



Lions Pride

March 2025

Volume 62

March 2025

“VOLUNTEERING LOCALLY, EFFECTING CHANGE GLOBALLY”



On January 18, 2025, Sacramento and Washoe Regions hosted the District Cabinet Meeting at Depot Park Conference Center at 8215 Ferguson in Sacramento. Second Vice District Governor Dave Kaplow, District 4-C6, gave a highly useful and polished presentation on New Member Recruitment. Attendees had the opportunity to engage in two service projects: Valentine Cards for Veterans and making tie blankets for Service Dogs in Training. Sessions included Special Kid’s Day, Lions Portal Training and Club Officer Roundtable, District Contest and Awards and the PDG Meeting. Special thanks to Sacramento Region Chair Eddie Aducayen, Washoe Region Chair Gene Kypke, Sacramento and Washoe Region Clubs and Lions who made this Cabinet Meeting informative and enjoyable.



INSIDE THIS ISSUE

- District Governor
- Vicky’s Message2
- 1VDG Brent’s Message3
- 2VDG Mark’s Message4
- GMT News 5
- District News6
- Club News11
- Announcements





DG VICTORIA BRADY

“VOLUNTEERING LOCALLY, EFFECTING CHANGE GLOBALLY”

Happy Almost Spring, C5 Lions and Leos!

It's been a whirlwind of activities for me since I began serving as your District Governor in July. And I'm loving every minute!

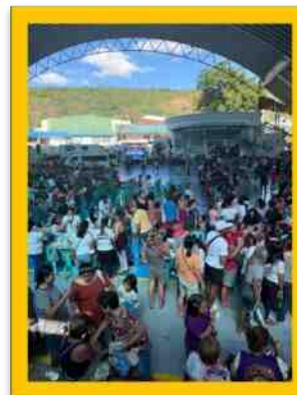
The December District Christmas party was a blast, and I want to thank all of those who attended. The venue was great (Roseville Host clubhouse) along with the decorations committee (CS Jeri Retzlaff, CT Sheri Retzlaff, and PDG Mike Retzlaff). Embarcadero Lions Club was commissioned for the catering, and as always, they did an outstanding job. Thank you to all!

In January, I was honored to be asked to volunteer for a medical mission to the Philippines with our very own Maharlika Lions. I have wanted to go on a mission to the Philippines ever since I was a young girl and my dad, the late Lion Otis Brady, Jr., went on many missions with Mabuhay Lions. He always came back energized and enthusiastic from these trips.

For this medical mission Maharlika took 5,000 pairs of glasses from the Folsom Prison Project, medicines and vitamins, and clothing for the recipients. 2nd VDG Mark Bamba and Dr. Lynn Ventura did an incredible job of coordinating three sites - not only the 31 of us volunteering but



also the local Lions, the Philippine Air Force, local nursing students, local dentists and doctors, the local police forces and church youth groups to staff stations for blood pressure, diabetes screening, vision screening and glasses distribution, doctor screening and pharmacy, and dental services and dental pharmacy, clothing distribution, take-home food staples distribution, a hot food feeding station, and diaper and baby clothing distribution. It was amazing and I'm so happy I was able to experience it!



DG VICTORIA BRADY

“VOLUNTEERING LOCALLY, EFFECTING CHANGE GLOBALLY”

In each issue of the Pride, I've had a "Hidden Vickys" contest with the help of Pride editor Gayle Kono. Last edition's winners are Jack Edwards, Jeri Wartena, Richard Wilmot, Kendra Bamba and Kitty Kramer. They received their prizes at the January District Cabinet meeting for their outstanding detective work!



This issue also has "Hidden Vickys." These are pictures of me hidden in this issue. Find them and email me at Lionvictoria.brady@gmail.com - the first 5 correct entries will get a surprise! Please use "Hidden Vickys" in the header of the email.

Our next District Cabinet meeting is at the District Convention on April 25-27 at the Sacramento Arden Hilton. Please register through Lion Jeri Wartena if you have not already done so. It will be a fun celebration of the work we have done throughout the year.

We will be doing at least two service projects for our California fire victims and our veterans. They will be announced later.

Please enjoy the rest of your Winter and the beginning of Spring. I look forward to seeing you soon, whether at a club visitation, event, or the District Convention in April!

Vicky Brady

District Governor Vicky Brady



1VDG BRENT SHOWALTER

INSIGHTS ALONG THE JOURNEY TO DG



**ANOTHER AMAZING DISTRICT 4-C5 LION YEAR IS IN THE HOME STRETCH!
THANK YOU DISTRICT GOVERNOR VICKY FOR BEING THE DRIVING FORCE!**

As usual I will start with a favorite quote.

“Anyone who has never made a mistake has never tried anything new.”

— Albert Einstein

WHY ARE WE HERE? WHAT CAN WE DO? AND WHO CAN WE SERVE?

Those are three simple and short questions. A pretty easy test for all of us if you ask me!

- 1) I am quite sure all of you know why you are here. Ask yourself that everyday when you wake up and live the day on purpose.
- 2) You can do anything you believe. You have the power to change lives, even if that is just donating a canned food item. (If you can do more then do more!)
- 3) You don't have to look far to find a need to serve and all of you already do that without being asked and that is because you are all leaders, whether you believe it or not.

The Lions Organization offers you the keys to the opportunities to make an even greater impact on people's lives! Ask to be a Zone or Region Chair and go to the next level. You will never regret it and you will create a legacy that will live on and you will proudly be able to say...

I really made a difference!

DO IT TODAY!

AND DON'T FORGET THE RESOURCES TO POWER YOUR JOURNEY.

- Lions Education Foundation Grants. (LEF)
- California Lions Foundation Grants. (CLF)
- Lions Clubs International Foundation Grants. (LCIF)
- Student Speakers Foundation Scholarships. (Not sure what the acronym is?)

GOOGLE THESE OPPORTUNITIES AND ASK QUESTIONS?

You might be surprised to learn what these organizations can provide for your clubs and communities.

I always say that I like to keep these messages short so there you go.

BRENT SHOWALTER – 1ST VICE DISTRICT GOVERNOR (CALL, TEXT, OR EMAIL ME ANYTIME.)

THERE IS NO BETTER TIME TO JOIN THE ADVENTURE THAN NOW!

JOIN US! DG BRENT & THE UNLEASHED KR3W - “BORN TO BE WILD TO SERVE TOUR - 2025-2026”

M:916-228-9129 / EMAIL: BSHOWALRHN@YAHOO.COM

2VDG MARK BAMBA

LEADERSHIP ON THE HORIZON



Challenging Our Resolve: California Wildfire Disasters

Dear Lions,

As we all know, in January 2025, California was once again struck by devastating wildfires that caused significant loss of life and property in the southern part of the state. Three Lions Districts were severely affected, and as part of Multiple District 4, we have been working tirelessly to develop a plan of action to provide assistance to these affected areas.

Our Disaster Relief Coordinator, PDG Mike Retzlaff, has been in constant communication with Lions leaders, and together, we are building a coordinated effort to address the needs of our neighbors. As 2nd Vice District Governor, along with my 11 counterparts across MD4, we have been tasked with leading the relief efforts, working alongside the various Disaster Relief Team Leaders across the state.

LCIF has already committed \$10,000 to each district, with an additional \$50,000 for disaster relief, but much more support is needed to assist with recovery efforts.

Here's how you can help:

California Cub Clubs are leading a drive to collect toys for children impacted by the fires.

Several clubs are organizing Drive-Through Meal Fundraisers, and others are collecting donations.

I encourage all clubs in our district to host their own fundraisers in support of the recovery efforts. Funds raised can be held until MD4 provides further instructions on where and how they can be used most effectively.

This is yet another test of our resolve as Lions, but we know that together, we will come through stronger than ever. Let's keep our affected neighbors in our thoughts and prayers as they work to rebuild their lives.



Looking ahead:

The 2025 District Convention is fast approaching. Please consider supporting the event by placing an ad in the convention program. Ads are just \$50 for a half-page and \$100 for a full-page. It's a great way to show your club's support while helping with convention costs.

Additionally, I encourage you to nominate individuals from your clubs who exemplify the spirit of service for prestigious awards such as:

- Regional Lion of the Year
- District Lion of the Year
- Kay Fukushima Couple of the Year

Let's make sure our outstanding members are properly recognized for their dedication and contributions! Together, let's continue to Make our Mark in helping our communities.

In service,

Mark Bamba

Mark Bamba
2nd Vice District Governor



GMT NEWS

STATISTICIAN DAVE PEVNY

Dear Fellow Lions:

District 4-C5's membership balance on December 1, 2024, was 1,261. At the end of the December, our membership total was 1,232, resulting in a net loss of 29 members for the month. This "-29" net change included 10 new members, 3 reinstated members, 0 transfer members, and 42 members dropped. Of the 42 dropped members, 2 were reported as deceased (Gene Barth of Rio Linda Lions and Gary Malcolm of Woodland Reveille Lions).

By Region for December:

*Donner—plus 4, minus 12

*Dos Rios—plus 7, minus 5

*Sacramento—plus 2, minus 24

*Washoe—plus 0, minus 1

District Total for December: 1261 + 13 - 42 = 1232

By Region, Cumulative for the Year 2024-2025: (these numbers will accumulate each month)

*Donner—plus 19, minus 30

*Dos Rios—plus 56, minus 46

*Sacramento—plus 62, minus 149

*Washoe—plus 6, minus 26

District Total, Cumulative since July 1, 2024: 1340 + 143 - 251 = 1232

Dave Pevny

District Statistician



GST NEWS



Greetings Fellow Lions!

Almost every club in our district has entered information into the Lions Portal. The clubs entering service activities are Auburn 49er, Auburn Host, Colfax, Delta, Elk Grove, Folsom City Host, Folsom Lake, Foresthill, Galt, Grass Valley Host, Higgins Diggins, Lincoln Host, Mother Lode, Nevada City, Penn Valley Hi-Graders, Placerville, Pride of Laguna Creek, Rio Linda, Roseville Host, Antelope, Antelope Friends of Veterans, Camellia, Capitol, Embarcadero, Fort Sutter, Golden State, Mabuhay, Maharlika, Midtown, Senator, Valley Hi, Woodland Host, Woodland Reveille, and Woodland Yolo Sunset. These clubs have collectively hosted 1,540 service activities year-to-date, assisting 355,159 individuals. Projects were listed under environment, hunger, vision, youth, and humanitarian, along with 655 administrative events.

Lions Clubs International has added Youth, Humanitarian, and Disaster Relief to the current listing of Global Causes of Vision, Environment, Childhood Cancer, Diabetes and Hunger. MD4's We Care Projects by month are as follows:

July, August, September – Youth, Pediatric Cancer and Vision

October, November, December – Hunger, Diabetes, First Responders

January, February, March – Hunger, Child Cancer, Vision

April, May, June – Environment, Humanitarian Causes, Health Awareness

The third quarter We Care Projects regarding Hunger, Child Cancer, and Vision lent guidance to our clubs.

As you are all aware, I am also the District Hunger Chair. Currently 22 of our 47 clubs have collectively completed 134 hunger projects feeding over 61,000 people. That means 48% of our clubs have entered information regarding feeding those in need. I continue to have confidence that we will meet our goal of 75% of our clubs district wide completing at least one hunger project during DG Vicky's year in office!

Respectfully submitted,

Jeri A. Wartena

Lion Jeri A. Wartena

GST Coordinator

DISTRICT NEWS

HIS NAME WAS GERRY BY PDG BOB OLIN

It may have been when I was about twelve years old. The time was probably about 1945.

My childhood seems like a long time ago. But after all these many years something popped into my head which for some reason I never thought about for a long time.

I now can picture this young boy sitting in a wheelchair. He was younger than me by about 6 years. I don't know why I visited with him but it may have been because he was only a couple blocks away from my parents' home and it was easy to get to his home since I was able to cut through a neighbor's yard by a gate we had in our back yard fence. I am sure my mother knew his mother since it was a small town and most of us knew each other.

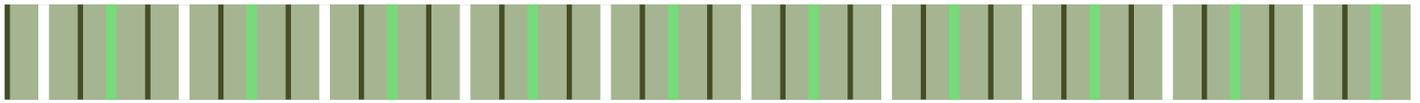
It's funny how our memory works. Sometimes you have some memories and sometimes they are a blur. But again sometimes they come back as if they were yesterday.

As I thought about it some more, I can picture this young boy in his wheelchair but he was not like me. Of course he was in a wheelchair but we could not have a conversation. He was not able to speak words like I could. That was a little strange to me since I was young and it was the first time I had ever encountered someone like that.

Be that as it may, it seemed like I was able to talk with him. What I got back was sometimes a giggle if he thought something I said was funny or a sort of attempt to say something as if to answer me back.

Besides his difficulties with speech, he also could not control his hands or most of his body and I always thought he kind of danced a little bit when he tried to communicate with me. Of course it seemed a little strange but being young he was just another friend to me.

I really thought hard about my visits. As an adult, I now feel what a great experience I had as a child to have this friend. As I think back, it must be one of the reasons that I feel so passionate about helping



The most vivid recollection of my friend was when we held each other's hand as we talked about something. It was the squeeze of my hand by his. It was the feeling he agreed with what I said, was happy with what I said or just an expression of joy.

As I indicated in the beginning, my friend just popped into my head and it was during the first year PCC Sue and I had organized the first District 4-C5 Lions Special Kids Day. I met a young girl in a wheelchair and as we talked and held each other's hand, she gave me a gentle squeeze as we talked about a number of things. What a wonderful feeling. It was one of my AHA moments.

We invite all of you and your Lions Club to come to the District 4-C5 Lions Special Kids Day (www.lionsspecialkidsday.com) on May 17, 2025 from 10 AM to 2PM at Depot Park, 16 Business Park Way, Sacramento.

Get your Club to provide a booth with a game, a prize, face painting, a clown or something to put a smile on the face of our "KIDS."

Come and have your hand squeezed and you will have an AHA MOMENT you will always remember.

My friend passed away in 1955. He was 16, had Cerebral Palsy and HIS NAME WAS GERRY.



Lions Special Kids Day

NCLSA NEWS

SUBMITTED BY 2VDG MARK BAMBA

Northern California Lions Sight Association, Inc. (NCLSA) is proud to announce its exciting new collaboration with the non-profit Sierra Donor Services Eye Bank (SDSEB) to help to fund SDSEB's life changing program to help distribute newly developed and critically needed "VIDARIS Autologous Serum" eye drops to the many veterans who cannot otherwise afford the drops. NCLSA's one year grant of \$12,000 will make it possible for veterans to avoid the debilitating pain and potential loss of vision from severe dry eye, neurotrophic keratopathy and other corneal disorders. NCLSA's partnership with SDSEB is a return to the local Lions' historic role in supporting the Eye Bank's vision saving mission and in founding the SDSEB in 1975, along with the UC Davis Medical Center's Department of Ophthalmology.

In addition, NCLSA is pleased to highlight its latest success story: Patient 21, an 82-year-old female in need of cataract surgery. Due to financial constraints, she was unable to afford the necessary upgraded lens implant and laser treatment for unresolved astigmatism. NCLSA was able to step in and cover the cost of both the upgraded lens implant and the laser surgery, significantly improving her quality of life.

As part of its ongoing mission to enhance the lives of individuals with vision issues, NCLSA continues to seek partnerships with organizations such as Sierra Eye Bank and the Society for the Blind to provide critical support and resources to those in need.

NCLSA continues to encourage District 4C5 Lions Clubs to be more active in doing Vision Screening events where you can reserve and use NCLSA's Vision Van along with the available equipment, Titmus Kaleidos and Plus Optix Vision Screening machines. NCLSA will train clubs to form their own teams and assist them to do child vision screening projects.



For those interested in joining NCLSA as board members, please contact our 2nd VP Gene Kypke at dgkypke@yahoo.com or 916-769-2973. Please visit us at www.NCLSA.com for more information.

CALIFORNIA LIONS FOUNDATION

Dear District 4-C5 Lions,

Please find below the MD4 California Lions Foundation (CLF) Wildfire Relief Report on the donations received for the Southern California Wildfire Response.

The donation breakdown is as follows:

- 1) Designated California Wildfire Relief for recent LA Fires: \$42,358.
- 2) Designated Eaton Canyon Wildfire Relief: \$500.
- 3) Designated Palisades Wildfire Relief: \$500.
- 4) Designated Wildfire Relief to Pacific Palisades - Santa Monica Lions Club for Wildfire Relief: \$2,850.

In addition to the above, CLF has approximately \$99,211 designated for emergency relief in California.

We are currently awaiting emergency grant request from the affected area districts and clubs.

Please feel free to contact me should you have any questions. Thank you for all your support.

Sincerely,
PDG James Fong
District 4-C5
California Lions Foundation Director
email: jfong1944@gmail.com
cell: 916-531-5050



CAMP ROSS RELLES

BY DANA JOHNSON

Dear Lions,

Do you have one day to help chase away the little critters who find our cabins home in the Winter?

Yes, it is time to get ready for summer 2025. Cleaning cabins is just one job to be done. The nurses cabin will be getting new flooring. We have the materials if you can help.

Please share the attached flyer with your club members.

Thank you,
Lion Dana



The flyer features a green and blue background with a forest scene at the bottom. On the left, there is a circular logo for the Lions Wilderness Camp for Deaf Children, Inc. (MD-4 LIONS) featuring a cartoon bear. The text is centered and reads: 'ROSS RELLES WORK WEEKEND MARCH 21-23'. Below this, it lists 'PROJECTS' including 'Gaga Pit, NEW LAMINATE FLOORING, RID THE CABINS OF THE WINTER AND MUCH MORE'. At the bottom right, it says 'CALL NICK NICHOL BEFORE MARCH 10TH 916-342-2101'. There are also illustrations of a hammer, a broom, and a screwdriver.

ROSS RELLES WORK WEEKEND
MARCH 21-23

PROJECTS
Gaga Pit,
NEW LAMINATE FLOORING,
RID THE CABINS OF THE WINTER AND MUCH MORE

CALL NICK NICHOL
BEFORE MARCH 10TH
916-342-2101

OUR FLAG

Submitted by PDG Bob Olin



Lions Flag Day is celebrated on the 3rd Friday of February. It is befitting that, we, as Lions, recognize and share the history and significance of one of the most important symbols of our country, our United States FLAG, and the legacy of a dedicated Lion.

Before we tell the rest of the story, let us review some of the facts we can share with the children of our schools and any adult who will listen to our story. Flags and many other facts may be obtained by placing an order with the Cupertino Lions Club. You may contact PDG Bob Ferber at robertferber@earthlink.net or call 408-268-6739. Also if you want to know everything and anything about our flag, go to www.usflag.org.

A typical item you will see would be, "The Flags That Fly 24 Hours a Day." Presidential Proclamations and Laws since World War I have authorized to display the flag 24 hours a day at 8 locations. Go online to find out which locations. Another interesting fact is "Why is the Flag patch "backwards" on Military uniforms? Go on line to find out.

Since Betsy Ross had created the 13 Star Flag representing the 13 States, we have had 27 official flags of the United States, including the 13 star flag. Go on line to find out which flags are part of the 27.

One flag is our 50 star flag which is the longest serving flag in United States history. The record had been 47 years and it belonged to the 48 Star Flag. The 50 star flag was officially flown at Fort McHenry on July 4, 1960 at 12:02 A.M Eastern Standard time. On July 4, 2025, the 50 Star Flag will have served our nation for 65 years.

What a segue into the rest of our story. Why? Because the 50 Star Flag that has been in service for nearly 65 years was designed by a Lion. His name was Bob Heft.

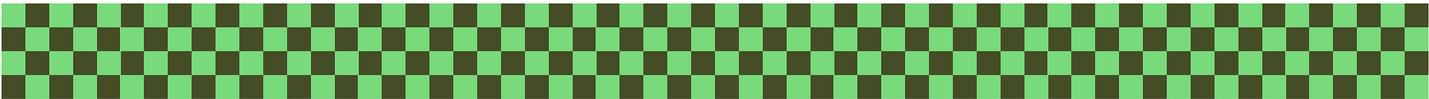
In 1958, Bob was a 17 year old student, at Lancaster High School, in Lancaster, Ohio, who designed a 50 Star Flag as a history class project. At the time, it was anticipated that Alaska would be admitted to the Union as the 49th State.

Bob's teacher, Stanley Pratt, asked, "Why would anyone make a 50 star flag?" and gave the junior a B minus on the project. When Bob challenged the grade, Pratt told him, "Get your flag accepted in Washington and I might raise your grade." After a few months, Hawaii received statehood and a 50 star flag was needed. Bob's flag was accepted by President Dwight D. Eisenhower. Only after Bob returned from the Washington, D.C. flag ceremony did Mr. Pratt raise his grade to an A.

B-



A

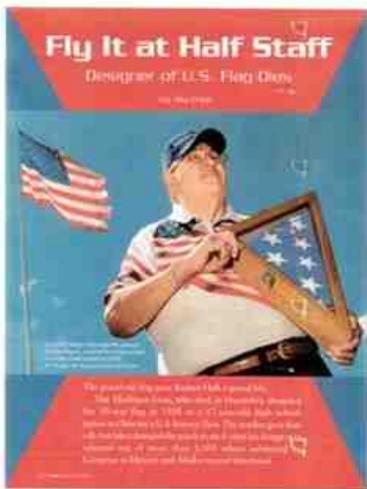


With all his fame, Bob did not take himself seriously. He was a large man and would say “My name is Heft, just look at me. But you can call me Bob,” recalled Wil Hufton, fellow member of the Saginaw Downtown Lions Club. “He was a great Patriot,” said Hufton.

Unfortunately, Bob passed away, on December 12, 2009 at the age of 67.

I am proud to say I knew Lion Bob at least for a brief time. We were in the Advanced (Senior) Leadership Institute at Oakbrook on March 7 to 11, 2002. As proof (see the picture) we had to put on a skit and it was named Li-Li Island. The skit was written by Bob Heft and we took second place.

Let us remember one of our great Lions when we make any presentation regarding our flag, especially when we talk with our youngsters during the Lions Flag Day.



**Passing of a Great Lion
Lion Magazine March 2010**



PDG Bob Heft, (3rd from left) with PIP Kay Fukushima and PDG Bob Olin (4th from left) in Oakbrook.

STUDENT SPEAKERS CONTEST

DISTRICT CONTEST – April 23, 2025 AT 6:00 PM
Roseville Host Club House
107 Sutter Avenue
Roseville, CA

AREA CONTEST – May 10, 2025 at 2:00 PM
Roseville Sunrise Clubhouse
1203 Gabrielli Drive
Roseville, CA

FINAL CONTEST – May 31, 2025
MD4 Council of Governors Meeting
San Diego, CA

*Please submit your articles
and announcements about
club activities and
fundraisers to the Pride.*

Deadlines: April 20, June 20, 2025

REGIONAL LIONS LEADERSHIP INSTITUTE

SUBMITTED BY LION OF THE YEAR EDDIE ADUCAYEN



On January 26, 2025, Sacramento Region Chair Eddie Aducaen, Washoe Region Chair Gene Kypke and Valley Hi Lion Luis Yanez graduated from the Regional Lions Leadership Institute (“RLLI”). The three District 4-C5 Lions, as well as other California Lions, gained valuable leadership skills and a deeper understanding of how to better serve clubs in their Districts. The RLLI faculty consisted of knowledgeable , dynamic leaders from Mutiple District 4. The 3-day training was held at Hilton Sacramento Arden West.



CLUB NEWS

CAPITOL LIONS CLUB

Capitol Lions Club's annual fundraising dinner on Sunday, January 26, 2025 at Asian Pearl Restaurant was a great success, with lots of delicious food and wonderful entertainment. Approximately 400 people attended, including Sacramento's new mayor Kevin McCarty and City Councilmember Eric Guerra. During the course of the evening, Capitol Lions Club donated \$1,000 to the Lions Clubs International Foundation (LCIF) for Southern California wildfire disaster relief and another \$1,000 to the Thanksgiving for Children project.



Reprinted with permission from Capitol Lions Club Newsletter. Photo credits: Lion Dave Pevny.



SAVE THE DATE

May 9, 2025

**Lions and Scout Troop 8 Blood Drive at
Vitalant Headquarters, Mather Business Park**

FORESTHILL LIONS CLUB



The Foresthill Union School District has launched a project to renovate the FDS soccer field and track, and has launched a community fundraising drive for the much-needed field enhancement phase of this project. This initial phase will cost \$65,000 and will include field leveling, soil preparation, turf restoration, and a new irrigation system.

The Foresthill Lions Club is proud to join with the school district and the community to support this important facility improvement project by pledging a dollar-for-dollar match for every donation up to a total of \$10,000. The funds will come from CDs the club holds. The donor of those funds, Rose Hoepfer, requested they be used for community projects. Rose and her husband Ralph owned the Foresthill Telephone Company and Ralph was a Lion member.



MAHARLIKA LIONS CLUB

SUBMITTED BY LION KENDRA BAMBAZ

Medical Mission in the Philippines

The dedicated fundraising and meticulous planning of Sacramento Maharlika Lions Club, headed by Second Vice District Governor Mark Bamba, Lion Kendra Bamba and Cub President Tony Bush, resulted in a successful medical mission that provided services, food and gifts to thousands of people in need. District Governor Victoria Brady, District Governor Attorney Chito Di and District Governor Sol Flores from 301-A2 joined Maharlika Lions for an inspiring 3-day Medical Mission in partnership with international Lions Clubs, including Subic Bay Centennial Lions, Angeles City Balibago Lions Club and Hermosa Centennial Lions Club of 301-D2 Philippines.

Together, Maharlika Lions Club provided essential dental, optical, medical services as well as feeding and gift giving to nearly 5,000 people in all, making a lasting impact on the communities they served.

This mission was a testament to the power of "collaboration," "compassion," and "service," values that define True Leadership.



VALLEY HI LIONS CLUB

SUBMITTED BY LION WANDA YANEZ

Returning to Serve: Valley Hi Lions and Partners Lead Humanitarian Outreach 2025 in Iriga

Iriga City, Philippines – Humanitarian Outreach 2025 (HO25) was an emotional and urgent humanitarian response to multiple crises caused by back-to-back calamities, including Super Typhoon Kristine (October/November 2024)—one of the most devastating storms to hit the region. In the aftermath of severe typhoons, flash floods, landslides, and environmental degradation, the mission was launched to bring relief, sustainability, and long-term recovery solutions to the affected communities.

HO25 was organized by a coalition of passionate volunteers, both local and abroad, with decades of experience in disaster response and humanitarian service. Spanning from November 2024 to February 2025, the initiative emerged as a beacon of hope, resilience, and community service, successfully addressing environmental, livelihood, and health challenges faced by the people of Iriga City and the Rinconada region.

This initiative was built upon the long-standing partnership between the International Bicolano Association Abroad (IBAA) and the Sacramento Valley Hi Lions Club (Valley Hi), whose humanitarian work dates back to 2007, following Super Typhoon Reming. Over the years, these groups have led countless disaster relief efforts, focusing on environmental restoration, livelihood support, and aid for impoverished victims in Iriga City and beyond.



HO25 Leadership & Collaboration

Planning for HO25 began in November 2024, with Valley Hi, SVS Barangay in Iriga, and overseas partners playing a crucial role in resource mobilization.

Key organizers and leaders included:

- * Lion Vincent Nagrampa, RN (Ret.) – A Valley Hi member and Punong Barangay of San Vicente Sur, serving as the primary local lead and logistics coordinator.
- * Dr. Marietta Almazan – A Valley Hi member and dedicated advocate for healthcare and commu-

- * Barry Nagrampa – IBAA President, providing essential leadership and direction;
- * Marilyn DeLas Llagas, RN (Ret.) – HO25 Coordinator, instrumental in organizing resources and partnerships;
- * The Almazan/Nagrampa family clan – Their unwavering commitment helped bring the mission to fruition.

The HO25 logistics center was based at the Nagrampa/Almazan compound in San Vicente Sur, Iriga City, serving as a hub for organizing medical missions, environmental projects, and livelihood training programs.

Environmental Restoration: Rebuilding for the Future

One of the most impactful components of HO25 was its reforestation and environmental protection initiatives, aimed at mitigating the long-term effects of deforestation and climate change.

Key highlights included:

- * Major reforestation projects in Banao, Del Rosario, and three additional barangay forests and riverbanks in Iriga City.
- * Over 1,000 tree seedlings planted, including solid wood trees (Narra, Mahogany, Ambiong) and distributed to community members and indigenous tree planters.
- * A long-term commitment to ecosystem balance, clean air, and sustainable waste management.
- * Collaboration with DENR, CENRO Iriga, and local forestry departments to ensure the success of tree planting and environmental conservation efforts.



"This is more than just planting trees—it is about securing the future of our land and our people," said Lion Vincent Nagrampa, emphasizing the importance of community involvement in environmental sustainability.



Healthcare for the Marginalized

HO25 also prioritized health and wellness by providing free medical clinics to indigent populations.

- * Phase 1 (December 12, 2024) – Balatan, Camarines Sur: Nearly 200 patients received medical checkups, free medications, and psychosocial support.
- * Phase 2 (February 9, 2025) – Ipil, Buhí: Healthcare extended to indigenous and impoverished communities, focusing on disease prevention and mental health awareness.

Dr. Marietta Almazan, who played a key role in the medical missions, highlighted the importance of holistic care, ensuring that both physical and mental health concerns were addressed.

Fighting Hunger & Empowering Livelihoods

HO25 took a multi-faceted approach to community empowerment, ensuring that aid extended beyond immediate relief and toward sustainable development.

- * 450-500 food packs were distributed to indigent families across 10-12 barangays, providing nourishment to those in desperate need.
- * Livelihood programs under the "Plant a Seed" initiative:
 - * 1,500-2,000 tree seedlings (solid wood and fruit-bearing trees) were distributed under a Memorandum of Agreement (MOA), encouraging individuals to plant, grow, and harvest for long-term self-sufficiency.
 - * Seed propagation and distribution ensured that communities could sustain their own vegetable backyard gardens.
 - * A harvest contest was launched, rewarding participants with prizes, seed replacements, fertilizers, and garden tools to encourage continuous engagement.
- * Skills training through TESDA:
 - * 29 students from multiple barangays trained in sewing, hair & nails (manicure/pedicure), massage therapy, and gardening.
 - * Graduates received sewing machines, mani-pedi kits, and other tools to start their own businesses.



Youth Development & Anti-Drug Advocacy

Recognizing the importance of youth empowerment, HO25 integrated leadership, mental health awareness, and anti-drug campaigns into its programs.

- * The "Say No to Drugs" initiative educated youth on substance use disorder and its effects.
- * Community mentorship programs promoted teamwork, leadership, and personal development.
- * Basketball tournaments and student speaker contests encouraged young individuals to cultivate confidence and leadership skills.

A Legacy of Service & Commitment

The success of HO25 was made possible through selfless dedication, community partnerships, and International collaboration. Funding came from individual donors, organizational support from IBAA, Valley Hi, and other private contributions, ensuring both short-term relief and long-term sustainability projects.

This mission stands as a testament to the power of collective action, proving that when motivated individuals come together with a shared purpose, they can transform communities, restore the environment, and uplift lives.

As HO25 concludes, the work does not end here. The spirit of service, sustainability, and resilience will continue to drive future humanitarian efforts, leaving a lasting impact on Iriga City and beyond.



Lion Edgard Almazan, Husband, and Lion Dr. Marietta Almazan



Dr. Marietta Almazan and her brother, Vincent Nagrampa



VALLEY HI LIONS CLUB

SUBMITTED BY LION WANDA YANEZ

December through February were months filled with service, travel, and international collaboration for the Sacramento Valley Hi Lions Club. Our members embraced the holiday spirit by engaging in meaningful activities both locally and abroad, showcasing the global reach and dedication of Lions to serve communities everywhere.

In addition to the annual Christmas celebration with members singing carols, playing games, and sharing food, the following activities included:

Supporting European Lions Clubs

Lion Luis and Wanda Yanez had the opportunity to visit the enchanting Christmas Markets in Germany and Austria. During their travels, they socialized with members of the Frankfurt and Salzburg Lions Clubs and supported their Christmas booths by purchasing Glühwein and apple cider, contributing to their charity work. This cross-border collaboration exemplifies the shared commitment of Lions worldwide to making a positive impact during the festive season.



Lion Wanda Yanez at Christmas Market in Frankfurt, Germany



(Left) Lion club Salzburg's booth sells Gluhwein and cider to help fund their service projects.

Several projects supported by the Lion Club Salzburg Papageno.

The Salvation Army's Angel Tree Program Assistance

On December 13, 2024, Valley Hi Lions joined forces with the Sacramento Salvation Army at Cal Expo to support the Angel Tree Program. Our members diligently sorted, bagged, and tagged toys and clothing donations to ensure children in need received their holiday gifts. It was a heartwarming experience to contribute to this cherished annual tradition.

(Right) Lion Aurora Ramos sorting toys for the Angel Tree Program.





(Left) Lions Luis Yanez, Leticia Madariaga, Lucina Fajardo, Auroa Ramos, Dr. Laura Balangue sorted and bagged toys.

Connecting with Lions in the Philippines

Our Secretary, Cleo Williams, returned to her homeland in San Juan, La Union in the Philippines and connected with the La Union Host Lions Club, District 301-C. She participated in their Christmas gift-giving activities, spreading joy and generosity to the local community. She even met Mannix Ortega who is running for mayor of San Juan, La Union.



(Right) Secretary Cleo Williams with District 301-C.



(Right) Lion Secretary Cleo Williams distributing food to those in need.

Meanwhile, Lion Dr. Marietta Almazan and her brother, Lion Vicente Nagrampa from Iriga, Philippines, spearheaded a humanitarian project focused on holiday giving. Their efforts benefited 150 children, including the Riverside Aetas, an indigenous group, and other impoverished children. This act of kindness brought smiles and hope to many during the festive season.



Environmental Project Kickoff



Lion Vicente Nagrampa also began mahogany tree seedling propagation in preparation for our club's inaugural environmental protection project. President Luis is actively collecting vegetable seed donations to support the effort, aiming to help locals become self-reliant. He has already secured commitments from two nurseries to join this meaningful initiative. With the rainy season underway, these seedlings are expected to be ready for a tree-planting event and a humanitarian outreach happening on February 15 -16 17 , 2025.

Mahogany seedling for planting in February

Collaboration with the Filipino Community of Sacramento & Vicinity

On December 14, 2024, Valley Hi Lions collaborated with the Filipino Community of Sacramento & Vicinity (FCSV) during their Christmas celebration at the Jose Rizal Community Center. This event showcased local community organizations, and our club was invited to participate in their parade. Many of our Lion members are also members of the FCSV, strengthening the bond between our organizations and highlighting the spirit of unity during the holiday season.

(Right) President Luis Yanez, Immediate Past President Laura Balangue, and LCIF Coordinator Aurora Ramos



Medical Assistance:

Lion Aurora Ramos provided medical rides for the elderly, helping patients get to doctor's appointments and pick up medications. She also donated funds to a Filipino family in desperate need of a medical bed for the elderly father.

The Sacramento Valley Hi Lions Club is proud of the dedication and efforts of its members, both near and far. Together, we continue to embody the Lions' motto, "We Serve," and look forward to more opportunities to make a difference in the year ahead.



Sacramento Valley Hi Lions Club Receives California Lions Foundation Grant

The Sacramento Valley Hi Lions Club is proud to announce that we have been awarded a \$500 grant from the California Lions Foundation (CLF) to support our upcoming Diabetes Prevention and Vision Health Event. This grant will help us provide vital health screenings and resources to our community, reinforcing our commitment to service and well-being.

With this generous support, we will be able to offer free diabetes screenings, vision assessments, and educational resources to those in need. The event, set for June 28, 2025, will be hosted in partnership with The Salvation Army and will bring together health professionals, volunteers, and community members for a day of wellness and outreach.

The Sacramento Valley Hi Lions Club is dedicated to addressing community health concerns, and this initiative aligns with the Lions' global focus on diabetes awareness and vision health. We extend our gratitude to the California Lions Foundation for recognizing the importance of our efforts and supporting our mission to serve.

We invite our fellow Lions and community members to join us in making a difference. If you'd like to volunteer, donate supplies, or participate, please reach out—we would love to have you on board! For more information, contact Treasurer, Wanda Yanez at (916) 287-1603.

Together, We Serve!



Lions Lucina Fajardo, Estela Rabara, Aurora Ramos, Martin Basquez, Jr., Community Center Coordinator, and President Luis Yañez

LMEAF

The Lions Medical Emergency Assistance Fund (LMEAF) was created in 1985 by several Lions, led by PDG Don Ring, to establish a way to assist Lion members in District 4C5, and their families, with unexpected medical emergencies. The fund was originally intended to be a confidential source of help to our members, and was initially limited to \$500.00 per incident.

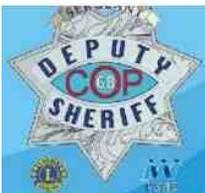
The fund currently resides within the District Restricted Account, and expenditures are approved by the District Executive Cabinet members, consisting of the Governor, First Vice District Governor, Second Vice District Governor, Cabinet Secretary, Cabinet Treasurer and the four Region Chairs.

An individual club within the district can request assistance for up to \$1000.00 for a member, who will remain anonymous throughout the process. A written request, detailing the circumstances but not the name, should be approved by the club Board of Directors and sent to the LMEAF Chair, either by email or US Mail. The Chair will distribute to the Governor. If approved, the Cabinet Treasurer will be given the name and mailing instructions and will issue a check.

When the Fund was created, it was funded by a series of fundraisers. It was subsequently decided to fund by individual club donations. These donations need to come either from the club administrative account or from individual member donations. We cannot use funds raised from the public for this member assistance.

In recent years, the Fund has received donations from Antelope, Auburn Host, Embarcadero, Folsom Lake, Lincoln Hills, Meadow Vista, Nevada City, and Placerville Lions. Club members receiving assistance were from Auburn Host, Elk Grove, Meadow Vista, Nevada City and Newcastle Lions.

A number of clubs use the canisters displayed to circulate to members during their meetings to collect for donation.



8TH ANNUAL ROBERT G. SMITH WALK TO CANCEL OUT PARKINSON'S

SATURDAY, APRIL 5
MAIDU REGIONAL PARK, ROSEVILLE

Registration from \$40 - \$45

Registration/Resource Fair @ 9:00 am * Walk @10:00 am * Lunch/Awards @11:00 am
Can't attend in person? Support by registering as a virtual walker or make a donation



Join for a special day of celebration, determination, and friendship! All funds raised support local services for people with Parkinson's disease and their care partners.

Celebrate the heroes amongst us!

- ✓ Short and ADA friendly course
- ✓ New! Participate as virtual walker!
- ✓ Lunch and resource fair
- ✓ Register as a team or individually
- ✓ Can't participate? Donate to PANC, a team, or individual
- ✓ Fundraising prizes
- ✓ Early registration includes official COP walk t-shirt

Sponsored by Lions District 4-C5 & an endorsed project of CA Lions MD4
Proceeds benefit the services of the Parkinson Association of Northern California, a 501(c)(3) nonprofit

Register online at panctoday.org (or) rgsmith.raceroster.com



**Lions Clubs International – District 4-C5
2024-2025 Convention, Hilton Hotel
Arden West, Sacramento**



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, 2025 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. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 2. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 3. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 4. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 5. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 6. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 7. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 8. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 9. | <input type="text"/> | <input type="text"/> | <input type="text"/> |

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, 2025

E-Mail to:

Lion Natalee Price

Email: blissfulthinker365@gmail.com

Phone: (209) 570-1231



**Lions Clubs International – District 4-C5
2024-2025 Convention, Hilton Hotel
Arden West, Sacramento**



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, 2025 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. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 2. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 3. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 4. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 5. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 6. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 7. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 8. | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 9. | <input type="text"/> | <input type="text"/> | <input type="text"/> |

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, 2025

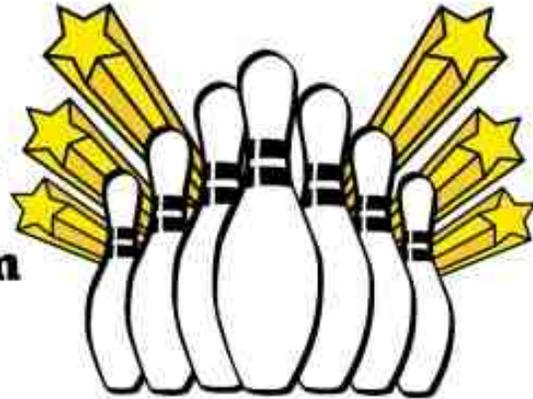
E-Mail to:

Lion Natalee Price

Email: blissfulthinker365@gmail.com

Phone: (209) 570-1231

**DISTRICT 4-C5
PRE-CONVENTION
BOWLING TOURNAMENT
April 24, 2025 10am - 12pm
Cost: \$25 per bowler**



Includes shoe rental, ball & 3 games

Calling all bowlers & non-bowlers!

Join us at our Annual 3-Game No Tap Bowling Tournament to start the Convention fun. Ball Rental, Shoes and lots of fun are included! If you've never bowled before this is the place for you!

**We will be bowling at:
Country Club Lanes
2600 Watt Ave.
Sacramento, CA 95821**

Fill out the registration below.

Mail your registration and check in the amount of \$25 (payable to District 4-C5) to :

PDG Andy Anderson

12695 Apricot Lane, Wilton, CA 95693

Pre-Convention Bowling Tournament Registration Form

NAME _____ CLUB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PHONE NUMBER _____

Amount Enclosed \$ _____ Check # _____

RETURN FORM TO PDG ANDY ANDERSON, 12695 APRICOT LANE, WILTON, CA 95683





2025 FOOD FAIRE & GAMES Friday, April 25th ~ 12 Noon to 2:00 PM

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 CONVENTION THEME:

"It's a Small World"

- 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) Shade is limited, bring an E-Z-UP canopy for guaranteed coverage and protection.
- 4) Bring your own ice or a charge of \$15 to get ice from the hotel will be charged.
- 5) Non-Cash prizes will be awarded for the best:
 - a) Food Served and Booth Decoration
 - b) Most challenging and all-round fun game
- 6) Visiting dignitaries will act as judges.
- 7) 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. RESTRICTED open flames permitted.
 - b) No Electricity is available.**
- 8) Booth space reservation must be received by: Friday, April 18, 2025.
 - a) Premium Spaces 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 April 18, 2025

TO: IPDG Zenny Yagen – 8779 Corbally Court, Elk Grove, CA 95624

Questions? Contact IPDG Zenny at (916) 599-6544 or zennyyagen@yahoo.com



| <u>District 4-C5 Convention Food Faire Registration Form 2025</u> | | | |
|---|-------------------------------|------------------------------|--|
| CLUB: | | ENTRY NAME: | |
| CONTACT: | | PHONE NUMBER: | |
| CONTACT EMAIL: | | | |
| TYPE OF FOOD OR GAME: | | | |
| NEED ICE? \$15.00 Charge per request | YES? <input type="checkbox"/> | NO? <input type="checkbox"/> | <u>NO Electricity Available</u> |



It's a Small World

District 4-C5 Convention Registration Form
 Please complete one form for each participant
 PLEASE PRINT ALL INFORMATION

| | | |
|---|--|------|
| REGISTRATION: Print NAME preferred on the Convention Badge (Title below will be printed under the name on each badge) ALL REGISTRATION FEES ARE NON REFUNDABLE! REGISTRATION FEES ARE NON TRANSFERABLE AS OF DECEMBER 31, 2024! | | |
| Check: ___ Lion ___ LEO ___ Guest | Is this your 1 st Time attending the District 4-C5 Convention? <u> </u> YES <u> </u> NO | |
| CLUB: _____ | | |
| LAST Name: | First Name: | |
| Phone – Home #: | Phone – Cell #: | |
| Address: | Email: | |
| City: | State: | Zip: |
| Print <u>TITLE</u> preferred on the Convention Badge: _____ | | |

| | | |
|---|--|--|
| MEAL OPTIONS: Indicate what meals you will be purchasing | | |
| FRIDAY Dinner | | |
| <input type="radio"/> Harvard Street Buffet | | |
| SATURDAY Breakfast | | |
| <input type="radio"/> Roasted Vegetable Frittata | | |
| SATURDAY Lunch | | |
| <input type="radio"/> Roast Turkey BLT Croissant | <input type="radio"/> Chef's Special Half and Half | <input type="radio"/> Grilled Vegetable Wrap |
| SATURDAY Dinner | | |
| <input type="radio"/> Salmon Fillet | <input type="radio"/> Chimichurri Flank Steak | <input type="radio"/> Vegetable Napoleon |
| SUNDAY Breakfast Buffet | | |
| <input type="radio"/> American River Buffet | | |
| Please Circle Special Dietary Needs | | |
| <input type="checkbox"/> Diabetic | <input type="checkbox"/> Vegetarian | <input type="checkbox"/> Vegan |
| <input type="checkbox"/> No Beef | <input type="checkbox"/> No Chicken | |
| Other: _____ | | |

Hotel Information – Please provide information regarding your hotel reservation:
Hilton Sacramento Arden West, 2200 Harvard Street, Sacramento CA
(916) 922-4700 and mention group code 91N or <https://group.hilton.com/ehmpl8>
\$129.00 per night plus taxes and fees = \$149.87 per night

What Name is the Hotel Reservation made under? _____

Who will be sharing the room? (maximum of 4 occupants per room)

Occupant # 1 _____ Occupant #3 _____

Occupant # 2 _____ Occupant #4 _____

We will be arriving on: (choose 1) ___ Thu, 4/24/25 ___ Fri, 4/25/25 ___ Sat, 4/26/25

We will be leaving on: (choose 1) ___ Sat, 4/26/25 ___ Sun, 4/27/25 ___ Mon, 4/28/25

Total Room Nights: _____

Lions Special Kids Day



Saturday, May 17, 2025

10 AM to 2 PM

Depot Park

16 Business Park Way

Sacramento

Families with a **special needs child** can participate in a free Lions Special Kids Day event. We have lots of fun activities, so please visit our website www.lionsspecialkidsday.com or scan the QR Code below to **register by May 8, 2025**, to attend.





CALIFORNIA
LIONS
FOUNDATION



WE'RE
HERE
FOR YOU

Matching CLF Grant Applications are now being approved by CLF for up to \$5,000. in support of projects up to \$10,000.00

CLF is a California, non-profit, tax-exempt, corporation with the sole purpose to provide matching financial grants to California Lions Clubs. CLF matching grants are provided to enable California Lions clubs to provide even greater service to their local communities.

100% grants up to \$ 1,000.

Member and Club Opportunities are available:

- *Kay K. Fukushima Fellowship for a donation of \$1,000.*
- *Reginald C. Harris Fellowship for a donation of \$2,500.*

Grant Requests and Donations may be sent to:

Name James Fong MD4-C5 District Chair

Cell 916-531-5050 - Email: JFong1944@gmail.com

www.CaliforniaLionsFoundation.org/grants

Avalon Hearing Aid Centers Present:

THE HOPE & HEARING PROGRAMS

LOCAL LIONS CLUBS AND AVALON HEARING RESTORING HOPE AND HEARING

*Nobody really wants to wear hearing aids AND
Nobody knows what to do with hearing aids, no longer in use.*

Nobody with hearing loss should be left behind in a quiet and muffled world. That's why Avalon Hearing Aid Centers in Sacramento and local Lions' Clubs have **partnered to create the Hope and Hearing Programs**. Could you either benefit from OR contribute to one of these Programs?

Hearing Aid Recycle Program

If you have hearing aids that are no longer in use, consider donating them to Avalon. If possible, we'll have them refurbished and make them available to people who simply cannot afford hearing aids. What is sitting in your drawer, may provide someone with the gift of better hearing. It may even restore hope.



Monthly Hope and Hearing Programs

If financial hardship is keeping you from getting the hearing help you need, contact your local Lions Club. Ask to be nominated for the Monthly Hope & Hearing Program. Lions members have already donated dozens of quality hearing aids. In turn, Avalon staff will donate their expertise and time for the test, fitting, and follow-up care needed to get you hearing and connected to life.

\$250 GIFT for you & \$250 GIFT for your Club

If you are experiencing hearing loss, schedule a Free EDUCATIONAL Hearing Test & Consultation with Avalon. Be sure to mention that the Lions sent you. You'll receive a \$250 Gift towards your purchase of hearing instruments PLUS \$250 will be donated to the Lions Club of your choice.



Need a Speaker for your Club?

If you're ready for a fun and informative talk, book Betty Vosters Kemp to do a presentation for your club, in person or via Zoom. Betty can even talk about how the Lions and Avalon, together, can make an even greater difference in our community!

For more information on the HOPE & HEARING Programs, go to AvalonHearing.com/Lions-club or call (916) 483-9064

DISTRICT 4-C5 HEARING SERVICES COORDINATOR
PDG ERY GON

Email: gonfishing32@sbcglobal.net ~ Phone: (916) 612-5747



DISTRICT 4-C5 OFFICERS

| | | |
|-------------------------------------|-----------------------------|--------------|
| District Governor Vicky Brady | lionvictoriabrady@gmail.com | 916-439-6487 |
| 1VDG Brent Showalter | bshowalrhn@yahoo.com | 916-228-9129 |
| 2VDG Mark Bamba | mark@netsysinc.net | 916-872-3477 |
| CS Jeri Retzlaff | jeri.retzlaff8331@gmail.com | 916-206-3678 |
| CT Sheri Retzlaff | sheriretzlaff@sbcglobal.net | 916-225-0126 |
| GLT Coordinator Susan Gall | riponsus@gmail.com | 209-480-1676 |
| GMT Coordinator Dave Pevny | dpevny@gmail.com | 916-383-6878 |
| GST Coordinator Jeri Wartena | wartena@comcast.net | 916-217-9486 |
| Donner RC Helene Smith | 4timon@gmail.com | 585-721-1134 |
| Foothill ZC PCC Dave Johnson | pccdave@gmail.com | 916-207-5466 |
| Sierra ZC Jamie Beer | beermoney87@gmail.com | 530-687-2814 |
| Dos Rios RC Dave Stoermer | nghthwkgearj@aol.com | 530-402-1818 |
| Gordon ZC Robert Stoermer | rastoermer72@gmail.com | 719-208-9152 |
| Wolfskill ZC Lori Bullis | loribullis@comcast.net | 916-207-0026 |
| Sacramento RC Eddie Aducayen | GEddieBoyA@aol.com | 916-690-5324 |
| Crocker ZC Peggy Kwong | LionPKwong@gmail.com | 916-346-9601 |
| Sutter ZC Aaron Crawford | crawfa228@aol.com | 916-869-3032 |
| Washoe RC Dave "Gene" Kypke | dgkypke@yahoo.com | 916-769-2973 |
| Eureka ZC Virginia Wedding | sv_wedding@yahoo.com | 661-269-5476 |
| Marshall ZC | | |
| District Chaplain PDG Mike Retzlaff | mikeretzlaff@sbcglobal.net | 916-225-8321 |
| IPDG Zenny Yagen | zennyyagen@gmail.com | 916-599-6544 |
| Bulletin Editor: AA Gayle M. Kono | 4c5bulletin@gmail.com | 916-754-6210 |

