



## 6C District Governor Steve Kinsky *Lions Day at the UN* *New York City* *Saturday, March 25, 2018*

Wow, what an experience! Little did Susy and I know what was in store when we arrived in NYC for our first LDUN. We both left with an increased sense of pride (no pun intended!) and purpose and a greater sense of the impact Lions can have in our communities.

We arrived on Thursday and spent Friday appropriately, touring the historic UN Building in the morning and visiting briefly in Harlem during the afternoon with Senegal Consul General El Hadji Ndao about plans to conduct another eyesight campaign in Dakar, in collaboration with a prominent Lions Club there.

First, some background. LCI was one of the first nongovernmental organizations to assist in the actual drafting of the UN Charter in 1945. Since 1978, we have celebrated our unique relationship with the UN. For 40 years, the UN and LCI have collaborated to assess the most pressing global humanitarian needs and create solutions for them. This year, the main focus for LDUN would be on diabetes, our newly adopted cause.

Saturday's session was conducted within the General Assembly's hall. Our morning keynote speaker was Anders Dejgaard of the World Diabetes Foundation (WDF). He highlighted an inherent irony about the disease - 80% of diabetics are low income, but insulin is costly. One of the UN's Sustainable Development Goals is GOOD HEALTH AND WELL-BEING (see photo), and because 5 million people, out of the 425 million worldwide who suffer from diabetes, die annually from the disease, its impact is devastating. We learned that the Middle East and North Africa (or MINA) is the most troublesome locale for diabetes. We learned that WDF focuses on not just eye care related to diabetes but also on its impact on women, who are affected by it especially due to cultural biases in MINA and in other 3<sup>rd</sup>-world locales, on tuberculosis as a comorbidity and on foot care (every 30 seconds a leg is amputated due to diabetes; in the US alone there are 73,000 diabetes amputations annually). Its impact has worsened due to the refugee crisis and the difficulty of getting medicine conveniently to displaced peoples. Anders' message wasn't pretty, but I was heartened as a Lion to hear at its conclusion that WDF's partnering with LCI has meant a much quicker timeline from signature to action and a compelling mantra - that together "we can safeguard our future."





# April 2018

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Next we heard from Terry Ackley, Executive Director of the Diabetes Education and Camping Association. Terry has a son with diabetes whose life was changed by attendance at a camp in Alabama. I couldn't help but reflect on our recent experience with the Strides Walk organized by Cyber Lions Janice Davis and my introduction to the ADA's Diabetes Camps in Woodland Park. I was motivated once again to attend the opening day in July and to see firsthand the amazing medical professional support for the kids - all Type 1 sufferers with involved treatment regimens - that I first got wind of at the organizational meeting for this summer's camp at the CU medical complex last November.

Lion Jocelyn Broschat and Leo Kyle Poutilier were next. Their presentation highlighted four things:

1. *An Energizer*. Did you know that Tai Chi is proven to help with diabetes? We spent 10 minutes going through 17 of the 100-plus movements under a Tai Chi exercise.
2. *MythBusters*. We learned about several misconceptions related to obesity and Type 2, sugar and Type 1, and the incidence of awareness in general among actual diabetics, which was higher than I thought. (If you're interested, look at: [http://www.dlife.com/e/QuizPdfs/Myth\\_Busters.pdf](http://www.dlife.com/e/QuizPdfs/Myth_Busters.pdf) ... you'll find some interesting facts to know.)
3. *Lessons*. Between Types 1 and 2, most diabetics (95%) are Type 2; only 5% are Type 1. There is, of course, a 3<sup>rd</sup> type, gestational, affecting pregnant women.
4. *Action Plan*. We were encouraged as Lions in our respective Districts and Clubs to create an action plan, especially one that involved education. Keep in mind that although 425 million have diabetes worldwide, 625 million are pre-diabetic ... a staggering figure. Surely working on diabetes awareness alone can have a salutary impact.

A panel discussion was next conducted, moderated by Lion 3<sup>rd</sup> IVP Judge Townsend, himself a diabetic, and featuring medical professional representatives from the Diabetes and Obesity Institute at Winthrop Hospital in NYC, WHO and the International Diabetes Federation (IDF), as well as Ackley and Broschat. Among other things, we learned:

1. Type 1 diabetes is technically an autoimmune disease and can happen at any age.
2. No single gene factor is common to diabetes. It's multi-factorial.
3. Diabetes won't be cured with medicine alone. We need to address it societally as well. This is why Lions is so important to its treatment - because we're worldwide, and it's a worldwide epidemic!!!
4. Its incidence is increasing most dramatically among those aged 75+. Ages 75+ are a problem because it's most difficult to bring about lifestyle changes in seniors.
5. It clearly complicates other diseases such as Alzheimer's and cancer.
6. 50% of people with diabetes worldwide don't even know they have the disease, but in underdeveloped countries it's 70%!!!!
7. Parents worry about their kids with Type 1 diabetes for life. Their concern doesn't ever disappear.
8. TV advertising doesn't help. One panelist humorously put it that TV ads about food fall into two categories - they're either about unhealthy food choices or they're about weight loss programs!!!!



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After the panel discussion, we witnessed the signing of a Memorandum of Understanding, or MoU. LCI President Naresh Aggarwal and IDF President Nam Cho proudly displayed the 2 copies of the signed document, and Naresh quickly coined a new phrase for it, calling it an MoR instead, with the "R" representing "Revolution." I do sincerely think that we have something here. Nam Cho's organization impressed me as totally dedicated to research and diabetes awareness, and so LCI can certainly benefit from the wealth of information that its members are in need of learning if we are advocate successfully for diagnosing and combatting this disease.

Lastly, we met Amie and young Layla Green, whose Lions video you may have seen:  
<https://www.youtube.com/watch?v=w9KmkBH5uLc>.

I'd be remiss if I didn't mention that LDUN also stressed the importance of Lionism in promoting peace. Our International Purpose includes the phrase: ***To Create and foster a spirit of understanding among the peoples of the world.*** I was very moved by the presentation of the plaques for the winners of the Peace Poster and Essay contests and especially by the speech itself of the Essay winner. (I'm trying to find a link to the recording of the speech so that I can post it.) I found myself proud not only of the service work that we do but also of the evidence that we are an organization dedicated to its role in uniting peoples around the world. One small measure of this is that we're in more countries (200+) than the UN itself recognizes as members (193). It's a natural that we continue to collaborate with the UN in all its endeavors to make the world a better place!

So, we left NYC with heightened enthusiasm and ideas galore for expanding and promoting Lionism's Impact in our community. I'd encourage you to think about attending LDUN next year - you won't be disappointed.

*DG Steve Kinsky*



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## March 26, 2018



Another month is in the books and we continue to make a difference! This past week I was honored to induct nine incredible ladies into the Adams County Lioness' Branch Club, a branch of the Broomfield Lions. Congratulations to these wonderful Lions! Originally chartered in 1981, and with two of the charter members still working hard, they are now formally a part of District 6C and the International Association of Lions Clubs. Be sure to check out their history and the amazing work and service they continue to provide their community!

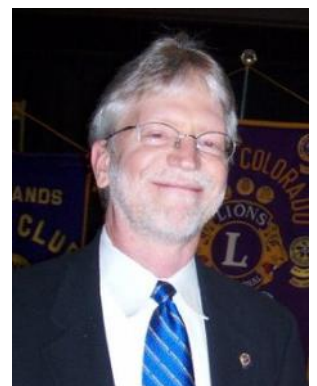
We continue to talk about leadership and getting involved. Plans are being made right now to help provide opportunities for training and leadership development that can help our members become better Lions as well as better citizens of our great country! The challenge seems to be in making sure everyone is informed of these opportunities, and how to get everyone involved in them. With everyone's busy schedules it is difficult, if not simply impossible, to participate in every learning event, but it is also extremely important that serious efforts be made to map out what one can do. The district leadership is responsible for providing meaningful, effective and timely training, which is currently being planned. The intent is to have dates if not locations established for the entire year to help. The first training is being planned for Saturday, June 9, 2018 for incoming presidents, secretaries, treasurers, and, indeed, new members as well as "seasoned" members wanting to refresh.

Steven Covey, in his book, *"The 7 Habits for Highly Effective People,"* Covey discusses Habit 7: Sharpen the Saw® and how important it is to continue to educate and re-educate yourself. No matter how sharp the blade starts, there will be a need to sharpen it to continue its work effectively. That is what we are asking all Lions to do. Many tasks don't change, but how they are accomplished does. Tools and perspectives are forever changing and it is important for us to keep up to speed. Some of us remember typewriters and carbon paper. (Some still use them!) However, maybe the work can be made easier if a little time is spent refreshing with others who have a different experience. Join us in making our district even better than it already is!! Get involved and engaged. Don't wait. We only have today. Tomorrow is nothing but a dream, however if you are active and engaged, that dream can become a reality.

As of March 26, 2018, District 6C has 20 out of 30 clubs reporting 13,700 hours of service, over 251,000 people served, nearly 26,740 pairs of eyeglasses collected and over \$181,000 donated. Thank you, Lions of 6C! The numbers continue to move up, but we still need the 10 clubs that aren't reporting to report! Let us know what great things your clubs are doing! We KNOW you are serving your communities, let us know about it! That sound you hear is helping people all over the metro area and beyond.

***"WE SERVE!" Liberty, Intelligence, Our Nations Safety. LIONS.  
I am proud to be a Lion, dedicated to the service of others!  
Are you? Let's HEAR it!! The SOUNDS OF SERVICE!***

1st VDG Lion Rick Argotsinger







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## **We Need You at the 6C District Convention! May 5, 2018 in Highlands Ranch**

Our district 6C convention is being held on May 5 from 9 am to 3 pm at the Southridge Recreation Center in Highlands Ranch. Please note that we are NOT holding the district convention in Breckenridge.

We felt that it was important for all Lions in 6C to have the opportunity to attend a convention and participate in all the activities in a location that was closer to home. We have many candidates running for positions in the district and we will vote on two changes to the District constitution and ByLaws. We also have several speech contestants and a few other things planned. The \$15 cost of the convention even includes lunch - pasta, salad, breadsticks and dessert. How can you not take advantage of a deal like that!

This will be a good opportunity to see other Lions that you haven't seen in a while, meet new Lions and enjoy the fellowship.

The convention registration form is included in this newsletter. If you have questions about the district convention please feel free to contact me - [hrutherfordallen@gmail.com](mailto:hrutherfordallen@gmail.com) or 303-726-0778.

Hope to see you there!

Holly Rutherford-Allen  
2nd Vice District Governor  
District 6C





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## COLORADO LIONS KIDSIGHT PROGRAM April 2018 District 6C

**KidSight Numbers for 2017-2018** Thank you and congratulations to all of our KidSight volunteers for helping to screen 47,779 children so far this year. In the 6C district 28,545 children have been screened and 2,883 referred for a 12.6 percent rate of referral. Thank you so much 6C volunteers! Your efforts on behalf of our program are truly appreciated.

### State Convention/KidSight Colorado

Annual Meeting in May I hope to see many of you at the Colorado Lions state convention, May 18-19. The Colorado Lions KidSight Program will hold its annual meeting on Saturday, May 19 in the morning. Our guest speaker, Meredith Winnefeld - Miss Colorado, will speak about her cause, pediatric vision and tell you a little about herself. I hope to see all of you there!

### **Plusoptix will attend the State Convention**



Lindy Toner from Plusoptix will attend the state convention in May. If you have questions about equipment or want to talk with Lindy please plan to stop by the Plusoptix booth at the convention. She looks forward to seeing and talking with you in Breckenridge.

**Does Your Club Need Plusoptix Training?** The spring and summer are great times to hold Plusoptix training since our screening schedule slows down considerably. If your club would like to be trained on the use of the camera, or a refresher please contact me and I can get that scheduled. I will try to schedule trainings in a few central locations so that multiple clubs can attend.

### **Don't Forget Mother's Day and iGive/AmazonSmile.com**



May 13 is Mother's Day! As you are thinking about gifts for that special woman in your life? KidSight Colorado can benefit if you purchase gifts through iGive.com or AmazonSmile.com. Merchants participating in both programs contribute a percentage of your purchase to KidSight Colorado and it doesn't cost you any extra! Just go to [iGive.com/ColoradoKidSight](http://iGive.com/ColoradoKidSight) or [AmazonSmile.org](http://AmazonSmile.org). Are you buying flowers for Mother's Day? FTD.com, Teleflora and Proflowers all participate in iGive! Now is also a good time to think about gifts for upcoming graduations, weddings and other summer events!

Holly Rutherford-Allen  
Executive Director 720-325-7078  
[www.kidsightcolorado.org](http://www.kidsightcolorado.org) (website)  
[holly@kidsightcolorado.org](mailto:holly@kidsightcolorado.org) (email)  
8200 S. Quebec St. A3-704, Centennial, CO 80112

A proud member of the Chatfield Lions Club



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## District 6C Newsletter

April 2018

### Global Service Team Chair Susy Osorio Kinsky

As a Global Service Team Coordinator for the District, I would like to let you know the latest news:

- After spending a lot of hours and energy planning a Medical Mission to Puerto Rico, we need to put aside this project. Unfortunately, they are not ready to host a program like this one.
- Our newest Denver Latino Lions Club, a branch club of the Denver Den, has a great potential to partner with the Colorado Rockies in our effort to have a Recycle for Sight Campaign here in the District. So we are concentrating all our efforts to make this project work.
- Our goal being to serve the Community, I am inviting you to help us in our Eyesight Campaign at the New American School, here in Denver.

Here are the details:

- Date: Wednesday, April 18, 2018
- Time: 4:00 - 8:00 pm
- Location: The New America School  
(<http://colorado.newamericaschool.org/>);  
9125 E 7th Place, Denver 80220.

Please let me know if you might be interested in helping out. We'll need volunteers to do:

1. Intake/Registration
2. Acuity testing with eye charts
3. Refractions, using the auto-refractors below.
  1. Kidsight Plusoptix
  2. Nikon Retinomax
4. Optometrist examinations (we will have one or two professionals to help us)
5. Eyeglasses distribution, using recycled eyeglasses from the Lions Recycle for Sight program



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## JOHN SPICE 6C 2nd VDG Candidate



Dear Fellow 6C Lions,

I am again a candidate for 6C 2nd Vice District Governor.

I continue to see our biggest problem as declining club membership. As a 6C Vice District Governor, I would continue to push for better promotion of our Lions Organization and the service we provide both locally and statewide. I will push to improve our social media presence to better promote what we do, how we help our community and encourage new membership.

Over the past year, I have taken a number of steps to increase my participation and involvement in both our District 6C and State MD6 activities.

1. In November, I completed the 3-day "Advanced Lions Leadership Institute (ALLI)" training course, working with 125 Lions from all over the US and Canada. I was one of three Lions to represent Colorado in ALLI.
2. I was elected to represent District 6C as a trustee on the Colorado Lions Foundation Board. Prior to joining the board, I developed their new website to better help with the promotion of the foundation. Since joining the board, I have been working with the Endowment Scholarship committee in preparation for awarding this year's scholarships.
3. In July, I was appointed the MD6 IT-Chair and Webmaster. As part of this responsibility, I implemented a new MD6 website, established a Google map to locate Colorado Lions Clubs statewide, and established a Google map to locate "Recycle for Sight" Used Eye Glass (UEG) drop-off locations statewide to better help the public find drop-off locations. Many clubs within Colorado have provided a listing of their locations, but this continues to be a work in progress until all club locations are included.
4. I am currently serving on the District 6C PR Committee trying to improve the promotions of Lionism and what we do throughout the District.
5. I participated in a Social Media Presentation for the latest Regional VDG Leadership Training for VDG's from Colorado, New Mexico, Nebraska, Utah and Wyoming. 6. I am currently developing a proposal on expanding our social media presence with the MD6 Clubs, Districts, and the State, all designed to promote increased membership in our great organization.

I ask for your support in the upcoming May 5th election.

**Help the Colorado Lions by electing John Spice  
6C 2nd Vice District Governor.**

**Lion John Spice  
Golden Lions Club  
303-216-1688  
Spicec@comcast.net**





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Looking for a fun summer fund raiser? Adams Centennial, Thornton and Rocky Mountain Cyber Lions will be overseeing the running of the City of Thornton's carousel in the Carpenter City Park. **They are asking for your Help!** The Lions clubs earns 50% of the revenue the carousel brings on the day that your club member(s) run the ride, which over the years has averaged about 10.00/hr. As a carousel worker, you only have to take tokens and operate the carousel. The carousel is open Friday evenings, Saturday & Sunday throughout the summer. You can make working the carousel a fun day at the park for the entire club – work the carousel, play in the park and have a picnic.

## *Service! Fun at the Carousel*



**It's easy....It's fun**

**You raise money for your club.**

**What more can you ask?**

**For more information Contact:**

**Email: Don Reese: [don.reese@att.net](mailto:don.reese@att.net)**

**Don Reese: cell # [303-809-7364](tel:303-809-7364)**

**Zoe Reese: cell # [303-809-8413](tel:303-809-8413)**





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## St Patrick's Day Parade—Here come the Lions!





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## 100th Annual District 6C Convention Saturday, May 5, 2018

Southridge Recreation Center  
4800 McArthur Ranch Rd,  
Highlands Ranch, CO 80130  
Five miles west of the junction I-25 and Lincoln Avenue

### **District Elections, Speech Contest, Awards, and Entertainment!**

Registration is \$15 which includes lunch  
All attendees must register to attend the convention

Menu - Spaghetti with meat or alfredo sauce, salad, breadsticks and dessert

Lion/Lioness/Leo/Guest: \_\_\_\_\_

(Circle one)

Club Name: \_\_\_\_\_ District: \_\_\_\_\_ First Lions Convention? Yes \_\_\_ No \_\_\_

Lion/Lioness/Leo/Guest: \_\_\_\_\_

(Circle one)

Club Name: \_\_\_\_\_ District: \_\_\_\_\_ First Lions Convention? Yes \_\_\_ No \_\_\_

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

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Total number of registrations \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

**Registration Deadline is April 30, 2018**  
**No meals will be available for registrations received after April 30!**

Mail registrations to Holly Rutherford-Allen, 7595 S Willow Way, Centennial, CO 80112. Make checks payable to District 6C Convention.

Need more info? Contact Holly at 303-726-0778 or [hrutherfordallen@gmail.com](mailto:hrutherfordallen@gmail.com)





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***Lion Stokes Anderson  
Candidate for  
2nd Vice District Governor***



Lion Stokes is a Charter member of the Colorado Rocky Mountain Cyber Club. His Lion's offices include:

Secretary 2 years

President 3 years

Zone Chair D - 2 years

Zone Chair EA - 1 year

District 6C Environmental Chair.

He is a Retired Air Force Lt Col, Air Force Pilot and Commander. Retired Federal Aviation Administration.





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May 18, 19, 20

District  
Conventions

Silent **Lounge Singer**

Auction

PID BRIAN SHEEHAN AND HIS

Fabulous Food

DANCING PENGUINS!

**Spacious Suites**

GAMES

SEMINARS

Service  
Projects

VOTING

CASINO NIGHT

With PRIZES





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## 100<sup>th</sup> Annual Colorado Lions State Convention

### & District Conventions

### The Centennial Celebration Continues



May 18-19, 2018

Beaver Run Resort & Conference Center

620 Village Road, Breckenridge

Reservations: 800.525.2253

Group Name: Lions Club of Colorado 2018

Special Room Rates begin at \$113 ++ until April 4th!

Lion/Lioness/Leo/Guest: \_\_\_\_\_

(Circle One)

Club Name: \_\_\_\_\_ District: \_\_\_\_\_ First Lions Convention? Yes \_\_\_ No \_\_\_

Lion/Lioness/Leo/Guest: \_\_\_\_\_

(Circle One)

Club Name: \_\_\_\_\_ District: \_\_\_\_\_ First Lions Convention? Yes \_\_\_ No \_\_\_

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

Phone # \_\_\_\_\_ E-Mail: \_\_\_\_\_

**EARLY REGISTRATION DEADLINE IS APRIL 15, 2018**

Late registration fee (after April 15<sup>th</sup>): \$45.00 per person.

**No meals may be available for registrations received after April 30th!!**

**Lions members must be registered to vote, be a vendor, or attend any function of the convention.**

EVENT	# of Lions/Guests	Per Person COST	TOTAL
<b>Alacarte:</b>			
Early registration Fee	____/____	\$25.00	\$_____
Late registration Fee (After April 15)	____/____	\$45.00	\$_____
Friday Luncheon	____/____	\$25.00	\$_____
Friday Night Dinner	____/____	\$37.00	\$_____
<b>Saturday Breakfast with the Eye Bank</b>	____/____	<b>FREE! Be sure you check if you want Breakfast!!!</b>	
Saturday Luncheon	____/____	\$27.00	\$_____
Saturday Dinner	____/____	\$37.00	\$_____
<b>TOTAL:</b>			\$_____
<b>Or Full Convention Book - Early Registration + All Meals Included</b>			<b>\$145.00 x ____ = \$_____</b>
<b>Or Full Convention Book - Late Registration + All Meals Included</b>			<b>\$165.00 x ____ = \$_____</b>

Please advise any dietary restrictions or special needs below:

\_\_\_\_\_  
\_\_\_\_\_

For more information, contact PDG Cathy Valenzuela at 719-560-0694 or [LionCathyV@gmail.com](mailto:LionCathyV@gmail.com)

Make checks payable to: Lions State Convention Fund and mail with this form to:

Lion Carol Louks, 4266 W. Pondview Drive, Littleton, CO 80123

Or register online at [www.colions.org](http://www.colions.org) and pay with PayPal or Credit Card!





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**May 18, 19, 20**  
**Beaver Run Resort**

Time	Event	Dress Code
Friday, May 18th:		
11:30	State Council Meeting and Luncheon	Lions Casual
1:00	District Conventions	Lions Casual
2:30	Service Projects for All	Lions Casual
5:30	Reception with Cash Bar	Las Vegas Party
6:00	State Opening Ceremonies and Dinner	Las Vegas Party
8:00	Casino Games with Prizes, Live Music, Cash Bar	Las Vegas Party
Saturday, May 19th:		
7:30	Eye Bank Breakfast	Lions Casual
8:30	Call to Order, Nominations and Ballot Review	Lions Casual
9:15	Certification and Voting	Lions Casual
10:00	State Entity Reports (RMLEIF, Camp, KidSight, CLF)	Lions Casual
11:30	Lunch with Speech Contest, Peace Poster and Scholarship Winners, State Memorial Service	Lions Casual
2:15	Motivational and Educational Seminars	Lions Casual
5:30	Reception with PID Brian Sheehan, Cash Bar	Formal
6:00	Dinner, Keynote, Closing Ceremonies,	Formal
8:00	Hospitality Suites	Casual
Sunday, May 20th:		
9:00	International Convention Meeting	Lions Casual
9:30	2018-2019 Council Budget Meeting	Lions Casual

**SCHEDULE SUBJECT TO CHANGE**



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April 2                      9Health Fair Training  
April 14                    Camp Work Day  
April (various)           9Health Fairs  
April 22                    Earth Day— Tree Planting



May 5                      District 6C Convention  
                                 Peace Poster, Speech Contest, Elections & Lunch  
                                 Only \$15.00 within the Metro Denver Area

May 18—20              MD6 State Convention / District Conventions Combined

June 29-July 3           Lions Clubs International Convention—Las Vegas, Nevada

September 20—22      USA/Canada Lions Leadership Forum—Columbus, Ohio



District Governor Steve Kinsky  
Email: [stevekinsky@gmail.com](mailto:stevekinsky@gmail.com)  
Phone: 303-263-3901

1st Vice District Governor Rick Argotsinger  
Email: [rla1977@comcast.net](mailto:rla1977@comcast.net)  
Phone: 303-204-5289

2nd Vice District Governor Holly Rutherford-Allen  
Email: [hrutherfordallen@gmail.com](mailto:hrutherfordallen@gmail.com)  
Phone: 720-325-7078

## Spring is Here Happy Easter!

### Please note:

District and club events are now on the calendar on the District 6C website:  
<http://e-district.org/sites/6c/>

**The deadline for submitting articles for this newsletter is the 25th of the month.**

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