



San Diego Executive Lions Club
12414 Darkwood Rd
San Diego, CA 92129
858-231-3561



Officers / Board 2012-2013

Guiding Lion – PP George Folwarski PMJF

Immediate Past President

Lion Pacita West MJF

President

Lion Helen B Quintanilla MJF

1st Vice President

Lion Jimmy Boton PMJF

2nd Vice President

Lion Richard West MJF

3rd Vice President

Lion Alex Quinto MJF

Secretary

Lion Aida Marbella

Asst. Secretary

Lion Auring Medina

Treasurer

Lion Zeny DeCastro MJF

Asst. Treasurer

Lion Cora Boton MJF

Membership

Lion Aida Frijas

Asst. Membership

Lion Bing Villaros

Lion Tamer

Lion Don Bataller

Tail Twister

Lion Mike Abrazaldo

Chaplain

Lion Richard West MJF

Board of Directors (1yr)

Lion Auring Medina

Lion Isabel Villaros

Lion Medes Quintanilla MJF

Lion Zeny Ply MJF

Lion Fred Bacala MJF

Lion Board of Directors (2yrs)

Lion Ming Bacala MJF

Lion Emilio Frijas

Lion Janet Quinto MJF

Lion Brille Mejia MJF

Lion Rudy Mejia MJF



PRESIDENT



LION HELEN B. QUINTANILLA

lionheleng@gmail.com

858-231-3561

Secretary

Lion Aida Marbella

Aidamarbella@yahoo.com

760-751-4357

Treasurer

Lion Zeny De Castro

858-349-9990

President's Corner:

July is the beginning of our new lion year, new position, new job responsibilities and new commitment for our newly elected officers and members.

San Diego Executive Lions Club is committed to serve the community, and to make a difference in someone's life in small or in a big way.

I look forward to our working together as a TEAM, work in our goals to achieve them and to support our International President, Wayne A. Madden. His theme "In a world of service". together we can make a difference.

Yours in Lionism,

Lion Helen Quintanilla



"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing."

— [Jean Vanier](#), [Community And Growth](#)

MEETING REMINDER:

Next meeting: August 5, 2012 at Lion Medes & Helen Quintanilla Residence, San Diego CA

12:30PM Potluck Lunch



BIRTHDAYS IN JULY 2012

Birthday Celebrants:

Jimmy Boton 7-11

Aurora Cudal 7-12

Carmencita Domingo 7-16

Larenciana Broas 7-17

Ming Bacala 7-26

Flor Craig 7-27

Jimmie Sober 7-29



Lions Clubs International

Newswire



Busan, Korea, June 22-26, 2012

IN A WORLD OF SERVICE



In a world of need, there is someone to help. In a world of suffering, there is someone who cares. In a world of destruction, there is someone to provide relief. In a world of illiteracy, there is someone to teach. **And in a world of service, there is one name that stands out among others – Lions Clubs International.** That's what we do. That's what we have always done. It is our motto, and the reason we exist.

-- International President Wayne Madden

"As part of this year's "A World of Service" theme, International President Wayne Madden is challenging Lions to participate in the Reading Action Program to focus on increasing literacy and access to learning resources through their service.

"Literacy -- the ability to read and write-- is the foundation for education and social development. Yet, hundreds of millions of adults lack minimum literacy skills and millions of school-aged children are not attending school to obtain them.

"The Reading Action Program is a call to action for every Lions club around the world to organize service projects and activities that underscore the importance of reading and address specific needs related to illiteracy within their own community

"When it comes to meeting challenges, our response is simple: We serve. Our volunteer projects unite Lions around the world. And our work is unconditional. We aren't limited by continents or restricted to certain causes. Lions help wherever, whenever and however we can."

-- Lions Club International Newswire, www.lionsclubs.org



SDELCL EVENTS

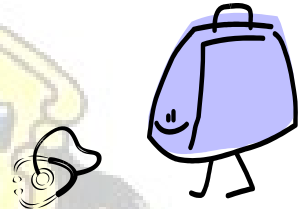
July						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
3	10	19	26			



August						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
1	9	17	24	31		

Upcoming Events

- July 7- Sat 8th Annual Somali American (Somali Youth United)
3:00pm-8:00pm 301 Euclid Ave. (Jacob's Center) San Diego CA
- July 13-15 Veterans Stand Down -San Diego San Diego City High School
- July 21 -Sat District 4L6 Officers Installation at San Diego Hilton
6:00pm-11:00pm 901 Camino Del Rio South, San Diego CA
- July 22 - Sun SDELCL Installation of Officers 2012-2013
12:00pm-3:00pm New Panda Buffet 16785 Bernardo Center Dr, San Diego CA92128
- July 25- Wed Charlotte Russe Inc. Heath & Wellness Employees Expo 2012
11:00pm-1:00pm 5910 Pacific Center Blvd. San Diego CA 92121



June 9, 2012 Lions Learning Day Julian High School, Julian CA

Attended by Lions: Helen Quintanilla, Zeny de Castro, Aurora Cudal and Zeny Ply. It is very informative especially to the new officers.

June 23, 2012 TCOYD (Taking Control Of Your Diabetes) San Ysidro Health Center, San Diego CA

There were one hundred one(101) patients listed and screened for blood pressure and blood sugar tested. Of that number, for **Blood Pressure** : 59 have normal pressure - (range <120 and <80); 20 **prehypertension** -(range 120-130 or 80-89); 12 **hypertension, Stage1** (range 140-159 or 90-99); 3 **Hypertension, Stage2** (range ≥160 or ≥100 B/P B/P). Some of them are on medications. Recommended to see their physician and also discuss proper diet and exercise.
Blood Pressure Goal: <120/<80.

Blood Sugar: 29 normal Blood sugar; 39 prediabetic and 26 Diabetic. For prediabetic and diabetic although they are on medications, we recommended to see their physicians and discussed regarding proper diet and exercise.

Ninety 93 reading glasses were given by Imperial Valley Lions Club.

SDELCL volunteers are: Lions Aida Marbella, Zeny de Castro, Brillie Mejia, Helen Quintanilla and Alex Quinto.

Imperial Valley volunteers are: Lions Isela Bittman, Larry Hudson and non lion Cesar Romero, nephew of Larry Hudson

June 26, 2012 Viejas Casino Health and Wellness Expo 2012, a Lifestyles INFOCUS supported event. Alpine CA

There were one hundred two (102) patients listed and screed for blood pressure and blood sugar tested. F that number, for **Blood Pressure:** 52 have normal pressure - (range <120 and <80); 18 **prehypertension** -(range 120-130 or 80-89); 17 **hypertension, Stage1** (range 140-159 or 90-99); 6 **Hypertension, Stage2** (range ≥160 or ≥100 B/P B/P). Some of them are on medications. Recommended to see their physician and discussed also proper diet and exercise.
Blood Pressure Goals: <120/<80.

Blood Sugar: 65 Normal and 7 Diabetic.

Recommended to see physicians for those with hypertension and Diabetic suggested proper diet and exercise.

SDELCL Volunteers are: Lions Alex Quinto, Zeny de Castro, Helen Quintanilla, Aida Marbella, Brillie Mejia, Cora Boton and Pacita West.

