

# District 19L A-1 Zone Bulletin



## **JULY 1, 2025 - DG TERESA NG AND ZC ALVINA SEID CELEBRATED CANADA DAY WITH OVER 100 LIONS AND LEOS**

On Canada Day, DG Teresa Ng and ZC Alvina Seid joined more than 100 enthusiastic Lions and Leos at the vibrant Steveston Salmon Festival Canada Day Parade.

Decked out in our club colours and full of community spirit, participants proudly represented Lions Clubs as they marched through the heart of Steveston, Richmond.

It was a fantastic celebration of unity, service, and national pride - truly a great time had by all!



### **Save the Date**

Monday,  
September 29,  
2025 6pm

19LA1 Zone Social  
Neptune Seafood  
Restaurant  
Richmond

Saturday,  
October 4, 2025  
10am - 12pm

1<sup>st</sup> Zone Meeting





## July 28 - Lions and Leos in Action: Eyeglass Sorting for TWECS

Members from the Point Grey, Cambie, East Vancouver, Pacific, and Vancouver Cathay NC Lions Clubs, along with the Cathay Leos, came together for an impactful service activity.

Thank you to everyone who helped out! The Leos and Cubs tackled Phase 1 of the project - sorting through donated eyeglasses - while the rest of us handled Phase 2, which involved cleaning and sorting the glasses by lens type.

Together, we processed hundreds of glasses in just one evening!

TWECS (Third World Eye Care Society) will be sending over 600 pairs of glasses to the Philippines in the coming weeks.

This year marks the first time they will be shipping the glasses in boxes rather than carrying them as luggage. There is currently a significant shortage of + (plus) grade glasses, making this effort especially meaningful.

Great job, team!



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# UPCOMING EVENTS

**10** AUG  
16:30-17:30

LEO CLUB PARK CLEANUP  
TROUT LAKE PARK (FREE EVENT)

**13** AUG  
11:00

SENIOR LUNCHEON  
VANCOUVER NORTH STAR - PINK PEARL

**6** SEP  
13:00-17:00

A7 ZONE SOCIAL  
NO 3 & COOK ROAD

**6** SEP  
19:00

VANCOUVER ARBUTUS LIONS CLUB  
20<sup>TH</sup> ANNIVERSARY  
CONTINENTAL SEAFOOD (\$98)

**27** SEP  
11:00-17:00

VISION AND HEARING RESOURCE FAIR  
VANCOUVER EAST LIONS DEN

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### About Zone Chair Alvina Seid

Lion Alvina began her service journey in 2004 as a Leo with the Vancouver Cathay Leo Club. Just a year later, she became a charter member of the Vancouver Cathay New Century Lions Club, where she has served in many leadership roles ever since.

She's been Club President for four years, including during her club's memorable visit to the International Convention in Seattle. She's served as Club Secretary for five terms, Club Treasurer for two, and even took on the role of Deputy Secretary. She's also served on the District 19A Cabinet as Chair for CARE and Environmental initiatives.

Alvina's leadership extends beyond titles—she was the heart behind the club's Annual Big Bike Ride and in 2023–2024, helped lead her club to an impressive achievement in the District L Step Challenge, logging over 10 million steps with just six participating members!

#### Zone Bulletin Submissions

If you have any content you'd like to include in our zone bulletin, please send the information to our bulletin editor no later than the 20th of each month. Your contributions help keep everyone informed and connected!



Zone Chairperson: Alvina Seid  
Zone Secretary: Kitty Chiu  
Immediate Past Zone Chairperson: Danny Li  
Zone Bulletin Editor: Olivia Tam  
District Governor: Teresa Ng