

July 2025

District 4-C3 Alameda – Contra Costa Counties



# The Lionizer



District Governor Laxmi Chaudhary "Serving with Integrity"



District Governor Laxmi Chaudhary

Lion Laxmi is dedicated Lion with a Passion for Service.

She is native of Sunsari, Nepal and a true embodiment of the Lions' commitment to service. With a remarkable journey spanning several years, she had held various roles within the Lions organization, leaving an indelible impact along the way.

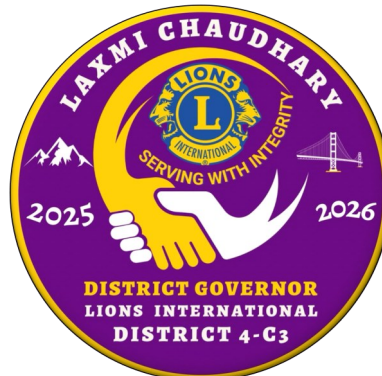
In 2006, she joined the Berkeley Annapurna Lions Club as a Charter Member and Joint Secretary, marking the beginning of an illustrious Lions career. As a devoted leader, she served as the Club President for the 2012-2013 term and took on additional responsibilities as Club Secretary, Treasurer, Membership Chairperson and Service Chairperson on numerous occasions.

Her dedication extends beyond the club's boundaries. She was pivotal as the Coordinator of the Student Speaker Contest, Blood Drive Program and fundraising events at the club level. Moreover, she was the coordinator of the Medical Mission for Nepal, displaying her commitment to global service. Her influence expanded as she became the Guiding Lion of Berkeley Makalu and assumed the role of Specialty Club Coordinator for Lions Club International, Zone Chair, Region Chair, Hunger Chair person for District. She is on the Board of director of LCVI. She has graduated and has a Bachelor and Master from Lions University.

Her Contributions have been recognizes with MD4 Excellent Award, Melvin Jones Fellow Award. She received the International President's Certificate of Appreciation in 2013 from International President Brian Sheehan. He was International Director at that time, in 2017 from International President Gudrun Yngvadottir, in 2018 from International Director Don Noland and in 2021 from International Directors Dr. Jose Marrero of Lion Club International.

Under her Leadership,  
The District Theme for 2025-2026 is

"Serving With Integrity "



## Inside this Issue

District Governor Message	1
1st VDG Message Valley Griffin	2
2st VDG Message Manju Potuhera	3
Secretary	4
Treasurer	4
Global Leadership	5
Global Membership	5
Lions Eye Foundation	6
Ear of the Lion - Foundation	6
Lions in Sight LCVI	7
Student speakers contest and founda-	8
Lios International Global Service	9
California Lions Foundation	10

NEED SERVICE

# 1st Vice District Governor, Valerie Griffin



This upcoming 2025-26 year, Lion Valerie Griffin will proudly represent District 4-C3 as 1st Vice District Governor.

Lion Valerie retired in 2021 from West Contra Costa Unified School District after 33 years. She joined the Albany Lions Club in 2006. At the Club level, she has served as Club President three times and was the club's first female Club President. She has also served the Albany Club as Club Director and is currently the Club Secretary.

Lion Valerie is also an active associate member of the Crockett Lions Club.

At the District level, Lion Valerie has served as a Zone Chair three times, two times as a Region Chair and as the District Student Speaker Chair. She has served as the Lions Center for Visually Impaired (LCVI) President and as a Director. In 2023-24 she made the decision to step up her leadership towards eventually District Governor.

Lion Valerie married Lion Stu Griffin in 2018. They are an active couple in service to others through their Lionism. Lions Stu and Valerie team up taking the Lions in Sight trailer to Avenal prison and throughout California and parts of Nevada to pick up eyeglasses. They have logged a tremendous amount of mileage and towing the trailer. Lions Valerie and Stu were awarded the District 4-C3 Couple of the Year for 2023.

Lion Valerie is a Progressive Melvin Jones Fellow and has been awarded a Kay K. Fukushima Fellowship and a Dwight E. Stanford Fellowship. In 2022-2023 she was awarded Zone Chair of the Year and Governors Merit Award. She was also awarded the International President Certificate of Appreciation in 2022-23 from PIP Brian Sheehan. This past year, DG Darlene Ridle presented her with a DG Appreciation Award.

I am looking forward and excited to be working with our incoming 4-C3 District Governor Laxmi Chaudhary this upcoming year. We will work in a collaborative way to further build on our proud service to others. We will continue to strengthen and build our membership, our clubs and our leadership in District 4-C3.

# 2nd Vice District Governor, Manju Nadaraja-Potuhera



It is my honor to serve as 2nd Vice Governor, District 4-C3 for the 2025-2026 term. I have a beautiful Lions journey that began overseas. I was born in Sri Lanka, where my parents' compassion inspired me to help people in my community from a young age. This passion for service led me to join the Katugastota Lions Club, Sri Lanka in 2006. Alongside my commitment to service, I also built a professional career in textile manufacturing.

After migrating to the U.S., I joined the Ygnacio Valley Commuters Lions Club in 2012 and proudly chartered the NorCal Helping Hands Lions Club in 2022, a vibrant, youth-driven team.

My past leadership roles include Club Secretary (Sri Lanka), Club Director, Vice President, and Student Speaker Chair.

At the district level, I have served as Specialty Club Coordinator, Peace Poster Chair, and Zone Chair. Currently serving as District Leo Coordinator, we made tremendous progress by successfully chartering three new Leo Clubs and officially establishing District 4-C3 as a Leo District in May 2025.

I am a Melvin Jones Fellow and the proud recipient of the President's Recognition Award (2022) and the President's Appreciation Awards (2023 & 2025), Multiple District four Excellence Award (2025). I've completed several Lions leadership institutes, including the Emerging, Regional and Advanced Lions Leadership Institutes, and earned my Lions Bachelor's Degree at the 2024 USA/Canada Forum in Kentucky.

I believe in setting bold goals, overcoming obstacles, and staying unwavering in my commitment to serve. With a "Vision to Lead Mission to Serve", I will work every day to uplift our communities, empower our people, and build a future we can all be proud of.

Governor Laxmi Chaudhary has a strong vision for our district. I'm proud to support her and work together as a team. I wish her all the very best in her leadership journey.

Thank you

# Cabinet Secretary Dr. Maureen Powers



Lion Maureen "Dr. Mo" Powers

Lion Mo is a Crockett Lion and an Associate Member of the Oakland Chinatown Lions Club. She and her late husband Gary joined in 2000, sponsored by PDG Bill Ridle. She has been President, Secretary, and Director of the Crockett Lions Club, President of the Board of Directors of the Oakland Blind Center and its successor, Lions Vision Resource Network (LVRN), and is currently on the Board of Directors of LVRN. She is Special Chair for Vision in MD-4, the state of California. Lion Mo will support DGE Laxmi in everything she does, maintaining communication with all clubs and promoting all District activities.

# Treasurer Kaz Sato and Bill Ridle



Club level: I was invited to join the Alameda breakfast Lions Club on July 4th 1973. My first office was to be the club Treasurer, then president in 1977 / 1978 when I was 100% president. Our club was number one in the district that year. The proceeds from our first crab feed were used to help the two blind centers in our district, OBC and LVCI

District level: Positions I have held; twice as Administrative Assistant to The District Governor, three times cabinet Treasurer, cabinet secretary, Zone chairman, Deputy District Governor and elected District Governor 1987/1988. I was the last cabinet secretary/treasurer as Governor we separated the position so more Lions could serve on the cabinet. I have served on the District budget and finance committee, worked on white cane days, training of Club officers, and District officers. Many years on the district convention committee too.

I served on the boards of the two blind centers Oakland and Lions center for the Visually Impaired. I was president of both centers. Started a bingo at OBC and raise funds each week for many years.

Multiple District 4: As District Governor, I was elected Vice Chairman of the Council of Governors. We held four Council of Governors meetings in California and Nevada, where all the district Governors and committee members met. I served 12 years on the budget and finance committee, and 4 years on the Constitution and bylaw committee.

Awards: International presidents of Ward, three international leadership awards, many International certificates of appreciation, three Diamond Melvin Jones fellow Awards. I also received my first MD4 excellence award, District Pioneer Lion award, California Lions Foundation Award and PIP Kay Fukushima award. I received a Reginald Harris fellow award, and Lions Club International 50-year pin.

For District Governor Laxmi Chaudhary, I will be the cabinet treasure and support her with her program for the district and lionism.

PDG Kaz Sato



**We Serve**



# Zone 2 Chairperson Koshy John



Over the years I had the privilege to serve in the following positions

4C3 Cabinet Treasurer 2021-22

Region Chairperson Region C 2023 - 2024

4C3 Zone Chairperson 2020-21, 2025

Served as the District 4C3 Chaplain for two years.

Club President for Hayward Silicon Valley Lions Club 2019-20, 2020-21

Club LCIF coordinator 21-22, 22-23

Club Secretary for Hayward Silicon Valley Lions Club 2023-2026

Club Treasurer for Hayward Silicon Valley Lions Club 2017-2018

Student speaker chair for Hayward Silicon Valley Lions Club and chaired the competition at higher levels of competition in the district. LCVI club representative over multiple years.

I am a progressive MJF. I have received International President's Certificate of Appreciation.

Completed the Masters program of Lions University. I am currently the Club secretary for Hayward Silicon Valley Lions Club and 4C3 District Zone Chairperson 2

I am married to Sudha Koshy and have 2 children: Daughter Asha, Son Arun and daughter-in-law Shilpa. I intend to support the goal of "Serving with Integrity" by being a constant contact with the clubs in Zone 2, 2025-26.

# Zone 4 Chairperson Michelle Heckel



It is an honor to serve as Zone Chair following an invitation from DG Laxmi starting July 2025.

Michelle Arthur Heckle is sixth generation Californian and raised her family in the Lamorinda area with the loving support of her spouse, a physician and philanthropist. Michelle spent nearly a quarter of a century in healthcare leadership before transitioning to work with the University of California Police Department San Francisco in 2015.

Raised with a strong foundation of Holy Cross and Christian Brothers' education that incorporates a passion for education and service, Michelle continues a tradition of friendship, discipleship, and service that affects the larger global community. This is

where Lions fits well.

Michelle was sponsored by life-long friend, Sandra Williams, to join Oakland Chinatown Lions Club in 2023. Michelle says, "I am eager to support local Lions' service our communities and cultivate a family passion for service!"

Michelle currently serves Oakland Chinatown Lions as 1st Vice President, LCVI representative, Lions International delegate, Student Speaker champion, and now Zone representative. She is a graduate of Emerging Lions Leaders Institute (ELLI) alongside fellow Oakland Chinatown Lions President Sharon Djafaripour.

# Zone 6 Chairperson Pramod Joshi



My name is Pramod Joshi and I've had the privilege of being part of the Lions family since 2015. I have had a chance to serve as a Club Treasurer, Club President, Membership Chairperson,

Student Speaker Contest Chairperson, District Leo Coordinator, District Environmental Chair in the past. My home club is Oakland Feed the Need. I have been involved in many service projects in the past like- Food Drive to Needy Family, Blood drive, Student Speaker Contest, Fundraiser events etc.

I am serving as a zone chair for Zone-6 for 2025-26. I will help and support all the clubs under zone-6. Also, support DG- Laxmi Chaudhary and the cabinet team to accomplish our mutual goals.

I was drawn to Lionism because of its core mission of 'We Serve.' I am passionate about giving back to the community, particularly in areas like- youth engagement, leadership development and hunger relief etc. Being a Lion has allowed me to connect with like-minded individuals who are committed to making a real difference locally and globally.

Thank you! Lion Pramod Joshi

# Region 1 Chairperson Sunil Rajkarnikar



Sunil is a passionate and devoted Lion, known for his unwavering dedication to community service and global humanitarian efforts. A native of Kathmandu, Nepal, he has been an inspiring leader in Lionism and a powerful example of servant leadership. His Lions journey began in 2020 as a Charter President of the Oakland Feed the Need Lions Club, setting the foundation for a remarkable path of service. Over the years, He has held numerous leadership roles, including Club President, LCIF Chairperson, Membership Chairperson and Club Administrator, demonstrating excellence and reliability in every capacity.

Sunil's has also been a key organizer of district initiatives such as the Student Speaker Contest, Blood Drive Program, Feed for Hunger Program and multiple Fundraising Events.

At the district level, he served as Zone Chair, and Hunger Chairperson. His outstanding dedication has been recognized through numerous honors, including the Kay K. Fukushima Fellow Humanitarian Award, the MD4 Excellence Pin, and Three International President's Certificates of Appreciation, all reflecting his exceptional contributions to the Lions community.

With integrity, warmth, and a heart for service, Zone 1 & 2 Region Chairperson Sunil Rajkarnikar continues to uplift lives and inspire others through his leadership in Lionism.

# Region 2 Chairperson Hema Paneru



Lion Hema Paneru was born in Gorkha a historical district in Nepal. She has been a social activist in Nepal as a volunteer in various organizations. She continued her social volunteering when she moved to the USA in 2006. She lives in Richmond California with her husband Lion Mani Nepali and their four Children Lion Sapana Paneru Raut and her husband Abisek Raut, Leo Mahima Paneru, Leo Eliza Paneru and Leo Abhishek Paneru and granddaughter Avanna Raut.

Lion Hema Paneru entered the exciting world of Lionism in 2006 as charter member of the Lions Club of Berkeley Annapurna. She is a Melvin Jones Fellow. She is also a certified Guiding Lion. She served as the president of Lions Club of Berkeley Annapurna for the year 2014-2015. She has held important offices at the Club level

and district level. The following are some of the important offices she held:

## DISTRICT LEVEL

Lion Tamer -2017-2018, Specialist Coordinator 2021-2022, Zone Chair -2023-2024, Region Chair 2 (Zone 3, 4-2025-2026)

## CLUB LEVEL

Club President-2014-2015, Club treasurer 2018-2019, Club Membership Chairperson 2019-2020, Club treasurer 2018-2019, Club treasurer 2020-2021, Club treasurer 2021-2022, Club treasurer 2022-2023, Club treasurer 2024-2025, Club treasurer 2025-2026 (Current)

Lion Hema Paneru is committed to doing everything possible to make District Governor Lion Laxmi Chaudhary's tenure a memorable, fun and a grand success. With more to come after a brief consultation with District Governor elect Lion Laxmi Chaudhary.

# Region 3 Chairperson David Williams



I am Lion David Williams. I have been a Lion in District 4-C3 for 55 years. I joined the San Pablo Lions Club in March 1970 and was awarded a Life Membership in 2009. I am now in the Walnut Creek Ygnacio Valley Lions Club and will be serving in my second term as Club President and have been a Club Bulletin editor for many years and have received many District 4-C3 1st Place Awards. I have held many Club offices and have served as a Zone Chair twice, District Chaplin once. I also served as District 3-C3 photographer for 10 years. Over the years I have participated in Mant Club and District Activities. In 2022 I received a Lions in Sight of California and Nevada Walter Griffin, PDG Fellowship and, in 2025 I received a Lions Clubs International Foundation Melvin Jones Fellowship

As a Region Chairperson I will support Lion District Governor Laxmi by fulfilling the duties of a Region Chairperson and striving to attend District Meetings, Events and Activities, Service projects and, encouraging the Club members from my Region to do so as well. I will promote the concepts of Lionism through Community Service and Growth, and to share the insight of my many years of experience.

# Region 4 Chairperson Gobind Prasad Upadhyay



Lion Gobind Prasad Upadhyay began his Lionistic journey in 2014 in Nepal, actively contributing to initiatives in education, health, youth development, and disaster relief. In 2021, he joined the Fremont Sagarmatha Lions Club in California's District 4-C3. As Club President (2023–2024), he led notable membership growth and impactful service initiatives. He went on to serve as Zone Chair for Zone 5 for the year 2024–2025 and, for the 2025–2026 term, now leads as Regional Chairperson for Region 4, overseeing Zones 7 and 8. He is a proud graduate of the Regional Lions Leadership Institute (RLLI), holds a Bachelor's in Lionism from Lions University, and is pursuing advanced Lionistic education. Known for his compassion and hands-on leadership, Lion

Gobind has spearheaded health fairs, hunger relief drives, fundraisers, diabetes awareness campaigns, and youth programs such as the Student Speaker Contest. A highlight of his Lionistic journey was his 2023 presidential inauguration in Berkeley—a vibrant celebration of unity, culture, and service. From the villages of Nepal to the communities of California, Lion Gobind lives by this belief.

# Global Service James Varghese



**Lions Dr. James Varghese: A Visionary Leader and Compassionate Humanitarian**

Lions Dr. James Varghese stands as a beacon of dedicated leadership and unwavering humanitarian commitment within Lions International. As the Past District Governor of District 4-C3 for the impactful year of 2021-2022, his tenure was characterized by a profound commitment to service that resonated both locally and internationally. He is also the President of Global Initiative for Health and Wellness for 2025-2026. Dr. Varghese's leadership extended beyond his governorship, as evidenced by his significant role as the Lions Multiple District (California) Treasurer. His time as District Governor was marked by the successful implementation of numerous impactful charity projects. These included the vital distribution of 110 tons of food during the challenging COVID-19 pandemic, providing essential relief when people were unable to work. Additionally, he spearheaded critical medical missions and essential eye clinics. Under his dynamic leadership, several medical and eye clinic missions were conducted not only locally but also in countries such as India, Nepal, the Philippines, Mexico, and more, directly improving the lives of thousands. A true embodiment of teamwork, Dr. Varghese's collaborative spirit and tireless efforts have earned him widespread recognition. Both local communities and Lions International have lauded his outstanding service, acknowledging his profound impact on improving lives. In a testament to his exceptional contributions and leadership, Lions International bestowed upon him a Doctorate in 2022, a distinguished honor that underscores his remarkable achievements. Looking ahead, Lion Dr. Varghese will further contribute to Lions International as the Global Service Team (GST) Coordinator for the year 2025-2026, supporting District Governor Laxmi Chaudhari. His vision for the future includes a pipeline of impactful projects, such as providing backpacks for children, offering vital support for veterans, and continuing to organize essential medical clinics. Dr. Varghese embodies the collaborative spirit, emphasizing the power of working together as a team under the revered banner of Lions International to create lasting positive change.

# Global Membership Dhruva Thapa



Dhruva Thapa is an active and dedicated member of Lions Clubs International, having served in various leadership roles within District 4-C3. As the Past President of the Berkeley Annapurna Lions Club, Dhruva has contributed significantly to the club's growth and community service efforts. He has twice held the position of District Administrator and has served multiple terms as Zone Chair, leading and supporting district initiatives in various capacities. Currently, Dhruva is a Guiding Lion for two Lions Clubs, mentoring and supporting their development. Over the years, he has also held several other key positions within his home club. Presently, Dhruva is part of the GAT (Global Action Team) as a member of the Global Membership Team, focusing on membership growth and engagement across the district.



# Global Leadership Linda Griffin



A little background in my length of serving Lions. I joined as a Lioness in February 1984. I have been a Lion for 41 years. I am a member of the Walnut Creek Ygnacio Valley Lions Club.

I have served in all club positions and many district positions. Serving as president of both the Lions Center for the Visually Impaired and the Lions Blind Center Oakland.

I was District Governor 1997 – 1998. My motto was: Back to Basics: Being Actively Supportive of Community Services. I still believe this is what Lions are all about.

I chaired several Multiple District Four Committees including Student Speakers, Constitution and Bylaws, Youth Outreach and the Global Membership Team. In 2023, I served as the California Host Committee Chairman for the USA/Canada Lions Leadership Forum – Reno.

Since joining Lions, I have attended District 4-C3 Conventions, Multiple District Four Conventions, Lions Clubs International Conventions, USA/Canada Forums, Train the Trainer, Faculty Development Institute, LCIF Strategy Sessions and other trainings. I have conducted training seminars and forums at the district, state and international level.

Currently, I serve as a Trustee for the Lions Eye Foundation of CA/NV, Trustee for Lions Project for Canine Companions, District 4-C3 Coordinator for Lions Clubs International Foundation (LCIF), Global Action Team – Leadership and President of Lions in Sight of CA/NV.

With my professional, community, and Lions involvement, I will be able to provide District Governor Laxmi with varied and innumerable resources and experiences.

# Global Extention Alisha Dixit



Joined Lions Club – August 27, 2023 Began active participation in community service and leadership initiatives.

First Event: Charity Momo Festival for Earthquake Relief in Nepal – December 17, 2023 Independently raised \$1,700 to support earthquake victims in Nepal through a cultural fundraising event.

Student Speaker Contest – District Level Host – February 17, 2024

Student Speaker Contest – Zone Level Host – March 2, 2024

District 4-C3 Lions Installation Ceremony – May 10, 2024 Participated as a host in the official installation of District Governor Manil Babu Shrestha for the 2023–2024 term.

Second Momo Festival – Fundraiser for Nepali Community Center – January 25, 2025 Helped raise \$1,100 in support of establishing a Nepali community center.

Appointed Club Secretary – Effective July 1, 2024

Appointed District GET Team Coordinator & Club Second Vice President – Effective July 1, 2025 Expanded leadership responsibilities at both the club and district .

Service continues..!!!

# Student Speakers Chairperson Duke Dunham



DG Charles “Duke” Dunham

I was born in Vallejo, traveling with my family during my younger years. Came back to Vallejo. I lived around the bay area all of my life. Moved to Pittsburg in 1986 with my 2nd wife Teri. Sponsored by my father in law, Jack Ong, in 1992 to join the Ambrose Lions Club. Since then I’ve filled club offices and various district offices prior to being District Governor in 2019-2020. I’m also a past president of our Lions Center for the Visually Impaired, a district trustee with Lions Eye Foundation, and an associate member of the Crocket Lions Club. I’m proud that 2 of my 3 region chairs have gone on to be District Governor and my zone chairs continue to be active in our District.

## District Vision Chairperson PDG Linda Barbara



My position is district vision coordinator for district 4C3.

I have been a member of the Byron Delta Lions Club for 20 years. I've held many positions in my club most recently, club administration. In my experience as district governor, 2022–23, I was able to visit and get a sense of vision needs in our district, especially for children. As the Vision Coordinator for our district this year, my primary objective is to increase the number of children's vision screenings, for preschool and elementary children to identify and identify any anomalies that can be treated or cured by a trained professional. With 15 years of experience in vision screening, I have employed various methods and am

currently utilizing the Welsh Allyn spot camera for its effectiveness.

This year, I will concentrate on certifying more screeners within our district to expand our reach and improve our services. Additionally, I aim to collaborate with various schools, leveraging our expertise to ensure that more children receive the essential eye care they need for a brighter future.

## District Diabetes Chairperson Gopa Kumar



Hayward Silicon Valley Indian Lions Club

Lion Gopa Kumar is an accomplished community leader with 25 years of experience in leadership roles across various organizations. He has held positions including Secretary, Vice President, and President of the Hayward Silicon Valley Indian Lions Club, as well as other roles at the club and district levels, such as Zone Chair, Region Chair, and MD-4 Marketing Chair

Lion Gopa demonstrates exceptional passion for community service. Under his leadership, in collaboration with other organizations, he coordinated several club-level service projects and large-scale Medical/vision clinics to Montrey (Mexico) Kerala (India), Tlaxcala (Mexico), with medical professionals from the US, serving

thousands of individuals from impoverished neighborhoods.

Lion Gopa has received numerous awards and recognitions, including the Lions International Melvin Jones Fellowship Award for his outstanding community service.

He has been happily married to Lion Viji for 25 years, and they have three sons (Rohan, Rohit & Ronav).

May this spirit of togetherness and helping mankind keep us going in the years to come, and more importantly, let's continue to impact lives in whatever small ways wherever possible.

## District Environment Chairperson Vince Lipinski



PDG Vince Lipinski

- \* Berkeley Host Lions club member since 1994

- \* Past President

- \* Past District Governor 2014 (theme: Be prepared to Serve)

- \* Lions club rep - National Scouting Association USA

- \* Founder / Lions Club Scouting Service Award

- \* Lions Charter Rep - Berkeley scout troop 19 and Berkeley Cub pack 30

In 2025, I will be supporting DG Laxmi as environmental awareness chair district 4-C3.

Yours in Lionism, PDG Vince Lipinski

## District Peace Poster Chairperson Annie Chau



I immigrated to the United States from Mainland China in 1980 After retiring, I channeled my leadership and service-oriented spirit into community engagement, joining the Oakland Chinatown Lions Club through the encouragement of Past President Tony Cho. I served the Club and District with distinction—as Secretary, two-term President, Zone Chair, and most recently as Poster Chair for 2024–2025 and again for 2025–2026, appointed by Past District Governor Darlene Ridle and District Governor Laxmi Chaudhary. I worked as Peace Poster Chair in close collaboration with fellow Lions and the youth community. I am especially proud of the overwhelming response to the "Peace Without Limits" poster contest, where young artists showcased exceptional vision and creativity. As they advanced in the competition they were awarded monetary prizes



# Family and Women Chairperson Shardha Dahal



Lion Shardha Dahal became a proud member of the Lions Club of Berkeley Makalu in 2018. A committed Melvin Jones Fellow, she brings more than 25 years of experience in healthcare and an unwavering dedication to community service.

A resident of San Leandro, she shares her life with her husband, Sundar Dahal, and their two children, Asmita and Ajar Dahal. Even prior to officially joining the Lions, Shardha was actively involved in community service—volunteering at health camps, organizing blood drives, fundraising for critical causes, and participating in various outreach programs.

Within the Lions organization, Lion Shardha has held several leadership roles. She currently serves as Club Secretary for the Lions Club of Berkeley Makalu, a role she also held during the 2019–2020 term. She led the club as President during the 2022–2023 term, where she championed initiatives addressing health equity, food security, and outreach for underserved populations.

Her service passions include health camps, blood drives, food distributions, and global humanitarian efforts. For Lion Shardha, Lionism is not just an affiliation—it is a lifestyle rooted in compassion, purpose, and transformative action. Guided by the Lions' motto, "We Serve," she remains devoted to lifting up others and building stronger, healthier communities.

In the 2025–2026 Lions year, Lion Shardha is honored to support District Governor Lion Laxmi Chaudhary and looks forward to contributing to the success of District 4-C3. She will remain actively involved through district meetings, service events, and leadership on key committees focused on planning, implementation, and achievement of district goals.

# District Chaplin Mani Nepali



Lion Mani Nepali has been actively involved in social volunteering in USA and Nepal. He has successfully completed leadership positions in Lions clubs and other organizations. He started the journey of Lionism in 2006 when he became one of the top lion leaders while chartering Lions Club of Berkley Annapurna. He has been a certified guiding lion and recipient of many wards including International President's Certificate of Excellence and prestigious President's Volunteer Service Award from the white house.

The following have been his roles through the years

Club Secretary of Berkeley Annapurna 2025-2026, District GMT Coordinator of District 4C3 2023-2024, Club Marketing Coordinator of Berkeley Annapurna 2022-2034, Club LCIF coordinator of Berkeley Annapurna 2022-2023, Club LCIF Chair of Berkeley Annapurna 2020-2021, Club LCIF coordinator of Berkeley Annapurna 2020-2021, Club Secretary of Berkeley Annapurna 2018-2019, Club Secretary of Berkeley Annapurna 2016-2017, Zone Chairperson of District 4C3 2014-2015, Club Secretary of Berkeley Annapurna 2014-2015, Club president of Berkeley Annapurna 2008-2009, Club Secretary (Charter Secretary) of Berkely Annapurna 2006-2007

Lion Mani is committed to carrying out this important role of district Chaplin under close coordination of the district governor Lion Laxmi Chaudhary. Will attend district meetings, gatherings. Will provide Invocations and Benedictions. He is committed to playing a leadership role in maintaining and developing spiritual growth of officers, clubs, zones and regions and the entire district. He hopes participation and cooperation by the concerns individual and groups be an active team player.

# District Marketing Coordinator Elizabeth Clarke



Elizabeth Clarke is a dedicated community leader, business owner, and proud Legacy Lion. Following in the footsteps of her parents—both longtime Lions since the mid-1980s—Elizabeth joined the Byron Delta Lions Club in 2019. She quickly stepped into leadership, serving as Director in her first year, then as 1st Vice President, Club President (2022–2024), and Club Newsletter Editor. At the district level, she supported DG Darlene Ridle as Webmistress, GST Service Coordinator, and Public Relations Chair. This year, she will continue her service under DG Laxmi in the roles of Webmistress, PR/Communications, and Zone 8 Chair. A Progressive Melvin Jones

Fellow, Elizabeth is especially proud of her work providing vision screenings to students in local school districts.

A Discovery Bay resident since 1995, She also supports efforts like the Delta Food Pantry and Wreaths Across America. Her leadership has been recognized in Fortune, Entrepreneur, and 110° Magazine, honoring her ability to blend professional success with meaningful community service.

# District Administrator Manil Shreshta



Lion Manil Babu Shrestha began his Lions journey in Nepal in 2004, building on a strong foundation of community service through the Jaycees. After moving to the U.S. in 2008, he joined the Berkeley Annapurna Lions Club in 2010, sponsored by Past President Chin-kaji Shrestha. He served in multiple leadership roles, becoming Club President in 2016–2017, and later held key district positions including Zone Chair, Region Chair, Administrative Assistant for Specialty Clubs, both Vice District Governor roles, and ultimately District Governor of District 4-C3. Lion Manil is a passionate advocate for leadership development and club growth. He has mentored new leaders, helped form new clubs, and continues to guide members throughout the district. His service has been recognized with several honors, including Melvin Jones Fellow, Kay K. Fukushima Fellow, Harry J. Aslan Fellow, three-time Lion of the Year, two International President's Certificates of Appreciation, and a master's degree from Lions University. In his current role as Club Administrator, Lion Manil supports the District Governor by assisting clubs with service and membership reporting, ensuring compliance and accuracy in MyLion and MyLCI. He provides hands-on support to club officers, promotes timely submissions, and helps strengthen communication between clubs and the district. His attention to detail and collaborative approach play a key role in helping the district operate smoothly and meet its goals.

# Past Council Chair Advisor Denny Gotrain



Lion Denny Gotrain began his Lion journey with the Shoaff Park Lions Club in Ft Wayne, Indiana serving in most club offices including club president. He was active in District 25B serving as a Zone and Region Chair, as the District Secretary/Treasurer and 15 years as the Indiana State Lions Parliamentarian. In 2008 after a move to California he was elected President of the Livermore Lions Club, later transferring to the Crockett Lions Club and elected District Governor 2013-14 and the following year (2014-15) chosen as the Council Chair for the Lions of California. He continues to serve on various Crockett Lions Club, District 4-C3 and MD4 committees.

PCC Denny has sponsored 56 Lion members and assisted in the chartering of 7 Lions Clubs.

A presenter at numerous USA/Canada Forum, LCI Conventions, a faculty member for RLLI, ALLI, FDI and LCIP he was chosen by 5 Intl Presidents to serve as a Group Leader for DGE School. PCC Denny has received numerous awards and honors including the highest LCI Ambassador of Good Will. PCC Denny and Lion Susan live in Fairfield, CA the proud of daughters Sarah & Gretchen and 7 grandchildren

# Disaster Relief Chairperson Mike McDowell



Lion Michael McDowell

Lion Mike Joined Berkeley Host Lions Club in 1983

He is a past president, past zone chair and past region chair.

He was awarded Lion of the Year for District 4c3 and he and his wife are past couple of the year. Lion Mike is a progressive Melvin Jones Fellow.

Lion Mike has led five district projects that received state wide recognition  
Rebuilding Louisiana, in cooperation with Rebuilding together Louisiana

Rebuilding the Iron Triangle in Richmond, Providing PPE and other needed items to the Porterville COVID surge hospital in 2020-2021. Lion Mike is currently completing a Narcan distribution program in cooperation with Lions in 4C3, the Alameda County FD Reserves and Bay EMT.

# Hunger Chairperson Pooja Lama



My name is Pooja Lama, and I came to America in 1992 as a Buddhist teacher.

I am grateful for everyday opportunity to learn to teach and serve. I am also a proud Mother of twin boys, and my husband he is the one my pillar, my strength, he's always there to support me. I am honored to be a member of the Lions Club, where I contribute to community service and humanitarian efforts.



**Lion Tamer Keshar Thapa,  
sorry, no details**



**Zone 1 Chairperson Mollyanne Sherman,  
sorry, no details**



**Zone 5 Chairperson Rothin Manandhar,  
sorry, no details**



**Zone 3 Chairperson Manohara Thapa Bogati,  
sorry, no details**

## **Other contacts**



***LCVI Representative  
Rajnish Ladhar***

**Lions Clubs International Foundation  
Linda Griffin/Manil Shrestha**

**Lions in Sight Linda Griffin**

**California Lions Foundation Denny Gotrain**