

SDELCL Monthly NEWSLETTER - Issue: March 1, 2012

An Executive Way to Communicate with OUR CLUB

Editor: Lion Helen Quintanilla – hquintanilla@san.rr.com



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

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

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

619-263-7888

Secretary

Lion Brillita Mejia

858-357-4413

Treasurer

Lion Helen Quintanilla

hquintanilla@san.rr.com

858-231-3561

President's Corner:

Time is closing fast for the Lion Year and soon we'll be nominating members aspiring to be on the Board of Officers for the incoming Lion Year 2012-2013.

We'll have our nomination of Officers for this month of March.

We have had our many activities for the last eight months helping our community which we have successfully achieved our tight schedules. We should maintain it till the end of this Lion Year.

I thank you for the support you have given me throughout my tenure of office. Let us continue our mission "To Serve" and "I Believe" that we can make a difference.

Yours in Lionism,

Lion Pacita C. West

EYE DONOR AWARENESS MONTH



MEETING REMINDER:

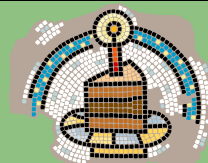
Next meeting: April 7, 2012, 1:00 p.m. at Zeny & Ray de Castro, CA
12:30 p.m. Potluck Lunch

BIRTHDAYS IN MARCH 2012

Birthday celebrants

Aida Frijas 3-9

Zeny Ply 3-19



Lions Clubs International

News wire



#ADAM

Each year in the United States, cornea transplants help restore the eyesight of more than 52,000 people - and Lions Eye Banks play a major role! Lions eye banks also help save eyesight by supporting important research to find cures for other blinding diseases. If your club would like to plan a community activity to promote eye donation during March, [please contact the Lions Eye Bank near you.](#)

Lions Eye Banks Restore Sight

Lions Eye Banks maintain professional staff that procure, evaluate and store healthy eye tissue for valuable sight-saving functions:

- Vision restoration
- Research
- Education

Through Lions Eye Banks, we provide the world with much-needed corneal tissue that surgeons use to restore vision to people with injured or diseased corneas. Researchers also use the tissue, which is valuable in educating new practitioners and exploring new breakthroughs in vision research. Lions support more than 50 eye banks in nine countries.

March 2012

Eye Donor Awareness Month



March 1:	Deadline for multiple districts to submit a single Lions Environmental Photo Contest entry to International Headquarters
March 2-5:	Faculty Development Institute, Constitutional Area IV – Europe (Copenhagen, Denmark)
March 9-12:	Faculty Development Institute, Constitutional Areas I & II – USA, Affiliates, Bermuda and the Bahamas AND Canada (Ottawa, Ontario, Canada)
March 16:	Lions Day with the United Nations
March 22-25:	Mediterranean Conference (Athens, Greece)
March 30-April 2:	Faculty Development Institute, Constitutional Area III – South America, Central America, Mexico & Islands of the Caribbean Sea (Montevideo, Uruguay)
March 31:	Regular discount on convention registration fees ends

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.

OAK BROOK, IL, USA, Feb. 10, 2012 Trisha Co Reyes, a 13-year-old girl from Manila, Philippines, has been named the grand prize winner in the 24th annual Lions International Peace Poster Contest.

"In my painting, the hidden child is me," Reyes said. "Exhibited are children from all over the world who have love, freedom, unity and peace."

Reyes' winning poster was chosen for its originality, artistic merit and portrayal of this year's theme "Children Know Peace."

"We are so proud of Trisha winning the grand prize in this important contest," said Dennis Go, president of the Manila Centennial Lions Club. "This contest helps the members of my club to support local youth and to encourage peace and understanding everywhere."

"Lions around the world believe in promoting peace and the importance of encouraging young people to think creatively," said Lions Clubs International President Wing-Kun Tam.



2012

SDELC EVENTS

2012

March

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 14:00 22:00 30:00						



April

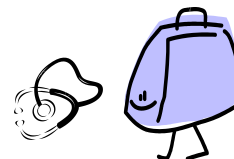
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
6:00 13:00 21:00 29:00						

Upcoming Events

Mar 3 - Sat **Jacobs Foundation Health Fair- a Community Service**
10:30am - 2:00pm 404 Euclid Ave, San Diego

Mar 31 Sat **Multi-Cultural Aging Expo – a Community Service**
9am-12:30pm 3795 Fairmount Avenue, San Diego CA 92105

Apr 18 Wed **CIBUS US LLC Health & Wellness Event 2012**
11:30am-1:30pm 6455 Nancy Ridge, San Diego, CA 92121



Feb11, 2012 - Melvin Jones Fellow Luncheon - Chula Vista Golf Course, Bonita CA91902

Guest speaker Md-4 LCIF Chair PCC Roger Powell

At this event attended by MJF Lions Zeny de Castro, Zeny Ply, Rudy and Brillie Mejia, Pacita West, Medes and Helen Quintanilla, PMJF George Folwarski of Poway LC

February 25, 2012 -Community Health Fair at Lemon Grove Library, 8073 Broadway, Lemon Grove CA. Event coordinated by Spring Valley Lions.

Approximately 84 people in this local community were serviced with Blood Pressure Checking and Diabetes Screening services.

Blood Pressure Checks for Hypertension recorded the following results (Optimal Reading is considered Systolic less than 120 and Diastolic of less than 80): 10 cases of High Normal Readings (e.g., Systolic 123-138 // Diastolic 66-91); 2 cases of Low Normal Readings (e.g., Systolic 99 // Diastolic 61-74); 2 cases of Low Hypotension (e.g., Systolic 86-121 // Diastolic 55-57); 6 cases of Stage-1 Mild Hypertension (e.g., Systolic 130-158 // Diastolic 75-99) were recorded; 2 cases of Stage-2 Moderate Hypertension (e.g., Systolic 153-164 // Diastolic 88-105); and 1 case of Stage-3 Severe Hypertension (e.g., Systolic 144 // Diastolic 112) was recorded. 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): a total of Seven cases of elevated Diabetic readings were recorded with the following results: 1 person had a reading of 64 (fasting), which is indicative of a Hypoglycemic condition; This person was given 1 Glucose Tablet and retested five-minutes later rendering a second reading of 81. 1 person had a reading of 169 (non-fasting), which could be indicative of a Hyperglycemic spike and was advised to return in about 60 minutes for a retest but failed to come back. 1 person had a reading of 188 (non-fasting) and returned for a second reading while fasting, which brought the second reading down to 120 (normal). Another person had a reading of 217 (non-fasting) and returned for a second reading while fasting, which brought the second reading down to 149. 1 person had a reading of 322 (non-fasting) and was advised that the reading was considered serious and that another follow-up reading was being offered and to return in about 1 hour. That patient failed to return. Another patient had a reading of 381 (non-fasting) and was also advised to take a second reading in about 1 hour. She returned for the second reading which was 358. She then indicated that a follow-up with her physician was being planned. Another patient had a 439 reading (fasting). We tried to convince her of the serious nature of this high reading and requested that she return for a second reading after a short passage of time. She likewise failed to return.



The 5 Spring Valley Lions Club volunteers included: PDG Scott Leslie, PDG Juanita Mangels Williams, Sylvia Robles, Marilyn Brennan and Norman Fowler.

The 4 San Diego Executive Lions Club volunteers included: Pacita West, Helen Quintanilla, Zenaida DeCastro, and Ideomedes Quintanilla.

The 1 Poway Lions Club volunteer was George Folwarski.

This report reflects an alarming state of health for such a small demographic community. The cases mentioned above demonstrate an absolute need for more health awareness (education), follow-up, and screening programs for this area.



2-25-2012 Lemon Grove Health Fair, Lemon Grove CA - A collaboration of 3 Lions Clubs: Spring Valley Lions, Poway Lions and San Diego Executive Lions attending blood pressure and blood glucose test to the community



International (Philippines): Feb 5, 2011 - PP Alex Quinto of SDELC attended the Cubao Lions Club meeting at the Street Children Compound under the leadership of Lion Nonie F. Esmedia, President. Also present at the meeting are Lions Erra and Willy Apolinario of Calgary Filipino LC in Alberta Canada. They brought with them boxes donations for the Street Children Compound in Mandaluyong City. A collection was made at the meeting and Lion Alex made donation to help purchase t-shirt for the children.

One of Cubao Lions project is supporting the Street Children compound in Mandaluyong City where they house and feed the children. They get trained in vocational courses such carpentry, mechanics, hair dressing. Age range from 3 to 18 years of age.

