

District 4-C4



November 2019



We Serve

San Francisco Chinatown Lions Club The Pride of Chinatown Club Newsletter

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Dear Fellow Lions:

November started with the annual Bowling Tournament for Strike Out Cancer night. Our Club donated \$300 and the Leos had a fun time bowling.

Every year during Thanksgiving, our club supports the Chinese Newcomers Service Center's food distribution at the SF Chinatown Portsmouth Square Park. Our Lions club members were one of hundreds of volunteers to help bag and distribute more than 5,000 bags of rice, noodles, sauces, cookies, can & bottle sauces. as thousands of seniors waited patiently in line as it filled the perimeter blocks of Portsmouth Square. I feel so awesome for this opportunity to participate!

Our SF Chinatown Lions attended the celebration of the 30th Anniversary of the Association for Chinese Families of the Disabled Thanksgiving luncheon. SFCLC are happy to be one of their sponsors.

I attended the Gatsby Gala party put on by the Forum by the Bay with the SF Cosmopolitan Lions Club. At the Forum by the Bay, I met PDG Karen Fillmore, LCI Lion Tanya Gatewood Tanya who is the LCI Assistant Manager Membership Retention and Lion Daniel Marney Elkins. It was awesome!

Club Secretary May Seto, Lion Gloria Tan and I represented the San Francisco Chinatown Lions Club at the 50th Anniversary of the Edwin & Anita Lee Newcomers School. The welcome from the school was so nice, the school & the students presented flowers to the Lions Club.

We had our annual Health Fair that was held at Chinatown YMCA and it was the same day as the Cabinet meeting

Our Lions Club did encourage members sign up for District 4c4 disaster preparedness workshop 11/9 and 11/16 for different topics.

11/20 we had a nice Chinese dinner for the SF Council Thanksgiving meeting .

This month we had a lot of discussion for our next year's April 25th 50th Anniversary Miss Teen Scholarship and Charity Gala. Come and see what and how our fundraiser is about. We will needs all Lions support for this fundraising.

On Tuesday, December 16th, Santa Emil will be at the Edwin & Anita Newcomer School to bring Christmas greetings to the children. Because of some miscommunication, there probably won't be gifts this year because of a delay in giving the school their check for \$3000 but we will have a little something for them.

On the Thursday, Dec.19th, we are will have our Christmas Party. Come for some fun!

My best wishes to all and have a Merry Christmas and a Happy New Year!

Yours in Lionism,

Irene Young
Lion Irene Young



San Francisco Chinatown Lions Club Officers for 2019-2020

President	Irene Young
Immediate Past President	Sandy Su
1st Vice President	Sherman King
2nd Vice President	Jack Mak
3rd Vice President	Ning Ho
Secretary	May Seto
Treasurer	Nancy Lau
Lion Tamer	Emerson Chin
Tail Twister	Ron Chow
Club Administrator	Yvonne Kantola
Membership Chair	IPP Sandy Su
Board of Directors:	
Sanny Lam	Manson Leung
Laura Chu	Mark Paskvan
Eddie Chin	Mae C Woo
Canna Cheung	
Co-Parliamentarian:	
PDG Macy Mak Chan	PDG Larry Wong
PDG Eugene Chan	
LCIF Chair	PDG Macy Mak Chan
GMT Chair	IPP Sandy Su
GLT Chair	1st VDG Fanny Chu
GST Chair	PP Yvonne Kantola
Marketing Chair	PCC Emil Kantola
Active Past Presidents:	
PDG Eugene Chan	Joseph Kwok
Lily Chan	Johnson Lam
PDG Macy Mak Chan	Peter Lam
Grace Chang	Margaret Lee
Fanny Chu	Yvonne Lee
Helen YH Hui	Sandy Su
PCC Emil Kantola	Albert S Tam
Yvonne Kantola	Harriet C Wong
Michael Kay	PDG Larry Wong
	Barbara C Yee

San Francisco Chinatown Vision Service Foundation Club Officers for 2019-2021

Chair	Johnson Lam
Secretary	Margaret Lee
Treasurer	Michael Kay

Trustees

Patrick Auyeung	PDG Eugene Chan
Lily Chan	Grace Chang
PDG Macy Mak Chan	1st VDG Fanny Chu
Helen Hui	Yvonne Kantola
Michael Kay	Joseph Kwok
Johnson Lam	Peter Lam
Margaret Lee	Yvonne Lee
Albert Tam	Harriet Wong
PDG Larry Wong	Shirley Y Wong
Barbara C Yee	

Note from the Editor:

December is birthday month for the following Lions:

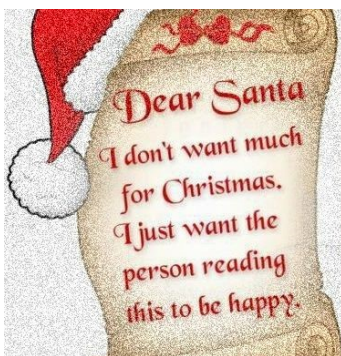
Grace Chang, Johnson Lam, PDG Larry Wong, and Barbara Yee.

Happy birthday to all.

PCC Emil Kantola

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



PDG Macy Mak Chan hosted two Lions from Mongolia at the end of November. We had lunch with them on the 26th. They are involved with an orphanage in Mongolia.





November 1st - District 4-C4 held a Bowl-a-thon for the District. Our club's Leos participated in the event.



We participated in the Chinatown Community Health Fair again this year as we do each year. Unfortunately both the health fair and District Cabinet meeting were on the same day this year.



District 4-C4
2nd cabinet
meeting in
San Bruno.



Our District held a class on
Specialty Clubs put on by
Lions Clubs International.
Several of our members
attended.



Veterans Day Celebration hosted by the Redwood City Downtown Lions Club and American Legion.



Thanksgiving celebration at the Edwin & Anita Lee Newcomer School.



Forum by the Bay - A three day seminar in San Francisco. The Cosmopolitan Lions Club was one of the hosts.



CPR Class presented by the American Red Cross and District 4-C4. 4 of our members attended the class.



Rise Against Hunger - 10,000 meals bagged. The meals will be distributed to those in areas that are in need. This is a District project with many of our Lion Clubs participating. This is the third one done within our District.



The "Bikes for Vets" program was started in our District. It gets discarded and abandoned bikes, repairs them and distributes the bikes to vets.



Governors Visitation to the San Mateo Metro Lions Club. Some of our members were invited to attend the visitation.



Birthday celebration for Lily Chan, May Seto, and Yvonne Lee at our Club Meeting.



The 30th anniversary of the Association for Chinese Families of the Disabled. Our club has provided funding to this organization for many years.



CNSC Community Food Distribution.



Do you have:

Poise
Enthusiasm
Character
Charisma
Leadership
and Talent

Do you like to have fun
make a difference
and help your community

San Francisco
Chinatown
Lions Club

&

Vision Care
Service Foundation

Are Proud to Present
The 50th Annual
Miss Teen Chinatown
Scholarship & Charity Gala

JOIN US

SIGN UP BEFORE 2-23-2020

Contact the San Francisco Chinatown Lions Club
for Application Package at:

sfchinatownlions8@gmail.com

or download at: <https://tinyurl.com/2020MissTeen>

All Participants will receive a scholarship,
parent/daughter adventures, meet new
friends, and serve your community.

Join us for a once in a lifetime adventure.



2019 Miss Teen Chinatown Morgan Harrold



To be held on
APRIL 25, 2020

at the

Crown Plaza

1221 Chess Drive

Foster City, CA 94404

CPR For Non Trained Persons

If you don't know **CPR** and see the victim collapse follow the steps below.

CALL 911

STEP 1

Survey the Scene

Make sure the scene is safe for you and the victim.

DO NOT BECOME ANOTHER VICTIM

STEP 2

Check for Unresponsiveness

Tap the victim on the shoulder and shout, "**ARE YOU OKAY?**"

Infants: Pinch or tickle.

DO NOT hit or shake an infant.

STEP 3

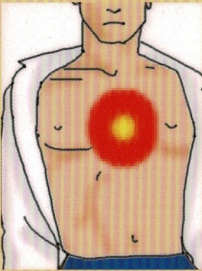
If the victim is not breathing or breathing abnormally **CALL 911** and get an **AED**.

Begin **CPR**

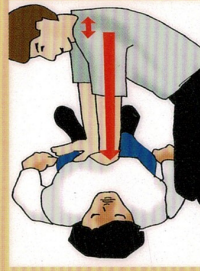


Remove any clothes that are in the way of performing **CPR** or use of an **AED**.

Adult: 8 years and older

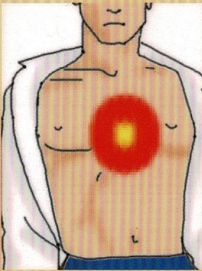


- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.

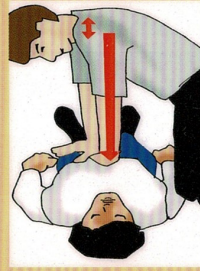


- Compress straight down at least **2 inches** at a rate of 100-120 times per minute.
- Allow the chest to fully recoil between every compression.

Child: Ages 1-8 years old



- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.

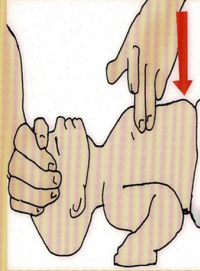


- Compress straight down **1/3** the depth of the chest (**about 2 inches**) at a rate of 100-120 times per minute.
- Allow the chest to fully recoil between every compression.

Infant: 1 year and younger



- Place two fingers on the breastbone slightly below the nipple line.
- Place the other hand on the victim's forehead.



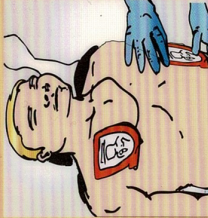
- Compress straight down **1/3** the depth of the chest (**about 1 1/2 inches**) at a rate of 100-120 times per minute.
- Allow the chest to fully recoil between every compression.

Continue compressions as fast as possible until victim shows signs of life or **AED** arrives. **AED** (instructions on the other side.)

AED



- Turn on the **AED** and follow the voice prompts.
- Remove the victim's shirt.
- Make sure the victim's chest is dry.
- Remove any medical patches.
- Remove any extra hair (if pads do not stick).



- Remove the defibrillation pads from their packaging.
- Look at the images to be sure where to apply the pads on the victim.
- Place pads on the victim's bare chest.



- Make sure no one is touching the victim.
- Allow the **AED** to analyze. If shock is advised the AED will charge itself.
- Say "**Clear**", and confirm no one is touching the victim.
- Push the shock button if the **AED** advises.



- If **NO Shock Advised** and if the **AED** advises, immediately resume compressions.
- If **Shock Advised**, after shock immediately resume compressions.
- The **AED** will prompt you to stop CPR every **2** minutes to reanalyze the heart.

Conscious Choking for Adults and Children



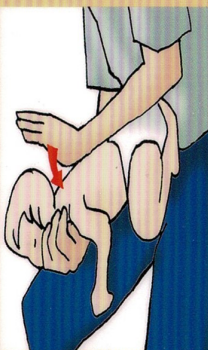
- Ask the victim, "**Are you choking?**"
- If unable to make any noise send someone to **Call 911**.
- Ask the victim, "**May I help you?**"
- If the victim agrees, take a wide stance behind them.
- Place one finger in the belly button.
- With the other hand, make a fist and place it slightly above the finger in the belly button.



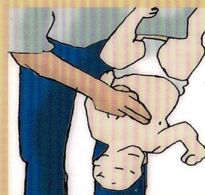
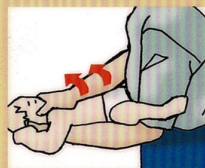
- Take your hand and place it on top of the fist.
- Thrust in and up.
- Each thrust is a separate attempt to get the object out.
- Repeat until object is dislodged.

If the victim goes unconscious, lay them on the floor, and start **Compressions (on the other side)**

Conscious Choking for Infants



- Place one hand on the jawbone.
- Be careful to **support the head**.
- Position the infant on your forearm.
- Ensure that the infant's head is lower than its chest.
- Using the heel of your hand, hit the infant **5** times between the shoulder blades.



- Place palm on skull and sandwich the victim between your forearms.
- Roll victim onto your other forearm.
- Place two fingers on the breastbone slightly below an imaginary line between the nipples.
- Compress straight down **1/3** depth of the chest (about 1 1/2 inches) **5** times.
- Repeat until object is dislodged.

If the victim goes unconscious, lay them on a hard surface and start **Compressions (on the other side)**

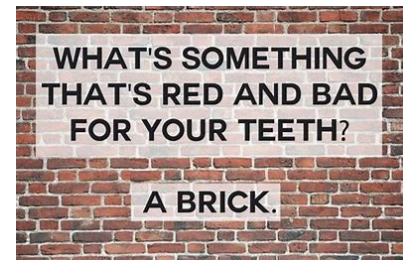


Upcoming Events

Dec 6	Pacific Vision Eye Institute Holiday Party
Dec 8	Multi Club Holiday Gala
Dec 14	KidsSight and Spot Screener Certification
Dec 16	Edwin & Anita Lee Newcomers School (Santa for the kids)
Dec 29	Sing Tao Miss Calendar Girl
Jan 20	SF Council Meeting
Jan 25	San Carlos Crab Feed (Visitation)
Jan 25 to 27	Lions Leadership Institute
Feb 1	District 4-C4 3rd Cabinet Meeting
Feb 8	San Bruno Crab Feed
Feb 21 to 23	MD4 Convention - Visalia Convention Center
Sat Mar 28	San Francisco Council of Lions Police & Fire Awards
April 4	Cancel out Parkinson Walk - Sacramento
May 14-17	District 4-C4 Convention (Redding)
June 26	International Convention - Singapore

Please check out the weekly Thread for flyers of the above and many more 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. **Items posted in red are club visitations.**

Monthly Humor (?)



When I get a Headache.
I take 2 aspirins and keep away from children just like it says on the bottle!



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.



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

TO:

