



VOLUME 1, ISSUE 5

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As a new month begins, we want to spotlight Lion's commitment to the youth. Lions have a variety of programs for and with the Youth. We would like 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 valuable role in Lionism.

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## **Cubs, Leos and Lions Bringing the Generations Together**

*You are never too young or too old to serve others.*

**These young people's leadership,  
service, and  
commitment to themselves and those  
around them inspire Lions and  
volunteers everywhere to  
continue building unity and hope**

*Lions International President  
AP Singh*

### **What started as a simple, inspired thought has become a worldwide movement.**

The LEO program was started by Lions Jim Graver and William Ernst, in Abington PA, in 1957. Jim was a baseball coach for the local high school and chartered the club with the 26 members of his baseball team. LEO stands for Leadership, Experience, and Opportunity.

Jim's motivation was as practical as it was inspirational. Several other organizations had strong youth leadership/service clubs, and he wanted to give the youth a "home" as well.

In 1964, the Leo Club Program became a sponsored program of Lions Clubs International (LCI). It quickly grew from a regional success into clubs being founded across the US. In just three short years, it grew to 200 clubs in 18 countries and became an official youth program of LCI. By the end of 1968, there were 918 clubs in 48 countries. Today, there are 7,700 LEO clubs worldwide (across 150+ countries and territories).

### **Who are LEOs and what do they do?**

Today, LEO is a broad category of youth/young adult programs with participants between the ages of 12 and 30. LEOs are segmented into two age groups: Alpha Leo Clubs are for young people between the ages of 12 and 18 and are designed around the individual and social development. Omega Leos are between the ages of 18 and 30, and are more focused on personal and professional development.

Note: Lions take the distinction between Alpha and Omega Leos very seriously. Clubs may be one or another, but cannot be "mixed". There is a high school/community track or a college/young professional track.

### **Independent but Mentored**

Every LEO club is sponsored by an official Lions club. This sponsor is responsible for the LEO club's organization, supervision, and guidance. In addition to a sponsor, a LEO club is assigned a Lion advisor, who serves as the primary link between the two clubs. Their job is to make sure the club is functioning well within the school system and within Lions.

### **District 4-A1 Leo-Lion Club**

The district has two such clubs, the Merced Healthy Leo Lion Club and the Stockton Healthy Leo Lions Club. The Merced club meets in Atwater. The Merced club recently ran a project in which they sent "care packages" to college students studying during finals. These kits were filled with things hungry college students appreciate while studying for finals. It even included a handout on mental wellness and coping strategies during high-stress times. It was a great project, and everyone who received one really appreciated it.

## Be-Cause It Matters – Lions Youth Programs At-A-Glance



# Lions Youth Programs

*From Cubs to Leos — and Beyond*

**Service. Leadership. Opportunity. Support.**

Lions empower young people to grow as volunteers, leaders, artists, travelers, and city and community changemakers.

### Join the Pride



#### Cub Program (Ages 12 & under)

Fun service activities for kids.



#### Leo Clubs (Ages 12–30)

Youth-led service & leadership.  
(Alpha: 12–18 • Omega: 18–30)



#### Leo-Lion Program

Leos becoming Lions.

### Lead & Be Recognized



#### Young Leaders in Service Award (Ages 12–18)

Outstanding youth service.



#### Peace Poster Contest (Ages 11–13)

Art for global peace.



#### Peace Essay Contest (Ages 11–13)

Essays by visually impaired youth.



#### Lions Quest

Life skills education.

### Big Experiences



#### Youth Camps & Exchange

Cultural & travel programs.



#### Diabetes Camps

Support for diabetic kids.

*“Every Lion was once a young person who chose to serve.”*

### Support for Kids & Families



#### Childhood Cancer Support (LCIF)

Helping children & families in need.

### Community Traditions



#### Lions All-Star Football

Showcasing student athletes.



#### Leo Grants

Funding youth projects.

**Want to get involved or sponsor a youth program?**

Ask your local Lions club about:

**Cubs • Leos • Lions Quest • Peace Contests • Youth Exchange • Camps • All-Star Football**

# Easy Wins Add Up to Big Changes

## DIABETES

### EASY WINS



#### WALKING AFTER MEALS

Helps Muscles Absorb Blood Sugar



#### STAYING HYDRATED

Mild Dehydration can raise Sugar Levels



#### PROTEIN RICH MEALS

Slows Digestion and Reduces Sugar Swings

## ENVIRONMENT

### EASY WINS



#### REFILLABLE BOTTLES

Reduces Landfill Use



#### PICK UP TRASH WHEN YOU SEE IT

Even just picking up 5 pieces a day can be a game changer



#### MEAT-FREE MEALS

Can be delicious while reducing carbon footprint

## HUNGER

### EASY WINS



#### WASTE LESS, FEED MORE

Up to 1/3 of food we buy goes uneaten



#### SHARE A MEAL

Share a meal with someone



#### SUPPORT FOOD BANKS

They can buy food at a fraction of the cost

## DISASTER RELIEF

### EASY WINS



#### HAVE A "GO" BAG

Include you might need for 2-3 days



#### CHARGE YOUR PHONES

Have a way to charge them on stand-by



#### TALK ABOUT A PLAN

Having a plan helps everyone stay calm and prepared

## Hearing Action Plan: At-A-Glance

### HELP YOURSELF



**Make regular hearing exams  
non-negotiable**



**Give your ears regular  
breaks (Silence Breaks)**



**Treat Ear Infections  
Promptly**

### HELP OTHERS



**Provide ear protection  
when needed**



**Teach Kids about safe  
hearing practices**



**Support Hearing  
Screenings**

### HELP LIONS



**Hearing Screenings in  
Community**



**Collect Gently Used  
Hearing Aids**



**Partner with Schools  
and Senior Centers**



# Collaboration Opportunities

Together, we can all do something to help and solve the challenges we face as a worldwide community. Connect with your local Lions Club and collaborate with other trusted community partners. *Nobody can do everything, but together we can all do something.*

## Support Local Service Carnivals

Local community members and business partners are invited to participate in Lions Service Carnivals—high-energy, family-friendly events that bring service organizations, nonprofits, and local businesses together for a day of impact and connection. Community partners can host activity booths, provide in-kind services, sponsor experiences, and/or offer demonstrations that showcase their mission. Participation builds brand visibility, strengthens community relationships, and positions businesses as trusted local leaders who care about more than profits. Service Carnivals offer a unique opportunity to engage directly with families, support meaningful causes, and be part of a collaborative effort that creates lasting goodwill and measurable community benefit.

## Support Local Lions Fundraisers

Several Lions Clubs routinely host tasty fundraisers, including full pancake breakfasts, crab feeds, spaghetti dinners, and more. Lions know how to cook!! One simple way you can support them is to attend their events. Not only will you get a great meal, but your purchase will also help fund charitable efforts in your community. It's a simple and delicious way to support Lions. *And skip out of doing the dishes!* Can't make it, but still want to support? Many clubs have event sponsorships you might consider.

## Employee Donation Drives

Donation Drives might be a great fit for you, too. Local businesses serve as convenient collection points for items such as used eyeglasses, hearing aids, pull tabs, plastic, and used batteries. Businesses can host a donation box in their lobby, promote the drive to employees and customers, and/or sponsor a themed collection week. Participation demonstrates corporate social responsibility, increases positive brand visibility, and creates an easy, meaningful way for customers to give back. Donation drives also strengthen community partnerships, reduce environmental waste, and turn everyday foot traffic into measurable local impact.

## Proud Moments

Lions continue to serve year in and year out!

### Leos Create Meaningful Change Through Service

The United Nations has designated 2026 as the International Volunteer Year (IVY 2026), and Leos are wasting no time in stepping up as change agents and community leaders worldwide. There is a renewed global call to recognize and promote service-minded people of all ages. Through the LEO program, more than 200,000 Leos in over 150 countries are taking action to create positive change in their communities, from protecting the environment to addressing hunger, health, and educational challenges. Younger people are not waiting for adulthood to make a difference – they are stepping up now. [Read More](#)

### Lions Sponsor a 24 Hr Emergency Clinic in Ecuador



Watch the video on [YouTube](#)

## **Leos Help Feed Those Living with HIV/AIDS in Texas**

The Coppell High School Leo Club in Texas was looking for a community project, and boy did they find one! They partnered with AIDS Service of Dallas to provide meals to 65 residents of Hillcrest House, a residential facility for individuals and families living with HIV/AIDS. Kindness and conversation over a warm, home-cooked meal can go a long way. With support from an LCIF Leo Service Grant, the LEOs planned and delivered five meals over five months. [Read More](#).

## **Lions Quest Students Partner with Leos to Protect the Environment (India)**

Leos navigate around sensitive religious and cultural issues in Bangalore, India. For Hindu believers, Ganesha is the Elephant God, the remover of obstacles, the patron saint of arts and sciences, and the deva of intellect and wisdom. No Hindu event starts without invoking Ganesha. Sounds lovely, right? So what's the issue?

*"Every year during August or September, the birth of Ganesha is celebrated with the Hindu Festival, Ganesh Chaturthi. During this time, participants worship Ganesha idols for 10 days and then immerse them in the sea or other pools of water. Many of the ingredients to create the Ganesha idols are pollutants, and when millions of these idols are immersed in local seawater, lakes, ponds, and wells, the water becomes polluted with toxins and kills marine life, year after year, causing great damage to the underwater ecosystem. ([Lions Magazine](#))*

To change the practice, school-aged children are learning to create environmentally friendly clay idols as part of Lions Quest's service project led by Leos. Lions Quest is an LCIF (Lions Clubs International Foundation) social and emotional learning curriculum for pre-K through high school students. Every year, a month before the celebrations, Leos teach students how to make idols that won't harm the ecosystems around them.

## Did You Know???



Lions Clubs International President  
Barry J. Palmer  
2013-2014

Individually, we are a drop. Together we are an ocean.

### Who is Barry J Palmer?

Barry J. Palmer, of Berowra, NSW, Australia, was elected president of Lions Clubs International at the association's 96th International Convention, held in Hamburg, Germany, July 5 through 9, 2013. Past President Palmer was a director of a real estate company.

Mr. Palmer joined the Hornsby Lions Club in 1976 and quickly became involved in club and district leadership, eventually serving as his district's District Governor. Mr. Palmer was the Host Committee Chairperson for the 2010 Lions Clubs International Convention in Sydney, Australia. He is also the recipient of nine International Presidents' Medals and the Ambassador of Goodwill Award, the association's highest honor.



## On the Calendar

### Save the Date

### UPCOMING PUBLIC EVENTS

02/06	Crab Feed (\$80/pp – Call for Info)	Turlock	209.76 5.6830
02/07	51 <sup>st</sup> Annual Crab Feed	Mariposa	<a href="#">Details</a>
02/07	Tasteful Meet & Greet	Pine Grove	<a href="#">Details</a>
02/07	Don Osborne Memorial Run	Oakdale	<a href="#">Details</a>
02/07	Green and Gold Gala	Jackson	<a href="#">Details</a>
02/07	Valentine Vendor Event	West Point	<a href="#">Details</a>
02/07	Crab Feed	Copperopolis	<a href="#">Details</a>
02/07	Oyster & Barrel Roasted Rib Feed	Linden	<a href="#">Details</a>
02/07	Super Crab Bowl	Stockton	<a href="#">Details</a>
02/13	Burson Bingo Night (2 <sup>nd</sup> Tuesdays)	Burson	<a href="#">Details</a>
02/17	Drive Thru Tri-Tip Dinner	Patterson	<a href="#">Details</a>
02/19	Spaghetti Dinner	Ripon	<a href="#">Details</a>
02/21	2 <sup>nd</sup> Amendment Dinner	Waterford	<a href="#">Details</a>
02/21	Crab Feed	Ceres	<a href="#">Details</a>
02/21	Crab Feed	Hilmar	<a href="#">Details</a>
02/21	Crab Feed	Lodi	<a href="#">Details</a>
02/28	Health & Vision Fair (9AM-4PM)	Moke Hill	<a href="#">Details</a>

### SAVE THE DATE

03/13	Burson Bingo Night (2 <sup>nd</sup> Tue)	Burson	<a href="#">Details</a>
03/14	Corn Beef & Cabbage Dinner	Escalon	
03/15	Corn Beef & Cabbage Dinner	Tracy	<a href="#">Details</a>
03/15	Bingo	Lathrop	<a href="#">Details</a>
03/15	Pancake Breakfast	Oakdale	<a href="#">Details</a>
03/20	Blood Drive	Sutter Creek	
03/21	Health Fair	Atwater	<a href="#">Details</a>
03/28	Memorial Cioppino Dinner	Tracy	<a href="#">Details</a>
03/28	Shrimp w/ Tri-Tip Dinner	Linden	<a href="#">Details</a>
04/17	Annual Cioppino Dinner	Sonora	<a href="#">Details</a>
04/25	Cajun Crab Bowl	Hughson	<a href="#">Details</a>



## 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

**Would Like to Know More About Our Clubs?  
Follow Them on Social Media**

		Atwater - Winton
		Bass Lake
		Ceres
		Chowchilla Lioness
		Denair
		Dos Palos
		Escalon
		Hilmar-Irwin-Stevenson
		Hughson
		Jackson
		Lathrop
		Le Grand
		Linden
		Livingston

		Lodi
		Lodi Mexican American
		Madera   Madera Evening
		Mariposa
		Merced Breakfast
		Merced Healthy Leo Lion
		Modesto 500
		Mokelume Hill
		Oakdale
		Patterson
		Ripon
		Sierra (Oakhurst Area)
		Sonora
		Stockton Delta Pacifica
		Stockton Healthy Leo-Lion
		Stockton Host

		Stockton San Joaquin
		Sutter Creek
		Tracy Breakfast
		Tracy Tank Town
		Tri-Dams (Burson/Valley Springs Area)
		Turlock
		Upcountry 88 (Pine Grove Area)
		Westpoint