

Myrna Navarro Psillas, RN, BSN

For Second Vice District Governor

District 4L6



Myrna Psillas is a native of Olongapo City, Philippines. She graduated from Perpetual Health College School of Nursing in Manila. Myrna immigrated to the United State and married her husband, Chris Psillas, in 1986. Together they have four children and five grandchildren (6 in March 2024).

As military spouse moving seven times in 14 years, she worked in various hospitals in San Diego CA, eastern North Carolina, Monterey CA, and Honolulu, Hawaii. Myrna retired in 2016 from the San Diego County Sheriff's Medical Department as a Detention Nurse.

Myrna's Spirit of Lionism has shown brightly in a variety of ways. She served as an American Red Cross volunteer nurse for 4 years in Seoul, Korea and 29 Palms, California where she received multiple letters of appreciation for her service. Myrna has supported two Cub Scout Day camps (2022/2023) serving as a Camp Health Officer alongside other SDMLC volunteer medical professionals.

As a two-term president of San Diego Majestic Lions Club she led the club in serving 35,827 people, completing 415 service activities, volunteering 19,138 service hours, and donating \$100,854. The San Diego Majestic Lions Club was the 2022-2023 District leader in LCIF donations.

At the 103rd Multiple District 4 Convention in San Diego, CA in 2022, Myrna organized and led the Walk for Diabetes Awareness with more than forty participants to include then International President Douglas X. Alexander and Presiding Council Chair Linda Pugliese.

Myrna helped develop and lead club international service activities to Mexico and the Philippines. Projects included serving children with cancer, a prison ministry, and other humanitarian needs in Tijuana, Mexico. The club also served needs in Mexicali and Tecate, Mexico. Club Leones de Playas de Tijuana AC District B-1 provided Special Recognition for International Service in partnership with their club. Fundacion SEPPER recognized the club in 2022 for its \$3000 Superhero Walk for Children donation. The 2023 Superhero Walk raised more than \$4000 for Children with Cancer in Tijuana. SDMLC manages the district plastic bottle cap collection efforts in partnership with the Club Leones de Playas de Tijuana Children with Cancer project. Acknowledged by the North Park Lions Club for her partnership and international service with them, they recently awarded Myrna a Melvin Jones progressive fellowship.

Myrna led the San Diego Majestic Lions Club on a successful and busy 8 day, 9-site Medical and Humanitarian Mission in Quezon Province, Iba Zambales, Tarlac, and Olongapo City in February 2023.

Most recently in December 2023, Myrna returned to the Philippines where she organized and led six club members on a 1-day Humanitarian Mission to a remote tribal village. This mission required six hours off-road travel up and down a riverbed to deliver a half ton of rice, school supplies and conduct a feeding program for the 50+ families of the community. Due to the remoteness of the village, this was their first visit by a non-governmental organization. Additionally, they delivered back packs with school supplies to an elementary school in Olongapo.

Kindness Humility and Generosity

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San Diego Majestic Lions Club

Myrna has been a member of the San Diego Majestic Lions Club for 18 years. She is a Progressive Melvin Jones Fellow, Frank Rivera Fellow, and a Jim Ashcraft Fellow. She has received two District Service recognition medals and the Multiple District 4 Excellence Award.

Leadership Roles

- District 4L6 Zone Chair (2022-2024)
- District 4L6 Hearing Preservation Chair (2022-2024).
- President of the San Diego Majestic Lions Club (2021-2023)
- Club Lions Clubs International Foundation Coordinator (2023-2024)

Club Recognition as Club President:

- LCI Membership Satisfaction Award (2022)
- Certificate of Membership for a 20% Membership Increase (2021-2022)
- Certificate of Membership for twenty-five new members (2022-2023)
- Certificate of Membership for 100% Retention of Members (2022-2023) and a
- Certificate of Membership for Most Female Members (19) Recruited in District 4L6 (2022-2023).
- District 4L6 Large Club Project of the Year (2021-2022)
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- Lions Clubs International Large Club Excellence Award (2021-2022)
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- Lions Clubs International Foundation \$100 Per Member Average Banner Patch
- Certificate of Appreciation for service given as part of Lion Eyes Across California vision screening (2023), and
- Multiple District 4 Certificate of Appreciation for Large Club Project Nominee (Lions Strides for Diabetes Awareness, 2023).

Awards and Recognition

- Progressive Melvin Jones Fellow 
- Frank Rivera Fellow
- Jim Ashcraft Fellow
- San Diego Majestic Lions Club Lion of the Year (2020-2021).
- San Diego Lions Scholarship Foundation Sponsor Award (2023)
- San Diego Stars Lions Club Outstanding Leadership Award (2023)
- Presidential LCIF Supporter Gold Pin (2023)
- Lions Share Supporter with 3 Stars (2021-2022)
- Club Leones de Playas de Tijuana AC District B1 Recognition for International Service (2023)

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