



VOLUME 1, ISSUE 2

December 2025

As 2025 ends, we want to take a moment to spotlight Lions' tireless efforts in Diabetes and Hunger/Food Insecurity. We would like to thank our many community partners, such as yourself, for coming alongside us and making our efforts so much more impactful. Everyone plays a valuable role in Lionism.

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Diabetes Affects 34+ Million People In the United States Alone



Core Cause
Year Round

The Numbers Aren't So Sweet

If you just started to get an appreciation for the havoc Diabetes is causing around the United States, and by extension, in the world, the picture is anything but sweet. A quick internet search brings the scope of the issue to the forefront. According to the CDC:

- Approx 38+ million people in the US (or 11%+) are impacted by Diabetes.
- Approx 15% of all US adults are diagnosed with Diabetes.
- The older you are, the more likely you are to develop Diabetes.
- Approx 30% of all seniors have Diabetes.

Note: Depending on the source you reference, the numbers can vary, but the overall scope and impact of the issue doesn't change.

The Scope of Diabetes is Expanding In Some Circles

For decades, there were two types of Diabetes: Type 1 and Type 2. Type 1 Diabetes is an autoimmune disease, formally referred to as Juvenile Diabetes, is an autoimmune disease that occurs when the body's immune system destroys pancreatic cells. Type 2 Diabetes, on the other hand, is considered a lifestyle disease. Type 2 Diabetes is a chronic condition where the body does not use insulin properly, leading to high blood sugar levels. It is often associated with obesity, a sedentary lifestyle, and can be managed through lifestyle changes and medication.

According to the Mayo Clinic, there is no cure for Diabetes Type 1, just disease management. Mayo Clinic states "Different factors, such as genetics and some viruses, may cause Type 1 Diabetes. Although Type 1 Diabetes usually appears during childhood or adolescence, it can develop in adults." ([Source](#))

Type 2, on the other hand, can exist in adults with no symptoms. Mayo Clinic explains "There's no cure for Type 2 Diabetes. Losing weight, eating well, and consistent exercising can help manage the condition. If diet and exercise aren't enough to manage blood sugar, diabetic medicines or insulin therapy may help." ([Source](#))

Type 3 Diabetes is a term used by some researchers to describe the theory that insulin resistance and insulin-like growth factor dysfunction in the brain may cause Alzheimer's

Disease. It has not been recognized as an official disease, but as a proposed name, after more research is conducted.

The Diabetes / Blindness Connection

Blindness can be associated with both Diabetes 1 and 2, primarily because high blood sugar could damage the blood vessels that feed the eyes and lead to a variety of problems. High blood sugar can lead to problems like blurry vision, cataracts, glaucoma, and retinopathy. In fact, Diabetes is the primary cause of blindness in adults ages 20 to 74.

If you have Diabetes, you're also more likely to get a rare condition called Neovascular Glaucoma. This makes new blood vessels grow on the iris, the colored part of your eye. They block the normal flow of fluids and raise eye pressure. (This is a serious condition and requires immediate medical attention.)

Diabetic Retinopathy is another big concern commonly associated with Diabetes. For those who need a refresher, your retina is a group of cells on the back of your eye that take in light. They turn it into images that the optic nerve sends to your brain. High blood sugar levels can damage the small blood vessels that feed the retina. Left unchecked and untreated, this could lead you to go blind. If you keep your blood sugar under control, you are less likely to develop it. Control your blood sugar, blood pressure, and cholesterol to slow or prevent the disease. Follow your medical provider's recommendations for minimizing your risk.

Professionals can advise you as to the appropriate frequency of eye exams and other proactive health care best for you. Just because your vision isn't affected now (i.e. needing new glasses) doesn't mean there is nothing "brewing in the back" that doesn't need to be watched or managed.

The Perfect Storm

Diabetes numbers continue to explode, but the real question is why. Are we just getting better at diagnosing it? Can it all be blamed on our lifestyles? Diabetes, especially Type 2, isn't growing by accident — it's a product of the world we've built.

Understanding the "why" isn't about blame; it's about awareness, empowerment, and taking gentle steps toward healthier communities. The rise in Diabetes isn't an individual failure — it's a signal that our systems need attention. The good news? Awareness is the first step toward change. Every walk, every nutritious meal, every moment of stress reduction helps. And when communities start to prioritize access to healthy food and supportive environments, health follows. Here are ten key drivers behind rising Diabetes rates in the United States and beyond:

1. Modern Food is Designed to Be Irresistible

Highly processed foods packed with sugar, refined carbohydrates, and artificial additives are everywhere. They're convenient and inexpensive... but they overpower our natural appetite systems, making it easy to overconsume without realizing it. Approximately 90% of added sugars in the US diet come from ultra-processed foods. (PMC)

Ultra-processed foods have little to no whole food in it. Rather, they are made up mostly or entirely out of substances extracted from foods (like oils, sugars, starches), derived from food constituents (like protein isolates) or created in laboratories.

2. We Sit More Than Ever Before

Physical activity keeps insulin working properly in our bodies. Today, most of us spend hours sitting — in cars, at desks, and in front of screens. Even short breaks of movement can make a difference, but the default lifestyle today is sedentary. The studies point to what many know intuitively:

A study in 2019 found that US adults averaged 9.5 hours a day in sedentary behavior. (PubMed). This time grew nearly 50% from a 10-year-study started in 2007 that people engaged in sedentary behavior approximately 6 hours a day. (PMC). A study of U.S. occupational data shows a dramatic shift: from 1960 to 2008, the share of jobs involving moderate-intensity physical activity fell from roughly 48% to 20%, while sedentary or light-intensity jobs increased substantially. (PLOS).

3. Genetics + Environment = Risk

Some groups are naturally more at risk, but genetics alone don't explain the surge. Our genes have not changed in the past 30 years — our environment has. Diet, stress, sleep, and access to healthy food have much greater influence than biology alone.

4. Stress Raises Blood Sugar

Chronic stress triggers cortisol, a hormone that increases blood glucose. Combine that with poor sleep — another modern epidemic — and even a healthy body can temporarily behave like it's pre-diabetic.

5. Not All Communities Have the Same Opportunities

Food deserts, limited transportation, and unsafe neighborhoods affect daily choices. When fast food is plentiful and fresh produce is scarce (or expensive), Diabetes risk climbs. Zip codes shape health more than many realize.

6. We're Living Longer

As people age, their risk of developing Diabetes increases. Longer life expectancy is a blessing — but it naturally leads to more cases of Type 2 Diabetes over time.

7. Improved Testing Means More Diagnoses

Today, more people get routine blood work, which means more Diabetes is caught early. Part of the rising numbers reflects better detection, not just new disease.

8. Obesity Is Increasing — But It's Complex

Obesity and Diabetes are linked, but this is not about willpower. It's about food policy, marketing, stress, economics, and culture. Systems matter more than individual choice, especially when the cheapest foods are often the least nutritious.

9. Gut Health Plays a Role

New research highlights the importance of the microbiome — the network of “good bacteria” in our digestive system. Highly processed foods reduce diversity in those bacteria, affecting inflammation, metabolism, and insulin resistance.

10. Society Makes the Less-Healthy Choice the Easy Choice

Look around: drive-thru meals, sugary coffee drinks, late nights, long work hours, and screens everywhere. Our world is set up to favor convenience over nourishment. When healthy choices require extra money, time, travel, or planning, blood sugar pays the price.

Public Health Historians point to a troubling trend. When our country was being founded people ate approximately 4 lbs of sugar a year. Researchers assert that consumption had risen to approx 20 lbs per person annually by 1850. By the end of the 1800's, consumption ballooned to 30-47 lbs per person per year. Today, the number has risen to 60 lbs pp/yr. In 200 years, we've gone from 4 lbs to 60 lbs pp/yr. That is a 12x growth. Not sweet news at all!

For More Information

Check out the [Lions' Diabetes Page](#).

**Tackling Food Insecurity
At Home and Abroad**



Service Week
Jan 03-11, 2025

by Diana Ringer

When you think of the holidays, what do you think of? Well, if I am to be completely transparent, firstly I think about the reason for the season – the religious significance of this time of year for Christians around the world. Running a close second, I celebrate it as a time and opportunity to reflect and give thanks for all the blessings in my life, looking forward with hope and inspiration to the coming year, and embracing the present. And oh yeah, the presents! Religious or not, billions of families all over the world celebrate Christmas with family, friends, and food. Whether you view it as a religious holiday, or just a fun secular one, it is indeed a most wonderful time of the year.

In every culture, food is central to celebration. But for the food insecure, this can be a very tricky time – even devastating. According to the US Department of Agriculture (2023), roughly 18 million households experienced food insecurity at some time of the year. Feeding America put the number at approximately 47 million people balancing food insecurity, about 14 million of those were children. To put that in context, food insecurity in the United States in the last 20 years or so has averaged around 14%, making steady progress in the early 2000s where it dipped to low of about 10%. Unfortunately, it only took about two years (2019-2021) to reverse the progress. By 2023, insecurity rates returned to its previous 14% high. These numbers can feel overwhelming, but they illustrate just how sensitive American families can be impacted by fluctuating economic pressures, inflation, and policy changes.

That's the big picture, and the numbers can feel big and scary. The good news is that Lions Clubs have over 100 years of experience tackling big, challenging issues and breaking them down into bite-size acts of service that serve individuals.

In other words, “We Serve.” Regardless of the challenge, Lions, their Community Partners, and Community members at large can all come together and make a difference.

Practical Suggestions for Starting

Educate yourself on the issue. Ignorance isn’t bliss, it’s fatal. The more you know, the more you will grow your natural curiosity and critical thinking around the issue. Take 15-20 minutes a day to educate yourself. That could take any number of forms, Watch what is being done in the political arena. Watch the local news for related stories. Listen to a podcast. Listen to someone who is actually going through it now (or did so in the past). Reflect on your own personal history with food insecurity.

Once you have a sense for the main forces in play in the big picture, drill down to the state and community level, and understand the specific factors in play for your neighbors and fellow citizens. Sometimes it’s the middle class that struggles just as much, but it’s not so “in your face” because you have to be behind closed doors to see it.

Resources for educating yourself, includes visiting the Lions’ webpage on their Eliminate [Hunger](#) Cause, USDA, Feeding America, US Hunger, and Food Lifeline. For ideas about regional nonprofits, check out [Out of the Garden Project](#) and [Operation Food Search](#). For ideas about hunger projects our district has taken on, check out [our newsletters](#).

If podcasts are your preferred education channel, some solid starting points include:

- Elevating Voices, Ending Hunger (Apple Podcasts)
- Add Passion and Stir (Share our Strength)
- The Food Dignity Podcast (Clancy Harrison)
- All Bodies, All Foods (The Renfrew Center)
- Hunger and Food Insecurity ... In America (PediaCast)
- Household Food Insecurity (The Curbsiders)

Make a personal plan. Reflect on ways you can subtly be adding to the issue. Have you ever heard of the phrase “cash in the trash”? It may seem small and unrelated, but everything we do personally has an impact (positively or negatively) on the bigger picture. For reference, according to Earth.org, on a per person basis, the average American wastes about 220 pounds of food each year. That’s a lot of cash in the trash! Do you fall above or below the line? When you scale that up, in the US alone, that means that approximately 30-40% of the US food supply (or 133 billion pounds) is wasted each year (USDA). What do you think is an acceptable amount of food to waste each year?

Make cash donations to Food Banks and Church Food Ministries. I used to think I was doing well when I would buy a \$100 bag of groceries and then drop it off to a feeding program. And while well-intentioned, and getting some really funny looks from staff, I didn’t really understand the greater impact I could have. Cash donations can go much further because they have access to food stores that are available to them at *a small fraction* of my retail groceries. As with any cash donation, do your homework and only give to registered and reputable charities like large organizations such as LCIF Foundation, Salvation Army, Feeding America, and even local organizations like Modesto Gospel Mission. (Check your hometown for equivalent local feeding programs.)

Perform Small Acts of Kindness. If you have ever pulled up to a fast food restaurant (and haven’t we all), from time-to-time we will see a citizen kindly requesting a donation. I’ve seen men, women (sometimes with children and dogs in tow) asking for money for food. That’s a stark picture of immediate-need food insecurity. Let your conscience be your guide as to how legitimate the need is, but if you are so moved to help, use wisdom. Community advocates of all stripes recommend you DO NOT give them cash, but take them at their word, and buy a meal for them.

Don’t forget the Little Ones. Be sensitive to the fact that ‘food insecurity’ can happen in “pockets”. While adults may be able to leverage a number of food services for themselves, those services don’t necessarily extend to very small children and animals.

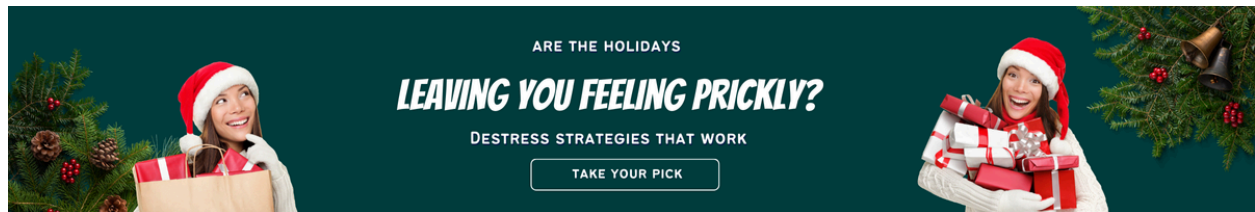
Our Lions Club has had several food drives in the past that focused on buying baby formula, baby wipes, and pet food. Be creative while committed to doing what you can to serve your neighbors through this difficult issue. That's what you call being a part of the solution.

Serve where you're grounded. Businesses, non-profits, and other community partners can get creative with how they serve. Have you ever heard of a non-profit hosting a free community event for the "price" of donating five cans of unperishable food? That's one idea. I heard of one organization that served seniors, where the repairmen offered to pick up their food donations during their service call, so the donor didn't have to worry how to get the food to its intended destination. Now that's creative! If you are committed to serving, and being a part of the solution, you can always find a way! Thinking caps ... ON!

Partner with a Lions Club. Reach out to your local Lions Club and ask them, "How are **we** going to address food insecurity in our community in 2026?" Food insecurity isn't a 30-day issue, it's a 365-day reality for those facing it. Kicking the year off in January with a Service Week focusing on Hunger (Food Insecurity) is great, but how can we serve the other 51 weeks of the year? People eat (or don't eat) every day. If you can't pull together a service, fundraiser, or drive in January, focus on when you can.

For More Information

Check out the [Lions' Hunger Page](#).

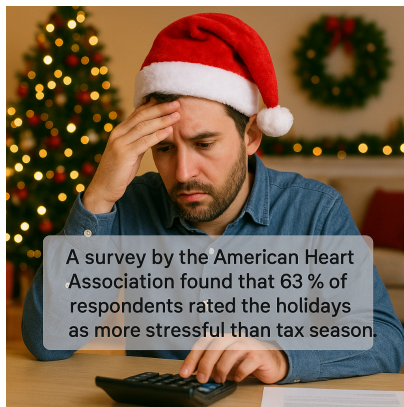


Are the Holidays Leaving You Feeling Prickly? Destress Strategies That Work

The holiday season sparkles with joy, tradition, and connection—but it can also arrive wrapped in pressure, packed with expectations, and sprinkled with a surprising amount of stress. Between travel plans, gift lists, family dynamics, and calendars fuller than a stocking on Christmas morning, it's easy to feel more overwhelmed than wonder-filled. The good news? A calmer, more nourishing holiday is absolutely within reach. With a handful of simple, soul-soothing strategies, you can move through the season with more presence, more peace, and even a little extra magic.

The 8 Priceless Gifts You Can Give Yourself This Holiday Season

Give yourself the gift of knowing that the stress you feel isn't all in your head. Stress is real, and it can express itself in physical, emotional, and financial challenges that can take potentially weeks to recover from. According to a Sleepopolis.com survey, 4 out of 5 people find the holidays stressful. The stress comes from a myriad of places, including financial strain, disrupted personal routines, family and friends drama, and loss of sleep just to name a few. But as real as it is, there are REAL things you can do to mitigate it. Let's dive into that.



Give yourself the gift of knowing when to say “No.” How do you avoid overpacking your calendar with obligations that don't resonate with you authentically? Realize that not all invitations are equal and be OK with saying no to events that you don't want to attend. Know what feeds you, and don't be afraid to ask for it. For instance, while I generally appreciate any party invitation, my personal love language is quality time. So, instead of getting a generic invitation to a large event, where I am unlikely to speak to the host, I thank them for the invitation but let them know it's not likely to fit into my calendar. Then

I invite them to a 30-minute 1-on-1 coffee to have “a proper catch-up” or schedule a 15 minute call when we have time to be fully present with each other.

Give yourself the gift of embracing imperfections. So much of the pressure we feel around the holidays are self-induced. The house needs to look perfect (including the back room nobody is going to see), every dish needs to be Instagram-ready, and the decorations need to be on point. The kids have to have the newest, greatest and ‘specially marked up for the holidays’ gift or you’re a bad parent and they’ll “just die” if they don’t get it. You have to buy that expensive bobble for so-and-so or they’ll think you’re a financial failure. Do something genuinely radical this year: Imperfect can be unforgettable.

Give yourself the gift of calling in your tribe. Learning to delegate tasks and letting other people step up and fill in some of the demands can be refreshing. Let someone else wrap gifts, set the dining table, entertain the kids, bring a side dish, pick the after dinner video, etc. Every task on your To Do list, is another opportunity for family and friends to contribute and add their own personal touches to the holidays. You don’t have to do it all; delegate and let others contribute. That’s a true gift!

Give yourself the gift of good self-care. Just because there are 24 hours in a day, doesn’t mean you schedule them all. Schedule “down time” into your calendar. Steal away time for 5-minute reboots to calm your nervous system. (Try focusing on your breathing: Close your eyes, inhale deeply for four seconds, hold for two, exhale for six. Repeat five times.) The holidays are synonymous with good food, but between the sugar infusions, try to sneak in some food that is actually good for you. (You don’t have to tell Santa everything!!)

Give yourself the gift of play. Sure, there are times you need to keep your adult hat on, but don’t forget to take it off when you can and just play, have fun, and relax ... Heck, go crazy and laugh every once in a while!

Give yourself the gift of creating micro-moments of peace and joy. Leverage the slivers of time in your schedule where you can carve out those little rituals that bring peace, joy, and love. Light a candle and admire the way it transforms a space. Have a really nice slow cup of tea before the kids get up. Give Santa a big ol’ smooch under the Christmas tree, asking “What gift do you have for a good girl such as thee?” Write or share three things you are grateful for each day. (A great tradition to add to the 12 Days of Christmas.) Tiny rituals can anchor the mind and let the heart soar.

Give yourself the gift of planning ahead. Lower the financial stress of the holidays by planning ahead. Sometime in January, look back at how much you spent on holidays in the last couple years. Get a rough estimate and divide it by 10. Make a goal to save

that amount of money each month. This gives you a two-month buffer for extras and upgrades.



Collaboration *Opportunities*

The holiday season is a beautiful invitation for organizations to step out beyond their walls and shine generosity into the community around them. Here are six meaningful ways to give back this holiday, or year-round. Connect with your Lions Club for trusted community partners they work with.

Host a Gift or Necessity Drive

Collect toys, winter clothing, hygiene kits, or pantry-stable food for local shelters, youth programs, or families in need.

Sponsor a Nonprofit's Critical Need

Instead of guessing what's helpful, ask organizations what they actually need — from hot meals to mattresses, laptops to laundry detergent. Meeting a real need creates real change.

Offer Employee Volunteer Time

Give staff a paid day or half-day to serve at a partner nonprofit. Sorting donations, packing meals, reading to children, serving seniors — generosity is contagious, especially when it starts from within.

Match Employee Donations

Dollar-matching programs can double the impact, boost participation, and turn personal giving into a shared mission. A simple structure — donate \$1, the company matches \$1 — amplifies community love.

“Adopt” a Family, Senior, or Classroom

Work with charities to fulfill wish-lists for families, foster children, or the isolated elderly. Personalized giving transforms recipients from numbers into neighbors — seen, valued, celebrated.

Share Skills, Not Just Stuff

Organizations can donate professional expertise — marketing, bookkeeping, tech support, HR consulting, graphic design — services nonprofits often struggle to afford but deeply need to grow.

Proud Moments

Lions are ending the year off right!

The numbers are in and they tell a truly inspirational story!

In 2024–2025 alone, Lions carried out nearly **1.5 million service projects**—proving that wherever there is a need, a Lion is ready to serve.

Between July 1, 2024, and June 30, 2025, the dedication of more than **1.4 million Lions** and Leos made it possible to **serve nearly 318 million people worldwide**. During this period, Lions Clubs International Foundation (LCIF)—the charitable arm of Lions Clubs International—**awarded more than \$44.4 million in grants**, bolstering Lions' humanitarian efforts and helping to meet critical needs both locally and globally.

[Read the Rest of the Story](#)

Lions In Nepal Take Action against Diabetes



In Biratnagar, Nepal, the prevalence of undiagnosed diabetes has been steadily increasing. Leos in District 325C were inspired to take action. Recognizing that many people were unable to seek early treatment, the Leos launched the Diabetes Mass Screening Service Project, a wide-reaching health campaign designed to promote awareness, early detection, and prevention.

Supported by local Lions and a US\$5,000 Leo Service Grant from Lions Clubs International Foundation (LCIF), the initiative became one of the district's most impactful health projects to date. Over the course of six days, the project reached 19 locations across the district, bringing free diabetes screenings and health education directly to the community. LCIF funds were used to purchase 30 glucometer machines and 20,000 glucose testing kits. After the campaign, the glucometers were donated to the partner hospital, ensuring the community will continue to benefit from them. [Read the Rest of the Story.](#)

Building a Zero-Hunger World: LCIF and World Food Program USA Partner to Provide School Meals



For millions of children around the world, a school meal is life changing inside the classroom and beyond. Going to school on an empty stomach decreases concentration and stifles academic performance, making it harder to prepare for a strong future.

Recognizing that nutritious meals make an incredible difference for long-term student success, Lions Clubs International Foundation (LCIF) and World Food Program USA started a US\$4 million partnership to address food insecurity. Each organization is contributing US\$2 million in support of the United Nations World Food Programme's (WFP) homegrown school meals program in Ecuador, Nepal, Sri Lanka and Uganda, reaching approximately 880,000 children in over 7,000 schools.

Even though hunger is a universal crisis, this partnership strives to find community-driven solutions to uplift and empower those who are directly impacted by food insecurity. [Read the rest of the Story.](#)

Offering Hope Through Daily Meals: Transport Vans in Budapest



In Budapest, Hungary, a long-established community kitchen is making an impact by providing nourishing, daily meals. As the need for food assistance continues to grow, especially since the arrival of Ukrainian refugees, the Dankó Street Communal Kitchen is a vital resource for children, families and elderly citizens.

Founded in the early 1990s, Dankó Street Communal Kitchen provides consistent meals to Budapest residents in need. They provide a hot meal for daycare children, along with breakfast, lunch and dinner for hospitalized people. In addition, the kitchen provides meals for the children of the Dankó Street kindergarten and the students of Susanna Wesley Foundation (WJLF) in Budapest, where most students are from disadvantaged backgrounds with little access to food.

The kitchen was renting a nine-person bus to deliver meals and purchase supplies daily. However, since the kitchen started distributing meals for Ukrainian refugees, one bus was no longer sufficient to serve the kitchen's needs. This caused meals to arrive late, so staff and volunteers started using their personal vehicles to help.

To address this issue, the District 119 Lions used a US\$57,734 Hunger Grant, along with donations from club members, to purchase transport vans for the Dankó Street Communal Kitchen to transport people and food, to the Susanna Wesley Foundation.

The three vans will help serve 500 people in need each day. These vehicles will allow the kitchen to deliver food to the organization's nurseries, schools, elderly care homes and wherever people need it most. [Read the Rest of the Story](#)

Lions In West Africa Tackle Childhood Cancer Boom



Cancer rates are steadily increasing in Burkina Faso. Since 2012, the West African country's Ministry of Health has reported over 5,000 new cancer cases each year. Yet the country's healthcare system remains ill-equipped to meet demand, leaving many patients without the care they urgently need.

Only two hospitals in the entire country treat children with cancer ... both located in the capital city of Ouagadougou. The hospitals are poorly equipped and overcrowded with inadequate pediatric oncology facilities *though the cost of treatment made it prohibitively expensive for many parents*.

As a result, hospitals are forced to turn away about 25% of children in need of care. The situation is further compounded by a shortage of trained medical personnel and pediatric oncology specialists, leading to delayed diagnoses and less effective treatment outcomes.

Lions in District 403-A3 could not ignore the issue. They used a US\$70,000 Matching Grant from Lions Clubs International Foundation (LCIF) to construct an extension of 3,500 square feet (325 square meters) to Yalgado Ouédraogo.

This project is expected to allow 200,000 patients aged 15 and under to be treated over the next 20 years. An additional 400,000 family members and caregivers will benefit from the facility. [Read the Rest of the Story](#)

Did You Know???



Lions Clubs President AP Singh
2025-2026

“
You give but little when
you give of your
possessions. It is when
you give of yourself that
you truly give.
”

Who is President AP Singh?

Lions International proudly announces the election of **A.P. Singh** of Kolkata, India, as its International President for the 2025-2026 fiscal year. A longstanding and visionary leader in the Lions community, Singh brings more than four decades of service, innovation, and global perspective to the world's largest humanitarian service organization.

Singh has been a Lion since 1984 and is a member of the [Calcutta Vikas Lions Club](#). He has held numerous leadership roles within the organization, including district governor and council chairperson, and has also served as multi-national coordinator for Campaign [SightFirst](#) II as well as a chairperson of the National SightFirst Committee of India, a program that empowers Lions, healthcare providers, and partners worldwide to combat preventable blindness and assist those with vision impairments.

Source: LI Press Release ([Read Full Press Release Here](#))



On the Calendar

Save the Date

UPCOMING PUBLIC EVENTS

December 2025

| | | | |
|-------------|---|-----------|-------------------------|
| 12/03-12/05 | Pete Arellano Memorial Girls Basketball | Escalon | |
| 12/03-12/04 | Christmas to Remember | Moke Hill | Details |
| 12/05 | Madera Christmas Light Parade | Madera | Details |
| 12/06 | Free Hot Chocolate at Main (3PM-8PM) | Escalon | Details |
| 12/06 | Pancake Breakfast Fundraiser | Sonora | Details |
| 12/06 | Holiday Bazaar | W Point | |
| 12/11 | Ripon Christmas Light Parade | Ripon | |
| 12/11 | West High School Concessions | Tracy | |
| 12/12 | Burson Bingo Night (2 nd Tuesdays) | Burson | Details |
| 12/13 | 27 th Annual Crab Dinner | Tracy | Details |
| 12/13 | Wreaths Across America | Linden | |
| 12/15 | Children's Christmas Shopping Tour | Oakdale | Details |
| 12/19 | Red Shield Senior Luncheon | Modesto | |

SAVE THE DATE

| | | | |
|-------|---|--------------|-------------------------|
| 01/09 | Burson Bingo Night | Burson | Details |
| 01/10 | Lions Club Carnitas Dinner | Le Grand | Details |
| 01/31 | Al Pena Enchilada Dinner | Moke Hill | Details |
| 02/07 | 51 st Annual Crab Feed | Mariposa | Details |
| 02/07 | Tasteful Meet & Greet | Pine Grove | Details |
| 02/13 | Burson Bingo Night (2 nd Tuesdays) | Burson | Details |
| 02/28 | Health & Vision Fair | Moke Hill | Stay Tuned |
| 03/13 | Burson Bingo Night (2 nd Tuesdays) | Burson | Details |
| 03/14 | Corn Beef & Cabbage Dinner | Escalon | Stay Tuned |
| 03/15 | Corn Beef & Cabbage Dinner | Tank Town | Details |
| 03/20 | Blood Drive | Sutter Creek | Stay Tuned |
| 05/16 | Antique / Wooden Boat Show | Bass Lake | Details |
| 06/20 | Lions All Star Football Game | Tracy | 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](#).

Let's
CONNECT



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



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



District Email Box
4a1lions@gmail.com



Lion Gail Cates, Editor
newsletter@lions4-1.org



@4a1lionsclub



@4a1lions



@4a1lions