



THE CLASSIC PRIDE

Official Newsletter of the San Diego Classic Lions Club
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TREE-PLANTING PROJECT ON EARTH DAY

By: Virginia Dionisio, RN

The San Diego Classic Lions Club held their Tree Planting Project to coincide with Earth Day, April 22, 2012. Home Depot donated \$75 worth of voucher which was used to buy 4 plants (apple, 2 lemons, and lime...) Lion Harvey Souza donated a total of 8 trees (mangoes, tangerines and oranges and apples) He wanted to plant a mango tree and an apple tree in his backyard by himself. Lion Leo Sicat of the San Diego County Metropolitan Lions Club donated 18 (WOW!!) trees (loquats, plums, nectarines, guavas...) All in all we went over and beyond our goal of planting 27 trees (one tree for each member); we went over and beyond our goal... Just like LCI with a goal of a million trees and to date, over 9 million are already planted.

Members of the SD Classic Lions Club who own homes offered to have the trees designated for the members who live in apartments or condo units be planted in their yards. SD Classic Lions and Cubs began the tree planting at the Deramos yard where ten trees and many sunflower and tomato seedlings were planted then proceeded to the yards of other Lion members. Some members chose to plant their trees by themselves.

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Loquat Trees
lined up for
planting
by SD Classic
Lions and
Cubs



Ready...
Get set...
Dig...



EDITORIAL

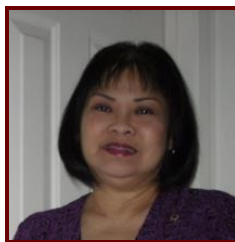
By: Remy DeRamos



The year is closing; it is the time to reflect what was accomplished. I would like to congratulate our club members and the outgoing officers for a job well done. Although there were bumps along the way, we were able to overcome them together. One of our big accomplishments this year is the many very positive feedbacks we received for our newsletter and our website. With the grace of God, we hope to continue to improve both of them and achieve excellence.

It is a challenge for the incoming officers to equal or surpass what was achieved in the previous years before them. It is not a competition; just a challenge for the club to improve... the ultimate winner is our community. We are still all in this together. Let's set up a goal and work together towards it.

As the chairperson of the E-Waste Collection Project, I am happy to announce that it will finally happen on June 2 & 3, 2012 at the Home Depot Parking Lot of 355 Marketplace Avenue, San Diego (nearest cross street is Imperial Avenue). Flyers had been sent out; streamers prominently displayed in various locations. Please come and join us!!!



PRESIDENT'S CORNER...

By: Luz Salud-Galindez



It is a relief to know your term is ending. However, it does not mean that your commitment to the club and its members has also ended. I will be the incoming secretary for the 2012-13 LY and we all know that the secretary's job is even more complicated. I would like to thank Lion Manny DeRamos, our charter president, who stepped up and accepted to be the first recycled president of the club. Perhaps, if we conduct a retreat and the other members get some officers' training and refresher course on members' orientation, they will be more comfortable to accept a position.

I am happy that the incoming officers and the members all agree to continue our signature projects of feeding the homeless and transients of San Diego and Tijuana, Mexico. More projects are already on the table for 2012-13.

Finally, I would like to thank everyone, from the bottom of my heart, for all the support, camaraderie and teamwork this Lion year...Let's do it again in 2012-13



THE SECRETARY'S SPOT

By: Dexter Ceasar Tiu

End-of-the-year...what does it mean to us club secretaries? It is the time to straighten up our records and give the incoming club secretary reports of pending businesses and turn over all records. It is also our duty to turn over financial records... yes, us secretaries and not the treasurers. We should collaborate with the club treasurers on this, but eventually, it is our responsibility as club secretary. Let's make sure that all members had paid their annual dues and not pass on to the incoming secretary and treasurer the responsibility of collecting them. They will have their share of collecting the annual dues for their year. There is no sure shot formula on how to get the members to pay their annual dues on time. We must understand that everyone is experiencing hardships. Let's work with them in making a payment plan and hopefully, we can make it easier for both parties.



2012-13 OFFICERS OF SD CLASSIC, ELECTED

By: Janette Magsanoc

During the April 12, 2012 club meeting, the new set of officers for LY 2012-13 were elected, namely:

SD CLASSIC LIONS CLUB 2011-2012 OFFICERS
President LUZ SALUD-GALINDEZ (619) 482-9294 dfabuluz1@aol.com
Immed. Past President DEXTER CEASAR TIU (619) 261-3397 dexttiu@yahoo.com
Vice President BERT SAMSON (619) 472-1965 sdclassiclions@yahoo.com
Secretary DEXTER CEASAR TIU (619) 261-3397 dexttiu@yahoo.com
Treasurer ALICE CRUZ (619) 274-0807 omc@cox.net
Tail Twister RIA TIU (619) 261-3397 riatiu@yahoo.com
Lion Tamer MARIO PERLAS (619) 479-9185 perlas_mario@yahoo.com
Membership Director REMY DERAMOS (619) 288-4507 remyd.lion4life@yahoo.com
Membership Vice Director ARSENIA UBANDO
Membership Associate VIRGIE DIONISIO
2nd Yr. DIRECTORS
Janette Magsanoc
Teresa Emery
Harvey Souza
Julie Perlas
Delicia Batin
1ST Yr. DIRECTORS
Dexter Tiu
Editha Magsanoc
-Vacant-
Orlando Cruz
Tess Samson

President.....Manuel DeRamos Sr
Vice President..... Ruben Ubando
Secretary.....Luz Galindez
Treasurer.....Remy DeRamos
Tail Twister.....Aida McDaniel
Lion Tamer.....Oliver DeRamos
Membership Director.....Arsenia Ubando
Membership Vice Director.....Virginia Dionisio
Membership Associate.....Bert Samson

2nd year Directors:	1st year Directors:
Dexter Tiu	Ria Tiu
Tess Samson	Julie Perlas
Orlando Cruz	Odette Bright
Mario Perlas	Harvey Souza
Nestor Sagun	Romeo Batin

The 5th installation of the club will be held at MCRD Recreation Center on June 10, 2012 beginning at 12 noon. Installing officer will be PDG Art Arboleda. We are inviting everyone to this event. For more information and to confirm your attendance, please contact the event chairman:

Lion Remy Deramos (619) 288-4507.

As the venue is a military base, we need the names of drivers and car license numbers of non-military attendees including vehicle model and make for the gate access list.

DEL SOL LIONS DONATE TO ST. LEO'S CLINIC

By: Remy DeRamos

The Del Mar/Solana Beach Del Sol Lions Club is barely three years old but has attained significant recognition in their community through the activities they do. They have established a 501 (c) (3) foundation and have conducted innovative services and fundraising efforts. Most recently, they raised over \$11,000.00 to match a Standard Grant they requested from LCIF. The grant funded the purchase of a Digital Panorex X-Ray machine for the St. Leo's Dental Clinic in Solana Beach. Nestled within the campus of St. Leo's Catholic Church, there is a medical clinic that has been in operation for 20 years and a dental clinic that has been in operation for 18 years. The beginning of these clinics has been remarkable and interesting. It operates without government funding and it has an all-volunteer staff.

On May 19, 2012 a dedication ceremony was held at the dental clinic. The Digital Panorex X-ray had been installed and operational for a few weeks now, but that day was to acknowledge and thank those who were instrumental in the acquisition and donation of the machine. Generally, all the members of the club had a hand in raising the matching fund. Particularly, Lion Maria McEneany and Lion John Page collaborated in the writing of the Standard Grant. Since it was their first grant, it was like their first born. Once done, they did not know what was to do next, they

(continued on page 5)



It's All About Lions

By: Manuel "Manny" DeRamos Jr.

This featured article of the newsletter will be an ongoing section. Here, we will publish the recent happenings, changes or updates within the association to keep everyone informed.

Lions Clubs Supplemental Insurance Program

Lions Clubs International provides Lions clubs, districts and other authorized Lions organizations with \$1 million of Liability Insurance that protects against losses from bodily injury and property damage arising out of most Lions activities. However, there are additional types of insurance coverage that clubs and other Lions organizations should consider to protect against other risks that may arise out of Lions activities. Recently, Lions Clubs International has arranged for a program of supplemental insurance coverage which may be purchased at discounted rates by clubs, districts and approved Lions foundations in the United States.

One available coverage is the Directors & Officers Liability Insurance, which protects the officers of a Lions club or district for actions brought against them for actual or alleged negligent acts or omissions and for misleading statements. Directors and officers of a Lions club or district can be liable if they damage the organization by breaching their duties, violate organization by-laws, or fail to disclose conflicts of interest. Another example of such claims include an action brought by a contributor to the foundation of a club or district who was unable to obtain a tax deduction as a result of the foundation failing to file or maintain its charitable tax exempt status.

Another important coverage offered is Accident Insurance which enables you to protect your members and volunteers from the financial consequences of accidental injuries. The plan is designed to provide insurance protection for your members and volunteers injured during sponsored activities. This program provides high limits of coverage - up to \$100,000 for Accident Medical Expenses and up to \$25,000 in Accidental Death coverage - all at a very affordable cost.

Additional liability limits are available through a Special Events Policy if your club or district needs more than the automatic \$1 million limit provided by Lions Clubs International's general liability program mentioned above.

The 2012-13 International Theme is: "IN A WORLD OF SERVICE"

The theme reflects the values that have been underscored for years by Lions. We are a network of over 46,000 clubs around the world, each one making a real difference in their respective communities. We have come from different backgrounds and different cultures but we share a common value—WE SERVE.

As in the previous two years, we are again urged to participate in the four Global Service Action Campaigns: Engaging the Youth; Working with the Blind and the Visually Impaired; Feeding the Hungry and Saving the Environment. But this year, additionally, we are challenged to promote literacy through a Reading Action Program (RAP) by:

1. Developing After School Reading Programs
2. Reading Programs at local libraries
3. Donate books or computers to local schools or libraries
4. Volunteer as tutor through local schools
5. Work with local literacy experts and agencies
6. Create a Reading Action Program (RAP) video about how to get children to read



(From page 3)

had it reviewed by Lion Alba Orr who is the District 4-L6 LCIF coordinator. Together with Lion Luz Galindez, they made recommendations and revisions on the grant. They were very pressed for time as the grant request had to be submitted 2 months (August 3) before the International Board of Directors Meeting (October 3) and the Cabinet meeting is not until August 20, 2011. Calls were made by Lion Alba and Kasondra Byrd, LCIF Humanitarian Programs Manager, approved to submit the application ASAP with the cabinet meeting minutes to follow. A Standard Grant requires the participation of two or more clubs in the district and Encinitas and SD Presidents Lions Clubs were ready to assist. All together, things got into their places and the Standard Grant request for \$11,600.00 was approved during the Board Meeting in Hong Kong.

Last May 19, 2012 a dedication ceremony was held at the St. Leo's Dental Clinic in Solana Beach. It was attended by the mayor of Solana Beach, Joe Kellejan, and Councilman Dave Roberts; both are charter members of the club. Also in attendance was Deacon Al Graff and Dr. Roger Kingston, the volunteer oral surgeon who will be using the digital x-ray most of the time. Other members of the club were proudly in attendance as well. Lion Remy and Lion Luz of the SD Classic were also there continuing their support for the club.



(Above) Lions prayed 9-days of Rosary Novena for the Faithful Departed for Lion Viña at the National City Lions Clubhouse.
(Right) Lions lined up to get ready for a tribute to Lion Viña at Greenwood Mortuary

A VALUABLE LION, LOST

By: Ria Reodica-Tiu

It was not a secret that Lion Viña Phelps has been sick for awhile. Although everyone wished her remission and recovery, no one really knew what the outcome of her disease will be. She believed she will overcome the disease as everyone wished she would; after all, Lion Viña was feisty ...and stubborn... and a fighter! Lion Viña portrayed the picture of a true warrior by fighting the course of her disease. She did not give up and continued with every treatment that her physicians recommended. Perhaps, to us who has not experienced the side effects of chemotherapy and radiation therapy, we will not be able to fathom the feeling it accompanies. Yet, it shocked us to know that she gave up the fight and passed away on April 18, 2012

Lion Viña is a member of the San Diego Majestic Lions Club. She does not regularly attend club meetings but when she knows of club projects that she can contribute her time and effort, she does not hesitate to participate. When she cannot contribute her presence and efforts, she contributes in other many ways... buying a raffle ticket or donating a tray of food... She truly depicts the tenets of contributing Time, Talent and Treasure to Lionism. Up to almost the very end, Lion Viña accepted to be the SD Majestic Club Student Speaker Contest Chairperson and conducted her club level contest very well if not excellently. Who would think that she was nearing her final days? She was full of life and vigor then.

The Lions' family and the community in general will miss Lion Viña tremendously. The South Bay Region Lions held a 9-Days Novena for her, beginning on the day of her death on April 18th at the National City Lions Clubhouse which concluded during her wake at the Greenwood Mortuary (April 25 & 26). Lion Viña was interred at the Holy Cross Cemetery on April 27, 2012. We continue to pray for the eternal repose of her soul and also extend sympathy to the bereaved family.



CLASSIC HEALTH WATCH



VISION DISORDERS

Researched by: Arsenia Ubando, RN

There are many types of eye problems and visual disturbances. These include blurred vision, halos, blind spots, floaters, and other symptoms. Blurred vision is the loss of sharpness of vision and the inability to see small details. Blind spots (scotomas) are dark "holes" in the visual field in which nothing can be seen. The most severe form of visual loss is blindness

Changes in vision, blurriness, blind spots, halos around lights, or dimness of vision should always be evaluated by a medical professional. Such changes may represent an eye disease, aging, eye injury, or a condition like diabetes that affects many organs in your body. Whatever the cause, vision changes should never be ignored. They can get worse and significantly impact the quality of your life. Professional help is always necessary. As you determine which professional to see, the following descriptions may help:

- **OPTICIANS** dispense glasses and do not diagnose eye problems.
- **OPTOMETRISTS** perform eye exams and may diagnose eye problems. They prescribe glasses and contact lenses. In some states, they treat diseases that affect the eyes.
- **OPHTHALMOLOGISTS** are physicians who diagnose and treat diseases that affect the eyes. These doctors may also provide routine vision care services, such as prescribing glasses and contact lenses.

Sometimes an eye problem is part of a general health problem. In these situations, your primary care provider should also be involved.

VISION CHANGES AND PROBLEMS CAN BE CAUSED BY MANY DIFFERENT CONDITIONS:

- Presbyopia -- difficulty focusing on objects that are close. Often becomes noticeable in your early to mid 40s.
- Cataracts -- cloudiness over the eye's lens, causing poor nighttime vision, halos around lights, and sensitivity to glare. Daytime vision is eventually affected. Common in the elderly.
- Glaucoma -- increased pressure in the eye, causing poor night vision, blind spots, and loss of vision to either side. A major cause of blindness. Glaucoma can happen gradually or suddenly -- if sudden, it's a medical emergency.
- Diabetic retinopathy -- this complication of diabetes can lead to bleeding into the retina. Another common cause of blindness.
- Macular degeneration -- loss of central vision, blurred vision (especially while reading), distorted vision (like seeing wavy lines), and colors appearing faded. The most common cause of blindness in people over age 60.
- Eye infection, inflammation, or injury.
- Floaters -- tiny particles drifting across the eye. Although often brief and harmless, they may be a sign of retinal detachment.
- Retinal detachment -- symptoms include floaters, flashes of light across your visual field, or a sensation of a shade or curtain hanging on one side of your visual field.
- Optic neuritis -- inflammation of the optic nerve from infection or multiple sclerosis. You may have pain when you move your eye or touch it through the eyelid.
- Stroke or TIA (Transient Ischemic Attack).
- Brain tumor.
- Bleeding into the eye.
- Temporal arteritis -- inflammation of an artery in the brain that supplies blood to the optic nerve.
- Migraine headaches -- spots of light, halos, or zigzag patterns are common symptoms prior to the start of the headache. An ophthalmic migraine is when you have only visual symptoms without a headache.

Other potential causes of vision problems include fatigue, overexposure to the outdoors (temporary and reversible blurring of vision), and many medications.



Classic Jokes



I did not expect that at my age I will be seeing several new boyfriends at the same time:



In the morning, **WILL POWER** wakes me up and helps me get out of bed...

Then I go to see **JOHN** and sit with him for awhile.



When **CHARLIE HORSE** comes along and while he is here, he takes a lot of my time and attention.

When he leaves, **Arthur Ritis** shows up and keeps me company for the rest of the day.
He likes going places, so he takes me from joint to joint...

In the evening, I call **JACK DANIELS** or **JOHNNY WALKER**
to come and keep me company; we have a drink or two.

After such a busy day, I get really tired & glad to go to bed with **BEN GAY**.
What a life!



By the way, I'm also flirting with **AL ZYMER**

NOW REMEMBER:

**Life is like a roll of toilet paper...
...the closer it gets to the end, the faster it goes...
So have fun and think good thoughts only;
...learn to laugh at yourself, and count your blessings!!!!**



These seedlings are not ready for planting yet



These mature seedlings went in the ground