



San Diego Executive Lions Club  
5472 San Onofre Ter  
San Diego, CA 92114-6311  
619-263-7888



**Officers / Board 2011-2012**

Guiding Lion – PP George Folwarski PMJF

Immediate Past President

Lion Alex Quinto MJF

President

Lion Pacita C. West, MJF

1st Vice President

Lion Helen Quintanilla, MJF

2nd Vice President

Lion Aurora Cudal

3rd Vice President

Lion Richard West, MJF

Secretary

Lion Brillita Mejia, MJF

Asst. Secretary

Lion Auring Medina

Treasurer

Lion Helen Quintanilla, MJF

Asst. Treasurer

Lion Zeny de Castro MJF

Membership

Lion Ming Bacala, MJF

Asst. Membership

Lion Mike Abrazaldo

Lion Tamer

Lion Don Bataller

Tail Twister

Lion Alex Quinto, MJF

Chaplain

Lion Richard West, MJF

Board of Directors (1yr)

Lion Janet Quinto, MJF

Lion Emilio Frijas

Lion Gerry Galang

Lion Aida Frijas

Lion Rudy Mejia MJF

Board of Directors (2yrs)

Lion Auring Medina

Lion Isabel Villaros

Lion Medes Quintanilla, MJF

Lion Zeny Ply, MJF

Lion Fred Bacala, MJF



## PRESIDENT



Lion Pacita C. West

[Ensiangmom@juno.com](mailto:Ensiangmom@juno.com)

619-263-7888

## Secretary

Lion Brillita Mejia

858-357-4413

## Treasurer

Lion Helen Quintanilla

[hquintanilla@san.rr.com](mailto:hquintanilla@san.rr.com)

858-231-3561

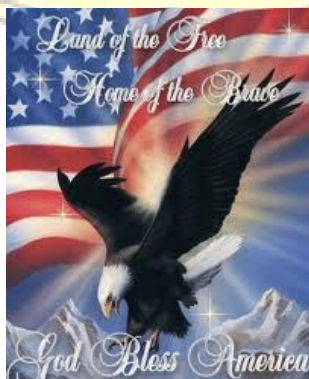
### President's Corner:

Looking back on the last 11 months for the LY 2011-2012, we can see how far we had come and accomplished in serving the community and other clubs. Let us not stop here, especially when the new officers will lead our club for the LY 2012-2013. We should give our wholehearted support for the new leaders to achieve another year of successful service. We are lions and we are always here "To Serve".

Thank you for all the support during the past two years that I served as your President. Let us continue and give the same support to our new officers

*Yours in Lionism,*

*Lion Pacita C. West*



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I LOVE YOU DAD

### MEETING REMINDER:

Next meeting: June 1, 2012, 7:00 p.m. at Friendship Manor, National City, CA  
6:30 p.m. Potluck Dinner

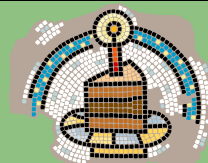


# BIRTHDAYS IN JUNE 2012

## Birthday Celebrants

Richard West 6/03  
Luis Guevarra 6/21

Cora Boton 6/15  
Cory Guevarra 6/29



Lions Clubs International

## Newsire



**Lions Clubs International 95th Annual  
Convention in Busan, Korea, from June 22-26, 2012.**



### June 2012

June 1:	Deadline date for convention hotel deposit refunds for cancellations
June 1:	Leo of the Year Award applications (Leo-LOY) due
June 1:	Helen Keller Day
June 5:	World Environment Day
June 17-21:	Board of Directors Meeting (Busan, Republic of Korea)
June 20:	Deadline for 2011-2012 Charter Applications
June 22-26:	95th International Convention (Busan, Republic of Korea)

### Lions Clubs' Sight Services Help Prevent Blindness

Lions are known for their service to persons who are blind and visually impaired. These dedicated sight services began in 1925. During a Lions international convention, Helen Keller, a woman who had been blind and deaf since childhood, challenged Lions to become "knights of the blind in this crusade against darkness." Lions accepted Keller's challenge. Today, Lions clubs around the world are involved in many sight services and sight-related areas to help prevent blindness.



HELEN KELLER

### LEHP Promotes Healthy Vision

Did you know that vision loss is not a normal part of aging? But, as you get older, you're at higher risk of developing eye diseases and conditions leading to vision loss or blindness. The Lions Eye Health Program (LEHP) can help your club promote healthy vision in your community. The LEHP "Making Vision a Health Priority" and "Age-Related Eye Diseases and Conditions" toolkits are user-friendly resources you can distribute at community events. LEHP also provides PowerPoint presentations and Speaker's Guides you can use to host an educational workshop in your community or at your next Lions club meeting.

Measles is one of the deadliest vaccine-preventable diseases, taking the lives of 450 children each day. In developing countries, nearly one third of children who contract measles suffer complications, including corneal scarring. The Gates Foundation is challenging Lions to raise US\$10 million through LCIF to help save children across the world. You can find information about the One Shot, One Life



### EVERY \$1 SAVES 1 LIFE

Help us raise \$10 million  
Please make your gift at  
[www.lcif.org](http://www.lcif.org)





2012

# SDELCL EVENTS

2012

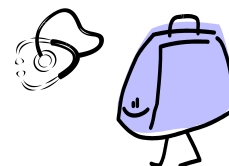
June						
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24	25	26	27	28	29	30
4:00 11:00 19:00 26:00						



July						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
3:00 10:00 19:00 26:00						

## Upcoming Events

- June 9 - Sat**      **Lions Learning Day**  
8:00am - 12:00pm Julian High School, 1656 Hwy 78, Julian
- June 23- Sat**      **TCOYD Latino Conference & Health Fair**  
8:00AM-1:00PM San Ysidro Health Center, 1275 30th Street, San Diego, CA 92154
- July 7 - Sat**      **8<sup>th</sup> Annual Somali American (Somali Youth United)**  
3:00pm-8:00pm 301 Euclid Ave (Jacob's Center) San Diego, CA
- July 8- Sun**      **SDELCL Installation of Officers 2012-2013**  
12:00noon-3:00pm New Panda Buffet 16785 Bernardo Center Drive, San Diego
- July 21 -Sat**      **District 4-L6 Officers Installation** -San Diego Hilton, Camino del Rio South



**5-6-2012 Del Sol Solana Beach Lions Club, Cinco de Mayo Health Event, La Colonia Park, 715 Valley Ave, Solana Beach, 92075**

Approximately 43 people in this local community event were serviced with Blood Pressure Checking, Diabetes Screening, and Glaucoma Testing services.

**Blood Pressure Checks for Hypertension recorded the following results** (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80) using portable OMRON and Microlife Blood Pressure Monitors: 1 case of a Low-Normal Reading (e.g., Systolic 105 / Diastolic 65); 8 cases of High-Normal Readings (e.g., Systolic 130-137 // Diastolic 55-84); 4 cases of Stage-1 Mild Hypertension (e.g., Systolic 142-159 // Diastolic 82-96) were recorded [The one patient with a BP reading of 159/94 is also currently taking BP meds for her Hypertension problem]; and 2 cases of Stage-2 Moderate Hypertension (e.g., Systolic 162-165 // Diastolic 96-99) [The one patient with a BP reading of 162/96 had a high BP reading even though she is currently taking BP meds]; and there no cases of Stage-3 Severe Hypertension noted All patients were advised of the need for dietary changes and were also told to make BP testing a routine effort, whenever possible.

**Blood-Sugar Glucose Tests for Diabetes or Diabetic symptoms recorded the following results** (Optimal Readings are 70 - 120 Fasting for at least 90 minutes prior to testing or 70 - 170 non-fasting) using TRUEtrack Blood Glucose Meters and Test Strips: a total of three cases of elevated Diabetic readings were observed with readings of 169, 182, and 244. All three were non-fasting readings; the patient with a 169 reading is currently on diabetic meds as is the patient with a 244 reading. The patient with a 169 reading was retested after about 90 minutes and the second reading came out to be 155. The patient with an initial reading of 244 was also retested after a while and the second reading came out to be 206. There were also two more patients with readings of 150 and 158 but these may have been glucose spikes because we were not certain if they were both fasting or non-fasting before the readings were taken. All of these patients were actually counseled on dietary changes, exercise and the need for follow-up with a physician.



There was one patient with a normal BP reading of 114/81 and Blood Sugar reading of 131 that has three sisters living in Europe who are all diabetics.

**Glaucoma Screenings were performed by Lion Larry Hudson and assisted by Alysa Mena using a Frequency Doubling Technology (FDT) unit.** Only 12 people of the 43 registered sign-ups requested a Glaucoma Screening. Of those 3 people are beginning to show signs of Glaucoma and therefore categorized as "Suspect" cases because of their "bad" test reports; a fourth case was determined to also be a "Suspect" case who actually is aware of having glaucoma symptoms but doesn't have the means to obtain the available medication. All 4 cases were provided referrals to the La Maesta Community Health Center, 4060 Fairmount Avenue, San Diego, 92105 to obtain the necessary follow-up care/treatment.

**Volunteer support for this event was provided for by the following:**

- San Diego Golden Triangle Lions Club PDG Alice Tana
- Solana Beach - Del Sol Lions Club Lion Emily Behrmann
- San Diego Executive Lions Club Lions Auring Medina and Zenaida (Zeny) DeCastro
- Poway Lions Club Lion George Folwarski, JeannieAnn Galambos, LVN (daughter of Lion George), Anthony Galambos (grandson of Lion George), Alysa Mena (granddaughter of Lion George)
- Imperial Valley Lions Club Lions Larry Hudson

This report reflects an average sampling of health problems for such a small demographic Hispanic community. The relatively small sampling (referring to the 43 patients tested) is somewhat smaller for the same health screening event conducted in 2011 at the La Colonia Park. There appears to have been sufficient publicity for this event but the attendance is somewhat disappointing. However, the demographic area could suggest the need to conduct more health screenings in this area beyond the current schedule of an annual event.

**George Folwarski**

Submitted: Lion George Folwarski

#### **May 23-2012 Life Technologies Health & Wellness Benefits Fair 2012**

The health fair provided Blood pressure and Diabetes screening and health related information to 24 registered attendees. Of those 24 attendees, Blood pressure were classified into categories: 15 -normal (<120 and <80); 5 Prehypertension (120-139 or 80-89); 4 hypertension, stage1 (140-159 or 90-99); **Blood Pressure Goals: <120/<80).**

On Diabetes screening, 20 cases of diabetes are normal, 1 pre-diabetic

Supported by SDELC Lions: Brillita Meija , Aida Marbella, Zeny De Castro

#### **May 27,2012 - Vista Strawberry Festival, Vista California, Hosted by Pride of Vista Lions**

The health fair provided Blood pressure to 34 registered attendees. Of those 34 attendees, Blood pressure were classified into categories: 18 -normal (<120 and <80); 8 Prehypertension (120-139 or 80-89); 5 hypertension, stage1 (140-159 or 90-99); 2 hypertension, stage 2 ( >160 or >100). Suggested to follow up with their doctors, exercise, stop smoking, reduce weight, sufficient rest, don't over sleep, low salt and low protein, **Blood Pressure Goals: <120/<80).**

**Supported by the Following Lions:**

Vista, Pride of Vista Lions: Eleanor Hutchins, Anita Hutchins, Glen Demlinge, Melinda Reed and Megan Amely

SDELC Lions: Alex Quinto and Helen Quintanilla

Imperial Valley Lions: Larry Hudson and non-lion Cesar Romero (nephew of Larry Hudson)

San Diego Golden Triangle PDG Alice Tana