
Advance Leadership Training (DG)	\$ 350.00	\$ 350.00	\$ 350.00	
Advanced Leadership Training (VDG1)	\$ 750.00	\$ 750.00	\$ 750.00	
Advanced Leadership Training (VDG2)	\$ 350.00	\$ 350.00	\$ 350.00	
Cabinet Secretary Honorarium	\$ 360.00	\$ 360.00	\$ 360.00	
State of California	\$ 100.00	\$ 100.00	\$ 100.00	
<b>SUBTOTAL</b>	<b>\$ 1,910.00</b>	<b>\$ 1,910.00</b>	<b>\$ 1,910.00</b>	
<b>TOTAL EXPENSES</b>	<b>\$ 33,660.00</b>	<b>\$ 37,120.00</b>	<b>\$ 36,530.00</b>	Decreased by \$590

**If you have any questions relating to the proposed budget, please contact CT Zenny Yagen.**

# LIONS FLOAT, INC. *presents*

THE CHARITY GOLF TOURNAMENT AT  
7000 ALAMEDA DR. RANCHO MURIETA, CA



Rancho Murieta Country Club

**Sunday, March 21, 2021**

**8:00 AM TEE TIME**

**\$175 per player**

**\$650 per Four-Some**

NEARBY LODGING

**THE MURIETA INN & SPA**

7337 MURIETA DRIVE, RANCHO MURIETA, CA 95686

(916) 354-3900

(ROOM AVAILABILITY LIMITED)

CONTACT FOR MORE  
INFORMATION

**PDG MIKE RETZLAFF**

(916) 225-8321

OR

**PDG ELISA COYLE**

(530) 262-8805



Rose Parade  
2022



PRIZE DRAWING  
AUCTION ITEMS  
SIDE GOLF CONTESTS

SCRAMBLE FORMAT  
SHOTGUN START

PLAY ON THE  
NORTH COURSE @  
RANCHO MURIETA  
COUNTRY CLUB!

**\*\*ALL NET PROCEEDS GO DIRECTLY TO THE PRODUCTION OF THE LIONS FLOAT.\*\***

GOLFER 1 \_\_\_\_\_ PHONE: \_\_\_\_\_

GOLFER 2 \_\_\_\_\_ PHONE: \_\_\_\_\_

GOLFER 3 \_\_\_\_\_ PHONE: \_\_\_\_\_

GOLFER 4 \_\_\_\_\_ PHONE: \_\_\_\_\_

MAKE CHECKS PAYABLE TO : Lions Float, Inc.

MAIL REGISTRATION TO : PDG Mike Retzlaff 6921 Mitchlen Court, Sloughouse, CA 95683

# Help Needed-Elimination of Sac State Low-Cost Eye Clinic

Hello, Lions,

A member of our club, Lion Lori Namba-Oto of the **Sacramento Senator Lions Club**, would like to enlist your help in joining her and others in the community to petition Sacramento State University **not** to eliminate low-cost eye care services on campus to its students. This program is very important. Its elimination not only affects students who are unable to afford regular eye care due to lack of insurance, but also hinders their learning. How could students see to learn if their vision is impaired? Therefore, it is vital that these services continue, and here are ways you can help and make a difference. Let the president of the university and people in positions who can effect change know of your opposition to the elimination of the low-cost eye care services at Sacramento State University.

## Just an update:

- ◆ Online petition has 2,000+ signatures to date.
- ◆ State Hornet, the Sac State newspaper, did an article.
- ◆ Optometry Boards are opposing elimination of low-cost eye care to students.
- ◆ Rotary Club is opposing elimination of low-cost eye care to students.

On behalf of Lion Lori, thank you in advance, Lions, for your help in this matter. As Helen Keller, who inspired Lions to make vision a primary focus for community service, once aptly said, "Alone we can do little, together we can do so much."

Take care. Stay safe and be well as we Lions continue to live up to and practice our motto: We serve.

Yours-in-Service,

PDG James Fong, President  
Sacramento Senator Lions Club  
916.531.5050  
[jfong1944@gmail.com](mailto:jfong1944@gmail.com)

“It’s a shame when students needlessly struggle to succeed in their classes because they simply cannot see”

— *Dr. Candace Oto*

## Ways to help:

1. Sign online petition at: [Change.org/csusSaveOptometry](https://change.org/csusSaveOptometry) (copy/paste link) - **Note:** Bulletin Editor did this and it was super easy!
2. Letters of concern should be addressed to Sacramento State President Robert S. Nelsen ([president@csus.edu](mailto:president@csus.edu)) or local newspapers with a cc: to local legislators.
3. Letters opposing the elimination of low-cost eye care to the students may be mailed to:

President Robert S. Nelsen  
Sacramento State University  
6000 J Street  
Sacramento, CA 95819

Adding a cc to their local legislators and/or the Sacramento Bee would increase public pressure.

If you have any questions or need additional information please let me know. Her cell phone is (916) 798-4271 and email is [Lknamba@gmail.com](mailto:Lknamba@gmail.com)

Read more at: [Sac State permanently closes vision center, optometry services eliminated - The State Hornet](#)

# 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**

# What to do when a once strong Lions Club slows down

DG Cat Gon reviews a real complaint and suggests steps to take

## A VERY OLD CLUB ABOUT TO SAY GOODBYE TO A SOLID HISTORY OF VALUABLE COMMUNITY SERVICE

### Case 5 - Summary

DG Cat Gon,

Our club began shrinking in member size 10-years ago and the Covid-19 has about ended the club forever. Those of us who remain are worrying about the club's future. Bleak as things appear today, we still have hope. We have less than 20-members, serve a community of about 5,000, and have been chartered since the 1950s.

I'm sure Governor Gon, that you, like our governors across the country, seek to keep clubs like ours alive and serving. What might you suggest to us as we decide the future of our club?

Thank you,

Secretary JoAnna

### Governor Gon's Response

Dear Lion Secretary JoAnna,

Thank you for reaching out to someone. Every Lions Club has the potential to survive even a pandemic. All it takes is a combined will to make an effort. Being 70 years in existence, your club has a great deal of history within your community. A legacy like yours deserves to be saved.

Your community grange, civic leaders, chamber of commerce, etc., may be of assistance to work with you to grow your club by partnering on projects in the area. It is mutually beneficial to work

together. Work with other clubs to assist you. Look into the local school district to partner with them in youth activities and development. You may be able to enlist parents of the students to join your club. Do not discount your local churches, food closet, and local community center for potential members. Ask your family members to join or suggest their friends and associates.

Most importantly, be prepared to make changes. Utilize new ideas, have a town hall type meeting or a Zoom meeting, a dinner or a get-together, or a service project in your community by selecting justification for the event, a location, date, and time for the event. If your club decides to do a service project, your guest will know how good it feels when the project is completed. Be sure to give the individuals that have been invited information about your Lions Club and the support that you give to your community.

Some Multiple Districts have grants available to bolster your membership efforts. Check with your Zone or Region Chair or Global Membership Coordinator to see if your club can utilize a grant to entice new members.

Warmest Regards,  
Cat Gon

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

# Why Should I Become a Lion?

## **Why should I become a Lion?**

Individuals who are considering in volunteering their time to a local community service club please look into joining your local Lions Club. Everyone will always ask themselves, “Why should I become a Lion?” Here are seven reasons you might want to join the largest community servicing organization in the world.

### **Volunteer to serve their community**

Lions are committed to partnering with local leaders and organizations, identifying the unique needs of their communities and surrounding areas. They are planning service projects that address those needs of the community. From community clean-up projects to food drives to fundraisers, Lions help people in need who are close to home. Hence the Lions motto “We Serve”.

### **Make an impact on people’s lives and a difference in the world**

A small act like collecting recycled glasses may not seem like much at first, but when those glasses are distributed around the world through Lions sight missions that change lives, you’ll soon discover that Lions are making a big impact. Lions are everywhere: teaching children to read, responding to disasters, fighting measles, providing clean water and so much more.

### **Enjoy a rewarding experience**

There is no greater feeling than making a positive impact on someone’s life. Lions are doing good – for others and for themselves.

### **Make new friends**

Joining a local Lions club is a great way to connect with other people in your community and make new friends. Find a Special Interest club that involves people with the same interests, hobbies and passions. Or consider starting your own club. Serving together can help build relationships that last a lifetime.

### **Learn, grow and share**

Through volunteer work and community service, Lions are learning new things and developing leadership skills every day. Learn how to plan a food drive and feed the hungry. Learn about the risks of diabetes, and share your knowledge with community members to help them lead healthier lifestyles. Each member will grow personally and professionally as a Lion.

### **Grow as a family and have fun**

Lions clubs offer opportunities for families to volunteer together. Become a Lions with your spouse, children, grandchildren and siblings, and start spending quality time together while serving the community.

### **Develop young leaders to become the leaders of tomorrow**

By engaging youth, Lions are helping to develop strong leaders for the future. LEO clubs provide youth volunteer opportunities that allow young adults to become involved in community service and begin learning about the impact they can have around the world.

As a Lions club member, you’ll join a local group of service-minded men and women who are doing local volunteer work to support your community – right now. You will also become a member of Lions Clubs International who is located in 206 different countries around the world and 47,100 members strong.



## Lions Clubs International Foundation (LCIF) Report

As of February 28, 2021, 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 \$26,694. This is 76% 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: 40 of 50 (80%)
- ◆ 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; Woodland Host and Folsom Lake are submitting their paperwork.
- ◆ Total number of 100/100 Clubs: 0 – Folsom is working on their paperwork

### LCIF Helping Hands Award

Any Lion can nominate someone to the District LCIF Coordinator or District Governor for the award. Everyone in the District is eligible for the award who assist with a Lions fundraiser for the District.

Coming up will be "Operation Clip Sarah," IPDG Lion Sarah Enloe will be cutting her hair for LCIF Youth Diabetes. Stay tune for more information on this fundraiser.

### 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

LCIF has sent \$10,000 to each of the seven Lions Districts that have applied for the Emergency Grant that were hit hard by the winter blast that went through Texas.

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

PDG Andy Anderson  
District LCIF Coordinator



# Globel Membership Team Report

As of February 28, 2021, the District has added 80 new, reinstated and transferred members to 25 clubs of our District for a 50% and lost 131 members. Our net progress for this year is -51.

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

- 7/1 Total members – 1,320      Total Females – 566 (42.88%)      Total Males – 754 (57.12%)
- 11/1 Current members – 1,268      Total Females – 546 (43.1%)      Total Males – 722 (56.9%)

DG Cat’s first membership goal was to have every club increase their membership by either one (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 (8)      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                                      Higgins Diggins  
Mother Lode                                      Roseville Sunrise Lions                                      Sacramento Camellia Lions  
Sacramento Mabuhay Lions                      Sacramento 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 3 clubs has increased to 20 or more.

Esparto                      19 members      (+2)                      Penn Valley                      19 members      (+1)  
Roseville Host      15 members      (+10)                      Sacramento Nepalese      13 members      (+5)

- ◆ 40 of 50 (80%) Clubs have been visited about Membership
- ◆ 25 of 50 (50%) 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 Bernie Stringer Downieville 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).

1. What kind of spells do leprechauns use?
2. Why do leprechauns hate running?
3. Why do leprechauns love to garden?
4. Why shouldn't you borrow money from a leprechaun?
5. Do leprechauns make good secretaries?
6. When does a leprechaun cross the road?
7. Why did the leprechaun climb over the rainbow?



1. Lucky Charms!
2. They'd rather jig than jog.
3. They have green thumbs!
4. Because they're always a little short.
5. Sure, they're great at shorthand!
6. When it turns green!
7. To get to the other side!

## Welcome New Club Members—



Name	Club Name	Zone	Region
Giuseponi, Bonnie	Mother Lode	Marshall	Washoe
Li, Kun	Sac Camellia	Crocker	Sacramento
Ventanilla, Flordeliza	Sac Malaya	Crocker	Sacramento

# BLOOD DRIVE



Because of you, life doesn't stop.  
#vitaltolife

## Lions Club & Scout Troop 8 BLOOD DRIVE



**Saturday, March 27 / 11 a.m. – 3 p.m.**

Mather HQ in the Sacramento Room at 10536 Peter A McCuen Blvd, Mather 95655

To make an appointment, visit [Donors.Vitalant.org](https://Donors.Vitalant.org) and search using blood drive code SMFM757 or [click here to schedule an appointment](#).

Complete your [Fast Track Health History Questionnaire](https://Vitalant.org/health) on the day of the blood drive at [Vitalant.org/health](https://Vitalant.org/health)

For more information or questions regarding the blood drive, please contact:  
Capitol Lion Dave Pevny at [dpevny@gmail.com](mailto:dpevny@gmail.com)  
Golden State Lion Cecille Presley at [cecille.baylon@live.com](mailto:cecille.baylon@live.com)  
BSA Troop 8 Scout Evan Carrasco at [EcarrascoT8@gmail.com](mailto:EcarrascoT8@gmail.com)



**ADVANCE APPOINTMENTS** are encouraged to help maintain social distancing.



All donors must bring and wear a **MASK** or **CLOTH-BASED FACE COVERING**.



**DONATIONS TESTED FOR COVID ANTIBODIES** to help identify potential convalescent plasma donors.

- Please bring a Photo I.D.
- Eligibility questions, please call 877-258-4825.
- Please eat well and drink plenty of water prior to donating.



Donors will receive a limited edition St. Patrick's Day Blood Donor T-shirt.

**vitalant.**

## Where there is a Need...

**Sacramento Senator Lions Club** readily and generously answered the call when Multiple District Four (MD4) launched the California Lions Care: Food Collection Drive in February 2021. The goal was to collect 150,000 pounds of food state-wide by California Lions to be delivered to various organizations such as local Food Banks.

Sacramento Senator Lions Club has been a staunch supporter of Loaves and Fishes, Homeless Survival Services in Sacramento. The club makes annual donations to the organization and also to its Mustard Seed School. In addition, club members have served as volunteers in its kitchen plating cooked food to the "guests" prior to the shelter-in-place health guidelines because of the Covis-19 pandemic. Members look forward to going back to the kitchen "to serve" again once it is safe to do so.

When the MD4 Food Drive program was underway, Senator Lions Club President, PDG James Fong, contacted Loaves and Fishes to inquire what food items they needed so that he and club member, Lion Dr. Ernie Takahashi, could purchase food with the monies raised. PDG James's call was directed to the Director of Finance and Warehouse Operations, Julie Rowley, who requested a monetary donation instead. With the money, she informed PDG James, the organization could purchase much needed meat products which would provide protein for their guests.

In this effort, Senator Lions Club raised a total of \$1,355. This dollar amount equates to 2,303.5 pounds of food donated. (\$1 = 1.7 lbs. of food)

Kudos to Sacramento Senator Lions Club! Thank you for your generosity! Thank you for opening up your heart and your pocketbook to help and "to serve" those in need and to contribute to the success of MD4 in meeting its goal of pounds of food to be donated.

## Where There is a Need...

In the midst of the pandemic, so many students are learning remotely, either full or part-time. The **Auburn Host Lions** President, Randy Maki, saw an article about providing desks for those students who do not have a place to work or store their books, and all things they need for their continuing education.

A teacher saw the need and asked her husband to design a simple desk. He did so and began building the desks. The idea has blossomed around the country and there are now several design plans

to be found on the internet. In early November, the Auburn Host Lions decided to do something about this in our district.

The first step was to identify the need and to their surprise, they discovered there was a fair number of students who would love to have their own work space.

Vice-President Fred Doster approached the local Home Depot regarding supplying the materials for this project. The manager, Larry Snyder, was enthusiastic and agreed to supply all the materials for the desks to be built. They cut the plywood to their requirements and supplied glue, screws, plus all of the 4 x 2's needed.

The project got off to a quick start, with 10 desks, which were very quickly allocated and then they built more. The joint project drew the attention of a local

news station and a piece aired on "Good Morning Sacramento." This prompted inquiries from far and wide, most of which was from people wanting to do the same thing in their location. Not all were fellow

Lions, but those inquirers were advised to contact their local Lions if assistance was needed.

The Auburn Journal also published an article on what Auburn Host Lions was doing and the project posted on local social media sites in Auburn.

At this time, Auburn Host Lions have

donated over **50 desks** and have more being assembled!

They reported how wonderful it is to see the delight on the faces of children when the desks are delivered. The parents are very grateful and very often explain what it means to them as well.

You do not need to be a carpenter and all it takes is a reasonably confident wood worker, with sufficient hand tools, about three and a half hours to assemble a desk. Of course, it is better to do the work in batches, between four and six.

Thanks to Home Depot and the woodworkers of Auburn Host Lions, many more students have a place to work and keep their study materials.

Should any Lions know of a need, please feel free to reach the Auburn Host Lions for more information!



## Where There is a Need...

Lion Maryrose Barnhurst, **Embarcadero Lions**, reported that she dropped off another Balikbayan box that contained 2,500 eyeglasses and 500 face-masks to be shipped out to the Philippines and distributed by our twinning club, Quirino Mamparang Lions Club. So far, she has made a total of 5,000 face-masks since March 2020 until end of January 2021.

The 3,500 facemasks were donated to frontliners



here in California, Nevada, New York and the other 1,500 was shipped out and donated in Philippines. Attached is a picture of the facemasks (inside the Balikbayan box) and eyeglasses that she sent this month. Also attached the pictures of nurses and doctors with their happy faces, using the first face-



masks she sent last year.

It took Lion Maryrose more-or-less 120 hours to make the 500 facemasks from tracing, to cutting, and sewing and another 8 hours in repacking the eyeglasses, and 2 hours to drive and drop off the Balikbayan box to the shipping company. Total expenses of \$220 for the materials like fabric, elastic, silicone toggle cord, thread and shipping fee for one Balikbayan box is \$100.

Since Covid vaccine implementation is already ongoing, my "Make a Mask, Save a Life" project will now be coming to an end. Even in pandemic times, we can make a difference! Proud to be a Lion!



On Thursday February 18, 2021, **Woodland Host Lions** made three flag day presentations to Woodland Schools. Because of the COVID-19 problems most of the schools are meeting virtual therefore changes were made to their usual format.

Lions met with each of Zamora School's two, third grade classes via zoom. A week before they took the materials to the schools be included with the take home bags that the parents picked up with the material for student's next week class assignments. One class met at 9:45 am and the other 10:45 am with the teachers acting as the host.

Lions then went to the Woodland Christian School where their presentation was made to all third-grade classes in their multi-purpose room.

During these events 180 flags were presented, said the Pledge of Allegiance to the Flag, sang "The Star-Spangled Banner" and talked about the meaning of the stars and stripes and colors with a question-and-answer period following.

It was a fun and successful day with the help of the schools, teachers and Lions Carlene Lucas, Barbara Larson, Sally Nelson and Wes Nelson.

## Where There is a Need...

Submitted by 2VDG Tim Luckinbill

The last 12 months have been stressful and, in many instances, downright discouraging. We all look forward to the segments on national news where some uplifting occurrence is featured. So just how much can an individual do to address these stresses and do something to add to the positive side of our human equation?

Colfax Community leaders, Earl Coppin and Kim Douglas meet often for a socially distanced coffee and have been wrestling with how to create a local uplifting story. What they decided to do, was a small return to the days of yesteryear when we publicly celebrated the Arts and honored community members who have had a profound effect on the entire community.

In years past, Colfax has hosted an Art Walk to showcase the work of local artists. The pandemic has rendered that as still "on hold." In years past, local agencies and organizations have feted the accomplishments of regular citizens. The pandemic has so impacted the economic survival of agencies and organizations that celebrating citizens has also been placed "on hold."

To answer a Colfax need for some good news, Earl and Kim commissioned well-known local artist, **Colfax Lioness Foxy McCleary**, to complete a portrait of Colfax General Practitioner, Dr. Kurtis Fox. After completing his residency at Harbor/UCLA General Hospital near Los Angeles, Fox planned to return home. Since he is a Placer High School alumnus, opening his general medical practice close to home seemed like a great plan. Some



Lioness Foxy McCleary and Dr. Fox

42 years later, Fox is still caring for his patients in the Colfax area.

If not at his office on Kneeland Street, you can find Fox supervising possible medical needs at home football games. If not on the gridiron, Fox can be found judging the Lions Club Speaker's Contest or providing in-service training on sports injuries and safety practices for local athletic coaches.

If you catch him at his medical offices, you will find an attentive and insightful physician and, for much of the community, a dear friend. The Colfax community says thanks to Earl, Kim and Foxy for honoring one of Colfax's finest.



This time last year our, **Placerville Lions Club** was preparing to do our first EldoPOST community day of action to address human trafficking in our county. With proclamations from both our Board of Supervisors and City Council, support from other community agencies and businesses, and the guidance and training from the Sacramento Metro Lions Club, we were sent out to raise awareness. We encouraged select businesses to post a notice that includes a national human trafficking hotline number that can help connect human trafficking survivors with

critical services. Immediately after our day of outreach our lives changed with Covid-19.

This year, again with the help of the **Sacramento Metro Lions Club**, we are approaching select businesses – but this time by mail. For the first time, the businesses cover a larger area of the county, including South Lake Tahoe. An approved poster with specific instructions and portions of California Civil Code are provided so they can join us in addressing the critical issue of human trafficking.

The Placerville Lions Club is also joined with all Lions Clubs in California in the February Food Drive. The goal for the California Lions Projects Food Drive is to collect over 150,000 lbs. of food items to be distributed to local agencies such as food banks.

## Where there is a Need...

Little by little, **Folsom Lake Lions** members are receiving their Covid vaccines. Some have even had their second shot, and some have completed the first one. But their meeting place, the Folsom Veterans Hall, has not yet been able to open. So, they are continuing to meet twice monthly via Zoom.

Folsom Lake Lions are busy planning for a fundraiser in May since they cancelled their annual January crab feed. The Serrano neighborhood in El Dorado Hills has a neighborhood yard sale usually in May, and one of their members lives there.



Lion Gail O'Brien

President Evelyn Butler is acquainted with a lady who conducts estate sales. After a sale, it is then the agent's job to dispose of what didn't sell. Folsom Lake Lions Club was invited to come to a house in South San Francisco and take any of the leftover items they wanted. Two club members took two



Lion Gail O'Brien's friend, Deanna

trips down there and ended up with two SUVs totally filled with items. They are now in a storage unit and members will take boxes, plastic tubs, and bags home to sort and organize in preparation for our May sale.

One project was completed this last month. A flyer was received about the February Food Collection Drive. Member Gail O'Brien provided a copy of the flyer to her friend Deanna, who in turn shared the flyer with friends. Those friends made monetary donations and Lion Gail and Deanna went grocery shopping. They ended up with 49 grocery bags of food, for a total of 807 pounds. Thirty-five bags of the food were delivered to the Twin Lakes Food Bank in Folsom. Another 14 bags will be donated in early March to the Head Start program in El Dorado County.

Like many clubs in our District, the **Sacramento Metropolitan Lions Club** participated in the California Lions Project Care: Hunger campaign during the month of February. We wanted to share with every Lion in the District a message that one of our recipients, an abuse survivor, asked us to share with all of you:

*"I really thank you for caring about low-income abuse survivors. Thank you for the thought and energy into caring and making it possible for us to have these items. Thank you from the depth of our hearts for thinking of us. God bless you always."*

What a touching reminder of how much our service means to those we serve!





## Shifting the Lens on Gender-Based Violence

Victim? Survivor? Accuser? How might these words be helpful or harmful?

On Saturday, April 24, 2021, the Violence Against Women & Children Committee and Women's Development Team of Lions Clubs International District 4-C5 will hold a virtual event, "Shifting the Lens." We will be exploring how the words we use can impact how we view and 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 committee!

Scheduled speakers include Melissa Gomez, Project Director of the Child & Family Policy Institute of California's Preventing and Addressing Child Trafficking (PACT); Lynnette Irlmeier, Executive Director of Empower Yolo; Laura Clegg, Executive Director of A Community for Peace; and Elaine Whitefeather, CEO of Foundation for Peaceful Communities.

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).

Lions Club International District 4-C5 Violence Against Women & Children Committee  
and Women's Development Team present:

# SHIFTING THE LENS

A virtual event exploring how language impacts gender-based violence



Saturday, April 24, 2021  
10 a.m. to Noon

Registration online at [bit.ly/2021SLR](http://bit.ly/2021SLR) by April 17, 2021.

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

Photo credit: L. "Rico" Ozaki and Kevin Lee

# 7 TIPS TO STRENGTHEN YOUR MENTAL HEALTH DURING THE PANDEMIC

There is no question that the pandemic has affected the mental health of Americans of all ages. We have experienced months of social isolation, job changes and unemployment, school closures, and other disruptions. This has led to a surge in the number of people reporting high levels of stress, anxiety, and depression. Given the uncertainty of when life will return to normal, finding ways to manage negative emotions and strengthen your mental health is important.

Building and exercising resilience skills can help protect your mental and emotional health. Try these tips:

- **Stay in touch with positive and supportive people, even if you can't see them in person.** Strong social connections can reduce stress and help you feel happier and more energetic. If you haven't already, learn to use video platforms like FaceTime and Zoom to stay in touch with friends and family.
- **Practice ways to manage everyday stress.** For some people, a daily walk eases the pressure of the day. Try meditation, reading, yoga, working on a hobby, listening to music, or any other activity that you enjoy. Practice finding something you can be grateful for every day. You will feel more positive and recharged.
- **Find what motivates you.** Research shows that people who feel they have a purpose in life tend to be happier and live longer. For some, being creative, helping other people or devoting their time and energy to a cause can be the best motivators.
- **Make self-care a priority.** Physical and mental health are closely intertwined. In difficult times, it is important to get enough sleep, eat a healthy diet, and exercise. Avoid using alcohol, tobacco, or other drugs to cope with negative emotions; they can make sadness, depression, and anxiety worse.
- **Limit the amount of time you spend on social media and the news.** If you are constantly frustrated and upset over what you see in the news or on social media, limit or take a break from both.

- **Maintain your sense of humor and practice reframing negative thoughts.** If negative thoughts and images are invading your mind, draw your attention to your surroundings. Being present in the moment, or mindful, is one way to break a pattern of negative thinking. Humor is another way to defuse negative emotions.
- **Give others the benefit of the doubt.** Everyone is affected by the pandemic in one way or another, and others' emotions may not be obvious. Be kind in any interaction with others.

If you find that your mental health symptoms are negatively impacting your quality of life, consider talking to a professional.

Article provided by Magellen Health

*This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.*



## 2019-2020 Cabinet Officer Contacts

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



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

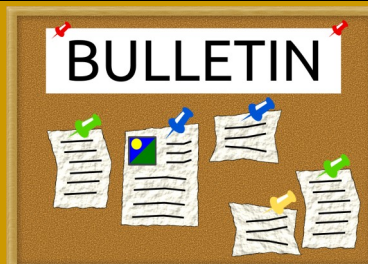
1. Email blast messages—sarahte@comcast.net (NEW)
2. Webmaster—webmaster@district4c5.org
3. Facebook—pr@district4c5.net
4. Pride Bulletin—denandkitk@aol.com



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

**Please forward all articles and photos**

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



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

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

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