



Lions Pride

January 2025

Volume 61

January 2025

“VOLUNTEERING LOCALLY, EFFECTING CHANGE GLOBALLY”

LIONS OF DISTRICT 4-C5



The Lions Clubs International Float at the Rose Parade in Pasadena has been a tradition that started in 1948. Since 1992 LCI has continuously presented a float in the New Year’s Day Tournament of Roses Parade. It is the centerpiece for Worldwide Marketing and Membership Recruiting.



LCI’s President Fabricio Oliveira and the First Lady rode on the float, whose theme was “Celebrating a Day of Service!” District 4-C5 District Governor Victoria Brady is a Lions Float Ambassador. Several 4C-5 Lions assisted in creating the beautiful float, including but not limited to Roseville Sunrise Lion Karen George, Senator Lions Karen Quartier Barrow, Gilbert Barrow, Dr. Ernie Takahashi, Jennie Takahashi, Shirley Kato and Keith Kato.

(Apologies if other 4-C5 Lions were omitted.)



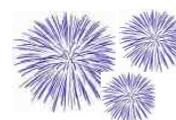
Photo credits: Lion Karen Quartier Barrow



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Happy New Year!





DG VICTORIA BRADY

“VOLUNTEERING LOCALLY, EFFECTING CHANGE GLOBALLY”

Happy holidays, everyone! We just finished having our District Christmas Party, and it was great to see everyone relaxing and enjoying the company. So often, the only times we see each other is when we are working on our projects so it's nice to just spend some time together.

I want to thank Roseville Host Lions for their clubhouse and bartending, Embarcadero Lions for the amazing catering job, and PDG Mike Retzlaff, Cabinet Treasurer Sheri Retzlaff and Cabinet Secretary Jeri Retzlaff for the awesome decorations!

I've been busy with 45 visitations and have only a few more left to go in January. It's been a really fun and an amazing experience and I'm so glad that my cabinet and I were able to meet up with the clubs so early in the year and hear what you all are doing. It's been really fun and inspiring!

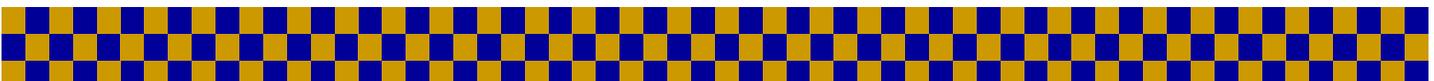
A great opportunity is coming up in January, and I encourage all of you to sign up for the Regional Lions Leadership Institute. It will be here at The Sacramento Hilton Arden West Hotel. We have many openings still, and the application has been sent out on Constant Contact. It's an interactive and informative 2 1/2 days of training, and the District has a grant to pay for a third of it after you've completed the course. For more information, please contact Global Leadership Coordinator Susan Gall at (209) 480-9217 or Dongal95336@gmail.com Please check it out. I highly recommend it!

Our winners for the last Pride's "Hidden Vickys" received their awards at the November Cabinet meeting. The next Cabinet Meeting is on January 18, and there are at least 5 "Hidden Vickys" in this issue. Administrative Assistant/Pride Editor Gayle Kono had so much fun with the last issue that she put in more than 5! (She doesn't tell me where they are, so I get to find them too!) The first 5 readers to find 5 "Hidden Vickys" and email me with the page numbers (Lionvictoriabrady@gmail.com) will win prizes!

I hope you all have a wonderful holiday season and we will see you all next year at the Cabinet Meeting on January 18!

District Governor Vicky Brady

DG Vicky Brady



1VDG BRENT SHOWALTER

INSIGHTS ALONG THE JOURNEY TO DG



HAPPY NEW YEAR EVERYONE AND CONTINUE TO REMEMBER THOSE LESS FORTUNATE AND CALL AN OLD FRIEND YOU HAVEN'T TALKED TO IN AWHILE!

As usual I will start with a favorite quote.

You'll learn more about a road by traveling it then by consulting all the maps in the world."

— Ray Kroc (McDonald's Visionary)

Here are a couple of highlights on Lions Membership.

A Membership for Everyone

All Lions clubs share a single mission: we serve. Yet, no two Lions are exactly alike. That's what makes our service so strong. The same can be said of our clubs - no two clubs are exactly alike.

We offer a variety of club models and membership types to meet the needs of all those looking to serve. Here, we have a membership that's right for you.

Family ~ A great way to bring in new members.

Allows relatives living in the same house to volunteer together at a reduced dues rate. Children cannot become members, but can participate in the Cub Program, which allows children under age 12 the opportunity to build a lifelong dedication to helping others.

Member Perks ~ Tell your friends and start a conversation.

Lions Clubs International Member's Benefits Program rewards our members with valuable savings and services. It is our way of saying how much we appreciate the good work you do as a Lion. Current Lions rewards programs include:

- 1-800-Flowers.com (Availability varies depending on brand)
 - [Avis Car Rental](#) (International)
 - [Belton](#) (U.S. only)
 - [Budget Rent A Car](#) (International)
 - [Enterprise/National](#) (International)
 - [Hotel Storm](#) (International)
 - [Wyndham Hotel Group](#) (International)

In most cases these benefits are available to friends and families of Lions, too. Best of all, by participating in these programs you will be helping to support Lions Clubs International and programming at no additional cost to yourself.

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.)

"Born to Be Wild" M: 916-228-9129 / Email: Bshowalrh@yahoo.com



2VDG MARK BAMBA

LEADERSHIP ON THE HORIZON



Looking Ahead to 2025: A Year of Service and Growth

In 2024, we were proud to serve over 275,000 people through 1,500 service activities, making a significant impact on the lives of those in our community. As we move into 2025, we are committed to expanding our reach and furthering our mission—Mission 1.5. By increasing our memberships, we will not only continue our incredible service efforts but also ensure we can provide even more support to our communities.

We encourage you to take full advantage of available grants through the Lions Education Foundation and California Lions Foundation, which can help fund your service projects. Additionally, the MD4 Marketing Committee is offering free marketing training designed to help our clubs grow. One exciting opportunity is the session on club growth through marketing led by my fellow 2VDG from District 406, Dave Kaplow, at our January 18th Cabinet Meeting. I strongly encourage everyone to attend this session to learn about proven strategies that are already making a difference across his district.

The upcoming year is full of exciting events and opportunities. In February, the MD4 Convention in Visalia will take place, where our district is in the running for several awards. Then, mark your calendars for our Annual District Convention, which will be held from April 24-26 at the Sacramento Arden Hilton. Don't forget to prepare your ads for the convention program to honor the hard work of Governor Victoria Brady's cabinet. We are asking clubs to contribute \$50 for a half-page ad and \$100 for a full-page ad.

Also, please take the time to nominate the individuals who make your clubs special for prestigious awards, including Region Lion of the Year, District Lion of the Year, and the Kay K. Fukushima Couple of the Year. Let's make sure these deserving members are recognized for their outstanding contributions!

Here's to a fantastic 2025—filled with growth, service, and the opportunity to make a lasting impact on our communities.

Happy New Year to all, and best of luck with your service projects!

Yours truly,

2VDG Mark Bamba

2VDG Mark Bamba

916-872-2477 / mark@netsysinc.net

GMT NEWS

STATISTICIAN DAVE PEVNY

Dear Fellow Lions:

Our opening membership balance on November 1, 2024, was 1,257. At the end of the month, our membership total was 1,261, resulting in a net gain of 4 members for the month. This "+4" net change included 9 new members, 11 reinstated members, 0 transfer members, and 16 members dropped. Of the 16 dropped members, 1 was reported as deceased (Bruce Eastley of Senator Lions).

By Region for November:

*Donner---plus 1, minus 0

*Dos Rios---plus 0, minus 1

*Sacramento---plus 18, minus 15

*Washoe---plus 1, minus 0

District Total for November $1257 + 20 - 16 = 1261$

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

*Donner---plus 15, minus 18

*Dos Rios---plus 49, minus 41

*Sacramento---plus 60, minus 125

*Washoe---plus 6, minus 25

District Total, Cumulative since July 1, 2024: $1340 + 130 - 209 = 1261$



DISTRICT NEWS

MAKING STRIDES AGAINST BREAST CANCER

Submitted by Lion Kitty Kramer

District 4-C5 Making Strides Against Breast Cancer Chairperson

District 4-C5 Lions out did themselves again this year for the Making Strides Against Breast Cancer event held on Sunday, October 27, 2024, at Sacramento State University.

The District Lions are the #10 team out of many and successfully raised **\$6,640** that will go towards the American Cancer Society (ACS) programs to help those undergoing breast cancer treatments and for research. One hundred percent of all donations specifically go towards these programs/research.

As a breast cancer survivor myself, I understand the importance of the programs being provided as I used them during my treatment many years ago. The ACS provides 24/7 support for those undergoing treatments, Reach to Recovery (matches volunteer with person experiencing similar cancer, stage, and treatment), Road to Recovery (provides free to/from rides to cancer-related medical appointments, and the Hope Lodge (home away from home for people facing cancer and their caregivers when cancer treatments are far away).

In addition to the many Lions Clubs and individuals who donated, I would like to personally thank the **Camellia Lions Club** members for sponsoring a fundraiser dinner on October 12, 2024. The club donated \$3,000 towards Making Strides and we could not have reached or exceeded our \$5,000 goal without their help. It was a fun evening and Lion Dennis Kramer and I enjoyed the comradery and entertainment.

Thanks so much for making this year's walk successful!

CAMELLIA LIONS



Lions Helen Yee, Alice Lau, Sandy Lim, Grace Wong, Brooke Yujuan Han, Diana Lee, Sasha Eastley, Kitty Kramer, Jenny Fong, Peggy Kwong, Susan Si, Joann Yuan, Wendy Li-Constancio, Lily Li, PDG Cat Gon, Carmen Yu, and Vivian Qian

GALT LIONS



Matt Lara, Karen Bond, Craig Bond, Henry Bond (Child), Tristan Bond, Megan Bond, Terri Lara and David Garcia



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

*Deadlines: February 20, April 20,
June 20, 2025*

STUDENT SPEAKERS CONTEST DEADLINES

Club Contest: On or before Monday, **February 17, 2025**

Zone Contest: On or before Monday, **March 10, 2025**

Region Contest: On or before Monday, **March 31, 2025**

District Contest: On or before Monday, **April 28, 2025**

Area Contest: On or before Monday, **May 12, 2025**

Final Contest: To be held on Saturday, **May 31, 2025** in
San Diego at the **Council of Governors**

DISTRICT HOLIDAY PARTY

The District 4-C5 Holiday Party was held on December 8, 2024 at Roseville Host Clubhouse. Good cheer and Lions camaraderie were in abundance. Attendees were treated to delicious food catered by Embarcadero Lions Club and Roseville Host Lions made sure everyone was well hydrated with beverages of their choice. Santa made an appearance too!



What Ronald McDonald House Means to Families Like Ours

There are so many Lions that helped with the Pull Tabs Project. I wanted to share this article with everyone. Thank you for all your support.

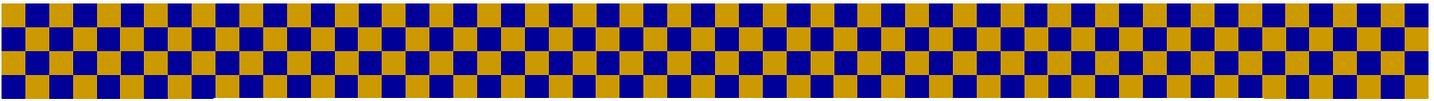
PDG Tim Luckinbill

Dear Friends,

My seventeen-year-old son Wyatt's **leukemia diagnosis** on February 11th marked the beginning of our family's most challenging journey. Within days of finding a lump on his neck and coughing up blood, we found ourselves at Sutter Children's Center in Sacramento – **two hours from our home in Oakdale**. The challenges were beyond imagination. Not only was Wyatt battling leukemia, but he developed a rare fungal infection that affects only 1.7 out of one million people. My sister Sammie, my daughters Lucy, Leela, and I moved into the Sacramento Ronald McDonald House on February 18th to be near Wyatt. Then, on March 6th, the doctors delivered devastating news: we would lose Wyatt that day unless we put him on life support that gave him just a **50% chance of survival**.



For over 250 nights, the House became our home through every step of Wyatt's journey – multiple rounds of chemotherapy, nine days on life support, and surgery to remove half his right lung. The financial burden of hotels would have been impossible, but the House provided so much more than a place to stay. From the staff's unwavering support to the simple comfort of having a place where my daughters could just be children during this crisis, the House became our lifeline. Lucy and Leela even found moments of joy in activities like the Fall Harvest event, picking out Halloween costumes and enjoying playing games – precious moments of normalcy during such a difficult time.



Through the House's support and the incredible medical team at Sutter, Wyatt defied the odds. After **eight long months of treatment**, we were finally able to return home with him on November 1st. Thanks to Ronald McDonald House, we never had to leave his side during this journey. When your child is fighting for their life, having a place that feels like home – just steps away from the hospital – means everything.

Today, I'm sharing our story because I know other families face similar battles. The Sacramento Ronald McDonald House relies on **donors like you** to continue being there for families in their darkest hours. **Please consider making a generous gift to Ronald McDonald House Charities Northern California** during this season of giving. [Click here](#), or the button below, to donate and help ensure that no family faces their child's medical crisis alone.

With heartfelt gratitude,
Amanda Jones, Wyatt's Mom



CLUB NEWS

SENATOR LIONS CLUB

With a grant from California Lions Foundation, Senator Lions Club delivered Ticonderoga pencils to every teacher at Sierra Enterprise Elementary School. California Lions Foundation is a non-profit, tax-exempt, 501(c)(3) corporation whose sole purpose is to provide designated and matching grants to California Lions Clubs and California Lions Districts. This enables California Lions Clubs to provide even greater service to their local communities.



A HUGE thank you to the Senator Lions Club for their donation of Ticonderoga pencils to our teachers! Every classroom teacher received a class set of pencils. We appreciate your support and community partnership!



Photo (left): Santa photobombs Donner Region Chair Helene Smith, District Governor Vicky Brady and GST Coordinator Jeri Wartena at the DG Visitation to Grass Valley Host Lions Club on November 19, 2024.

CAMELLIA LIONS CLUB

SUBMITTED BY CROCKER ZONE CHAIR PEGGY KWONG

Camellia Lions, Capitol Lions, and Northern California Lions Sight Association participated in Sacramento Chinese Culture Foundation's annual East and West Health Fair held on Sunday, November 3, 2024 at California Northstate University Event Center.

This historical health fair integrated western medicine with eastern medicine, offering free flu vaccines, hepatitis screening, diabetes screening, stroke education and screening, vision and other screening to local residents.



HIGGINS DIGGINS LIONS CLUB

SUBMITTED BY DONNER REGION CHAIR HELENE SMITH

There was much to celebrate at Higgins Diggins Lions Club with the recognition of long-time members' service to the community and welcoming new members. The photographs below capture the special moments (clockwise).

1. Donner Region Chair Helene Smith awarded Lion Maryrose Barnhurst with her Chevron Award recognizing her 15 years of service as a Lion.
2. Higgins Diggins welcomed two new Lions to our club on November 21, 2024— Kelly and Sean Glomson. Their sponsors were Lori and Sean Long. Welcome to our club and to your new Lions Family !!!
3. Lori Long is pinning Kelly with her new Lions pin to make it official.
4. Sean Long is pinning Sean Glomson with his new Lions pin to make it official.
5. PDG Dick Dickey helps PDG Donna Prince with the Induction of our two new Lions Kelly and Sean Glomson, imparting some Lion history and describing the club's service projects for the newcomers.



HIGGINS DIGGINS LIONS CLUB

SUBMITTED BY DONNER REGION CHAIR HELENE SMITH

Higgins Diggins Lions Club held a Shrimp Alfredo to go dinner on December 6, 2024 to benefit Lion Maryrose Barnhurst's province mates in Quirino Province, Philippines. They were severely affected by Typhoon Nika in November. The club also held a bake sale to raise funds.

Higgins Diggins Lions Club's efforts to help those in need embody District Governor Vicky Brady's theme "Volunteering Locally, Effecting Change Globally."



HIGGINS DIGGINS LIONS CLUB

SUBMITTED BY LION LAURA BARHYDT

Higgins Diggins Lions Club is located in south Nevada County in an area without a clear local identity. It is often difficult to encourage new membership in our club due to the lack of opportunity to be a visible presence in our community. The area is currently developing with new business centers and other proposed changes that will affect the current landscape.

Realizing the need for community building, Higgins Lions members and community members partnered to hold a monthly breakfast from February 2024. The Community Pancake Breakfast became an official project of the Higgins Diggins Lions Club in July 2024 while also continuing as a partnership between our club and community volunteers. Through this exposure we have reached hundreds of community members, engaged elected officials, gained club visibility and added new members who want to be of service to the community. The purpose of the pancake breakfast is to engage the community, encourage information exchange and provide a venue to get to know your neighbors.



Above: Bear River Leos, Santa Tim Luckinbill, Advisor Andy Barhydt



Event organizers Lion Lori Long, Lion Laura Barhydt, volunteer Celia and Santa



Right: Volunteers helping decorate

This December we decided to have a Breakfast with Santa including crafts for the little ones, photos with Santa and gift bags given to the kids from Santa. Families made Christmas Cards which were delivered to local senior homes. Bear River Leos Club members helped with the crafts and collected toys for the Children's Hospital at UC Davis Medical Center. We were able to help five (5) families with grocery gifts cards and toys for their children, with donations we received from our very generous community and individual members.

Not only was this very successful, it was lots of fun for everyone! Special thanks to Santa Tim Luckinbill from Colfax Lions Club and a very special thanks to all of our Higgins Diggins Lions and Community Volunteers who put the event together.

Happy Holidays!

Higgins Diggins Lions Club, Grass Valley



Toy Donations



Santa receives a special pie made by PDG Donna Prince



At right: Lion Linda, president and kitchen volunteers soon to be members



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.



District 465 Winterfest Cabinet meeting

PLEASE SAVE THE DATE

JANUARY 18, 2025

8:00AM-3:00PM

DEPOT PARK, SACRAMENTO

GREAT INFORMATION SESSIONS
SERVICE PROJECTS

MORE TO COME!





LEADERSHIP DEVELOPMENT

LOCAL INSTITUTE PROGRAM

Lions who wish to pursue leadership roles within their Lions community will benefit from RLLI, where they will learn about club operations, opportunities and resources available to clubs, and gain valuable leadership skills and a deeper understanding of how to better serve clubs. The goals of RLLI are to:

- Prepare Lions and Leos interested in leadership positions at the district level
- Content contains fundamental leadership topics including:
 - Public Speaking
 - Conflict Management
 - Goal Setting

The cost of the institute including lodging and most meals is \$400, and District C5 will compensate Lions who successfully complete the training for part of the cost. This year it is being held in our own district, so you will never have a better chance to attend.

January 24th to January 26th, 2025
Friday to Sunday, Check-in Thursday Night
Hilton Sacramento Arden West
2200 Harvard Street,
Sacramento, CA 95815

To register follow the link below:

<https://californialionsmd4.ticketspice.com/2025-regional-lions-leadership-institute-sacramento>

Space is limited so register early. If you have questions please feel free to contact Lion Susan Gall, District C5 Global Leadership Coordinator (209-480-1676).

LEF **LIONS EDUCATION FOUNDATION**

Annual Soup & Salad Fundraiser SATURDAY, January 25, 2025



Social: 4:00 PM ~ Dinner: 5:00 PM
\$20 per Person

Roseville Host Clubhouse
107 Sutter Ave. Roseville, CA

Fun ... Food ... Friendship ... Prizes ... Silent Auction

All proceeds to benefit Lions District 4-C5 Clubs matching grant requests and youth programs

FOR TICKETS CONTACT:

Lion Cathy Messier
cathymessier@aol.com
916-698-7100

Or Any LEF Board Member

Lions Education Foundation is a California Non-profit 501(c)3 Organization

Roseville Host Lions Club 100th Anniversary Celebration Dinner



Please join us in celebrating 100 years of community service!



DATE: March 1, 2025

PLACE: Sierra View Country Club
105 Alta Vista Avenue, Roseville, CA

TIME: 6 PM to 9 PM

COST: \$70 per person (**Due by 2/15/2025**)

A no host bar will be available—**Seating is limited! Tables of 8**



Please check one (1) main course meal: **PRINT NAME:** _____

- Pesto crusted salmon filet with lemon cream
- Roasted pork loin with pancetta gravy
- Butternut squash ravioli with sage cream/toasted pecans

Meals include: Dinner rolls/butter, Caesar salad, vegetables, roasted red potatoes, and cheesecake with berry sauce and iced tea and coffee station

Dietary Restrictions: _____

Make all checks payable to: Roseville Host Lions and mail to Lion Kitty Kramer with the **bottom half of this flyer** to: 560 Pajaro Court, Sacramento, CA 95864

Roaring 1920's costumes encouraged!!
1931 Ford Sedan for photo ops
and opportunity drawings





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? ___ YES ___ NO	
CLUB:		
LAST Name:	First Name:	
Phone – Home #:	Phone – Cell #:	
Address:	Email:	
City:	State:	Zip:
Print TITLE 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

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Sierra ZC Jamie Beer	beermoney87@gmail.com	530-687-2814
Dos Rios RC Dave Stoermer	ngthwkgearj@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
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