

LIONS DISTRICT 4-C4



SF



PA

www.lions4c4.org



* BE SEEN * BE HEARD * BE KNOWN *

We Serve—San Francisco to Palo Alto 1st Quarter 2020-21



DISTRICT GOVERNOR MESSAGE
Lion Fanny Chu

A **BIG** Thank You to District Secretary Yvonne Kantola, Region and Zone Chairs' persistent follow up with Clubs on their reports. Thank you,

Club Presidents and Secretaries! We have a historic 100% PU101 to start our 2020-21 Lion Year and 98% of MMR July reporting. Keep up the good work! LCI (Lions Clubs International) have had some recurring Tech issues impacting SAR (Service Activity Report). We are all aware of this and share your frustration. Please be patient and be persistent.

Best Communication Tool on District Events is our Weekly **THREAD!** Clubs, please post your events -you can start with Save a Date! Thank you Lion Denise Kelly for being the ultimate District 'communicator'! District 4C4 Lions, please step up to help in whatever way possible when an Emergency Alert goes out calling for help.

Thanks for a lot of hard work and expertise skills, Lion August III and Lion Tom have successfully updated our District 4c4 **Website:**

www.Lions4c4.org More new items to follow! Check it out for yourself!

District Governor Club

Visitations: This Lion Year we are delayed in District Governor Visitations. We were hoping to make physical club visitations but we couldn't. With the survey results, we are starting to schedule Club Visitations. For clubs that have difficulty meeting virtually, District Tech team is here to help you and guide you every step of the way. We will help you set up Virtual (zoom) or Group Conference Calls for your meetings. In addition, this year we will prepare a folder/online documents of items of value (information) as practical tools for you to use. We look forward to listen and have a dialogue with you, Lions, on your wants, needs and feedbacks.

Service Projects:

Many D4c4 Lions are out there serving our communities in spite of COVID-19 restrictions. Others are experiencing difficulties, unable to perform what they are used to do. District is working on a simple, easy Service Project that every Lion can participate. Here is the concept:

"Lions Helping Local Businesses" / "Lions Supporting Local Community"

1. Each Lions Club will come up with a list by all their members "Liking" businesses (not just restaurants- laundry/ small grocery/ convenience stores/ hair salons/ gardeners/ handyman etc etc) in their LOCAL communities.
2. Each Lion Club will promote this list anyway your club wants- District Marketing/Tech/Service Committees will assist where help is needed like Marketing Template Tools/ Hands On workshop; how to do Newsletter/ facebook/Instagram etc.....
3. We can compile list to promote Districtwide....
4. Help connect Lions Club with

Inside this issue...	
1,5	Governor Message
2,5,10	1st VDG Message
3	2nd VDG Message
4	Trivia / Cabinet Meeting Schedule
6-7	Lions Eye Foundation Update / Club Officer Training on YouTube
8,9	Zoom Tips & Best Practices, Editor's Message
9	District Leaders & Lions Leaders
10	101 Service Ideas
11	District & Club Photos
12	Code of Ethics

(Continued on page 5)



As John Quincy Adams said, **“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”**

1st Vice District Governor Message
Lion August “Jun” Valera, Jr., MD

As the First District Governor for LY 2020-2021, my task this term is to promote leadership. Leadership is defined as the action of leading a group of people or an organization. Leadership is synonymous with guidance, direction, authority, control, management, superintendence, supervision, organization, government, orchestration, initiative, and influence. Characteristics of a good leader include integrity, ability to delegate, good communication, self awareness, gratitude, learning agility, influence, empathy, courage, and respect.

I strongly believe that leaders are made, not born. Leadership is a set of skills that can be acquired over time through continuous training,

perception, and practice. It is a life-long process. Good leaders seek out development opportunities that will help them learn new skills and eventually share these learned skills to others. It takes a good follower to become a good leader!

Just like in any organization, Lions Clubs International requires a dynamic leadership development program in order to thrive and adapt to the changing world. This program helps to develop future leaders of our organization. There are multitudes of resources available to everyone in every level such as club level, district level, multiple district level, region or area level, and at the international level. Below is a list of resources available for leadership training classes and presentations with their attached links. (Due to the COVID-19 Pandemic, some programs were cancelled or were presented virtually through recorded webinars that can be found on Youtube.)

List of training available to all Lions:

- District trainings
- Club officer training

(Webinars)<https://lions4c4.org/resources/club-officers>

- Guiding Lion Training (Webinar)<https://lions4c4.org/archive/unordered/guidinglion>
- Zone and Region Chair Training<https://lions4c4.org/resources/region-zone-chairs>
- Disaster Preparedness Training/AED/CPR/Food Safety Lions District 4 C4 – SERVING SAN FRANCISCO COUNTY, SAN MATEO COUNTY, AND THE CITY OF PALO ALTO
- Youth Protection Policy <https://lions4c4.org/resources/youth-protection>
- Multiple District Trainings
 - Youth Protection Policy (Boy Scout YP Certification-Visit MD4 website)<https://md4lions.org/>

(Continued on page 5)

Past District Governors...



Larry Wong * 1988-1989 * Lou Ercoli * 1991-1992 * Kenneth Newman * 1997-1998 * **Mel Phillips** * 1998-1999 * Elma Loreda * 2000-2001 * Michelle Jester * 2002-2003 * **Joycelyn Mina** * 2003-2004 * Ray Rosenthal * 2004-2005 * **Eugene Chan** * 2005-2006 * **Maxine Frazier** * 2007-2008 * **Emil Kantola** * 2008-2009 / Council Chair 2009-2010 * **Ken Ibarra** * 2009-2010 * **Mike Simonini** * 2010-2011 * **Esther Lee** * 2011-2012 * **Robert Wilson** * 2012-2013 * **Stephen Picchi** * 2013-2014 * Jack Van Etten * 2014-2015 * **Macy Mak Chan** * 2015-2016 * Rod Mercardo * 2016-2017 * **Mario Benavente** * 2017-2018 * Lydia Bellinger-Taylor * 2018-2019 * **Helen Casaclang** * 2019-2020 *Bold—Pictured*





2nd Vice District
Governor Message
Lion John Hui

Lionism during the COVID-19 Pandemic

Fellow Lions of the District 4-C4, I am humbled to be part of the leadership team. I promise to do my best to support

Governor Fanny's initiatives, guidance, and leadership.

As we are in uncharted territories with this Covid-19 Pandemic, we have to do things differently; online meetings, contactless fundraising, and finding many creative ways to get the job done. Congratulations to Silicon Valley Cyber Lions and other clubs with foresight in getting PPEs to donate from the beginning of this Pandemic. Foster City Lions Club had a drive-by pancake breakfast; now how creative was that! We no longer can conduct business as usual. This is the new normal.

My slogan when I started campaigning was "Evolve and Thrive." This proves to be where we are right now more than ever—as we are mandated to wear our masks, wash our hands, and practice social distancing. I also want to encourage you to think of doing random acts of kindness by paying it forward. (complete the action, and I will send you a souvenir coin.) Be mindful when you are out and about; you can brighten someone's day. "Kindness Matters.

Lastly, Governor Fanny has appointed me to be the District Youth Protection Compliance Officer and Chair. Our District needs to be effective in protecting the youth as we come in contact through our various service projects and Leos Clubs. All club Presidents in the District must turn in the required compliance form even if your club does not have Leos club or events involving children. I have created a link on How to YPP. Contact me if you have any questions. Be safe and healthy!

Lion John Hui

Second Vice District Governor



Club Presidents...



- Bay Area Special Olympics * Helen Habeeb * Brisbane * John Mazza * Burlingame * Kevin Kiely * Daly City Host * John Warren * Foster City * Charles Ogburn * Half Moon Bay * Jim Benson * Menlo Park Live Oak * Bobbie McDonald * Millbrae * Wayne Lee * Pacifica * Sherry Hansel * Peninsula Special Interest * Eleanor Britter * Peninsula Veterans * Ramesh "Kali" Azariah * Redwood City Sunrise * Boyd Schauer * Redwood City Downtown * Paul Sanfilippo * Redwood Shores * Jose Aurellano * San Bruno * Marco Durazo * San Carlos * Cori Carpenter * SF Aeta * Marian Castillo * SF Bay Area * Allen Lee * SF Bay Area New Century * Gina Tse * SF Bayview Hunters Point * Jessie Peoples * SF Buddha * Ang Tendi Sherpa * SF Circle * Billardo Morete * SF Chinatown * Sherman King * SF Cosmopolitan * Yolanda Stern * SF Dynamic * Alfonso Ortega * SF Fil-Am * August Valera * SF Financial Rescue Lions Club * Francis Glenn Alvarado * SF Geneva Excelsior * Robert Lawhon * SF Global Business * May Zhang * SF Highlands * Lucito Tomada * Rev * SF Hispanic * Ninette & Max Mendoza * SF Host * Pastora Ancheta * SF Korean American * James Kim * SF Latinos Unidos * Ruffino Ramos * SF Marina North Beach * Eve Santos * SF Merced Heights * Lydia Taylor-Bellinger * PDG * SF Nikkei * Bill Stipinovich * SF Nueva Vizcaya * Carlo Paolo Padilla * SF Ocean-Ingleside * Connie Bridgewater * SF Park Presidio Sunset * Piotr Hutrya * SF Premier * Dean Arcillas * SF Supreme * Fely Casco * SF Unified * Carol Fung * SF Veterans * Stan Adamson * SF Woodside International School * Wai-Tong Lo * San Mateo * Henry Young * San Mateo County First Responders * James Pappas * San Mateo Metropolitan * Joanna Jia * Silicon Valley * Rueben Chen * Silicon Valley Cyber * Billy Xiong * SSF Golden Gate * Felicidad Mele * SSF Host * Luis Alvarenga



Humor / Trivia

If you have humorous stories or trivia to share, please send your content to lionjohngill@gmail.com for our next issue.

Lions Rules Trivia 😄

What is the naming protocol for a new Lions Club?

All Lions clubs have a geographical area assigned to their name. Thus, why we SF Veterans and Peninsula Veterans, for example.

Which officer roles have access to the club's LCI reporting system?

Club President, Club Secretary, Membership Chair, Service Activities Chair, Club Administrator, LCIF Coordinator, and Leos Club Advisor.

Why do Lions pay a fee to introduce themselves at a club meeting?

The fee is a fundraiser to build the club's admin account. Since Admin account funds can only come from Lions, many clubs will ask their members to "donate" to the Admin account by way of paying a fee to introduce themselves at the club meetings.

What is the difference between officer service on a Coordinating Council and a Cabinet?

In our district, we have two Coordinating Councils and 1 Cabinet. Officers of the Councils are elected by the clubs of the Council. Typically, officers rotate each year via annual elections to eventually serving as president of the Council. The District Cabinet features 3 elected governors - 2 Vice District Governors and 1 District Governor, along with a diverse variety of LCI recognized roles that are appointed by the District Governor. Service is typically one year. For officers to remain on future Cabinets, they either need to run for VDG or DG, or be appointed by the next District Governor.

Lions University Program



2020-2021 Cabinet Meeting Schedule

- * 1st Cabinet Meeting—8.29.2020— Online
- * 2nd Cabinet Meeting—11.7.2020
- * 3rd Cabinet Meeting—2.6.21
- * District Convention—5.12-16.21—Red Lion Hotel, Redding

Club & District Photos provided by Facebook Club Photographers, PDG Lion Ken Ibarra, Lion Michael Chan, Lion Kevin Guess, and photos shared on Lions of California and Beyond Facebook Group. Cabinet Photo from SF Chinatown Lions Facebook Page. Photo galleries for more pics available at www.lions4c4.org

CALIFORNIA LIONS FOUNDATION

WE'RE HERE FOR YOU

Matching CLF Grant Applications are now being accepted by CLF for up to \$5,000 in support of projects up to \$10,000.

CLF is a California, non-profit, tax-exempt, corporation with the sole purpose to provide matching financial grants to California Lions Clubs. CLF matching grants are provided to enable California Lions clubs to provide even greater service to their local communities.

Founding Member and Club Opportunities are still available throughout 2019.

- Founding Member and Kay K. Fukushima Fellowship for donation of \$1,000.
- Founding Member and Reginald C. Harris Fellowship for donation of \$2,500.

Grant Requests and Donations may be sent to:
California Lions Foundation c/o MD4 Lions Office
129 Los Aguajes Ave., Santa Barbara, CA 93101
www.CaliforniaLionsFoundation.org/grants



(Continued from page 1)

local Chamber of Commerce, Merchants Associations, etc for Joint Promotions.
5. May be we can use Lion Logo Stickers for Business Windows- win-win promotion for both!

What do you think? Will you try it in your community?

Another Reminder to do monthly SAR- Service Activity Report- Why is it important to report? We need the factual statistics to support *WE SERVE!*. Lions, you served and served. Make the extra effort to report monthly. We need to Be SEEN, Be HEARD, Be KNOWN and BE COUNTED! GST (Global Service Team) is here to help you. Let us know.

New Club Development:

2020-21 GAT (Global Action Team) is ready with New Club Development guidelines to ensure readiness and sustainability of new clubs. All Lions with interests to start new club please contact DG Fanny and GAT. We have resources to help you to be successful.

**Lion Fanny Chu
District Governor**



(Continued from page 2)

- MD4 Leadership Institute (To be announced) <https://md4lions.org/>
- MD4 Convention various training sessions (Virtual January 29-31, 2021 <https://md4lions.org/md4con>)
- US/Canada Forum-(Virtual Forum Sept 25-27, 2020, Des Moines, Iowa Sept 9-11, 2021) <https://lionsforum.org/>
 - Various training sessions/classes <https://lionsforum.org/>
- Lions University (On line all year <https://lionsuniversity.org/>)
 - Bachelor’s Degree
 - Master’s Degree
 - Doctoral Degree
 - LCI Training
 - [Lionsclubs.org/virtual](https://lionsclubs.org/virtual)
- Lions Learning Center learn.lionsclubs.org
- Advanced Lions Leadership Institute (ALLI) Toronto, ON Canada March 13-15, 2021 <https://www.lionsclubs.org/en/resources-for-members/resource-center/advanced-lions-leadership-institute>
- Faculty Development Institute LOs Angeles, CA February 20-22, 2021 <https://www.lionsclubs.org/en/resources-for-members/faculty-development-institute>

(Continued on Page 10)



A Banner Year For the Lions Eye Foundation & Lions Patients By: John D Posey, Executive Director, LEF

The 2019 calendar year was a banner year for the Lions Eye Foundation (LEF) and its nine member districts representing 292 member clubs and 8,732 Lions. Lions patients had a total of 2,956 visits to the Eye Clinic. A review of 2019 is illuminating for it illustrates the dedication of the Foundation and its nine member districts to LEF's mission to preserve and restore the gift of sight through free ophthalmic examinations, surgeries and medications to the less fortunate members of our communities.

A REVIEW OF 2019

LEF Total Surgeries: 241 LEF New Lions Patients: 426

DISTRICT NEW PATIENT REFERRALS AND SURGERIES

DISTRICT	NEW PATIENT REFERRALS	SURGERIES
46	18	19
A1	30	22
A2	5	3
A3	0	0
C1	3	3
C2	171	114
C3	72	21
C4	56	27
C5	71	32

TOTAL COST OF EYE SURGERIES

The total cost of eye surgeries was \$5,306,000.

TYPE OF SURGERY	TOTAL NUMBER	TOTAL COST
Cataract	132	1,584,000
Cornea	10	385,000
Cross Linking	5	19,000
Glaucoma	16	320,000
Oculo-Plastics	7	140,000
Pterygiums	14	308,000
Retina	57	1,195,000
Strabismus	4	555,000
Total Cost		5,306,000

OTHER MEDICAL PROCEDURES

INTRAVITREOUS INJECTIONS	COST PER INJECTION	TOTAL COST
738	1000	738,000
LASER PROCEDURES	COST PER TREATMENT	TOTAL COST
230	1500	315,000
DIAGNOSTICS TESTS		TOTAL COST
3075		694,619

FOR EVERY DOLLAR INVESTED, LEF RECEIVED A NINE DOLLAR RETURN

The combined cost of all medical benefits provided for Lions patients during 2019 was \$7,086,869.00. LEF spent \$636,819.00 for these medical benefits. For every dollar LEF spent during 2019, nine dollars was received in medical benefits, a significant return on our charitable investment.

THE BUILDING OF A NEW AMBULATORY SURGICAL CENTER

In addition to the \$636,819.00 spent in 2019, LEF provided a 1.5 million dollar grant from LEF's capital fund raising campaign to the Pacific Vision Foundation to assist in the building of a state of the art Ambulatory Surgical Center (ASC) which will be dedicated to eye surgeries. The ASC is scheduled to open this Fall. It will be on the same floor and next door to the Lions Eye Clinic. Many of our Lions patients will soon have surgeries there.

60TH ANNIVERSARY

2019 marked the Foundation's 60th anniversary. The 2019 year accomplishments adds another pillar to the remarkable LEF legacy of preserving and restoring eyesight to members of our communities. The Foundation and all Lions, past and present, can be proud of the Foundation's accomplishments.

All LEF districts are encouraged to refer patients to the Eye Clinic. Visit our web site at

(Continued on page 7)



(Continued from page 6)

www.lionseyefoundation.com. for additional information regarding LEF and patient referral. You can also contact the LEF Clinic Coordinator, Mark Paskvan, at (415) 600-3950.

Yours in Lionism,
John D. Posey
Executive Director
Lions Eye Foundation

THE LIONS EYE FOUNDATION HAS POSTPONED ITS 60TH ANNIVERSARY CELEBRATION

The Lions Eye Foundation Board of Trustees decided to postpone its 60th Anniversary Celebration scheduled for October 16 – 18, 2020, at the Reno Silver Legacy Hotel. Because of the uncertainty surrounding the corona virus and its possible resurgence this fall, it was decided to reschedule the event to October 2021. When the new date is rescheduled, it will be announced.



Club Officer Training Webinars available on District YouTube Channel

If you were unable to make the officer’s training webinars offered by the District, you can find them online at the District’s YouTube Channel:

Lions District 4-C4: <https://www.youtube.com/channel/UCCtAcAk7mWn0eURpMYPcxA-Q>

At this channel, you can watch the MD4 Youth Protection Policy, officer’s training for President / VP, Secretary / Administrator, Treasurer, Membership Chair, Marketing Communications Chair, Service Chair, and Region / Zone Chair Persons, and review our Cabinet Installation & First Cabinet Meeting that was held online.

**Zoom Tips & Best Practices...
By: Lion John Gill**

During the Pandemic of 2020, it’s probably dawned on you by now that having meetings in person is not a realistic option anytime soon. You may be able to meet in person if you have small gatherings with social distancing, wearing masks, and having hand sanitizer on site. For most clubs in the district, however, online meetings tend to be the trend of the times. Do you really want to attend a meeting where you need to wear a mask at all times and worry about catching a deadly virus? Versus sitting at home in your pajamas, sipping wine and having dinner while enjoying the good time with your fellow Lions on your computer? If you’re a fan of social media, you are already fluent in cyber conversations. In Lions, meetings are not the primary application of our membership experience, as we focus more time on community service and raising money for needy causes. The meeting is primary about club business and fellowship. These factors can be still be applied in an online meeting.

Zoom is a much more popular choice for clubs to use because all participants up to the allowed attendance, which is usually about 100 attendees, can be on camera and Zoom supports breakout rooms, which can be very useful for training and committees to meet. This article will share some tips and best practices that I have learned through workshops, online research, and general use of the program when in the role of managing the online meeting.

If you use GoToMeeting or Google Meet or any other kind of online meeting program, this list may not apply.

- From an expert, the advice was given: Ideally, your picture frame should feature the top of your head at the top of the frame and the middle of your chest at the bottom of the frame for ideal visual to your audience.
- When you are speaking at an online meeting, you want to look at the camera, not your audience. If you look at your audience, you can be perceived as speaking to someone off camera in your room, because your audience will see you looking somewhere else when you speak. In an online meeting, your camera is your audience.
- A tip for #2, from the expert, resize your

There are a variety of online meeting programs. The District uses *GoToMeeting*, which is a premium application. In our district meetings, it seems we’re only limited to 25 participants on camera with *GoToMeeting*. I am not sure if one can do breakout rooms with *GoToMeeting*.



Zoom Tips & Best Practices continued...

screen of attendees on your computer screen and position your resized frame to right near your camera, thus you can look at your audience and camera at the same time. If you use a phone or a laptop as your camera and a secondary device as your audience, position your mobile device close to the secondary device screen so you look like you're looking at your audience and you can see your audience, too.

- If you use two devices to connect to a meeting, turn off the sound of one of the devices to avoid an echo when you speak.
- Rename yourself to fit the type of meeting you're attending. For example, if you're attending a District meeting where a club roll call is performed, you may rename yourself Lion Name - Club Name, (i.e. Lion John - San Mateo Lions), so that the organizers can just check the participants list to see all clubs present. To rename yourself in Zoom, you have two options. You can click the 3 blue dots area at the right upper corner of your picture frame and click the link that says rename... or you can click the participants section on the bottom of your main Zoom window and find your name, click the arrow or more button to change your name.
- You can join a Zoom meeting by either the link or the meeting ID. If the meeting ID on a flyer is incorrectly stated, you can find the meeting ID in the link before the "?" mark. For example: SF Dynamics Lions Club had a link to their installation that was: <https://us04web.zoom.us/j/5768190473?pwd=NIBPbDRkoXUyYUxrQXNFVfkwUDRjZz09> The

meeting ID was listed as 576 819 047. In a PDF file, unless the link is formatted properly, it's not a live link, so you can't download the flyer and click on the link. If you didn't want to type in that whole link URL, you would use the meeting ID. But the Meeting ID on the flyer is missing a digit. If you looked at the URL, you'd see that it's missing the "3"

- At our District First Cabinet meeting, we were treated to a cool site that can be used for raffles or anything else you want to leave up to chance. The site is wheelsofnames.com Here you can post names in a box, which will populate on a wheel that you can virtually spin to randomly select a name from the box. The Cabinet organizers used the site for their raffle. If you attended the Cabinet meeting and didn't stay until the raffle, you lost out on winning \$20-\$25 gift certificates. About 19-20 gift certificates were awarded to attendees! Certificates were donated by members of the Cabinet. You can also use this site for choosing projects at random. You can have a few names or a bunch of names.
- You can share your screen and use a PowerPoint program to have slides. If you wanted to have trivia games or give a presentation, you can share screen for presentation.
- In Zoom, you can use breakout rooms. These can be ideal for workshops, training, or even committee meetings. You can have a main board or club meeting then have a section on your agenda for committees to go into breakout rooms to discuss their projects. You may even be able to have a breakout room as a social room. People want to talk, send them to the

Editor's Minutes..



I am honored to be serving again as your District bulletin editor for 2020-2021. Our District Governor has requested a Quarterly Newsletter with the following publishing schedule: First Quarter (July-Sept) - **Friday, September 4**. Second Quarter (Oct-Dec) - **Friday, December 4**. 3rd Quarter (Jan-Mar) - **Friday, March 5**. 4th Quarter (Apr-June) - **Friday, June 4**. Our deadlines for content are the *21st of the previous month* to publication, thus Q1 - August 21; Q2 - November 21; Q3 - February 21; Q4 - May 21. These deadlines assure your submitted content will be in the forthcoming issue. If you submit content later than the deadline, it may still be included in the upcoming issue but only if space and time to input the article is available. Please submit any desired content to Lion John at lionjohngill@gmail.com. Suggestions and feedback for content are welcome.

We are planning an advertising section in future issues. If interested in advertising in our bulletin, please contact Lion Denise Kelley at lions4service@gmail.com.

Lion John Gill

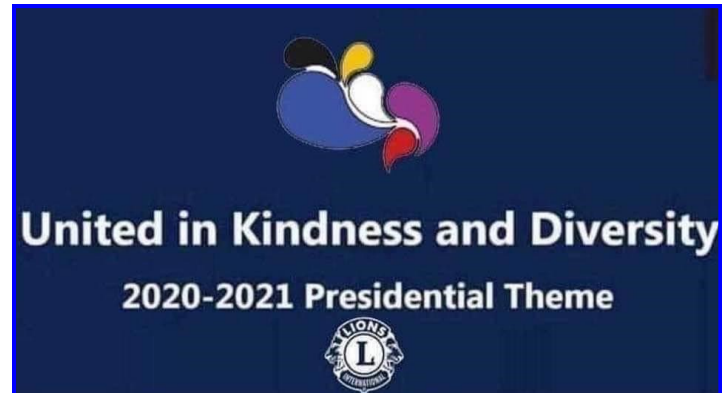
District Newsletter Editor * Peninsula Council of Lions PP 2016-2017 * San Mateo LC * SF Premier LC Associate

breakout room. Or you can set up a Zoom meeting to be just committees talking to each other and assign attendees to various breakout rooms for the different committees.

Our District has two very capable leaders on our District IT Committee in Lions August Valera, Jr. and Tom Jockawiz. Their committee is providing workshops for Lions to learn about various technologies that may need to use in your Lionism and leadership. Please check our district website for more details at lions4c4.org.



District & Lions Leaders



Lions Clubs International Leadership



Jung-Yui Choi
International President



Douglas Alexander
First Vice President



Brian E Sheehan
Second Vice President



Dr. Patti Hill
Third Vice President



List of Cabinet Officers with Regions and Zones

2020-2021 Regions & Zones ...

Region 1 Zone 1	SF Nikkei, SF Park Presidio Sunset, SF Unified	Marina-No Beach, SF Supreme, South SF Golden Gate	Burlingame, Peninsula Special Interest, Redwood City Sunrise, San Mateo County First Responders
SF Aeta, SF Buddha, San Francisco			
Dynamic, SF Fil Am, SF Merced Heights			
Region 1 Zone 2	SF Geneva-Excelsior, SF Korean American, SF State University, Silicon Valley, Silicon Valley Cyber	Region 4 Zone 1	Region 5 Zone 1
SF Bayview Hunters Point, SF Cosmopolitan, SF Hispanic, SF Latinos Unidos, SF Ocean Ingleside		Brisbane, Daly City Host, Pacifica, South SF Host	Menlo Park Live Oak, Peninsula Veterans, Redwood City Downtown, San Carlos
Region 2 Zone 1	Region 3 Zone 1	Region 4 Zone 2	Region 5 Zone 2
SF Bay Area New Century, SF Chinatown,	SF Circle, SF Host, SF Nueva Vizcaya, SF Premier, SF Veterans	Foster City, Half Moon Bay, Millbrae, Redwood Shores, San Bruno	SF Bay Area, SF Financial Rescue, San Mateo, San Mateo Metropolitan
	Region 3 Zone 2	Region 4 Zone 3	
	SF Highlands, SF	Bay Area Special Olympics,	



GIHW Switches Gears to Help Fight Covid 19 By: Lion Eleanor Britter

(Continued from page 5)

- LCI Certified Instructors Training Chicago, IL May 14-17, 2021 <https://www.lionsclubs.org/en/resources-for-members/resource-center/lions-certified-instructor-program#>

- Lions Club International Convention Classes/Training Montreal, Canada

June 25-29, 2021 <https://lcon.lionsclubs.org/>

- Other Training

- Kids Sight USA- vision screening training <https://lionskidsightusa.org/>

**Lion August “Jun” Valera, Jr., MD
First Vice District Governor**

March 2020 to August 2020 the Global Initiative has switched gears to help fight Covid - 19 in many States and Countries around the world. Here in California we have provided \$800,000 dollars worth of the following PPE; Masks, Gloves, Face Shields, hair and shoe coverings, Covid test kits and provided Telemedicine, and Thousands of pounds of food to the following Institutions:

9 San Francisco and Peninsula Hospitals

15 Nursing Homes

8 Private Clinics

22,480 Telemedicine assisted calls

We have signed receipts from all of the above with estimated numbers of those we helped. The calculation includes not only those who make use of the PPE but also those who are the recipients of their efforts to save their lives.

The total is over one million people we assisted in the fight against COVID-19.

The amount of people we assisted worldwide is an astounding figure. All I can say is how grateful we all are at GIHW that we were able to do this with the help of so very many partners and old friends in high places that can see the need and know that Lions, with their help will fill the need. GIHW is a District 4-C4 endorsed project.

One Hundred Service Ideas



Diabetes

1. Organize a "Strides: Lions for Diabetes Awareness" event.
2. Organize a community support group for parents of children with diabetes.
3. Volunteer to serve at a children's diabetes camp.
4. Invite a healthcare professional to speak about diabetes at your club or district meeting.
5. Partner with local healthcare providers to organize diabetes & vision screenings.
6. Distribute educational resources to increase diabetes awareness at a community health fair.
7. Organize a walking club for seniors with diabetes.
8. Provide a diabetes magazine subscription to your local library.
9. Sponsor a child in need to attend diabetes camp.
10. Donate diabetes books to your library with a bookplate to identify your club's donation.
11. Work with your local school to invite a health care professional to speak about diabetes.
12. Post monthly articles about diabetes on your club or district website.
13. Promote diabetes prevention through a radio public service announcement.
14. Sponsor a healthy cooking demonstration for people with diabetes.
15. Organize a school or community vegetable garden to encourage healthy eating.
16. Work with a community podiatrist or foot care specialist to provide foot screenings.
17. Partner with your local diabetes organization to offer programs & materials.
18. Promote community resources and online materials from LCI partners: NDEP, DECA & IDF.
19. Promote the importance of an annual dilated eye exam to detect diabetic eye disease.
20. Provide educational materials to schools & physician offices.



Environment

21. Plant trees with the advice of a local environment organization on the best locations and varieties.
22. Clean up a beach, community space or roadside area monthly as a club.
23. Hold an environment-themed photo contest at a school. Plant a tree or another green form of recognition to honor the winner.
24. Challenge all Lions in your club or district to add one green habit to their daily lives.

25. Recognize a local organization or community leader for environmental conservation work.
26. Volunteer with your local park service to maintain trails. Help more people access and enjoy nature!
27. Commit to "Meatless Mondays" or not eating meat one day each week.
28. Collect used cellphones and donate them to individuals in need.
29. Lead an after-school nature walk.
30. Survey homes and community areas for leaks in sinks, communal spigots or water fountains. Contact relevant officials for repairs.
31. Work with city officials to paint "no dumping" signs near road drainage areas.
32. Identify where to recycle toxic items and share the collection schedule.
33. Organize a mural competition to promote environmental awareness. Paint the mural in a prominent community location.
34. Implement a recycling drive where people donate gently-used items to charity organizations.
35. Develop a demonstration garden or landscaping plot using native plant species to restore the habitat and conserve water.
36. Sponsor a training program for farmers on how to make and use organic fertilizers and pesticides.
37. Produce a monthly nature program on a local public radio station.
38. Partner with a local carpenter to build rain barrels. Hold a training session with community members to promote using them for watering and irrigation.
39. Organize an alternative transportation incentive program to encourage walking, biking, public transportation and carpooling.
40. Establish a school garden and composting program to improve school meals & reduce waste.



Hunger

41. Volunteer to deliver prepared meals to those who are elderly or visually impaired.
42. Organize a program at a local school to provide healthy, nutritious meals.
43. Prepare food baskets for families in need.
44. Volunteer at a soup kitchen or homeless shelter.
45. Take families in need shopping for fruits and vegetables.
46. Organize an event to benefit a food bank in your community; use cans of food as admission.
47. Hold a hunger walk and use proceeds to buy food for a children's center or a homeless shelter.
48. Create a cookbook of inexpensive, easy recipes.

49. Create healthy snack packages to be distributed to children in need.
50. Partner with local restaurants or food markets to deliver donations to a shelter.
51. Start a food co-operative to serve as a resource for healthy food at a more affordable price.
52. Collect infant formula and baby food for an organization serving young mothers at risk.
53. Work with healthcare professionals to provide free classes on nutrition & food preparation.
54. Provide fruits and vegetables as a healthy snack for children in childcare facilities.
55. Provide transportation for those who are elderly or visually impaired so they can shop for food.
56. Teach children to bake a loaf of bread they can take home to their family.
57. Invite a local food bank representative to speak at a club or district meeting.
58. Provide needy children with backpacks supplied with food when school is not in session.
59. Host a picnic or BBQ at a park for the community.
60. Establish a community vegetable garden where local residents can grow their own food.



Vision

61. Organize a braille, large print and audio book collection to benefit a library or senior center.
62. Volunteer to create audio recordings of books & periodicals.
63. Work with local eye care professionals to provide community vision screenings.
64. Sponsor a World Sight Day event.
65. Sponsor visually impaired students through camps, contests or other activities.
66. Create a community arts program for children and adults who are blind or visually impaired.
67. Collaborate with an eye bank to promote the importance of corneal donations.
68. Develop a directory of community resources and services for those who are visually impaired.
69. Volunteer at a visual rehabilitation or vocational training center.
70. Organize an inclusive sporting event for children with and without visual impairment.
71. Host a fundraiser to purchase and donate white canes for those who are blind.
72. Work with local employers to develop an employee vision screening program.
73. Develop a discount voucher program with optical shops for underserved populations.
74. Design a transportation program for those who are blind or have low vision.
75. Host a "Beep Baseball" game or tournament.
76. Support a guide dog training program through fundraising or voluntary labor.
77. Develop an assistive technology library so people can access resources as their needs change.
78. Create a sensory garden that engages the senses of touch, smell, hearing & taste. Provide braille or audio recordings of signage.
79. Partner with a school for the blind to support assistive technology & maintenance needs.
80. Partner with an orientation and mobility specialist to provide ongoing support to teachers and employers of inclusive classrooms/workplaces.



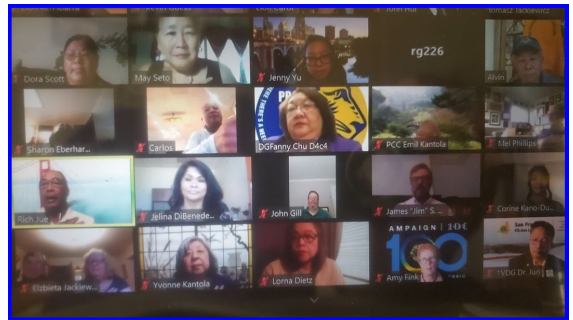
Childhood Cancer

81. Provide craft materials, puzzles, books & games to children receiving treatment.
82. Prepare meals for families with children undergoing treatment.
83. Donate gas, parking & food gift cards to families in need of a childhood cancer center.
84. Provide cancer support books and magazines to your local school.
85. Write cards full of well-wishes and share them with a local cancer center.
86. Make or buy new hats, caps, head scarves and blankets to donate to children's cancer centers.
87. Coordinate travel arrangements to and from treatments for a family of a child with cancer.
88. Provide tutoring services to children with cancer and their siblings.
89. Organize a childhood cancer camp or sponsor a child to attend one.
90. Volunteer to assist a family in sharing their story through photography.
91. Sponsor an activity day for children with cancer.
92. Raise awareness through radio public service announcements or social media campaigns.
93. Provide children's entertainment at a hospital or treatment center for children with cancer.
94. Organize a weekend retreat for families with children in remission.
95. Remodel a children's cancer center.
96. Form a support group for those affected by childhood cancer.
97. Familiarize yourself with the bone marrow transplant registry.
98. Volunteer at a housing facility serving children with cancer.
99. Assist at camps for children with special needs.
100. Host a wellness and nutrition day advocating healthy living habits for young people.



1

BE SEEN



2



3



4



5

BE HEARD



6



7



8

BE KNOWN



9



10

1: Half Moon Bay Lions serving fire evacuees 2: SF Unified Lions Installation 3: Foster City Lions Virtual Installation 4: BASO Lions Virtual Installation 5: Millbrae Lions serving at Millbrae Movie Night 6: DG Fanny Chu Installation as District Governor 7-8: SF Premier Lions In Person / Zoom Installation 9: Burlingame Lions Club donation to "Call Primrose" charity 10: Foster City Lions pancake fundraiser



SF



PA

www.lions4c4.org



We Serve—San Francisco to Palo Alto



Lions District 4-C4 Newsletter

PO Box 25301

San Mateo, CA 94402

web: www.lions4c4.org

Lions Code of Ethics & Objectives

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 customer and true to myself.

WHENEVER a doubt arises as to the right or ethics of my positions or actions towards my fellow man, to resolve such doubt against myself.

TO HOLD friendship as an end and not as a means. To hold that true friendship exists not on account of the service performed by one another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

ALWAYS 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 my fellow men 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 to destroy.

Objectives

TO CREATE and foster a spirit of understanding among the peoples of the world.

TO TAKE an active interest in the civic, cultural, social and moral welfare of the community.

TO UNITE the choice 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 rewards, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavors.

