



Central Valley Times

Central Valley Lioness Lions Club

Vol. 172 Oct., 2022 Lion Max Abe, Editor

P.O. Box 1405, Selma, CA 93662



President

Bev Cho

559-970-4092

Immediate Past President

Meekayla Garcia

559-307-0349

1st Vice President

Heidi Setty

559-284-6378

2nd Vice President

Tim Allen

559-513-9623

3rd Vice President

Madison Neal

559-681-9163

Co-Secretaries

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559-977-8192

Betty Standridge

559-907-0284

Treasurer

Virginia Lees

559-260-4904

Directors

Lucy Herrera

559-307-6799

Pat Neal

559-389-3796

Mary Allen

559-593-1293

Tisha Cardoza

559-269-7997

Tail Twister

Steven Nicacio

559-412-1018

Lion Tamer

Jocelyn Cho

559-289-9721

Membership

Mimi Cho

559-285-3393

Eva McAnulty

559-281-4253



President's Message

Greetings to CVLLC Lions and CV Leos,

Our year is going by fast. Christmas is just around the corner. We will have the Thanksgiving Dinner and Deliver for Seniors on Nov. 23rd at Selma Senior Center. Come and help serve or deliver if you are available. Time shifts TBA so call me (970-4092).

We just finished our 11th Chile Verde Dinner fundraiser. We sold 556 tickets, our record to date! It took 18 Lions, 3 friends, and 158 hours to put this event together! I want to thank all the Lions who helped, donated, sold, and let us borrow their roasters to make this a success. I would like to thank District 4-A2 Lions Clubs who bought our meals – Kerman, Clovis Country, Fresno Host, Visalia Pride, Laton, Selma Charter, Hanford Breakfast, Kings, Parlier, and of course CVLLC! Our meat supplier, Golden California Meats, donated 113 pounds of pork! All of our donations of ingredients, spices, beans, rice, etc., and monetary donations from our members helped make this project a money maker. We will net about \$6,000! Thanks again, everyone!!!

We have a few more weeks for the Blue Star Moms Project. Cho's Kitchen has a collection box for your donations which is listed in the attached page. CVLLC has partnered with Eric White School for the students to donate black and white men's and women's socks. Please support our soldiers near and far.

On Nov. 15, we will have our "Invite a Vet Night." If you know a veteran, invite him/her to join us. Their meals will be paid for by CVLLC. It will be at the Portuguese Hall, 6:00. Please RSVP to me for the dinner number count.

Welcome new members Lions Audrey and Emma Espinoza, former Leos! Their sponsor is Lion Betty A., their aunt. We're so glad to have you back!

Hope all is well with you that I don't see often. Stay safe.

Prez Bev 559-970-4092 chotennis@gmail.com

Quote: Happiness is not something ready-made. It comes from your own actions. -Dalai Lama

CVLLC Board Meetings - 2nd Tues., 6:00, at Lion Bev's, home, 1305 Pine St. **Dinner Meetings** - 4th Tuesday, 6:00, at Selma Portuguese Hall, 1245 Nebraska Ave., Selma, or Prez Bev's home, please call to confirm

District 4-A2 Officials:

District Governor - Lion Falguni Patel 559-270-8307 falgunipat36@gmail.com

1st Vice District Governor - Lion Christy Kroell (559-338-0275)

lionchristy2005@gmail.com

2nd Vice District Governor - Lion Cheri Provancha (559-360-970-3642)

lioncheri@gmail.com

Central Valley Leos Club Officers: President Lovleen Sahota, Vice President Nico Colado, Secretary Chloe Wong, Treasurer Hannah Perez, Directors Kayla Diaz, Emma Porras, Angelica Villegas, Emmanuel Reyes, Leo Tamer Samantha Zarate, Tail Twister Leo Romero

Advisers: Lion Max Abe (977-8192), Lion Bev Cho (970-4092), for students ages 12-18, meet 2nd Monday, 6:00, at Cho's Kitchen, 2030 E. Front St., Selma, please call to confirm, applications available at Cho's

Calendar

November – Diabetes Awareness Month

- 2 Christian Café, Selma Methodist Church, 5:45
- 5 Fresno AIDS Walk, Woodward Park Parkview Shelter, 8:00 registration, 2-mile walk or 5K run, register online
- 8 CVLLC Board Meeting at Prez Bev's home, 1305 Pine St., 6:00, all are welcome
- 12 Parlier Lions Motorcycle Run, see attached flyer
- 12 Selma Charter Lions Tamale sale, see attached flyer
- 14 Leo Meeting, 6:00, Cho's Kitchen
- 15 Last day to drop off items at Cho's Kitchen for **"Remember the Troops"** donation drive
- 15 **"Invite a Vet" Dinner Meeting, 6:00, Portuguese Hall, \$12, opportunity prizes welcome**
- 18 – 19 District 4 A-2 2nd Quarter Meeting, Richgrove,
- 23 **Thanksgiving Dinner and Delivery, Selma Senior Center, Lion & Leo volunteers needed, more later**

Decembe

- 3 Santa's Christmas Parade & Street Faire, Leo fundraiser – pick up trash, 8:00 pm, Lincoln Plaza
- 4 **Blue Star Moms** boxing "care packages," Clovis Veteran's Hall, more later
- 6 CVLLC Board Meeting at Prez Bev's home, 1305 Pine St., 6:00, all are welcome
- 12 Leo Meeting, 6:00, Cho's Kitchen
- 13 **CVLLC Christmas Party, pick a needy family member to gift, more later**
- 17 Selma Cares, Selma High School
- 19 **Needy Family Project** – pack up food boxes and gifts, deliver, more later

October

- 2 Lion May Yang
- 5 Lion Audrey Espinoza
- 5 Lion Emma Espinoza
- 8 Lion Claudia Ayala
- 9 Lion Jason Nicacio
- 11 Lion Kelly Benavidez
- 12 Lion John Banda
- 15 Lion Marie Silva
- 19 Lion Roxanne Trujillo
- 22 Lion Kelli Trujillo
- 26 Lion Pat Neal
- 29 Lion Tisha Cardoza

**Happy
Birthday**

November

- | | |
|-------|-----------------------|
| 11/03 | Lion Eshell Valverde |
| 11/07 | Lion Mona Silva-Moore |
| 11/11 | Lion Dominic Garcia |
| 11/14 | Lion Daisey Lee |
| 11/17 | Lion Mimi Cho |
| 11/25 | Lion Carol Mar |



Board Meeting 10/11/22

*Lions International Goals:

**Vision, Hunger, Environment, Diabetes, Youth,
Childhood Cancer, Disaster Relief, Humanitarian
"We Serve"**

*Blue Star Moms' "Remember the Troops" donation boxes – see list of desired donations, collection box is at Cho's Kitchen, monetary donations welcome, packing will be Dec. 4 in Clovis, more later

*Part of the proceeds from PAK Fight 27 - \$300 donations to Selma Police Department and Selma Fire Department, the rest will be used for scholarships and community

Announcements/Concerns

Bring newspapers, eyeglasses, hearing aids, plastic bags & bottles, ink cartridges, and pull tabs to meetings.

If you know a child or adult who is unable to afford glasses, notify Lion Betty A. (896-7791) or Lion Max (977-8192) for forms. Dr. David King works with our club to provide eye exams and glasses. **Lion members may also qualify.**



Text Newsletter Editor Max (977-8192) if you or a Lion you know needs our prayers, positive thoughts, condolences, or share good news with us. We hope Lion Betty A. heals quickly from foot surgery.

Blue Star Moms "Remember the Troops" Donation

Drive – see list of needed items in the attached flyer, collection box at Cho's Kitchen, deadline Nov. 15 (may be extended), monetary donations welcome, socks for soldiers welcome (men's and women's)



CVLLC's "Invite a Vet" dinner meeting Nov. 15, \$12, veterans meals paid for by CVLLC, 6:00,



Portuguese Hall, RSVP to Lion Bev (970-4092) by Nov. 8, Blue Star Mom Tammie Allison will speak about what we can do to help our military and veterans, please come to honor those who have served and protected us.

Board Meeting Continued

service projects

*Eric White School will help CVLLC collect socks for the military, part of Blue Star Moms project

*\$250 donated to Fresno Aids Walk Nov. 5, Woodward Park, to benefit West Care's "The Living Room" that provides counseling and support to those with AIDS and their families

*Christian Café is Nov. 2, \$180 for 40 meals at Selma Methodist Church

*Chile Verde Dinner fundraiser Oct. 25, 5:00-7:00, \$12, sell/buy tickets, monetary donations to offset expenses welcome, features Nana Catalina's superb family recipes, hoping for 500+ meals sold, proceeds go to scholarships and community service projects, see Prez Bev for tickets

*New Members Night Oct. 26, Caruthers Fairgrounds, will induct former Leos Audrey and Emma Espinoza, sponsored by Aunt Betty Alves, call Lion Bev to go

*Reedley Lions 100th Anniversary Oct. 22, call Bev to go

*CVLLC "Invite a Vet" dinner meeting Nov. 15, invite a veteran and CVLLC will pay for his/her meal, be sure to let Prez Bev know, Tammie Allison of Blue Star Moms will speak about projects

***Please pay your dues which go into a separate account to pay for International, District, Multi-District, and Foundation dues plus club expenses so we are running on empty!!!!**



Lions Tisha and Erika donated & served 37 at Christian Café; Lions Tisha & Erika sponsored a dinner and 24 backpacks filled school supplies, socks, a knit cap, and water bottles to KYJO – Keeping Youth Journeying Onwards, a foster care agency; Lions Tisha & Erika spent 10 hours fixing Portuguese Hall tables & chairs, over \$1200 for these projects!!! They truly have a heart of gold and epitomize the spirit of generosity.



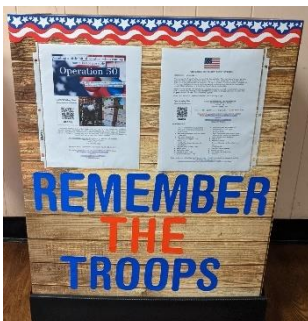
Lion Heidi helped organize Casino Night at Oakmont of Fresno, a senior living & memory care facility, to benefit Alzheimer's Association; Lions Heidi, Max, & Kate attended.

New Members Night – Lions Emma and Audrey Espinoza were inducted; they are pictured with their sponsor, Aunt Lion Betty A. Lions Lucy, Bev, & Virginia went too. Photo from Lion Mary Ann Sayers.



Lion Anthony volunteered to make traditional cempasuchil crepe flowers to adorn Arte Americas' exhibitions of tombstones & altars for Dia de los Muertos; those who celebrate honor those who have passed and believe it allows them to visit those still living; Lion Anthony also helped set up for their annual gala; his name is listed under special volunteers; Lion Anthony also volunteered to help set up the Halloween party for ESYN – Exceptional Sports for Youth with Needs

Thanks for the selfie, PDG Kevin, at Reedley Lions Club's 100th Anniversary; Lions Virginia & Bev represented CVLLC



"Remember the Troops" donation collection box at Cho's Kitchen

Please submit volunteer hours & photos to Editor Max

Chile Verde Dinner Fundraiser – 562 dinners served!!!!



Cooks in la cocina – Lions Bev, Mona, friends Danyella, Maria, & Lion Kelly B. Also Lion Lucy



Nana Catalina's family recipe – Lions Lucy, Meekayla, Kelly B.



Tortilla rollers Lions Virginia (also ticket taker) & Lucy



Muscle in the kitchen – Lions Mike & Eshell



Tortilla heaters – Maria & Lion Mary



Fresno Host Lion Bob – \$14 tip!



Bagger - Lion Constance with Lion Claudia



Baggers – Lions Tisha & Meekayla with Kerman Lion Richard



Lion Erika



Fresno Host Lion Mary Ann, bagger – Lion Betty S., & ticket taker Lion Betty A.



Tickets & signs – Lion Max, 2nd Vice District Governor Visalia Pride Cheri



Selma Charter Lion Irene



Clean up – Lions Steven & Tim, friends Danyella, & Maria

"It takes a village!" "Many hands make light work!" "Teamwork makes the dream work!"

Many, many thanks to our wonderful Lions who bought/sold tickets, donated ingredients, donated money, and volunteered to make this our most successful Chile Verde Dinner fundraiser ever! Extra special thanks go to Nana Catalina's family – Lions Lucy, Kelly B., Meekayla, & Dominic; Lions Bev, Lucy, Mike, Eshell and friends Fred and Pete who cut 400 lbs. of pork; Lions Jarrett & May; and Cho's "Cantina!" We made \$6,000 which will go toward scholarships and community service projects!



Lions Bev, Mimi, Lucy, 1st District Governor Christy, & PDG Al, both from Fresno Host



Selma Charter Lion Ruth, Lions Raul, Jason, & Debbie



Kings Lion Tiffany



Lion Sonya, Clovis Country Lion Kerry, Lion Anthony, & PDG Hanford Breakfast Lion David



Hanford Breakfast Lions Christine & Prez Emily, & Laton Lion Virginia



Parlier Lions Azalea & Chris, & Lion Dale

Thank you to these donors:

Secret sauce – Lions Lucy, Meekayla, Kelly B, Dominic; beans & rice – Lions Heidi & Max; rice, plates, foil, plastic bags, drinks, additional tortillas, use of meat cutter Pete, venue – Cho's Kitchen; 113 lbs. of pork Golden California Meat; ingredients – Lions Virginia, Pat, Betty A., Mary, Tim, Steven, Betty S., Bev, Mona; 16 roasters from many Lions; big \$\$ donors - \$100 from Lions Pam & Carol, Lion Heidi. Besides CVLLC, other District 4-A2 clubs that bought dinners to support us – Fresno Host Lions (Lion Bob gave us a \$14 tip!!!), Clovis Country Lions, Kerman Lions, Visalia Pride Lions, Selma Charter Lions, Laton Lions, Hanford Breakfast Lions, Parlier Lions, and Kings Lions. Wow!!! My apologies for leaving anyone out.



Henry R. Perea



Baby News!!! Lion Meekayla is expecting her family's 4th generation CVLLC Lion! Great grandma Lion Lucy, "Glamasaurus Rex" (grandma) Lion Kelly B., & husband Lion Dominic! They're showing the sonogram at their happiest place on earth! Congrats!!!



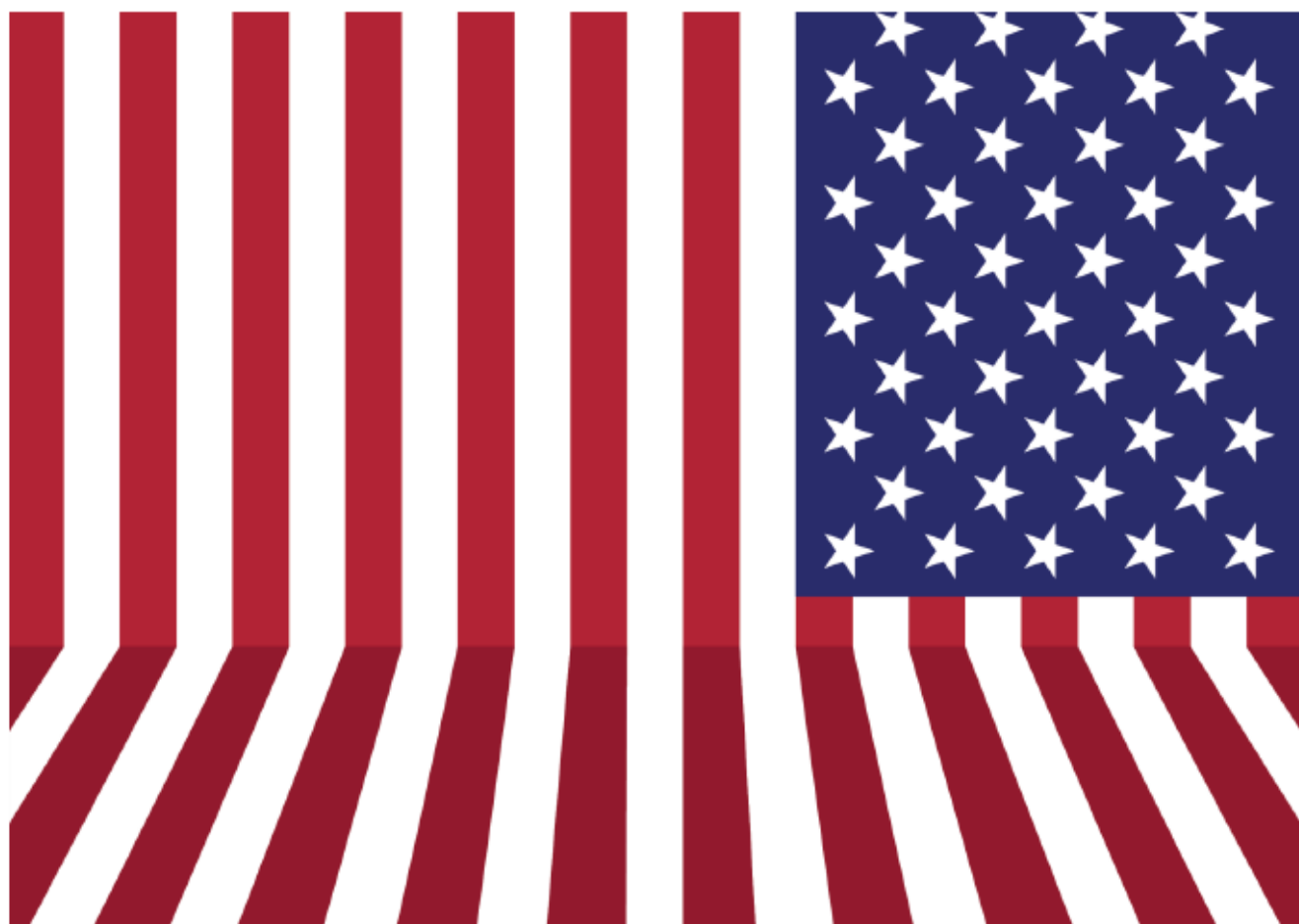
Central Valley Leos



ESYN Exceptional Sports for Youth with Needs



October Leo Meeting: front row – Vice President Nico, Director Emmanuel (new), Treasurer Hannah, Directors Kayla & Angelica (new); second row – Secretary Chloe, Director Emma, Tail Twister Leo (new), Leo Tamer Samantha, President Lovleen; Exceptional Sports for Youth with Needs – Leos Kayla & Hannah helped at the Halloween party (file photo) If you have a project they may be interested in doing, please notify Adviser Max.



CVLLC “Invite a Vet Night”

CVLLC Dinner Meeting Tues., Nov. 15, 2022, 6:00, Selma Portuguese Hall

Dinner \$12 RSVP Lion Bev (970-4092) by Nov.8

Invite a Veteran – CVLLC will pay for his/her dinner

Speaker: Tammy Allison – Central Valley Blue Star Moms

“Remember the Troops” Donation Drive





"REMEMBER THE TROOPS" DONATION DRIVE

SEPTEMBER 11 - NOVEMBER 11

"Remember the Troops" is the theme of the Central Valley Blue Star Moms' annual package donation drive, which will run from September 11 through November 11. The goal of the drive is to create at least 400 care packages for local members of the U.S. military who will be on overseas deployments or are stationed away from home stateside during the holiday season. Most really long for a "hug from home" during the holidays.

Needed items include non-perishable snack foods, toiletries, small recreational items, and cash (to help defray mailing costs). Monetary donations are always welcome. They can help fill gaps on wish lists and assist with shipping costs.

Names and addresses of service members are also being sought.

Central Valley Blue...

@CentralValleyBlueStarMoms...



venmo

Cash/check donations can be mailed to:

Central Valley Blue Star Moms

P.O. Box 1204

Clovis CA 93513-1204

(We are a 501 (c) (3) Nonprofit Organization -Tax ID # 20-0210122)

TO REQUEST A PACKAGE TO BE SENT TO YOUR SERVICE MEMBER

EMAIL: CENTRALVALLEYBLUESTARMOMS@GMAIL.COM

OR GO TO

CENTRALVALLEYBLUESTARMOMS.COM

TO REQUEST ONLINE.

Items in Need Of:

- Tuna or Chicken Creations/Lunch Kits (packages with condiments/crackers)
- Tuna Pouches
- Microwavable Meals (that do not require refrigeration)
- Beef Jerky/Trail Mix/Nuts
- Small Packs of Pringles/Cookies
- Protein Bars
- Individual Powdered Drink Mixes (for water bottles)
- Tea Bags, Sugar, Creamer Packs
- Breath Mints
- Velcro Dart Games
- Tennis Ball, Hacky Sacks
- Black or White Cotton Socks
- Fruit Snacks/Roll Ups/Gushers (no canned items like fruit cups)
- Sunflower Seeds
- Candy (tootsie rolls, dots, gummy bears, jellybeans, jolly ranchers, no chocolate)
- Gum (caffeine gum is a huge hit)
- Cracker Jacks
- Red/Black Licorice
- Crossword Puzzles, word search games, etc.
- DVDs/Music CDs
- Small Nerf Balls or Footballs
- Frisbees, Yo-Yo's
- Card Games (Uno, Skip Bo, etc)
- Chap Stick

Shop the Central Valley Blue Star Moms [Amazon Wish List](#). Items will be shipped directly to Central Valley Blue Star Moms.

http://www.amazon.com/hz/wishlist/ls/36K3QE3PPVBXC?ref=wl_share



FRESNO AIDS WALK



NOVEMBER 5 AT 8:00AM
Woodward Park - Parkview Shelter

FRESNOAIDSWALK.ORG



BALANCED DIET

REGULAR
CHECK-UPS



KIDNEY FUNCTION:
ONCE A YEAR

HGA1C:
EVERY 3 MONTHS

NOVEMBER: DIABETES AWARENESS MONTH



A HEALTHCARE PLAN

ANNUAL OR BI-
ANNUAL EYE EXAMS



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REGULAR EXERCISE



Selma Charter Lions Club

District 4-A2

Tamale Fundraiser

for Scholarship fund

Saturday November 12th

\$20 a Dozen 



Pick-up 2-4 pm
Golden Dragon
1952 E. Front St.
Selma, CA

Please place prepaid orders by 11/8/22
☎ Call or Text
Lion Stella 559-259-9514
Lion Irene 559-906-8912



Parlier Lions Club 7TH ANNUAL MOTORCYCLE



**SATURDAY
NOVEMBER 12**

STARTS AT VETERAN'S PARK
ENDS AT PARLIER HERITAGE PARK
REGISTRATION AT 8:00 A.M.
KICKSTANDS UP AT 9:00 A.M.

\$35 RIDER - \$25 PASSENGER

Includes: T-Shirt, Ride Pin & Lunch

MUSIC - RAFFLES - FOOD & DRINKS