

San Francisco Chinatown Lions Club The Pride of Chinatown

Club Newsletter

District 4-C4

November 2018

We Serve



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Zone Chair

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November 2018

Dear Fellow Lions,

November is the festive time for harvesting, thanking and giving. For the past fiscal quarter, we SFCLC, a volunteering team, have conducted numerous activities benefitting our neighbors of humanitarian needs and supporting the development of our Lions Club members as planned. They include Installation Dinner/Anniversary Celebration, International Student Exchange Program, White Cane Day, Annual Picnic, Health Fair, International Peace Poster Contest, along with the participation in the USA/Canada Forum in Columbus, Ohio, Lion University online, and OSEAL Forum in Hainan, China. A \$2,000 donation to Northern California Fire. Herein, we must extend our gratitude to all of you Lion members for your dedicated service and continued assistance provided. We have donated \$2,000 to Northern California Fire.



For Thanksgiving, each year our SFCLC supports the Edwin and Anita Lee Newcomer School students, SFUSD. Our fund donated goes to the newly-arrived students for their first Thanksgiving celebration luncheon held at the school site. For contributing to the Program and/or serving as volunteers, please contact our Lion CEC Thanksgiving Luncheon and Winter Gifts for Children Committee Chairperson/Past President Michael Kay. Happy Thanksgiving to all and your family!

Our 2018-2019 Lions International Peace Poster Contest winning entry submitted by Claire Chen has been forwarded to our District 4-C4 for the next level competition. Award certificates were presented to all student participants and the top three winners at the special ceremony held at A P Giannini Middle School of SFUSD and specially attended by Lion Zone Chair Peter Lam. For details, please contact our International Peace Poster Contest Chairperson Lion Ning Ho.

On Thursday, January 24, our SF Chinatown Lions Club will conduct our 2019 Student Speakers Contest at Far East Cafe, VIP Room. High school students will be presenting their prepared speeches (Topic: Freedom of Speech, What Does It Mean?). Participation certificates and scholarships will be provided. For details, please contact our Lion 3rd Vice President and Student Speakers Contest Chairperson Lion Eddie Chin at chineddie@comcast.com.

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:

Dec 13, 2018 Multi-Club Annual Christmas Party
Dec 31, 2018 Lions Rose Parade Celebration
Mar 22 San Bruno Golf Tournament

Meetings in December/January:

Dec 20, 2018 Chinatown Lions Club Christmas Party
Jan 23, 2019 SF Council Meeting
Feb 2 District 4-C4 Cabinet Meeting
Feb 8-10 Multiple District 4 Convention

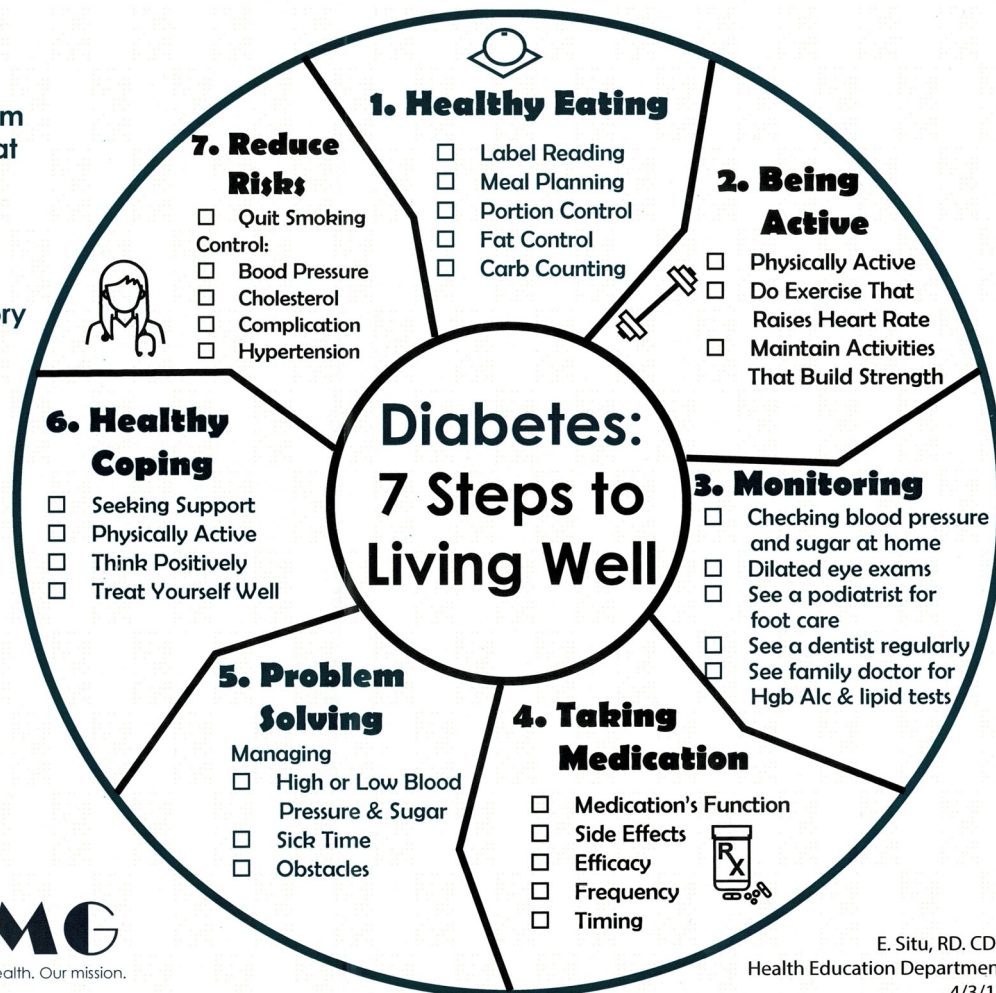
All Lions are encouraged to visit other Lion Clubs.
Please let us know if you plan on attending another clubs event so we can join you. Do not forget the



We have a new Lions Club in District 4-C4
The San Francisco Cosmopolitan Lions Club.
It was chartered on November 29, 2018.
Charter event information will be available soon

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: 11/17/2013
Protocol No.: 217-731
(415) 338-1083

Who Can Participate?

What You Will Do

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

- 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

Note from the editor:

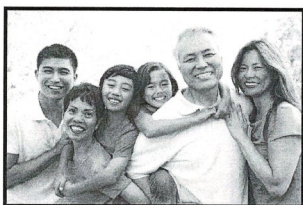
I know I put this in the last newsletter, but it is important and we want to see you around for a long long time. If you can, join the study. And of course, take care of yourselves.

PCC Emil Kantola, Newsletter Editor

Note from the editor:

I hope you will have a great Christmas. Here's wishing you more happiness Than all my words can tell, Not just alone for Christmas But for all the year as well.

Emil



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

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



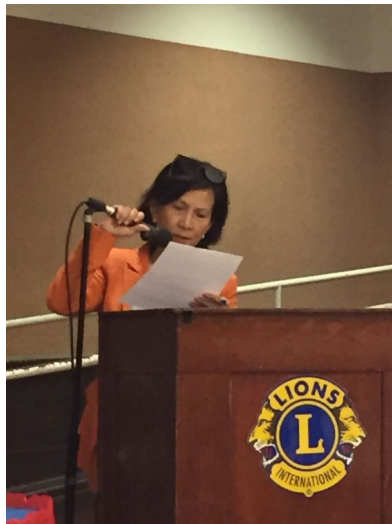
UCSF
University of California

Caring for Asian Americans through Research and Education on T2D

This year our club participated in the Peace Poster Contest. Thank you club chair Ning Ho. The picture was submitted but unfortunately Claire Chen was not the District winner.



The District 4-C4 Second Cabinet meeting. Lion Macy Mak Chan was presented two Certificates - One for a Lions Bachelors Degree and the second for leadership. Congratulations Lion PDG Macy. This year PDG Macy is also the District Convention Chair. The theme will be "Carnivale". Our president Lion Sandy Su also made a report on the clubs events.





The November Club meeting. IPP Lion Peter Lam and PP Lion Lily Chan were presented a Helen Keller form Lions Eye Foundation. Lion Mark Paskvan, Lion Sandy Ige, and PDG Lion Larry Wong. Lion Lilly Chan and Lion Eddie Chin celebrated their birthdays.



This year our club participated with CNSC for their annual food drive. The morning was filling the food bags with rice and other foods. The afternoon the bags of food were handed out.





PDG Larry Wong gathered a few Lions clubs in the San Francisco Council of Lions and held a vision screening for the Mission Dolores Academe.



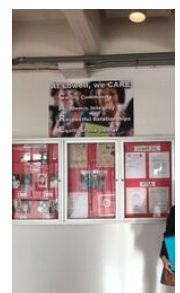
Lion Macy and Lion Michael went to the Philippines on a lions mission to help the Aeta Tribe. Water containers as well as water buffalos were given on the visit. Our club and a few of our members contributed to purchase the water containers as well as the water buffalos. Lion Macy will be giving a further report at our next meeting.



We did a visitation to the Lions of Bangkok Lions Club when we were in Thailand. The visit included members from the SF Chinatown Lions Club, San Bruno Lion Club, Foster City Lions Club, San Carlos Lions Club, and the Silicon Valley Cyber Lions Club. Lion John Hui from the San Bruno Lions Club was a guide when we were in Thailand. Lion John was from Thailand and still has a large family there.



President Lion Sandy Su has been visiting Schools in the bay area to gather participants for this years teen gala.



Upcoming Events

Thur, Dec 13 [Multi-Clubs Joint Holiday Gala](#)

Fri, Jan 11 [Peninsula Special Interest Lions Club Lobster feed with Wine & Chocolate Tasting](#)

Mon, Jan 26 [San Carlos Lions Club Crab feed.](#)

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 Four Convention](#)

Sat, Feb 26 [San Bruno Club Annual Crab Feed](#)

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:

Why are frogs always so happy? They eat what ever bugs them.

Number 2:

Instead of "the John," I call my toilet "the Jim." That way it sounds better when I say I go to the Jim first thing every morning.

Number 3:

Q: Why did the golfer wear two pairs of pants?

A: In case he got a hole in one.

Number 4:

WTeacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where do you get seven from?!"

Johnny: "Because I've already got a cat!"

Number 5:

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.

Lions Clubs International Purpose

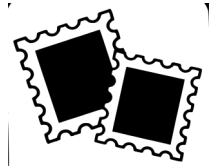
- * **To Organize**, charter and supervise service clubs to be known as Lions clubs.
- * **To Coordinate** the activities and standardize the administration of Lions clubs.
- * **To Create** and foster a spirit of understanding among the peoples of the world.
- * **To Promote** the principles of good 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: