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By Vince Lipinski



Dear “pride of lions” of our District 4-C3 serving Alameda & Contra Costa counties. We just held our 96th Annual multiple district four “state convention” in Visalia, Ca. in February. It was very well attended and organized! Prior to the convention, our council of governors (COG) met for 2 days prior to the 3 day convention. This was over a 6 day commitment in service to Lions. It takes time, talent & treasure to serve as Governor for a district in California. Our Council of Governors meets four times a year in California. Lion Patty & I encourage all Lions to consider running for all district leadership positions, appointments & committees. I know it takes time, but the “adventure” is well worth the cost. You also get to meet so many new Lions from around the state and globally! New friendships and relationships are created & strengthened in the crucible of service and leadership!

The winner of the election was PDG Lion Howard Hudson (who loaned me his red tie) to represent as our endorsed multiple candidate for Lions International board of directors. Congratulations PDG Howard! We are getting ready as Lions to celebrate our 100th anniversary. 2017 is our centennial year. We are encouraged to reach our centennial service challenge goal of serving 100 million people by June, 2018. All of our 44 district club Presidents should be thinking of projects and service hours for LCI. All club secretaries should report to LCI on a regular basis. Globally we have reached over 20 million acts of service to date. We are pleased to have PDG Bill Ridle as our district centennial chair. We are well on our way to the 100 million goal.

March 14, 2015 is our last district meeting prior to our District 4-C3 “Hawaii Paradise” convention in Reno, NV (May 14-17). The 4th district meeting will be held at the Scout Hall in Bethel Island, Ca. Immediately following the morning meetings, we will have our “Food Fair Revival”. All clubs are welcome! We have not had a district food fair for the past few years, but I am glad a number of clubs are planning to participate in this fun event. Cabinet Secretary Al has promised the “golden spoons” will be awarded! Finally we are looking for at least one or more Lions to “step forward” and announce their +candidacy as 2nd Vice District Governor 2015-16, the first year of a three year commitment. GO BEARS& Be Prepared to serve!



1ST District Governor's Message

By Leo Macias

My Fellow Lions:

Spring is in the air and with it is the excitement of elections of new club officers and plans for 2015—2016.

Congratulations to PDG Howard Hudson our Multiple District Four endorsed candidate for International Director.

“Lions Eyes Across California” is a project that will focus on all Lions Clubs collecting eye glasses throughout California on Saturday, March 28. One of my fellow 1st Vice District Governors presented the idea last year as a focus on sight and membership. A website will be available to monitor how many used eyeglasses have been collected, how many volunteers were used, and how many potential new members you think you may potentially procure.

The Lions in Sight Warehouse will be open that day to accept all of your eyeglasses. It will also be hosting a work party that day; so plan on making this day a great success for the clubs of our district.

The district cabinet meeting will be held at Bethel Island on Saturday, March 14th and the theme is Hawaiian in preparation for both our district convention and the international convention. The day will end with a Food Fair and all clubs are encouraged to attend and participate. Plan on sampling lots of good food and beverages.

District 4-C3 Convention will be held at the Grand Sierra Hotel in Reno, Nevada from May 14-17. I encourage all Lions to attend and celebrate our many successes and honor our District Governor Vince and his team. This is the time to make new friendships and renew old ones. Remember, elections are on Sunday morning.

On a personal note, I have planned several events and ask that you save the dates and watch for more details.

- May 3—Cinco de Mayo Theme Campaign Fundraiser
- July 25—District 4-C3 Cabinet Installation, Greek Orthodox Church, Oakland
- March or April 2016— Goodbye and Thank You Mixer
“Hasta Luego Vaqueros”



2nd Vice District Governor's Message

By Jan Valtr

Aloha District 4C3,

I have just returned from the MD4 Convention in Visalia where I hobnobbed with our leaders and future leaders. I attended classes on membership, leadership and how other districts are attracting new lions. I attended the Council of Governors meeting and heard how the current council is leading our state. I traveled the halls and learned about all the foundations MD4 supports and endorses.

I enjoyed the many speeches of PIP Al Brandel and enjoyed lively conversations with my own council on a variety of topics from service to membership to which District is the best. It was an opportunity to learn, brag and have fun.

Why do we as Lions attend Conventions? All year long “We Serve” and boy do the clubs in

4C3 serve their individual communities and charities. We have huge hearts and we hold fundraisers so we can give it away to those charitable groups that tug at our heart strings. We are an all volunteer workforce so our only pay comes from appreciation and acknowledgments. Our Convention which is in Reno at the Grand Sierra Casino the 14-17th of May is where we get acknowledged for our hard work and its a time to represent your clubs, brag a bit and hear what other clubs are doing. Its a time to reminisce and enjoy the company of those people who are like us. Those individuals with the Heart of the Lion. Its a time to elect our new and thank the outgoing leaders for their time and effort. It's time for mimosas and gin fizzes. It's time for gorging on the vittles provided in the hospitality suites. And of course the free booze. It's time to laugh so hard you cry at the antics of those folks who preform at the talent no talent show. It's time to eat good food and play. It's all about FUN. Why is it so important for every club to make a showing at convention? District 4C3 is a 44 club two county team. We must come together to maintain our strength. We need to Brag and Represent. We are the best District in the state because we support each other. Convention is when we list our accomplishments and make plans for next year. It has been my honor to be your 2nd vice district governor and I hope to see each and everyone of you at Convention in May.

Lionizer Editor's Message

By Nancy Drummond, Ygnacio Valley Commuters

I hope you enjoyed the first addition of the Lionizer. Please forgive the mistakes as you know they are put in there just so I can find out if you are reading this. Hope you enjoy this addition as well.

DISTRICT CONTESTS:

STUDENT SPEAKER CONTEST:

WATER CONSERVATION- WHAT CAN WE DO TO CONSERVE, RECYCLE AND RECLAIM
District Chair: Valerie Dunlap. REGION, AND DISTRICT CONTESTS ARE GOING ON NOW

2013-2014 NEWSLETTER CONTEST:

SEE DISTRICT DIRECTORY PAGE 129 FOR RULES

GOVERNOR'S SERVICE RECOGNITION AWARD 2014-2015

SEE DISTRICT DIRECTORY FOR RULES PAGES 125-128

Be a Visionary Hero

HELP OTHERS GAIN THE GIFT OF SIGHT

JOIN DISTRICT 4-C3 AND THE LIONS OF CALIFORNIA

1. Recycle Your Eye Glasses One Day

Event –

Saturday, March 28, 2015

**10am -
2pm**



**Lions in Sight of
CA/NV**

**Warehouse
1404 Lemon Street
Vallejo, CA 94590**



Join the work party and

Enjoy lunch with your

Fellow Lions...

- Bring your club members
- Bring a potential new member

www.lionseyes.org



www.lionsinsight.org



City of Hope has a new online fundraising page that directs funds

towards the fundraising efforts of the remodeling and refurbishing of the Hope and Parsons Village patient and family bungalows at City of Hope.

The page is

www.crowdrise.com/lcifccityofhope and when you open the page you will see 16 Lions International Emblems, each with a money total below them. This represents each of the 15 districts and LCI and the amount below is what each district has contributed to City of Hope. I checked out District 4-C3 totals and we have a total of \$21,057 raised. In

comparison to the other districts we are in 10th place out of 15 districts. Come on District 4-C3 Lions, I know that we can do much better. We are very close to the 9th place District. Once you are on the website, just click on the 4-C3 Lion Emblem and it will take you to the 4-C3 fundraising page. Just click the donate button and it asks for donation amount and a few more questions. Click on donate button at bottom of page and it will continue on to have you enter your personal/credit card information. Click on the donate button and you are all done. It is that simple to donate to City of Hope to help create a lasting legacy of support for patients and families. We are Lions, we help others, this is what we do.

Lions Tribute Day at City of Hope is Sun. March 29th 2015 at the City of Hope Center in Duarte, CA. You can contact me about information or how to attend.

I am available to speak to your club about City of Hope and the amazing progress they are making there in cancer research, diabetes research and stem cell treatments. You are always welcome to give your donations to me and I send them on to my City of Hope contact person who directs it towards the 4-C3 fundraising bank.

Keep that City of Hope donation can traveling around the table at your club meetings. It all helps. Thank you for your continued support of City of Hope.

“Water Conservation – How can we Reduce, Recycle and Reclaim?”

This is the question/topic posed to this year’s young people that are participating in the 2014-2015 Student Speakers Contest.

The club contests have already been heard, judged and the winners of each of those club contests have moved onto the zone contests. In fact, some of the zone contests have already been held.

The 4 Region contests will be held prior to Sun. April 5, 2015.

The winner from each of the 4 Region contests will move on to compete at the District 4-C3 Student Speaker contest which will be held on Friday, April 24, 2015 at Rossmoor – Diablo Room of Hillside Clubhouse, with door open at 6pm, contest 6:30pm. Rossmoor address is 1001 Golden Rain Road, Walnut Creek.

Please make every effort to come out to these contests and show some Lion 4-C3 support for the awesome young people that are taking advantage of this great opportunity.

I also encourage clubs and individual Lions to help support the Student Speaker Foundation with a donation of any amount. You may also make a donation towards 4 different fellowships, named after distinguished Lions who formed the Foundation. The foundation will award \$103,500.00 in scholarship money for the 2014-2015 contest. District 4-C3 donations so far this year towards the Foundation are far below that which the Foundation will award in scholarship money for our district contest winners. In other words, we are not “pulling our weight” so to speak.

One suggestion is, if your club did not hold a club contest this year, donate the \$100 that you would have awarded to the student to the Student Speaker Foundation instead. It is a win-win situation everyone involved. And how about a challenge for clubs, even if your club did hold a club contest, you can

send in \$100 too. We don't want to leave any club out of helping the Student Speaker Foundation and District 4-C3 with our Foundation donations!

Lion Valerie Dunlap
District 4-C3 Student Speaker 2014-2015 Chair

The Student Speaker Foundation

Lions Fourth District Student Speakers Foundation, Inc. is a California nonprofit corporation administered by a board of directors and 15 trustees. The purpose of the Foundation is to provide scholarships to augment the prizes awarded to the winners of the California Multiple District Four Student Speakers Program. This year the Foundation will provide scholarships totaling **\$103,500.00**. From this amount, each of the fifteen District winners will receive a **\$4,500.00** scholarship, each of the four Area winners will receive an additional **\$6,500.00** scholarship and the winner of the Multiple District Four Contest will receive an additional **\$10,000.00** scholarship.

You can help. The Foundation has a number of ways to honor deserving individuals and to contribute to the future of our speakers.

Fellowships:

Fred W. Smith Fellow - will be conferred upon any named individual upon receipt of a contribution of \$500.00 or more to the Foundation, payable in one single payment.

Donald E. Snyder Fellow - will be conferred upon any named individual upon receipt of a contribution of \$400.00 or more to the Foundation, payable in one single payment.

Dwight E. Stanford Fellow - will be conferred upon any named individual upon a receipt of a contribution of \$300.00 to the Foundation, payable in one single payment.

Harry J. Aslan Fellow - will be conferred upon any named individual upon receipt of a contribution of \$200.00 to the Foundation payable in one single payment.

Or:

A Supporter Patch - will be presented to a club or individual who contributes a minimum of \$100 to the Foundation payable in one single payment. This contribution does not include Fellowship purchases. Contributions in subsequent years will receive a chevron patch to place under the Supporter Patch.

Thank you for your continued support which enables The Forth District Student Speakers Foundation to provide the scholarships that our speakers are so thankful for and enable them to continue their educations.

Donations to the Foundation are deductible under both state of California and federal taxing regulations under IRC 501(c)(3) and should be made payable to the "4th District Student Speakers Foundation, Inc."

For more information, please contact:

SSF % Chris Ohrmund
331 Spur Trail Avenue
Walnut, CA 91789
1-909-598-0554 or ohrmu@aol.com

Club News

Albany- Albany Lions : Making Margaritas for the Food Faire at the District meeting

Ambrose-Pittsburg- Had their first Chicken and waffles brunch . Now, they are working on their annual Spring Carnival to be held on April 2-5 on Willow Pass Rd in Baypoint.

Antioch- They are preparing for the LCVI meeting where they will be cooking dinner. They also provide food for a 3 day football camp held in July.

Berkeley Host – Helped with the Zone project which was a success. They also recently welcomed two new members

Brentwood – They are busy helping PDG Rene and Maggie get ready for Special Kids Day. Please help if you can especially on Friday set up!!

Byron Delta- Worked at the Discovery Bay crab feed . All of the proceeds go to LCVI. They are looking forward to the Harlem Ambassadors vs the Delta Long Shots Harlem style basketball game for more information contact a Byron Delta member.

Castro Valley Breakfast: Working on the

campaign for their candidate for 2nd Vice District Governor Norene Mirande.

Concord- They are having their annual Pasta Challenge at LCVI on May 23rd 5-6 pm cocktails 6pm challenge. \$25 to enter challenge, \$18 meal ticket. Live Music, Auction, raffle, pasta bingo and dancing.

Crockett- February 28th was their Corned Beef and Cabbage fund raising dinner . Mark your calendars their Pasta feed will be held June 6th. March 21st is Downs Syndrome day tht Matteo's Dream park contact PDG Bill Ridle for more information .

Danville- 1st Art Lawton Golf Tournament at Las Positas on April 3rd . 9 hole golf tournament. Any skill level can play. Call Pat Morgan for reservations 925-497-0335

Diablo Valley – Had their annual Crab Feed in January. They are working on Challenger baseball and Special Kids Day

Discovery Bay – Just finished a successful crab feed with 500 people in attendance. Kudos to the ladies of Bryon Delta and the Ygnacio Valley Commuter lions clubs for their help.

Fremont Sagarmatha- newly chartered club. They are working on community projects which will be announced soon

Montclair- Having their Restaurant Walk on April 21st . \$25 per passport. See any Montclair member.

Moraga- Student speaker from Moraga won the Zone 7 contest and is off to the Region N contest on March 25 in Pleasanton.

Congratulations to the Moraga club for becoming a Foundation

Pleasant Hill – Cooked for the City of Pleasant Hill

For National Night Out, Cooked food for summer youth program.

Pleasanton- Donated backpacks and school supplies to local schools, hosted Sister City Tulancingo and had their 3rd annual Restaurant Walk.

San Lorenzo- Having their Cinco de Mayo

celebration fund raiser on May 2 1-4pm at the Moose Lodge.

Union City- Having a Golf Tournament on May 8th at Palm Course in Sunol. \$125/player \$35 dinner only.

Ygnacio Valley Commuters –The club successful fund raising Crab feed. Members went to Discovery Bay to help them with their crab feed all the proceeds going to LCVI.

Coming up is our inaugural Restaurant Walk in downtown Walnut Creek on April 4th. Working on !st Vice District Governor candidate Jan's fund raiser May 2nd

Walnut Creek Host – The club is working on their Bravo Bistro fund raiser April 29. 20% donation throughout the day see a WC Host member for a flyer. There is a special elegant dinner that night at 6pm reservations are recommended.

West Berkeley Lions-Having Governor candidate Leo's first Fund Raiser and the clubs St Patrick's Day party on March 16th. Save the date for Leo's 2nd fund raiser on May 3rd. In the Spirit of Cinco de Mayo to be held at the Multicultural Institute 1920 7th Street in Berkeley



LIONS CENTER for the
VISUALLY IMPAIRED

Lions Clubs Sponsor Screenings To Aid Low Income Seniors

Beatrice Williams' nose scrunched up as she peered across the multipurpose room at her senior housing complex. After squinting, a couple of times, things finally started to come into focus. She got about half-correct in the 20/40 vision range, and her left eye seemed slightly stronger than her right.

Williams took advantage of a free eye screening provided by the Lions Center for the Visually Impaired. LCVI holds screenings

around Contra Costa and Alameda counties, checking the sight of low-income seniors. We also refer them for further testing and treatment, facilitate doctor visits and facilitate treatment for those seniors without medical insurance.

Volunteers and staff from the LCVI were at Case de Serena senior facility in Bay Point testing for age-related degenerative eye disease such as macular degeneration and glaucoma. The glaucoma test is similar to a video game where patients click the joystick when they see flashing lights on the computer screen. Of the 21 seniors who were checked, 11 were referred for further examination.

These screenings were paid for with a grant from the Los Medanos Community Healthcare District, but local Lions Clubs from District 4C-3 are getting involved by sponsoring and volunteering for screenings in their own communities. Clubs simply call LCVI and tell us you'd like to do a screening in your community

"I think it's a fantastic service," said Joanne Bohner, 65, explaining that her car is dead and she can't travel. Bohner said that without her thick bifocals, she "couldn't read the first line" of the letters on the wall. Her last eye examination was seven years ago, she said.

Barbara Madrid, 69, appreciated that she didn't have to find someone to take her to the Pittsburg Medical Center or take the bus. The testing confirmed what she knew- that she needed further examination.

"We've had lots of elderly people who found they had glaucoma simply because we did screenings for them",he said. Program Director Shirley Schroth, added, "most don't show symptoms or feel pain, so the eye disease goes undetected and attacks silently. Many seniors will put off regular eye exams because

they aren't having trouble with their vision, said Schroth. Further many low income seniors don't have the resources for what can be an expensive process, she said.

According to the state Department of Social Services, the leading cause of Blindness in the United States is age-related degenerative eye disease. Diseases such as macular degeneration, glaucoma, diabetic retinopathy and cataracts lead to a significant vision loss for one in six Americans older than 65. And seniors just don't lose their eyesight; they lose their independence.

That's where local Lions Clubs can play a big role in the early detection of eye disease in senior citizens. In Contra Costa County alone, nearly 4,000 low-income housing units exist for seniors. Many more thousands of seniors live alone on a very limited income. Lions Clubs throughout District 4-C3 can ensure seniors maintain their independence by maintaining their vision. In the next 20 years, it is expected that the number of seniors affected by these diseases will double, Schroth said. "Many discover they have the earliest signs of an eye disease. Early detection of these age-related diseases is critical to the future independence of these seniors, she said."

Lions Clubs or Members interested in helping low income seniors with screening should contact Ed Schroth or Shirley Schroth at the Lions Center for the Visually Impaired at 925-432-3013.

2015		Event	City	Event Sponsor
March	14	District Meeting 9am-noon/Food Faire	Bethel Island	District 4C3

	16	St. Leo's Day and Campaign Fund raiser	Berkeley	West Berkeley Lions
	21	Down's Syndrome Day @ Matteo's Dream	Concord	Crockett Lions
	25	Student Speaker Pleasant Hill Council 7pm	Pleasant Hill	Region I
	25	Student Speaker Boy Scout Hall 6pm	San Leandro	Region O
	25	Student Speaker Pleasanton Library	Pleasanton	Region N
April	3	Art Lawson Golf Tournament Las Positas Course	Danville	Danville Lions
	11	Lions California Forum Beverly Heritage Hotel	Milpitas	Global Leadership team
	11	LCVI Luau Lions Center for Visually Impaired	Pittsburg	LCVI fund raiser
	14	Ygnacio Valley Restaurant walk on Main street	Walnut Creek	Ygnacio Valley Commuters
	21	Montclair Lions Restaurant Walk	Montclair	Montclair lions
April	24	District Student Speakers contest /Rossmoor	Walnut Creek	District 4C3
	29	WC Host Bravo Bistro fund raiser	Concord	Walnut Creek Host
May	2	Jan Valtr 1 st Vice District Governor fund raiser	Pittsburg LCVI	Committee to Elect
	2	San Lorenzo Cinco de Mayo @ Moose Lodge	San Lorenzo	San Lorenzo Lions
	3	District Governor candidate Leo Macias fund raiser	Berkeley	Committee to Elect
	8	Union City Golf Tournament Palm course	Sunol	Union City Lions
	9	Sunol	Brentwood	District 4C3
	14-17	31 st Annual Special Kids Day	Reno, NV	District 4 C3
	15	DISTRICT CONVENTION- Grand Sierra		Byron Delta Lions
	23	Harlem Ambassadors VS Delta Long Shots	Pittsburg LCVI	Concord Lions
June	4-7	Concord Pasta Challenge 6pm challenge	San Jose	MD4
	4-7	Council of Governors meeting/Holiday Inn Arpt	San Jose	MD4
	6	Student Speaker Final Contest	Crockett	Crockett Lions
	26-30	Crockett Pasta Feed	Honolulu, Hawaii	Lions International
	26-30	International Convention		