

# San Francisco Chinatown Lions Club The Pride of Chinatown

## Club Newsletter

District 4-C4

October 2018

We Serve



### President

#### Lion Sandy Su

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### Recording Secretary

#### Jack Mak

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### Administrative Secretary

#### Yvonne Kantola

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lionyvonne1@gmail.com

### Treasurer

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### District Governor

#### Lydia Taylor-Bellinger

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### 1st Vice Governor

#### Helen Casaclang

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### 2nd Vice Governor

#### Fanny Chu

2650 Wexford Avenue  
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### Region Chair

#### Sandra Ige

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### Zone Chair

#### William Stipinovich

71 Yacht Lane  
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October 2018

Dear Lions,

Every autumn, our San Francisco Chinatown Lions Club joins Vision Care Service Foundation in sponsoring an Annual Community Health Fair booth at SF Chinatown YMCA. This year our free vision examination event was held on Saturday, October 13, 2018, led by Lion VCSF Chair Helen Hui and supported by our team including Lion officers, board members, members, and Leos. Trained screeners were assigned throughout the day. We would like to express our appreciation to all our volunteers for making the event meaningful, productive and beneficial to our neighbors with humanitarian needs.



We Lions not only serve but also know how to have fun and be supportive to good causes aligned with our Club goals. On Saturday, September 29, we hosted our Annual Picnic welcoming Lions, Leos, family members and friends. What a great time for relaxation, enjoyment of Lion Picnic Co-Chair Ron Chow's gourmet BBQ recipes, rekindling old friendship and meeting new Lion members and Leos! Also, on Sunday, September 30, we jointly supported the Rocky Lombardy Reception with wines, chocolates, dim sum, raffles, entertainment, and proceeds benefitting Lions Eye Foundation. For detailed information, please contact LEF Ambassador Yvonne Kantola and /or LEF Program Coordinator Mark Paskvan.

Young artists from elementary and middle schools are invited to participate in our upcoming 2018-19 International Lions Clubs Peace Poster Contest. For participation, please contact Lion Poster Contest Chair Ning Ho. Recent winning entries from People's Republic of China and Southeast Asia may referred to by reviewing online.

Learning is lifelong. A group of our Lions attended the USA/Canada Leadership Forum themed "Building Teams Through Leadership," in Columbus, Ohio, September 20-22. Among the featured speakers were International President Gudrun Yngvadittir, Author Michelle Ray and John Petz. Lions PDG Ken Ibarra / Endorsed International Director Candidate Ken Ibarra and Past President Amy Fink co-conducted a workshop on promoting service and engaging Lions using social media. For detailed information regarding future Forums, workshops, exhibits, and Lion University, please contact LU Graduates Macy Mak Chan (PDG) and Margaret K. Lee. (PRC).

We serve,

Sandy Su, Lion President

**San Francisco Chinatown Lions Club  
Officers for 2018-2019**

President	Sandy Su
Immediate Past President	Peter Lam
1st Vice President	Irene Young
2nd Vice President	Sherman King
3rd Vice President	Eddie Chin
Recording Secretary	Jack Mak
Administrative Secretary	Yvonne Kantola
Treasurer	Mark Paskvan
Lion Tamer	Emerson Chin
Tail Twister	Ron Chow
Membership Chair	IPP Peter Lam
Board of Directors:	
Laura Chu	Nancy Lau
Ning Ho	Manson Leung
Sanny Lam	Shirley Yam Wong
Co-Parliamentarian:	
PDG Eugene Chan	PDG Larry Wong
PP Barbara C Yee	
LCIF Chair	PDG Macy Mak Chan
GMT Chair	IPP Peter Lam
GLT Chair	Fanny Chu
GST Chair	PP Yvonne Kantola
Marketing Chair	PCC Emil Kantola
Newsletter Editor:	
PCC Emil Kantola	
660 Manor Drive	
Pacifica, CA 94044	
(650) 355-3526	lionkantola@gmail.com
Active Past Presidents:	
PDG Eugene Chan	Joseph Kwok
Lily Chan	Johnson Lam
PDG Macy Mak Chan	Peter Lam
Grace Chang	Margaret Lee
Franny Chu	Yvonne Lee
Helen YH Hui	Albert S Tam
PCC Emil Kantola	Harriet C Wong
Yvonne Kantola	PDG Larry Wong
Michael Kay	Barbara C Yee

**San Francisco Chinatown  
Vision Service Foundation  
Club Officers for 2017-2019**

Chair	Helen YH Hui
Secretary	Harriet C Wong
Treasurer	Johnson Lam

Trustees

Patrick Auyeung	Margaret Lee
PDG Eugene Chan	Yvonne Lee
PDG Macy Mak Chan	Peter Lam
Grace Chang	Sandy Su
Fanny Chu	Albert Tam
Yvonne Kantola	PDG Larry Wong
Michael Kay	Shirley Y Wong
Joseph Kwok	Barbara C Yee

Upcoming Visitations:

Saturday Nov 3 - 2nd Cabinet Meeting  
 Nov 15-18 OSEAL Forum in Hainan China  
 Nov 20 - Metropolitan Lions Club in Bangkok Thailand

Meetings in November:

Oct 18 - Our Club Meeting at the Chinatown Far East  
 Oct 24 - San Francisco Coordinating Council Meeting

All Lions are encouraged to visit other Lion Clubs.  
 Please let us know if you plan on attending another clubs event so we can join you. Do not forget the Visitation Forms.

**2nd Cabinet Meeting**

**Saturday, November 3, 2018**

Doors Open 8:30 for Continental Breakfast  
 Meeting Begins 9:00

St. Anne of the Sunset Church Hall,  
 850 Judah St, San Francisco 94122 (at Funston Street)  
 Hosted by Regions One and Two

**SUPPORT OUR VETERANS**

Bring lightly worn, clean coats, jackets, sweatshirts, knit scarves, hats, gloves, socks, unopened toiletries (shampoo, conditioner, deodorant, soap, lotion, toothpaste, toothbrushes, etc.) for Lions Veterans Charities.

**\$20.00 per person if RSVP is received by Mon, Oct 29th**

**\$25.00 per person if RSVP is received on/after Tues, Oct 30<sup>th</sup>**

**RSVP must include the names of all attendees.**

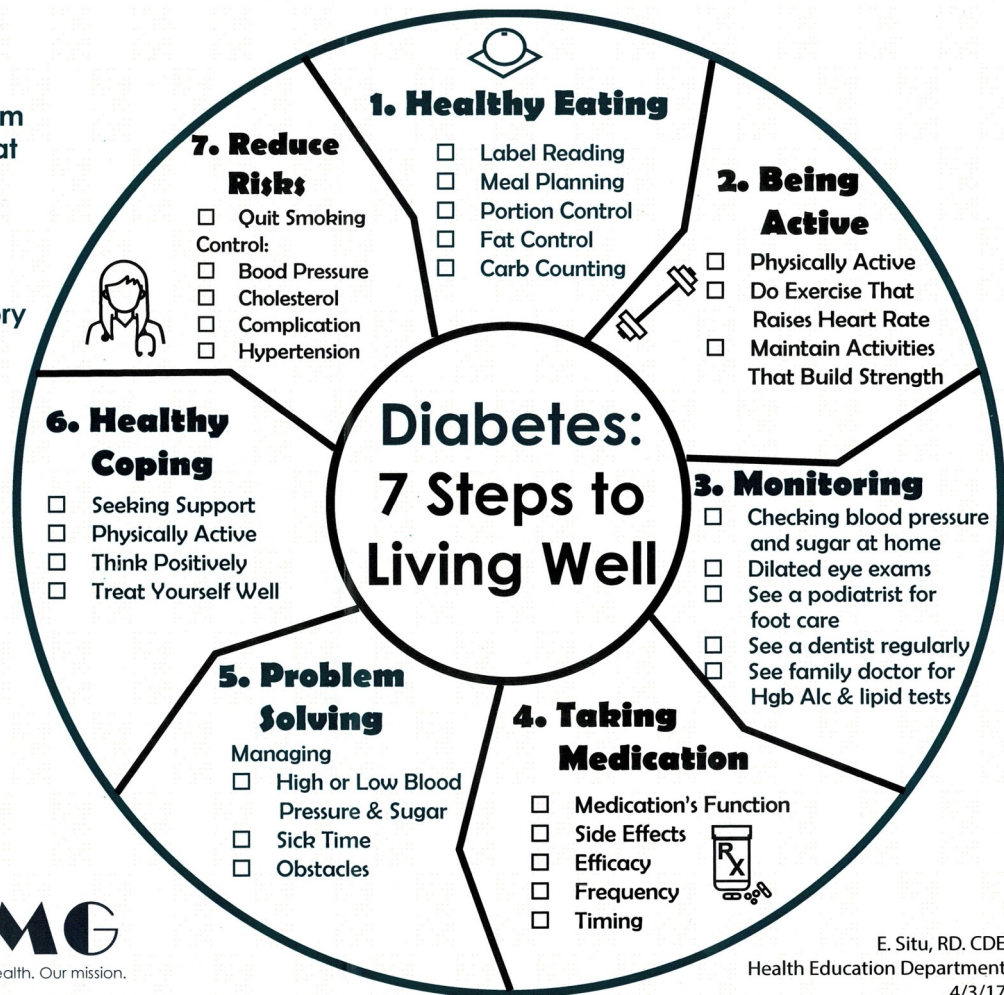
You can email [District Treasurer Rich Picchi](mailto:District Treasurer Rich Picchi) with the names of **all** attendees and mail checks payable to DISTRICT 4-C4 to

District Treasurer Rich Picchi



# INSTRUCTIONS:

- ✓ 1. Check an item from each category that you have already done
2. Underline an item from each category that you are planning to do



**AAMG**  
Your choice. Your health. Our mission.

E. Situ, RD, CDE  
Health Education Department  
4/3/17

Source: Adopted from AADE7 Self-Care Behaviors™ (AADE7™)



## Care -Type 2 Diabetes Chinese or Filipino Families Needed

UCSF-SFSU survey study and individual interviews, to understand family support

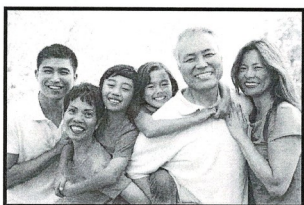
San Francisco State University  
Approval Date: 5/17/2013  
Expiration Date: 11/7/2013  
Protocol No.: 217-731  
(415) 338-1083

### Who Can Participate?

- Family Criteria:
- Parent and adult child together
  - Speaks English, Cantonese, or Mandarin
  - Parent 55 or older with Type 2 Diabetes
  - Adult child 18 and older NO Type 2 Diabetes
  - Family contact in past 6 months
  - California resident

### What You Will Do

- Telephone interview 15-minutes
  - Take 30-minute survey online or paper copy
  - Receive \$20 for completing survey
- \_\_\_\_\_
- If selected-
- Individual interviews 30-minutes
  - Family interview 30-minutes
  - Receive \$100 per family



Help us understand family roles with Type 2 Diabetes self-management

**Phone: 650-701-3877**  
**Email: gmt.sfbuild@gmail.com**

Yvonne Kantola ran across this poem (Are You an Active Member). It is not up to me to say - It is up to you to decide what you want to be.

Are you an active member  
The kind that you would be missed?  
Or are you just contented  
That your name is on the list?

Do you attend the meetings and  
Mingle with the flock?  
Or do you just stay at home  
To criticize and knock?

Do you take an active part  
To help the work along?  
Or are you satisfied  
To only just belong?

Do you work with your committee  
And get right in and mix?  
Or leave the work to just a few  
And talk about the CLIQUES?

Think this over MEMBER:  
You know right from wrong!  
Are you an active member  
Or DO YOU JUST BELONG?



**UCSF**  
University of California

Caring for Asian Americans through Research and Education on T2D









We have started the meetings for the Teen Scholarship and Charity Gala. This is the largest program that our club does and we need the support of all of our members to make the event successful.

Our last dinner meeting was very special. Five Melvin Jones for the Lions Eye Foundation were presented to our members by PDG John Posey, Executive Director of the Lions Eye Foundation. PDG Ken Ibarra also attended our meeting. PDG Ken is the District 4-C4 endorsed candidate for the position of International Director. Three membership medals were also presented at the meeting.







Club members attended the 2018 Emperor and Empress Charity Gala presented by the Chinese Newcomers Service Center. Fun was had by all.



The joint meeting for the Peninsula and San Francisco Councils. The theme was Halloween.



## Upcoming Events

- Sat, Nov 3    District 4-C4 2nd Cabinet Meeting - St Anne of the Sunset Church Hall  
                  San Carlos Lions Club Tri-Trip Round Up Dinner
- Sun, Nov 4    Belmont Lions Club Photos with Santa  
                  San Mateo First Responders Lion Club Turkey Bowl '18
- Sat, Nov 17   District 4-C4 Disaster Preparedness - Psychological First Aid
- Sat, Dec 1    San Mateo Lions Club 18th Annual Toys for Tots Bowling Tournament
- Thur, Dec 13 Multi-Clubs Joint Holiday Gala
- Fri, Jan 11   Peninsula Special Interest Lions Club Lobster feed with Wine & Chocolate Tasting
- Sat Jan 26 - Mon Jan 28   MD-4 Leadership Institute in Santa Rosa
- Sat, Feb 2    District 4-C4 Cabinet Meeting
- Sat, Feb 8 - Sun, Feb 10   Multiple District Convention
- Sat, Apr 20   2019 SF Chinatown Teen Scholarship & Charity Gala

Please check out the weekly Thread for flyers of the above events. Lion Secretary distributes the weekly Thread each week to all club members. If any questions please see the flyers on the "Thread" or call PCC Emil Kantola or Lion Yvonne Kantola for details on the above events.

### Club Meeting for the San Francisco Chinatown Lions Club:

The San Francisco Lions Club meets on the third Thursday of each month. The board meeting starts at 6:15 and the dinner meeting at 7:15. We meet at the Far East Restaurant, 631 Grant Avenue, San Francisco, CA 94108

### Monthly Humor (?)

#### **Number 1:**

Q - What lies at the bottom of the ocean and twitches?

A - A nervous wreck

#### **Number 2:**

Here is one for Helen Hui - What do you call Santa's helpers?

A - Subordinate Clauses.

#### **Number 3:**

Q - How do vampires start their letters?

A - "Tomb it may concern..."

#### **Number 4:**

Q - What would be the holiday for a nation of vampires?

A - Fangs-giving.

#### **Number 5:**

I saw a sign that said "watch for children." I thought "that sounds like a fair trade."

#### **Number 6:**

Q - Why are gots bad liars?

A - Because you can see right through them.



### ***Lions Clubs International Purpose***

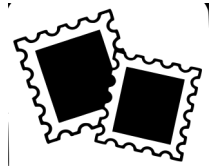
- \* **To Organize**, charter and supervise service clubs to be known as Lions clubs.
- \* **To Coordinate** the activities and standardize the administration of Lions clubs.
- \* **To Create** and foster a spirit of understanding among the peoples of the world.
- \* **To Promote** the principles of good government and good citizenship.
- \* **To Take** an active interest in the civic, cultural, social and moral welfare of the community.
- \* **To Unite** the clubs in the bonds of friendship, good fellowship and mutual understanding.
- \* **To Provide** a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.
- \* **To Encourage** service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavors.

### ***Lions Clubs Code of Ethics***

- \* **To Show** my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.
- \* **To Seek** success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.
- \* **To Remember** that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.
- \* **Whenever** a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.
- \* **To Hold** friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.
- \* **Always** to bear in mind my obligations as a citizen to my nation, my state, and my community, and to give them my unswerving loyalty in word, act, and deed. To give them freely of my time, labor and means.
- \* **To Aid** others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.
- \* **To Be Careful** with my criticism and liberal with my praise; to build up and not destroy.



SF Chinatown Lions Club  
Emil Kantola - 660 Manor Drive Pacifica CA 94044



TO: