



VOLUME 1, ISSUE 4

October, 2025

As the 2025-2026 year progresses, we want to take a moment to thank our many community partners, such as yourself, for coming alongside us and making the impact we have so much more possible. Everyone plays a role in Lionism. As the weather cools down, we will look at how the efforts of Lions everywhere are just warming up.

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A Peak at How Lions are Organized

How do you organize almost 1.4 million volunteers into the largest volunteering organization in the world? Carefully ... and thoughtfully.

Lions International is a bottom-up organization — grassroots-driven but globally coordinated. Each level (Club → Zone → District → Multiple District → International) exists to **support and amplify the impact** of those local Lions who are “serving the world in need, one act of kindness at a time.”



The Heart of Lionism, the CLUBS.

At the center of the organization is the local club. Each club is autonomous, electing its own officers (President, Secretary, Treasurer, etc.) and deciding on local service projects. They typically meet regularly (in person or online) to identify and serve the needs of the local community. Membership typically includes volunteers from the community who share a passion for service. Periodically the club conducts a kind of community needs assessment to better understand the needs of their community and identify major service opportunities.

Clubs can also be broken down into general groups: General clubs represent a wide variety of community members from a specific geographic area (ie. The Stockton San Joaquin Lions), their meeting type (in-person or online), specialty clubs (which focus on a type of service), or the age of its members.

Lions Clubs are tiered by the age of their members. Cubs (ages 6-12), Alpha Leos (ages 12-18), Omega Leos (ages 18-30) and Regular Lions (Age 18+).

Cubs are the youngest members of the Lions family—typically ages 6 to 12—and represent the heartwarming beginning of a lifelong journey of service. Sponsored and mentored by local Lions Clubs, Cub Clubs introduce children to the joy of helping others through age-appropriate activities that nurture kindness, teamwork, and leadership. Their projects often include neighborhood clean-ups, school supply drives, or assisting at community events alongside adult Lions. While their structure is simple—usually guided by an adult advisor and

supported by a sponsoring club—the impact is profound. Cubs learn early that service is not just something you do; it's a way of life, cultivating empathy and confidence that will grow with them as future Leos and Lions.

Leo Clubs are the dynamic youth branch of Lions International, empowering young people ages 12 to 30 to serve their communities while developing leadership and life skills. Sponsored by a local Lions Club, Leos operate with their own elected officers and organize projects that reflect their passions and local needs—ranging from environmental clean-ups and food drives to youth mentoring and international aid. There are two levels of Leos: **Alpha Leos** (ages 12–18), who focus on building leadership through teamwork and school-based service, and **Omega Leos** (ages 18–30), who lead independent, often large-scale community initiatives. Guided by the motto *“Leadership, Experience, Opportunity,”* Leos learn the power of collaboration, compassion, and action—becoming tomorrow's global leaders by serving today.

Specialty Clubs can be **cause-based** (e.g. inclusion, sports, environment), **interest/hobby-based** (cars, arts), or **format-based** (virtual/cyber). Examples of specialty clubs in California include:

- **Silicon Valley Cyber Lions Club** — A *cyber (virtual)* specialty club, with over 130 members from 11 countries, organized online to serve and coordinate projects globally. svcyberlions.org
- **Bair Island Cyber Lions Club (Foster City, CA)** — A virtual/remote club that organizes service and disaster-relief projects (for example, sending supplies to Tonga) without a fixed meeting location. e-clubhouse.org
- **SOLA (Special Olympics Los Angeles) Lions Club** — A *Champions / inclusion-focused specialty club*, dedicated to supporting Special Olympics athletes, events, inclusion, and related programs. SOLA Lions Club
- **Long Beach West Specialty Lions (Lions Automobilia Foundation)** — A specialty club centered on *automobiles, automotive history, education, and preserving car culture* (in conjunction with the Lions Automobilia museum).

Top Secret: Our district is in the process of launching specialty clubs in our district. Look for announcements in the near future.

The Connection Tissue of Lions, Zones, Regions, and Districts

Wrapping around the clubs we have zones/regions. Both Zones and Regions exist to connect, support, and strengthen Lions Clubs between the local and district levels.

They're essentially *bridges* — ensuring that communication, leadership development, and collaboration flow efficiently throughout the organization. Together, they form the “living tissue” that keeps the Lions organization vibrant, responsive, and cohesive — ensuring that even the most local act of kindness is part of a global movement of service.

A **Zone** is the **smallest administrative unit** within the Lions structure above the club level. It consists of 4-8 Lions Clubs within a close geographic area. Its main purpose is to facilitate cooperation and idea-sharing with local clubs. Think of Zones as *neighborhoods* of Lions — small enough for personal relationships and teamwork to flourish.

A **Region** is an optional, larger grouping of zones (typically 2-4) within a district. Regions coordinate larger-scale service and training events and provide additional leadership experience for those preparing for district-level positions.

A **District** is like a **mini-Lions headquarters** for your region. It's where strategy meets service — where clubs get direction, encouragement, and resources to turn good intentions into powerful results. In California, 12 Districts compose California **Multiple District** MD4.

The Bigger Picture, The Constitutional Area

A **Constitutional Area** is a *large geographic region* of the world used by **Lions International (LI)** to organize its global membership and ensure fair representation in international governance. It helps tailor programs, conventions, and service initiatives to regional needs and languages. It's how Lions International remains both *local in action* and *global in governance* — uniting 1.4 million members to serve the world, one community at a time.

There are 7 Constitutional areas in Lions. We are in Area 1, primarily the United States and its territories (Puerto Rico, Guam) plus Bermuda/Bahamas.

Other constitutional areas include: Canada, Latin America (Including Mexico, Caribbean), Europe, Africa, South Asia (Including Middle East/ East Africa) and the Orient (including South East Asia).

The Big Picture, Lions International

Then we have the umbrella organization, Lions International (formally Lions Clubs International). At its core, Lions International (LI) exists to unite and empower Lions around the world so that individual acts of service can add up to meaningful, measurable global impact. It's the central coordinating body that gives structure, vision, and support to 48,000+ clubs across more than 200 countries and territories. **International** provides the *framework and leadership* that keeps the worldwide network organized and effective. Lions International sets the **vision, mission, and service priorities** for the entire organization.

Through leadership training, shared causes, and humanitarian grants from Lions Clubs International Foundation (LCIF), International turns individual acts of kindness into lasting change—fighting hunger, restoring sight, protecting the environment, and uplifting communities in need. It is where compassion finds coordination, and where every Lion's roar joins a global chorus of hope, service, and humanity in action.



A Brief History of LCIF

Breaking News

September 10, 2025 – Lions Clubs International Foundation Receives Antonio Champalimaud Vision Award, one of the world's foremost recognitions in the fight against blindness and vision loss.

Lions International isn't just an organization, it is part of a larger eco-system with our own community partners, independent organizations that come alongside and help serve the causes in which Lions are so closely aligned.

Apart from the Clubs and Volunteers, there are a number of organizations that help serve our mission.

Lions Club International Foundation (LCIF) is the charitable arm of Lions by financing more than \$1.3 billion through grants to over 200 countries/regions. Established in 1968, LCIF provides grants that empower Lions to serve on a larger scale—funding disaster relief, vision care, youth programs, hunger initiatives, diabetes prevention, and environmental efforts. LCIF creates lasting impact – one life at a time. Its role is to turn local service into global progress—bridging resources, expertise, and compassion to create lasting change and a brighter, more inclusive world for all. Their impact is varied, but equally life-changing.

A short 50 years later, LCIF reached the formidable milestone of donating more than \$1 billion through nearly 14,000 grants focused on vision, youth, disaster relief, and humanitarian programs.

The story of LCIF is epic, filled with unlimited compassion and tireless support of Lions service. The mission of LCIF is to "empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding." Here are just a few Highlights:

Efforts In Disaster Relief

- 1972 – LCIF awards first grant of \$5000 for flooding in **South Dakota, USA**
- 1985 – LCIF's first Major Catastrophe Grant of \$50,000 to earthquake relief in **Mexico**
- 2001 – **September 11** Disaster Fund raised \$3 million to help victims.
- 2004 – Lions mobilize more than \$15 million for **South Asian tsunami** relief, making it LCIF's largest disaster relief reconstruction project.
- 2005 – Lions raise \$5 million for **Hurricane Katrina** Relief.
- 2009 – Lions raise more than \$6 million for **Haiti Earthquake** Relief.
- 2011 – LCIF mobilizes more than \$21 million for **Japan Relief Efforts** following earthquake and tsunami.

Check out the following videos to see LCIF in Action
LCIF and Local Lions responding to the Texas Floods



Efforts in Vision

1990 – SightFirst program begins and goes on to prevent serious vision loss of more than 30 million people. Initially, over \$145 million was raised for Sight First projects. For over 30 years, Sight First empowered Lions, healthcare providers, and partners worldwide to combat preventable blindness and assist those with vision impairments. Through this program, more than 544 million lives were impacted. (See [Sight First](#) for more information).

1997 – LCIF partners with **China Disabled Persons Federation** for Sight First China Action. It is a flagship eye-care initiative jointly carried out by LCIF and Chinese governmental partners. It was launched to tackle widespread preventable vision loss in China, especially in rural and underserved counties lacking local ophthalmic infrastructure. **Sight First China Action** has not only saved sight through tens of millions of surgeries, but also transformed China's eyecare landscape — building sustainable systems, improving quality, and helping reduce blindness at scale.

1999 – LCIF partners with **The Carter Center** to combat river blindness and trachoma in Latin America and Africa. In 2015, LCIF donated its 500 millionth dose of antibiotic to fight trachoma. In 2025, the two organizations signed an agreement to keep the collaboration going, keeping the fight to eliminate river blindness and trachoma. Since 1994, LCIF has awarded more than \$74 million in grants to The Carter Center, supporting the elimination of these preventable diseases worldwide. (See [LCIF-Carter Center](#) for more information.)

2001 – LCIF begins partnership with **Special Olympics International** to provide vision screenings to athletes through the Open Eyes program. In 2021, the LCIF-Special Olympics partnership celebrated 20 years of free vision screenings for athletes through the Opening Eyes program. Since partnering, more than 445,000 athletes have been screened and prescription eyewear provided to more than 189,000 athletes globally. (See [Special Olympics](#) for more information)

2001 – LCIF and the **World Health Organization** launch the world's first-ever initiative to combat global childhood blindness. (See [World Health](#) for more information.)

2002 – LCIF and **Johnson and Johnson Vision** establish the Sight for Kids program to provide vision screenings and eye health education to children in Asia. In the first 20 years alone, more than 42 million children have been screened and more than 600,000 provided eyeglasses or other treatment. (See [Sight for Kids](#) for more information.)

2005 - Campaign **Sight First II** kicks off at the Lions International Convention in Hong Kong, raising more than \$200 million.

2010 – LCIF partners with **Bausch + Lomb** for their Pediatric Cataract Initiative (See [Kids Cataracts video](#) for more information. Be prepared to be moved to tears!)

2018 - LCIF and **Latter-day Saint Charities** have partnered since 2018 to fight the major causes of preventable and reversible blindness for underserved populations in Africa, South America, and the Middle East. Together, they work to create sustainable eyecare systems by improving existing infrastructure and training local personnel to provide cost-effective services. (See [Latter-day Saint Charities](#) for more information.)

Check out the following videos to see LCIF in Action



Humanitarian Efforts

2007 – LCIF is named #1 Non-Governmental Organization in the World with which to Partner (Independent Financial Times study). (See [Partners](#) for more information)

2008 – LCIF and **Habitat for Humanity** partner to build its first 1,000th home.

2012 – LCIF raised \$10 million for vaccinations with *One Shot, One Life: Lions Measles* Initiative as part of the Challenge from the **Bill and Melinda Gates Foundation**.

2013 – Nothing unlucky about this year! LCIF partners with the **GAVI Alliance** and **DFID** to continue to fight measles, committing to raise \$30 million by 2017.

2013 - LCIF expands its partnership with **Special Olympics** International to include more than just vision screenings.

2019 – LCIF launches the **Hunger Grant Pilot Program** to help Lions support school-based feeding programs, food banks, feeding centers, and alike to provide food to those who need it most.

2019 – LCIF launches the **Childhood Cancer Grant Pilot Program** to improve the quality of life for children receiving treatment and their families.

2022 - Russia's invasion of Ukraine resulted in a humanitarian crisis which LCIF supports through grants to purchase and distribute immediate relief items, such as food, clothing, hygiene supplies, sleeping bags and medicine. LCIF mobilizes more than \$4.8 million for Ukraine relief. LCIF additionally mobilized its Refugees and Displaced Persons fund, which helps ensure that Lions are there to help refugees find the safety and security they desperately need now, and in the future.

Efforts In Childhood Education/Youth

1984 – LCIF begins partners with Quest International to Implement Youth Development Program (See [Lions Quest](#) for more information). LCIF acquires the rights to the program in 2002.

2014 - LCIF expands Sight for Kids partnership with **Johnson and Johnson Vision** Care to Kenya and Turkey. Lions and LCIF help The Carter Center and OPEA celebrate the elimination of river blindness in Ecuador.

2020 - LCIF Board of Trustees approve a 2-year strategic partnership between LCIF and **Global HOPE**. This partnership will cooperate in building long-term capacity in Africa to treat and dramatically improve the prognosis for children with cancer and blood disorders in Sub-Saharan Africa.

2023 - LCIF and Lions Quest are proud to be a founding member of **The Choose Kindness Project**, a coalition of the leading nonprofit organizations in the United States championing bullying prevention, intentional inclusion and youth mental wellness.

For more information, check out: <https://lcif.org>.

Follow them on their socials:

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CAUSE SPOTLIGHT
MENTAL HEALTH INITIATIVE

The toll of mental health is staggering in society – and business – and it's a global issue that desperately needs to be addressed. That is why California Lions have chosen to launch a global Mental Health Initiative in October 2025.

In our last issue, we looked at the staggering impact that mental health has on the economy. That, of course, while impressive, is nothing compared to the personal cost to individuals, family and friends. Lions clubs throughout the world, including [District 4-A1](#), took up a variety of projects centered around mental health.

Mental Health Is Everyone's Responsibility

While we are not all mental health professionals, we are all human beings and have an opportunity to listen and offer support and encouragement to those suffering from distress and mental/emotional struggles.

Supporting mental health in the workplace isn't just kindness; it's a **strategic investment** in productivity, creativity, retention, and culture. A mentally healthy workplace becomes a place where people don't just *work* — they *thrive*.

Here are 8 practical steps businesses can take to assist their employees/volunteers take care of their mental health:

- **Create a culture of psychological safety.** Encourage open, judgment-free conversations about mental health. Replace "How are you?" with "How are you *really* doing this week?" and listen for the answer. Train leaders to respond to signs of stress with empathy, not discipline. When employees feel safe to speak up, small issues get solved before they grow into big ones.
- **Equip Managers with Emotional Intelligence.** Managers are the front-line guardians of mental well-being — yet most are trained to manage tasks, not people. Provide emotional intelligence or mental health first aid training. Teach managers how to notice early warning signs: fatigue, withdrawal, or sudden changes in demeanor. Give them language that opens doors rather than closes them. A little awareness turns supervisors into allies, not enforcers.
- **Encourage Work-Life Balance and Boundaries.** A well-rested employee is a creative one. Yet in too many workplaces, overwork is still mistaken for commitment. Balance isn't indulgence — it's oxygen. When people can breathe, they can contribute their

best. Shift the culture, model it yourself, and implement complimentary policies. This includes sticking to “no-email after hours” policies, encouraging breaks, vacations, and true mental health days. Offer flexible scheduling and remote work where possible.

- **Make Support Visible and Accessible.** Visibility normalizes care. When people see help offered freely, stigma disappears. Consider the following:
 - Offer Employee Assistance Programs (EAPs) with access to counseling
 - Partner with wellness apps like Headspace for Work or Calm Business
 - Share hotline numbers and local resources in visible places
- **Foster Human Connection.** Humans don’t thrive in perfection — we thrive in belonging. Humans are your most critical business asset. Celebrate them! Acknowledge birthdays, anniversaries, milestones and small wins. Consider the following:
 - Build peer-support or “well-being buddy” programs.
 - Create Employee Resource Groups (ERGs) focused on wellness
- **Design for Calm.** Your physical and digital spaces speak volumes. Add greenery, natural light, or quiet zones in offices. For remote teams, encourage digital well-being — use asynchronous communication, schedule “no-meeting” days, and respect time zones. A calm environment creates calmer minds.
- **Lead by Example.** Culture mirrors leadership. When leaders take care of their own mental health, they give silent permission for others to do the same. Share stories of your own experiences with stress, recovery, or balance. Be open about therapy, rest, and real life. Authenticity is contagious — and trust grows where vulnerability is welcomed.
- **Measure what matters.** What gets measured, gets improved. Use anonymous well-being surveys or quick “pulse checks.” Look for trends in absenteeism, turnover, and engagement. Most importantly, act on the feedback you receive — employees notice when their voices lead to change. Mental health isn’t a project. It’s a practice — one you refine over time.

Proud Moments

Lions are kicking in high gear with impact and passion! Here is a quick summary of all the positive things going on in our district!

Big Shout Out to Tracy Tank Town!

It was no trick, but a treat for Tracy Tank Town Lions at the District Meeting on September 27th. These four clubs were entered into a drawing for a week's stay at the Beach Vacation House in Cayucos: Madera Evening, Lathrop, Upcountry 88, and Tracy Tank Town Lions. Why? It's because they reported all eight Global Causes into the Lion Portal for the last Lion-year 2024-25. Congratulations to Tracy Tank Town for being selected.

Jessica House Recognized For their Efforts and Impact

California Lions Camp presented staff at Jessica's House a check for \$5,000 last month. Jessica's House, located in Turlock, provides grief support for children, teens, young adults, and their caregivers at no charge to families. Support groups combine therapeutic talk, play, and creative expression, which promotes healing and hope for the future. Funds will be used to defray costs of therapy supplies.

Project Pride Recognized As Well

California Lions Camp continued their support to Project R.I.D.E. with a check of \$5,000 to continue therapeutic recreational horseback riding instruction for individuals with special needs and disabilities residing in the MD-4 boundaries. The programs are designed to improve physical, emotional, and social development, and these funds will cover therapy costs for the remainder of the calendar year.

California Lions Toastmaster's Club Revs Up

California Lions Toastmasters Club is composed of Lions Club members from all over California. They conduct effective and supportive Zoom meetings for their members to practice and learn to enhance their communication skills to increase their impact via more volunteers or more service projects. You are welcome to come as a guest to see what Toastmasters is about and how they can enhance your club and projects. Join them on the 3rd Tuesday at 7pm. To get the Zoom link, contact Eric Cheung at lioneric4a1@gmail.com.



On the Calendar *Save the Date*

UPCOMING PUBLIC EVENTS

West Point Lions is holding a Food Drive for the Month of October. To contribute and more information, please contact the club directly: Vicki Snead-Hinkell, President (209) 770-4228 samsneadre@gmail.com

OCTOBER 2025

10/03/25	Surf & Turf Dinner (Sonora)	See Details
10/04/25	Pancake Breakfast (Le Grand)	See Details
10/04/25	Oktoberfest (Linden)	See Details
10/04/25	Health & Community Fair (Stockton)	See Details
10/04/25	Charity Golf Tournament (Valley Springs)	See Details
10/04/25	LEF Octoberfest Concert & Dinner (Waterford)	See Details
10/04/25	Prime Rib Dinner (Hughson)	See Details
10/04/25	Music in the Square (Copperopolis)	See Details
10/05/25	Community Celebration / Plant Exchange (Lodi)	See Details
10/07/25	National Night Out (Atwater)	See Details
10/08/25	Open House (Sutter Creek)	See Details
10/09/25	World Sight Day	See Link
10/10/25	Burson Bingo Night (Burson)	See Details
10/11/25	White Cane Awareness Walk & Celebration (Stockton)	See Details
10/15/25	International White Cane Day	See Link
10/17/25	Golf Tournament (Denair)	See Details
10/19/25	Vehicle Safety Day (Valley Springs)	See Details
10/21/25	California Lions Toastmasters	See Details
10/25/25	Dining In the Dark (Patterson)	See Details
10/25/25	23 rd Annual Crab Feed (Modesto)	See Details
10/26/25	Halloween Celebration (Bass Lake)	See Details
10/31/25	Children's Halloween Parade (Jackson)	See Details
11/02/25	Pancake Breakfast (Denair)	See Details

SAVE THE DATE

11/12/25	Quilt Raffle (Bass Lake)	See Details
11/14/25	Bingo Night (Burson)	Stay Tuned
11/15/25	Autumn Fest Fundraiser (Chowchilla)	See Details
11/22/25	7 th Annual Holiday Craft Fair (Lathrop)	See Details
12/06/25	Holiday Bazaar (West Point)	Stay Tuned
12/12/25	Bingo Night (Burson)	Stay Tuned



Find A Club Near You

Lions International has a Find A Club search function. To access it, use the following link: [Find A Club](#) in Lions International or Find a Club in this area [HERE](#).

Let's
CONNECT



District Website
<https://lions4-a1.org>



Lions Clubs Intl
<https://lionsclubs.org>



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