



Lions Club International
District 4-L5

2020 – 2021 District Newsletter
District Governor Phil Burch
<http://www.district4l5.org>

THE PRIDE

October 2020

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District Governor Phil Burch
(photo taken prior to COVID-19 restrictions)

Kindness Can Be Contagious

Difficult times do not build character, they reveal it. Ralph Waldo Emerson stated, “What lies behind us and what lies before us are tiny matters compared to what lies within us.” It is the character of our clubs that define who we are. Through these tough times, our motto “We Serve” will be our North Star.

responsibility and have a moral compass grounded in integrity and concern for the greater good.

You get what you project. Whether it is calm and confidence, or fear and anger, people will respond in kind. Courage and kindness can be contagious.

In order to traverse the multifaceted challenges we face, all leaders must take

LION PHIL BURCH
District Governor
4-L5



We Serve

United in kindness and diversity

You get what you project



Awards & Recognition

By IPDG RON CHARLESTON

I know it has been four months since the new Lions year began and many of you may be wondering who received what awards (which would normally be given out at the convention). My intention has been to present the awards and recognition in person, when at all possible. Since

this has not been possible in most cases, the Recognition of Appreciation certificates were mailed to Committee, Zone, and Cabinet members by Past District Secretary Cheri and I again thank each of you for agreeing to assist District 4-L5 in fulfilling the mission of Lions Clubs International.



IPDG Ron Charleston presenting Top Medium Club to Big Bear Lions

While we were unable to send Letters of Appreciation to all Lions in the district, you should all know that everyone of you contribute to the mission of helping serve the needs of the community and the world.

Now, for the awards. Based on your club reports and compiled by the Special Awards Chairpersons, Soledad and Ed Morden:

- Small Club: Rialto Host
- Medium Club: Big Bear
- Large Club: San Jacinto

Secretary of the Year: Victorville Lions Club Secretary, Lion Ronna Roberson. Many thanks for the hard work you put in and continue to put in for your Lions Club.

District Lion of the Year: Lion Janene Klocek from the Yucaipa Valley Lions Club. Lion Janene has been involved with Lions for over

thirty years, serving as club president, Zone and Region Chair, newsletter editor, director, and project chair. In addition to her club activities, Lion Janene has served on the Budget and Finance Committee as a member, advisor, and was the Chairperson for the Constitution & By-laws/ Policies, Procedures, and Protocols, keeping all of us in line with "No, you can't do that!"
(cont'd on next page)



Awards & Recognition (cont'd)

District Lions Couple of the Year: Lions Patty and Hank Trueba from the Jurupa District Lions Club. Lions Hank and Patty have been involved in many aspects of their club and the District. They are always ready to assist other members of their club, as well as other clubs, in achieving their potential. Of course we all know that the one that holds everything together is Lion Patty. Sorry, Handsome Hank!



Lion Kathy McCracken

MD4 Excellence Award is awarded to a Lion in good standing who has shown great leadership ability and demonstrates that ability in thought and deed; who has exhibited leadership by taking initiative with projects from their club and district; who has demonstrated dedication to the Lions organization and served as a role model for all Lions.

This is a once in a Lifetime award and was presented to two District 4-L5 members: Lion Janene

Klocek from the Yucaipa Valley Lions and Lion Butch Hull from the Blythe Lions Club.



IPDG Ron Charleston presenting Top Small Club to Rialto Host

Melvin Jones Fellowship was given posthumously to William "Slim" Harts of the Jurupa District Lions. Also given was a Melvin Jones Fellowship to Charles "Butch" Hull from the Blythe Lions Club.

The Lions International Presidential Award is given to a Lion in good standing who has shown great leadership ability and demonstrates that ability in thought and deed; who has exhibited leadership by taking initiative with projects from their Club, District, and International; who has demonstrated dedication to the Lions organization and served as a role model for all Lions, was presented to PCC/PDG Rob Manning from the Calimesa Breakfast Lions Club.



San Jacinto Lions Club received the award for Top Large Club

Lions Lead.

Even when no one is watching.



Lion Club International Foundation (LCIF)

By LCIF DISTRICT CHAIRPERSON STEPHANIE GWINN

One reason many of us became Lions is to volunteer and help others. How could you volunteer if your city was hit by a fire storm, hurricane or earthquake? Our District Governor could contact our Lions Club International Foundation, LCIF, and ask for an emergency \$5,000 - \$10,000 disaster relief grant to help us serve our community. That is just one of the many grants offered from our Lions foundation. The donations can go to vision, youth, humanitarian, diabetes, childhood cancer, the environment, and/or hunger.

Where does LCIF get the money to assist our members? One way they get money is through donations. Every time you and your club donate money towards a Melvin Jones Fellowship, LCIF can use that money to help others.

I am here to ask you and your club to donate to our Lions foundation. I would like to challenge you to donate at least \$100 a year, as little as \$2 a week = \$104 a year. Contact your club LCIF representative. You can donate online, mail in your check or have money deducted from your bank account each month like I do.

Two districts in CA were able to obtain a special patch last year because 100% of their clubs donated. I just found out that we were number three in CA. Sixty-three percent (63%) of our clubs donated last year! A donation could have been as simple as money towards a Melvin Jones for your club. I am asking each club to donate \$100 into your account. Every club in our district needs to donate so we can earn the special patch for our District Governor's banner. WE can do this! Giving is good.

Lion Stephanie Gwinn
LCIF District Chairperson



Click this link to see the real power of LCIF in our communities and around the world:

https://www.youtube.com/watch?v=KcbYh_xuHPI



World Services for the Blind District 4-L5 Endorsed Project

By PDG KENNETH REED

World Services for the Blind (WSB) is a MD-4 and District 4-L5 endorsed project. WSB appreciates the multiple's long-standing commitment to helping to empower people who are blind and visually impaired in the United States and around the world to achieve sustainable independence. If Helen Keller had not called the Lions to be the knights of the blind in the crusade against darkness, WSB probably would have never come to pass.

World Services for the Blind is honored to be an endorsed project of MD-4 especially during this new normal. WSB was the only residential center serving people who are blind to remain open and accepting clients through-

out this pandemic, and still with zero cases of the COVID-19.

Because of the support of Lions nationwide, with other private and public dollars, WSB can continue the mission of sustainable independence. WSB is the only program now offering scholarships for those who do not qualify for state-funded services. Additionally, the single parent program allows clients to attend with their children to receive life changing services.

On average 20% of World Services' vocational clients on campus hail from the great state of California. Last year, WSB served 27 people from the state, from the following cities:

Albany	Fresno	Long Beach	Pittsburg
Antioch	Irvine	Los Angeles	Rancho Cucamonga
Bakersfield	Kerman	Marina	Sacramento
Canyon Country	Laguna Niguel	Maywood	San Bernardino
Colton	La Mesa	Merced	San Diego
El Cajon	Lancaster	Modesto	Victorville



DIABETES



ENVIRONMENT



VISION



CHILDHOOD
CANCER



HUNGER



November is Diabetes Month

By LION KATHY MCCrackEN

DISTRICT 4-L5 GLOBAL ACTION TEAM SERVICE COORDINATOR

How does one get a passion for a service project? The answer, make it personal. Of course! I will tell you that Diabetes was not a passion for me. Why you may ask, since my husband, Lion Tom, has diabetes? It wasn't personal to me, *per se*. However, when my son-in-law, Miguel, was diagnosed with diabetes it affected me differently.

At the time, Lion Lidia was promoting the first adult Diabetes Camp. I asked Miguel if he would like to attend, as Rialto Host Lions Club (my club) was willing to sponsor him. Four members from the club, all of whom have diabetes, were giving me the money for the camp. It affected them personally. Yes, this included Tom.

Miguel attended the adult Diabetes Camp, and it changed his life. He considered his health options and changed his eating habits. He also lost over 80 lbs. and reduced his A1C levels, surprising his personal doctor. His mother posted on Facebook, "The Lions saved my son's life."

That's when my passion changed.

Today, Miguel continues to live a lifestyle fitting for a diabetic with the knowledge he receives from informational workshops and webinars, including the Zoom meetings that Lion Lidia promotes.

With all that Lions have provided in helping him, he asked about joining the Lions. The perfect fit for his passion is with North Fontana Centennial Lions Club. A big thank you to Lion Lidia and her team of experts in Diabetes.

With November being National Diabetes Month, here's some community service project ideas that are suitable during the pandemic:

- Organize a neighborhood "Strides Walk"
- Encourage donations for Diabetes camp
- Hold a virtual workout session



VISION



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Lions Diabetes Camp of Southern California

By LION LIDIA PETROV-JONES

In 2017, Lions International launched Diabetes as the signature cause of Lions and Leos around the world.

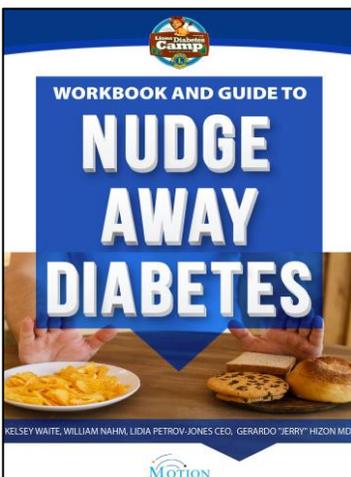
Diabetes can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves, and teeth. In most countries, diabetes is the leading cause of cardiovascular disease, blindness, kidney failure, and lower limb amputation. It is expected to affect 629,000,000 adults by 2045.

Lions Diabetes Camp of Southern California was founded in 2017. Lion Lidia Petrov-Jones is the founder and the CEO of the Lions Diabetes Camp. Together with Lion Dr. Hizon, Dr. Andzel, volunteering nurses, and Lions from Districts L5, L3 and others, all are key pillars of the organization.

The purpose of Lions Diabetes Camp is to provide Diabetes Management and peer support, with a strong emphasis on independence, self-care and relationship building in a friendly outdoor setting at Wrightwood Lions Camp, Southern California.

We accomplish this by holding weekend camps for families with diabetes Type 1 and 2, as well as camps/retreats for adults with Type 2. We also provide adult Type 2 seminars, virtual programs, and support. Lions Diabetes Camp of Southern California is a 501 (c)(3) organization.

Lions Diabetes Camp collaborated with doctors and medical students to create a workbook.



The *Workbook and Guide to Nudge Away Diabetes* is a new book that compiles the research of Type 2 Diabetes into resources that patients and physicians can refer to and live by. It was written by authors (including physicians) local to the Inland Empire and presents an innovative method of patients' engagement, coined the Five M's. The Five M's include Meals, Monitoring, Medicine, Movies, and Meetups. We are proud of our accomplishment - Lions Serve.

All proceeds of this book will be given to the Lions Diabetes Camp of Southern California.



Tips to Protect Lions from Email Hacks & Scams

By LION LINDA AMERAULT
2ND VICE DISTRICT GOVERNOR

1. **Always enable Two-Factor authentication.**
2. **Take password security seriously.** Everyone says this, but it doesn't appear to be sinking in. A recent Google study found that the most common passwords are 123456, password, and 123456789. If you've got unhealthy password habits, use a password manager, which helps you create a different, strong password for each of your online accounts. Your passwords should be at least 8-16 characters using a mix of numbers, letters, and punctuation. Avoid writing down your passwords, and never share them with anyone. Never re-use passwords between different accounts. Choose a secure, random password and change it regularly. Use a different password for each site you visit.
3. **Be careful with security questions.** Don't use real answers. Make them up.
4. **Protect yourself from phishing attacks.** Pay close attention to tell-tale signs of phishing, like unofficial or misspelled email addresses. Never download or click on anything from someone you don't know. Your bank, the IRS, other government or financial institutions, or any other legitimate business will not ask you for personal information in an email message. And NEVER send gift card codes through email.
5. **Beware of email attachments and hyperlinks.**
6. **Don't send private data via email.**
7. **Avoid Public Wi-Fi.**
8. **Use antivirus software.**
9. **Be careful about sharing your email address in public settings.**
10. **Don't forget to log out.**



These tips aren't exhaustive. Please send me an email (lionlindaamerault@gmail.com) if you would like a full list of tips!

Introducing the Colton Lions Club

By GUIDING LION KATHY MCCrackEN

I met with Pablo Ramirez for the first time in June 2019, after he said, "I finally noticed the picture in the local paper about starting a Lions Club in Colton." He was so excited about the possibility of a Lions Club in Colton that he contacted several co-workers at Inland Counties Legal Services to join. The earthquake happened in July and 2 potential husband and wife members, Linda Petite and Jeff Ketchum, immediately wanted to help with the Lions. The Colton Woman's Club had already donated eyeglasses and wanted to donate 300 pairs of socks for Linda and Jeff to take to Trona, along with donated items from Inland Counties Legal Services and Rialto Host Lions hygiene kits. Even before they formed a club, they were serving those in need.



Pablo and Linda started recruiting co-workers and family. This is my first time being a Guiding Lion and with these 2-amazing people, meetings were held weekly at the Colton Chamber of Commerce and each week someone new came. Colton Lions Club chartered December 20, 2019, just in time to hold their first CLFIS Vision Screening on December 21, 2019, their dream project. Myself and Lion Ed Morden were assigned as their Guiding Lions along with PCC Rob Manning, NAMI, and Lion Soledad Morden, as additional advisors. We have a great team to grow a great club. And the club is growing in Lionism beyond measures.

Charter Night was planned for April. Sadly, it was postponed because of the Covid-19 pandemic.

They are looking forward to a possible date in November, so that the members may officially be inducted. Officers have been installed with Pablo becoming their charter president. And they are OFF and RUNNING! Their passion is homelessness and veterans. Week after week, they have been picking up donated food from around the areas to give to families. Working together to cleanup a "no dump" site alongside Councilman Dr. G (who originally asked for the Lions Club), they made it into the local newspaper!

I must say this is a wonderful, fun group of Lions. Very enjoyable to serve alongside and very proud that Rialto Host Lions Club is their sponsor. Welcome, Colton Lions Club to District 4-L5!

District Announcements

District 4L5 Pet Photo Costume Contest Oct 10th-31st

Submit photos to 4L5 Newsletter editor Keikai at kbryant@ucla.edu
Cost \$10 per pet entered
Award for 1st, 2nd and Honorable Mention
Winners will be announced November District meeting

First and Last Name _____ Pet Name _____
Club Name _____ Type of pet _____
Costume description _____ \$10x _____ = \$ _____
Phone _____ Email _____

Send payment to Treasurer Brian Flannigan at 1403 Plumwood Lane Hemet, CA 92545
Checks made out to District 4L5

District Pet Photo Costume Contest

October 10th – 31st

Email photo submissions to: district4L5news@gmail.com

Send \$10 entry to: Lion Brian Flannigan (see above)

Lions Diabetes Camp in partnership with Motion Medical Group
invites you to the:
Wednesday Wellness Diabetes Program every 1st and 3rd Wednesday of the Month at 7:00 P.M.
Virtual Meet Ups.

Lions Diabetes Camp – Virtual Meet Ups

1st and 3rd Wednesdays of the month

Register at the link below to get the Zoom link invite

Click to register:

https://us02web.zoom.us/join/register/tZYrceqgrjosGtL8LN_NbYrwUOFdJQqNmKf6

world diabetes day

SPECIAL FACEBOOK LIVE / ZOOM EVENT!

SATURDAY NOVEMBER 14 9:00 AM PST
[FACEBOOK.COM/LIONSDIABETES](https://www.facebook.com/lionsdiabetes)

REGISTER AT: [LionsDiabetes.org/World-Diabetes-Day](https://www.lionsdiabetes.org/World-Diabetes-Day)

Lions Clubs International will host speakers from the world's top institutions dedicated to diabetes education, care, and research.

Keynote Speaker: CEO American Diabetes Association - Tracey D. Brown

World Diabetes Day

November 14, 2020 at 9:00 am

Register: <https://lionsdiabetes.org/world-diabetes-day>

See's CANDIES.

Temecula Lions Club Storefront

Help Us Reach Our Goal!

Thank you for supporting the Temecula Lions Club See's Candy Fundraising Store! We'll receive all profits from any items you purchase below. Order more to help us reach our fundraising goal!

Temecula Lions Fundraiser

Ongoing Fundraiser

Online Store:

https://www.yumraising.com/secure/temeculalc_temecula_lions_club_sees_candy_fun38/



1st Vice-District Governor Fred Caldera, Immediate Past District Governor Ron Charleston and District Governor Phil Burch on a Lions throw blanket

***Shining the light
of service***





THE PRIDE



District 4L5 Taskforce members at Food Distribution



San Jacinto Lions Mask Giveaway



Lion Becky & Guiding Lion Kathy

Lion Linda Petite





THE PRIDE



Lion Carmen Lozolla at Food Distribution



San Jacinto Lions Club happy to Serve



Food Distribution for the community



Lion Kathy and 1st VDG Lion Fred



Lion Sharyl and Lion Michelle at San Jacinto Mask Giveaway





THE PRIDE

Lions Club International
District 4-L5

October 2020



District 4L-5 Taskforce members serving at Food Distribution site



IPDG Ron Charleston and DG Phil Burch with Big Bear Lions



Backpack Giveaway





THE PRIDE

Lions Club International
District 4-L5

October 2020



Colton Lions Community Trash Cleanup



Colton Lions with Councilman Dr. G



Colton Lions (with some members of Rialto Host) Community Trash Cleanup



Colton Lions Community Trash Cleanup





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Lions Club International
District 4-L5

October 2020



Colton Lions Community Trash Cleanup



Food Distribution



Food Distribution





THE PRIDE

Lions Club International
District 4-L5

October 2020



Apple Valley Lions presenting gift cards to Apple Valley PD





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Lions Club International
District 4-L5

October 2020



1st VDG Fred Caldera and Apple Valley Lions presented with a Certificate of Recognition from the mayor



Apple Valley Lions Street Clean-up



Rialto Host Food Distribution



Rialto Host at Jurupa Lions Food Distribution





THE PRIDE

Lions Club International
District 4-L5

October 2020



Lion Kathy McCracken received a Melvin Jones Fellowship from District Governor Phil Burch for leading her club in a variety of service projects. Her spirit of service perfectly epitomizes the Lions motto. Her dedication is an example to us all.





District Governor Club Visitation Schedule, 2020-2021

Club	Type	Day	Date	Time
Grand Terrace	TBD	Wednesday	5-Aug	6:30AM
Corona Host		Thursday	6-Aug	12:00 - Noon
Blythe		Monday	10-Aug	6:30
Colton	Zoom	Wednesday	19-Aug	TBD
Desert Center Chuckwalla		Tuesday	11-Aug	7:00
Arrow Bear Lake		Thursday	20-Aug	7:00
Bloomington		Wednesday	26-Aug	6:00
Coachella Valley		Tuesday	1-Sep	7:00
Barstow		Tuesday	8-Sep	7:00
Anza	TBD	Monday	21-Sep	7:00
Apple Valley		Monday	28-Sep	6:30
Big Bear		Thursday	1-Oct	6:00
Highland		Tuesday	5-Oct	6:30
Victorville Lioness		Thursday	8-Oct	Noon
Victorville	In person	Thursday	8-Oct	Noon
Murrieta	In person	Tuesday	13-Oct	6:30
Murrieta Breakfast		Tuesday	13-Oct	6:30
Redlands Evening	In person	Thursday	15-Oct	7:00
Beaumont		Thursday	22-Oct	7:00
Calimesa Yucaipa		Wednesday	18-Nov	11:30AM
Canyon Lake		Thursday	19-Nov	7:00
Canyon Lake Lioness		Thursday	19-Nov	7:00
Fontana Breakfast		Saturday	21-Nov	12:00 Noon
N. Fontana Centennial		Saturday	21-Nov	6:00
Calimesa Breakfast		Wednesday	16-Dec	6:30AM
Jurupa District		Wednesday	6-Jan	6:00
Menifee Valley		Thursday	7-Jan	7:00
Moreno Valley Lioness		Wednesday	13-Jan	6:30
Lucerne Valley		Thursday	21-Jan	7:00
Moreno Valley		Monday	25-Jan	6:30
Rialto Breakfast		Monday	1-Feb	11:30AM
Spring Valley Lake Helendale		Thursday	4-Feb	6:30
Rialto Host		Monday	8-Feb	6:30
Riverside Magnolia	In person	Wednesday	10-Feb	6:30
Norco		Thursday	11-Feb	7:00
Palm Springs		Thursday	25-Feb	12:00 Noon
Temecula		Thursday	4-Mar	7:00
Yucaipa Valley		Monday	9-Mar	6:30
Spring Valley Lake		Thursday	11-Mar	5:00
Nuview		Tuesday	16-Mar	7:00
Timberline		Thursday	18-Mar	6:00
Crestline Lioness		Tuesday	30-Mar	6:30
Norco Lioness		Monday	5-Apr	7:00
San Jacinto		Thursday	8-Apr	7:00
Hemet		Wednesday	14-Apr	6:30
Big Pines Teresita Pines	TBD	TBD	TBD	TBD



Got News?

Do you have any news you'd like to share with the entire District? Share it in the District Newsletter!

Email:

district4L5news@gmail.com