



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 MJF

Asst. Secretary

Lion Auring Medina

Treasurer

Lion Zeny DeCastro MJF

Asst. Treasurer

Lion Cora Boton MJF

Membership

Lion Aida Frijas MJF

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:

We are heading to our last month of the First Quarter LY 2012.

Summer is almost over and we started with 2 community services in collaboration with Poway LC, assisted in district event (Council Of Governors' meeting-hospitality room) , 3 health & wellness expo2012 by LifeSytlesINFOCUS providing blood pressure and blood glucose test.

September is even more busier now that we have to mobilize Team A and Team B for health and wellness events. Let us once again rededicate and commit our selves **"To Serve"** and make a difference in someone's life as we work together for the betterment of the less fortunate.

SDELCL is very proud to serve in San Diego community
"IN A WORLD OF SERVICE".

Yours in Lionism,

Lion Helen Quintanilla
"Together We Serve"

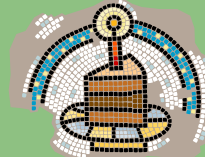


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MEETING REMINDER:

Next meeting: October 7, 2012 at 1:00pm at Lion Isabel Villaros' residence, San Diego CA
12:30PM Potluck Lunch



Lions Clubs International

Newsire

September 2012

- Sep 2-5: Advanced (Senior) Lions Leadership Institute - Constitutional Area IV: Europe (Brussels, Belgium)
- Sep 3: Standard, Core 4 and IAG Grant application deadline for review at November 2012 board meeting
- Sep 6-8: EUROPA Forum (Brussels, Belgium)
- Sep 13-15: USA/Canada Forum (Tampa Bay, Florida USA)
- Sep 17-20: Emerging Lions Leadership Institute - Constitutional Area I: USA, its affiliates, Bermuda and the Bahamas (Tampa Bay, Florida USA)
- Sep 30: Deadline for the Club and District Team Excellence Awards
- Sep 30: Annual District/Multiple District Youth Camp and Exchange Report Form (YCE-510A) due

Lions Participate in USAID Literacy Event

In celebration of International Literacy Day on September 8, the U.S. Agency for International Development (USAID) is holding a special event involving key discussions with world leaders to highlight the importance of literacy worldwide. Linda Madden will speak about the power of community in increasing literacy for children and adults, focusing on Lions clubs' efforts among the blind and visually impaired. There will also be an eyeglass recycling activity to show attendees how they can contribute in their community and help children around the world have better vision. The event takes place on September 7.

Lions Are Champions of Change

On October 2, Lions Clubs International will participate in a special event at the White House in Washington, D.C. Members who have been selected to represent Lions as "Champions of Change" will be recognized at the event and participate in a panel discussion. Other highlights of the day include a tour of the White House East Wing and a White House Community Leaders Briefing, during which Lions can discuss with government administrators and agencies topics such as reading and literacy, health services and more. The event will be streamed live online. For more information, visit the [LCI Web site](http://www.lionsclubs.org). For questions, contact GovernmentRelations@lionsclubs.org.

Sharing the Vision Campaign - Expanding Our Reach! October's global service action campaign focuses on "[Sharing the Vision](#)." Mobilize your club to plan a service project to promote healthy vision, or to make a difference in the lives of children and adults living with blindness or low vision. Project ideas include organizing eye care and safety presentations for school children, sponsoring a Braille exhibit at your local library, volunteering at a recreational program or camp for people who are blind, and more. Materials and resources are available to help you implement a successful campaign project. If you have questions, contact programs@lionsclubs.org.

Make This Year a Success for LCIF

Last October, the Bill & Melinda Gates Foundation challenged Lions and LCIF to raise US\$10 million for measles, to which they will match with US\$5 million. Lions have raised over half of the challenge grant funds. As the one year anniversary of the challenge approaches, let's make the year a success. You can help give children worldwide a healthier life by [making a donation](#). Funds may be donated to LCIF via check, wire transfer or by making an online donation. You can even double your donation's impact by participating in your employer's [matching gift program](#), if available. It's time to get involved!



SDELc EVENTS

September						
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						
8:00	15:00	22:00	29:00			



October						
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			
8:00	15:00	21:00	29:00			

Upcoming Events

- Sep 8- Sat **St. George Cheldean Catholic Church- Host-SD Viet-American/ Orange County Viet-American LC,**
10:00pm-2:00pm Poway LC and SD Executive LC – a Lions Health and Wellness Fair collaboration
4807 W. McFadden St., Santa Ana , CA 92704
- Sep 8- Sat **1st Annual Poway Wal-Mart Community Wellness Expo 2012 a LifeStyles INFOCUS event**
10:00pm-4:00pm 13425 Community Road, Poway CA 92064
- Sep 15- Sat **Mira Mesa Street Fair -The 14th annual Mira Mesa Street Fair**
10 AM to 5 PM Camino Ruiz from Mira Mesa Blvd. to New Salem St.
- Sep 15- Sat **Spring Valley Library on Kempton St,** in collaboration with PDG Scott Leslie, Spring Valley LC
11:00am - 3:00PM
- Sep 16- Sun SD Executive Golden Acorn Fundraising – to fund future Medical/Educational Mission in the Philippines and San Diego community**
- Sept 19 -Wed Robbins Geller Law Firm Employee Health & Wellness Expo, a LifeStyles INFOCUS event
11am-2pm 655 West Broadway, Ste1900, San Diego 92101
- Oct 28 - Sun SDELc 13th Anniversary, Medical and Education Fund Raising Night
6:00pm-10:00pm MCAS commissioned Officers Club



Aug 3-5 COG (Council Of Governors) Meeting - Town & Country Resort, San Diego CA

DG Blessie S.Trott is the host of District 4L6 Council of Governors meeting at the Town & Country Resort. San Diego Executive was invited to prepare the hospitality room for all the attendees, chaired by PDG Jan Gustavel, co-chairs are PDG Scott Leslie and PDG Bucky Blottin. Food served was donated by various lion donors and all are delicious which made our guest enjoyed their food and are very happy. SDELc volunteers: Lions Aida Marbella, Richard West, IPP Pacita West, Helen Quintanilla and daughter Arielle. Other lions donated their time are Lydia Duro, Santee Lions, Boodgie Arce.

Aug 25 2012 - SD County Health & Resource Fair - Hosted by United Domestic Workers of America. 6753 University Ave., San Diego, CA 92115

Approximately 71 people in this local community event were serviced with Blood Pressure Checks and Blood-Sugar Glucose Readings.

Blood Pressure Checks for Hypertension recorded the following results (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80): 1 case of Low BP (Hypotension) with a reading of 84/58; 4 cases of Low Normal Readings (e.g., Systolic 94-99 // Diastolic 63-69); 10 cases of High Normal Readings (e.g., Systolic 133-140 // Diastolic 69-93) [1 patient is currently taking BP meds]; 5 cases of Stage-1 Mild Hypertension (e.g., Systolic 141-154 // Diastolic 74-96) were recorded; and 1 case of Stage-2 Moderate Hypertension (e.g., Systolic 163 // Diastolic 104). All patients were advised of the need for dietary changes and were also told to make BP testing a routine effort, whenever possible.

Blood Pressure	SBP	DBP
Classification	mmHg	mmHg
Normal	<120	and <80
Prehypertension	120–139	or 80–89
Stage 1 Hypertension	140–159	or 90–99
Stage 2 Hypertension	≥160	or ≥100

Category of a person	Fasting Value		Post Prandial
	Minimum Value	Maximum Value	Value 2 hours after consuming glucose
Normal	70	100	Less than 140
Early Diabetes	101	126	140 to 200
Established Diabetes	More than 126	-	More than 200

* All values are in Milligrams

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): a total of seven (7) cases of elevated Diabetic readings (e.g., 162, 169 [this patient is currently on oral meds], 170 [this patient is also on Insulin], 184 [this patient is currently on oral meds], 189 [this patient is currently on oral meds], 195 [this patient is currently on oral meds], 230 [this patient is taking oral meds and was referred to La Maestra Health Center for follow-up consultation and care]). All of these patients were identified as non-fasting patients.

An information station was also set up to provide information in English and Spanish on many health related subjects, including Blood Pressure and Diabetes. A substantial number of information packets, documents, and flyers were distributed in order to help educate the attendees to this health event how to better take charge of their physical well being.

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

- San Diego Executive Lions Club Lions Helen Quintanilla, Pacita West, Richard West, Auring Medina
- Poway Lions Club Lion George Folwarski
- Jill Herndon from InCharge

This report does not reflect other health related services provided at this event by other providers/vendors.

Submitted by: Lion George Folwarski, Poway LC

Aug 26, 2012 -Pacific Rim Mechanical Picnic & Health Fair 2012, San Dieguito Park, Del Mar CA

55 employees and their families were serviced with Blood Pressure Checks and Blood-Sugar Glucose Readings.

Blood Pressure Checks for Hypertension recorded the following results (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80) 32 patients Normal (range 120/80); 10 Prehypertension (120-139 or 80-89); 5 patients Stage I, Hypertension (140-159 or 90-99); 1 patient Stage 2 Hypertension (> 160 or >100). All patients who has concern were given verbal advice such as proper diet, exercise. Also recommend to see physician even when they're on medication. Provided a blood pressure chart which contains foods to avoid and how to lower blood pressure information.

Blood-Sugar Glucose Tests for Diabetes. (Optimal Readings are 70 - 120 Fasting for at least 90 minutes prior to testing or 70 - 170 non-fasting). 34 normal reading; 7 patients are prediabetic and 1 diabetic.

SDELC Volunteers: Lions Auring Medina, Pacita West, Zeny deCastro, Brillie Mejia and Helen Quintanilla.



Manual Inflate Blood Pressure kit donated by SDELC supporter Mr. Bert Soliven Jr.

Chaplains Corner....

Wishing, and praying for the wellness of all members..

GOD BLESS ALL!