



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

Immediate Past President
Lion Alex Quinto

President
Lion Pacita C. West
1st Vice President
Lion Helen Quintanilla
2nd Vice President
Lion Aurora Cudal
3rd Vice President
Lion Richard West
Secretary
Lion Brillita Mejia
Asst. Secretary
Lion Auring Medina
Treasurer
Lion Helen Quintanilla
Asst. Treasurer
Lion Zeny de Castro
Membership
Lion Ming Bacala
Lion Tamer
Lion Don Bataller
Tail Twister
Lion Alex Quinto
Chaplain
Lion Richard West

Board of Directors (1yr)
Lion Janet Quinto
Lion Emilio Frijas
Lion Gerry Galang
Lion Aida Frijas
Lion Rudy Mejia

Lion Board of Directors (2yrs)
Lion Auring Medina
Lion Isabel Villaros
Lion Medes Quintanilla
Lion Zeny Ply
Lion Fred Bacala



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:

We are geared in various community activities and events we support, the Health and Wellness programs such as Diabetes Awareness, Glaucoma Screenings, and Eyeglass recycling. Let us continue to develop ways to serve those in need of our attention.

Advice from International President Wing-Kun Tam prescription for keeping a happy home. *"Treat your guests like family and your family like guests."* We should have warm compassion and respectful courtesy to those closest to us, as well as to those we wish to know better. We can apply this lesson to the way we behave as Lions. Let us not forget that members of our club deserve the same compassion as those we hope to serve. They are our members and merit - in a special way - our service. We are *Lions* family.

Plant a Tree - Trees will make our planet healthy, conserve water, prevent soil erosion and make beautiful habitat for human race. I believe that we can make a difference planting a tree.

Yours in Lionism,

Lion Pacita C. West



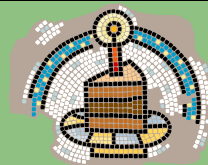
MEETING REMINDER:

Next meeting: October 1, 2011, 12:30 p.m. at Lion Mike and Tess Abrazaldo's Residence
12:00 noon Potluck Lunch

BIRTHDAYS IN AUGUST 2011

Birthday celebrants:

Lion Fred Bacala 9-18; Lion Mike Abrazaldo 9-29;



Lions Clubs International

Newsire

Lions, LCIF Providing Famine Relief in Africa



Right now, famine is threatening the lives of millions of people in Africa. As always, Lions are bringing aid to the people affected by this disaster. LCIF has approved a US\$15,000 grant to support famine relief. Lions in Kenya also collected US\$10,000. And our members around the world are rallying to help. Lions in Sweden are donating US\$77,000. A Lions club in Germany has pledged to collect US\$7,100. And Lions from Ethiopia are taking part in relief efforts.

Lions, LCIF Providing Disaster Relief for Hurricane Irene Victims in U.S.

August 31, 2011
by lionsclubsong



During the past week, several areas of the United States experienced widespread flooding and damage from Hurricane Irene. LCIF has awarded US\$70,000 in emergency grants to districts in Puerto Rico, North Carolina and Massachusetts. Our members are using these grants for immediate disaster relief efforts. Yesterday, Lions in New Bern, North Carolina helped serve 1,700 meals and provided vouchers for food and other supplies to victims. Lions in District 31-H have also distributed more than US\$6,000 worth of cleaning supplies and relief kits. And today, LCIF Chairperson Sid Scruggs is visiting affected areas in North Carolina to assess immediate needs. "The problem is that the Noss River overflowed and there was water of 1.5 feet deep in homes," says Sid. "Now that the water has receded some, there is still a lot of clean up left and people cannot drink the water."

You can help support our relief efforts by making a dedicated donation to the "Hurricane Irene 2011" fund. Please visit our [Donations page](#) for more information

President's Service Blog: First Official Headquarters Visit, Oak Brook, Illinois

August 30, 2011
by wingkuntam



I believe Lions Clubs International is making more of a difference than any other service organization in the world. I believe in you, Lions of the world, who make up this network of caring, passionate individuals who exemplify the We Serve motto. Behind our 1.35 million dedicated Lions volunteers, we have equally dedicated staff members who diligently help make our work possible. When I arrived for my first official visit as international president, the headquarters staff welcomed me warmly. It was an honor to shake hands with each of the staff members who supports our clubs day after day. I believe that their work is vital to helping Lions fulfill our communities' needs.



The 2011-2012 Student Speaker Contest topic is:

What could the America of yesterday teach the America of tomorrow



SDELCL 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	
4	12	19	20	27		



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					
3	11	19	26			

Upcoming Events

- Sep 10 - Sat** Imperial Lions Health and Wellness Fair-Imperial CA
11:00 am-2:00pm
- Sep 13 - Tue** Vanguard Space Technologies Annual Health & Wellness Expo
10:30am-1:30pm 9431 Dowdy Drive, San Diego, CA 92126
- Sep 16 - Fri** BioMed Realty 1st Annual Health & Wellness Expo
12:00 - 2pm 17190 Bernardo Center Dr., San Diego CA 92128
- Sep 17 - Sat** 13th Annual Mira Mesa Street Fair, Mira Mesa CA
11:00 am - 2:00 pm
- Sep 17 - Sat** Spring Valley Lions Club Wellness Fair.
11:00 am.-2:00 p.m., Spring Valley Library
- Sep 18 - Sun** SDELC Golden Acorn Casino Fund Raising
- Sep 24 - Sat** InCHARGE supported event, Encanto Baptist Church –
11:am-3:00pm., 6020 Akins Ave., San Diego CA
- Sep 29 - Thu** San Diego County CU & Stowe Plaza a LifeStyles INFOCUS supported event
11:30am-2:30pm 14099 Stowe Dr., Poway 92064
- Oct 15 - Sat** 2011 National City Health & Wellness Fair
10:00am-4:00pm Paradise Valley Hospital
- Oct 22- Sat** 3rd Annual LifeStyles INFOCUS Fundraising & Silent Auction Fall Festival
11:00am-4:00pm Bernardo Winery 13330 Paso Del Verano Norte, SD 92128



Aug 3 - 2011 Charlotte Russe:

Sixteen (16) employees screened. One patient screened with moderate stage 2 hypertension (158/90)
Two patients screened with high sugar (224-244) All the rest have normal blood pressure and glucose counts.

Volunteers were: SDELC Lions Zenaida de Castro, Brillita Mejia, Auring Medina, Isabel Villaros, Helen Quintanilla, Pacita West, and Lion George Folwarski of Poway Lions Club

