

“EMBRACE LIONISM THRU THE EYES OF A CHILD!”

Official Newsletter of District 4-A1

Volume 1, Issue 5

LIONS CLUBS INTERNATIONAL

April 2009

Mission Statement of Lions Clubs International: “To create and foster a spirit of understanding among all people for humanitarian needs by providing voluntary services through community involvement and international cooperation.”

MORE TAX INFORMATION:

Just a reminder to either file a 990 (gross receipts over \$25,000) or 990-N (less than \$25,000) which is due 5½ months after the close of fiscal year (6/30/09) or November 15th. For further info, contact DG Pat.

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FROM YOUR DISTRICT GOVERNOR

Pat Casey-Gillum:

DISTRICT BIRTHDAY PARTY, A VERY HAPPY DAY!

For those of you who attended, I want to thank you for giving the District Meetings a chance to WOW you. For those of you who were unable to attend – perhaps next time.

We had a fun-filled Birthday Party hosted by the Mighty Mouse & Birthday Boy (yes it was actually RC Roy’s Birthday) – RC Roy Patterson and yours truly, The Birthday Princess! Some of us played pin the tail on the lion and actually got the tail close to its correct place! We got to know our Lion friends a little better with a Birthday Party Bingo Mixer Game and the winner received the new Lion book “Lion’s in the 21st Century”. We had the Queen of 4L4, DG Elizabeth Warren to meet and greet as well as MD-4 Council Chair Bill Dunlevy and his wife, Lion Margaret. Musical chairs game was played and everyone got a prize! In addition, we got to see pictures of the Rose Bowl Parade through a video from International. Our great song leader, Lion Jill Loving, had us singing our hearts out! You missed a good Birthday Party!

Saturday we had a great program on Medic-Alert (see the article in this issue). The breakout sessions included:

1. **Do you hear me now? Life with a hearing loss.** Lion Melanie Miller, Hearing and Speech Chair.
2. **Stop the Fines and Start having Fun.** Lion Sue Carner, Bulletin Editor.

Continued page 2

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**Newsletter published
even months. Articles
due by 15th of odd
months.**

Thank you.

District Birthday Party, A Very Happy Day! continued

3. **Conflict Resolution.** MD-4 CC Lion Bill Dunlevy.
4. **Do you want to host a Lion Exchange Student or sponsor a Student?** MD-4 European Chair Les Duldualo and 4-A1 Chair Carrie Guadagnolo, Lions International Youth Camp and Exchange Program.

The meeting started on time and ended on time – just as promised. Thank you to the Tracy Breakfast Lions and Tracy Tank Town Lions for a great Friday night dinner. And thank you to Lodi Mexican-American for a great lunch.

See you in School at the Final District Meeting of my term as DG on May 15th & 16th. There will be training for President and Vice Presidents, Zone and Region Chairs, Club Secretaries and Treasurers, as well as Club Membership and Excitement Training! Come see Cheerleader DG Pat (she already has her pom-poms) and Bad Boy (Dunce) PDG Don Allen. Be prepared for your ‘Parent Teacher Conference!’
See you there! • **DG Pat**

CONGRATULATIONS:

For those of you who were not at the District Meeting, it was announced that our District entry for the Environmental Photo Contest, “Mono Lake” by Lion Jerry Cooper, Modesto 500 Lions, won the MD4 contest! It will be sent onto International to be judged by the delegates at the International Convention in Minneapolis, MN in July. **Way to go Lion Jerry!** (See February issue page 12.) •

**LION'S 60TH ANNUAL DISTRICT 4-A1 CONVENTION
SAN RAMON MARRIOTT HOTEL
BISHOP RANCH BUSINESS PARK
2600 BISHOP DRIVE, SAN RAMON
APRIL 16-19, 2009**

The attached forms will be used to assist the Convention Committee to determine the exact number of Lions, /Leos/Guest who will be attending your Convention.

PLEASE DO NOT SUBMIT REGISTRATION ON ANY OTHER FORM. OTHER FORMS WILL NOT BE ACCEPTED. PLEASE MAKE COPIES OR REQUEST ADDITIONAL FORMS FROM YOUR CONVENTION COMMITTEE. FOR ASSISTANCE, TELEPHONE PDG PAT DIMOND (209)521-5568. REMINDER: ALL LIONS/LEOS/GUESTS ATTENDING ANY CONVENTION FUNCTION MUST PAY THE REGISTRATION FEE.

HOTEL RESERVATIONS: Make hotel reservations with the MARRIOTT HOTEL. The standard room rate is \$99.00 per room/per night. Suites and Executive rooms are available at a higher rate. Reserve your room by APRIL 2, 2009 to guarantee rate and availability. *Contact the hotel directly 1-800-228-9290.* A specific number of rooms have been allocated by the hotel for the convention. Regardless of the cut-off date (April 2, 2009), when that allocation is filled rooms will be at a higher rate. **RESERVE YOUR ROOM EARLY TO RECEIVE THE LOWER RATE.**

PREREGISTRATION: A policy of District 4-A1 for the 2009 Convention will be \$17.00 pre-registration fee for each Lion/Leo. A \$15.00 pre-registration fee will be charged for each guest. District 4-A1 convention pins will be available at \$4.00 each. Each Lion, / Leo and guest participating in any convention event, enjoying a meal, or voting must pay the registration fee in addition to any other charges for the event, meals, etc.

REGISTRATION FEE AFTER MARCH 31, 2009, AND AT THE CONVENTION: Registration fees will be \$20.00 for each Lion/Leo and \$18.00 for each guest.

RAFFLE GIFTS: It is requested that each club bring a minimum of two (2) gifts to be raffled at the convention. Please bring your gifts to the registration table for distribution. **PLEASE COOPERATE.**

ATTENTION: CAMP PACIFICA, ALL STAR FOOTBALL, and PIN TRADERS (NO SALES-TRADING ONLY). If you need a table at the Convention please request it before the Convention starts, you can do this by contacting PDG Pat Dimond (209)521-5568.

PLEASE SEND CHECKS FOR MEAL RESERVATIONS TO:

**PDG Pat Dimond
Convention Committee
502 Northwood Drive
Modesto, CA 95350**

MEAL RESERVATION FORM

PLEASE PRINT OR TYPE ALL INFORMATION. If guest is a Lion/Leo, use a separate form to register him or her.
DON'T FORGET TO REGISTER BY MARCH 31, 2009.

Name of Lion/Leo	
Name of Club	
Member Telephone Number	
Guest Name	
Mailing Address	
City, Zip Code	
Club Position	
District Position	

PLEASE PRINT NEATLY – ABOVE INFORMATION WILL APPEAR ON YOUR CONVENTION BADGE.

Any cancellation for refund must be received by the Convention Committee on or **before March 31, 2009**.
 No **Refunds** will be made after that date.

Make Checks Payable To:

District 4-A1 Convention Committee

Mail Checks To:

**PDG Pat Dimond
 502 Northwood Drive
 Modesto, CA 95350**

Questions? Please Call: 209-521-5568, PDG Pat Dimond

EVENT	PRICE PRE REGISTRATION	PRICE AT CONVENTION	NUMBER	\$\$\$ ENCLOSED	CONVENTION USE ONLY
Thursday, April 16, 2009 First Niter's Dinner /Chinese Restaurant	\$32.00	N/A			
Saturday, April 18, 2009 Breakfast	\$23.00	\$26.00			
Saturday, April 18, 2009 Student Speakers Luncheon	\$29.00	\$32.00			
Saturday, April 18, 2009 Governor's Banquet	\$47.00	\$50.00			
Sunday, April 19, 2009 Awards Breakfast	\$23.00	\$26.00			
Lions/Leos Registration Fee (Must be paid if attending any convention event and or voting.)	\$17.00	\$20.00			
Guest Registration Fees. (Must be paid if attending any convention event.)	\$15.00	\$18.00			
Convention Pin	\$4.00	\$4.00			
Total Amount Enclosed					

IF YOU REQUIRE A VEGETARIAN MEAL, PLEASE INDICATE HERE: _____

***PRICE PRE-REGISTRATION IS BEFORE APRIL 1, 2009**

**LIONS' 60TH ANNUAL DISTRICT 4-A1 CONVENTION
SAN RAMON MARRIOTT HOTEL
APRIL 16-19, 2009**

HOTEL RESERVATIONS

HOTEL RESERVATIONS: Each Lion/Leo MUST make their own reservation for the hotel. **Call directly 1-800-228-9290.** ROOM CHECK-IN is 4:00 P.M. If you have any questions regarding reservations, contact the hotel. The Marriott Hotel will do their best to group your club together. ROOM RESERVATIONS MUST BE MADE ON OR BEFORE APRIL 2, 2009, with the hotel, however, a specific number of rooms have been allocated by the hotel for the convention. Regardless of the cut-off date (April 2, 2009), when that allocation is filled rooms will be at a higher rate. RESERVE YOUR ROOM EARLY TO RECEIVE THE LOWER RATE. THERE WILL BE NO REFUNDS AFTER MARCH 31, 2009.

PRE-REGISTRATION FEE: Each Lion/Leo/Guest must have registration fees paid in full before they will receive their convention packet. Registration fees are as follows:

Pre-Convention:	Lion/Leo	\$17.00	Guest \$15.00
After March 31, 2009	Lion/Leo	\$20.00	Guest \$18.00

You **MUST** be pre-registered or registered at the convention before being eligible to vote or to participate in any of the convention activities.

THURSDAY, APRIL 16, 2009

Registration	2:00 p.m. - 4:00 p.m.	Mt. Diablo Room
Credentials	2:00 p.m. - 4:00 p.m.	Mt. Diablo Room
First Nighter's Dinner - Meet in Lobby (Carpool)	6:30 p.m.	Local Chinese Restaurant
Cocktails	5:00 p.m. - 6:30 p.m.	DG's Suite Room 670

FRIDAY, APRIL 17, 2009

Registration	10:00 a.m. - 4:00 p.m.	Mt. Diablo Room
Credentials	10:00 a.m. - 4:00 p.m.	Mt. Diablo Room
Food Faire	1:00 p.m. - 3:00 p.m.	South Courtyard
District Candidates Hospitality	6:00 p.m. - 8:00 p.m.	TBD
Roaring 20's Costume Party & Gaming	7:00 p.m. - 9:00 p.m.	Salon 1

SATURDAY, APRIL 18, 2009

Past District Governor's Eye Openers	6:45 a.m. - 7:45 a.m.	DG Suite - Room 670
Registration	7:00 a.m. - 4:00 p.m.	Mt. Diablo Room
<u>CREDENTIALS</u>	7:00 a.m. - 10:45 a.m.	Mt. Diablo Room
<u>VOTING</u>	11:00 a.m. - 3:00 p.m.	San Ramon Boardroom
Breakfast	8:00 a.m. - 9:00 a.m.	Contra Costa Ballroom
Opening of General Session	9:15 a.m. - 11:30 a.m.	Salon A - C
Student Speaker's Contest	12:00 noon PROMPTLY	Contra Costa Ballroom
Student Speaker's Luncheon	Immediately after Contest	Contra Costa Ballroom
Lions Forum	2:30 p.m. - 3:30 p.m.	Salon A - C
GOVERNOR'S Banquet	7:00 p.m.	Contra Costa Ballroom

SUNDAY, APRIL 19, 2009

Awards Breakfast	8:00 a.m. - 11:30 a.m.	Contra Costa Ballroom
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SPRING IS HERE AND SO IS OUR 4-A1 CONVENTION!

Send your Registration in TODAY! We have a very special Convention planned for you!
We have:

- A First-Nighters' Dinner at a great Chinese Restaurant.
- A wonderful food faire on Friday with all sorts of food and drink.
- Hospitality Rooms Galore:
 - Ice Cream Socials
 - VDG's Hospitality
 - DG's Roaring 20's Party
 - And others I probably don't know about!
- ID Larry Johnson will be there to present some International Awards to our wonderful, dedicated 4-A1 Lions
- We will have many other awards celebrating our year of Lionism:
 - MD-4 Excellence Awards
 - Lion of the Year Award
 - Triple Star Awards
 - 100% Secretary Awards (2008)
 - Activities Awards
 - Long & Short Tail
 - All Star Football
 - Bulletin Contest
 - Environmental Photo Contest
 - Eyemobile
 - Flag Day
 - Golf Tournament
 - Scrapbook Contest
 - Student Speaker
 - Top Club
 - White Cane
- Voting on:
 - Lion Francis Bognuda, District Governor, South Stockton Lions
 - Lion Steve Granlees, Vice District Governor, Clements-Lockeford Lions
 - Lion Dave McCullough, 2nd Vice District Governor, Ceres Lions
 - Endorsed Activities: Parker's Prom and Chowchilla Prison Project
 - Camp Pacifica Board
 - Eyemobile Board
 - Convention Committee – San Joaquin Region
 - Convention City – 2011

So Embrace Lionism thru the Eyes of a Child and let the fun begin! •

DG Pat

You are cordially invited to the 4-A1 Convention

Roaring 20's Fun and Games at DG Pat's (AKA Rosie) Speakeasy Royale!

When: Friday, April 17th

**Dress in your best Roaring
20's costume.**

Time: 7:00 – 9:00 PM

Place: San Ramon Marriott

**Prizes for best male
and female costumes.**

**COME AND ENJOY FELLOWSHIP, FUN & GAMES! NO "BREAD REQUIRED". JUST COME & WIN
RAFFLE TICKETS & PRIZES EACH TIME YOU PLAY! BUT YOU NEED TO KNOW THE
PASSWORD TO GET IN – IT WILL BE PRINTED IN THE PROGRAM! NO HOST COCKTAILS. •**

Do You Have that Lion Feeling in Your Heart?

Are you feeling kind of down these days? Do you long for some meaning in your life? Do you long for the “good ole days”? Well, it’s time to take stock of the present!

No matter what your situation, there is always a great need in our communities and around world. And we as Lions can and do make a difference! But sometimes we get caught up in our own crises and forget that making someone else’s life better also makes our lives have more meaning. Close your eyes for a moment and think of something that makes you smile – keep them closed until that moment arrives. Then open your eyes and think: How can I make someone else smile today? How can I give someone the gift of hope? How can I and my Club make a difference in my community?

The sky is the limit! Could you mentor a child? Could you get up a work party and clean up a trash ridden park? Could you “adopt” a needy senior every month and spruce up his/her house, garden, lawn? Could you start a Leo Club and feel the enthusiasm and creative spirit of our youth? Could you give dignity back to those who have fallen by renovating an old cemetery? Could you create a “story hour” in a children’s shelter, the library, or in the pediatric center of a hospital?

Don’t let Lions become like the song: Where have all the Lions Gone? Long time passing! I for one will not let that happen to me, to our club, and to our District. If I can be of any help:

- Need a speaker?
- Want a membership program?
- Need a crazy “belly dancer”?
- Want to do a Club Assessment?
- Want to do a Community Assessment?

Just give me a call at (209) 255-2599 or email me at: pgillum@sbcglobal.net

I am dedicated to Lions and want to help you get that **Lion’s Feeling back in your Heart – In fact, The Lion’s Feeling All Over You!** • **DG Pat**

NEWS FROM THE VICE DISTRICT GOVERNOR

Francis Bognuda:

WOW! It is April already! February was a busy month for all Lions. We had the MD-4 Convention in Fresno. International President, Al Brandel, was there from New York. He gave a very inspiring speech about “Lions Around the World”.

We had a great District “Birthday Party” in February in Escalon. It was well attended. A big thanks to Region Chair Roy Patterson for an outstanding job. My visiting VDG Becki Stange, 4-C1 was very inspired with what we do in our district. VDG Becki wants to thank all of you for your hospitality.

Our District convention is April 16-19 at Marriotts in San Ramon. I know that our District Governor will have a great party lined up for us!

Friday we will have our hospitality room in Room 570 from 3:30 PM – 5:00 PM. On Saturday morning we will have a meeting that should be interesting to all. Then we will have the opportunity to listen to the region finalists of the student speaker contest at noon. From 3:30 PM – 5 PM Norma and I will host an “Ice Cream Social” in room 570. Hope to see you at both of the above events.

Please do not forget the District meeting in May. It will include training for Presidents, Secretaries, Zone and Region Chairs, Treasurers and more. I know that it will be a fabulous day.

Our MERLO Team has been very busy these last two months, working and visiting clubs. A big thanks to them for the extra work they have done for Lions.

2356 Lions thank you for your commitment to the motto “WE SERVE”. • **VDG Francis**

CAMP PACIFICA PROGRAM OPERATIONS COMMITTEE MEETING

**Monday, April 13 @ 6:30 PM
@PDG Ann & Bob Tognetti’s Home
2012 Canyon Lake Drive, Modesto
Learn about Camp. . . Become Involved
Everyone Welcome**

**For Info & Confirm Attending
Call Lion Brower Dimond
(209) 521-5568 or**

Email: pbdimond@sbcglobal.net

MD-4 Convention & Academy Awards, a Fantastic Success

It is my wish and hope that each and every Lion makes it to a MD-4 Convention at least once in their lives. The excitement, the enthusiasm, the education, and the friendship are beyond compare! If you are in need of a “pick me up” the Convention is just the answer! I ask you:

- Do you like to **play golf** – the Convention has it!
- Do you want to learn more about how you can **be a better Lion** – the Convention has it!
- Do you want to see awe inspiring **Flag Ceremony** that will take your breath away – the Convention has it!
- Do you want to see your fellow Lions awarded at the **Academy Awards Ceremony** – The Convention has it!
 - **BROWER DIMOND, GREATER MODESTO LIONS, WON THE BANKER CAMPERSHIP AWARD FOR HIS WORK WITH CAMP PACIFICA!**
 - **MODESTO LIONS WAS IN THE TOP THREE FOR THEIR NEIGHBORHOOD PARK CREATION ON THE VIRGINIA CORRIDOR!**
- Do you want to see other **winners** – the Convention has it!
 - The Peace Poster Winner – world-wide was from California.
 - **PDG PAT DIMOND WAS PRESENTED WITH AN INTERNATIONAL LEADERSHIP AWARD FROM INT’L PRESIDENT AL BRANDEL!**
 - The Leo of the Year was presented.
- Do you want to meet **new Lion friends** – see long time Lion friends – the Convention has it!
- Do you want to see what the **activities and programs** are being used all over the State – the Convention has it!

The next MD-4 Convention is in Riverside, California on February 5-7, 2010 and promises to be just as great – mark your calendars now and plan for the fun! ● **DG Pat**

JACKSON LIONS CLUB

●Our “flashing” District Governor!●

DANDELION DAYS 3/14 – 15/09

MD-4 Convention February 13 – 15, 2009

DG Pat and Frank Gillum, “Diamonds & Denim”

Opening flag ceremony with Lion Dick Kishimoto of 4-C4 singing the national anthem. Lion Sue Carner 4-A1 in yellow vest as one of the veterans on stage (yes the light was bright!). Friend Yas Tana, on my right, spouse of PDG Alice Tana, from 4-L6.

Photo by Lion Yvonne Kantola 4-C4

•

PDG Pat Dimond receiving Presidential Leadership Award from LCI President Al Brandel.

Frank and DG Pat Gillum at Governors Banquet.

RC Willie Hughes, & ZC Jerry Walden, San Andreas 49er Breakfast, MD4 ID Candidate Bob Smith, PP Frank Cucco and wife Barbara of Linden Lions enjoying ice cream social.

Lion Brower Dimond post academy award.

PDG Pat post leadership award.

ANOTHER CONGRATULATION!

MEDIC-ALERT NEW PROGRAM: TURLOCK 12:10, THE FIRST CLUB TO PARTICIPATE IN THE USA

By DG Pat

The Turlock 12:10 Lions are the first club in the United States to participate in the new Medic-Alert program by donating \$500.00! The new program “**No Child Without**” is targeting the 4 – 14 year old age group children. For \$100.00, a club could enroll or sponsor a child in the program for the entire 10 years (that’s not \$100.00 a year but \$100.00 for the whole time)! The program envisions having all children with life threatening allergies from both food and drugs wearing the cool new bracelets and/or fashion dog tags to save their lives! If you are interested in learning more about the program, please contact Lions Terry or Sandy in the Turlock 12:10 Club (H) 209-634-0203. ●

***GAME DATE: SATURDAY JUNE 20, 2009
AT UOP (University of Pacific, Stockton)
6 PM pregame, 7 PM Kick Off. Please bring
your club banner for the banner procession
at the game. Tailgating starts: 4 PM. Best
spread? “Grazing” encouraged!***

Prices Concerning Game:

- Player sponsorships are \$125.00 per player.
- Game tickets are \$150.00 for 50 game tickets, which you can sell or give away (can use for Leos, disadvantaged or disabled youth).
- Program ads are still \$50.00 for a business card size ad and you can sell a page of ads for \$600.00 to make \$60.00 per page. Some ad possibilities might be family style restaurants (more bang for your buck type restaurants), thrift stores, grocery stores (we still have to eat) any other ideas please let me know so I can pass along the information. Thanks.
- Stadium Club tickets \$35.00 for all you can eat and drink in air conditioned room! Still a very good deal!!

Please make all checks to **LIONS ALL STAR FOOTBALL**, and send to P. O. BOX 1115, LINDEN, CA 95236 (my address).

Thank you for your continued support so that we can showcase these players’ excellent talent once more. ●

Lion Elizabeth Gibbs Olson
Chairperson Lions All Star Football

ARE YOU READY FOR SOME FOOTBALL??!!

Dedicated to Lion Frank Cucco of Linden Lions
Congratulations to Coach Swartz of McNair High School in Stockton and Coach Stubbs of Los Banos High School.

We are excited about our 36th year of Lions All Star Football!!

Our player/press banquet was held on March 28th at the Petersen Event Center in Modesto. The players were introduced to the press and they had their photographs taken for the program at the game. We were privileged to have our speaker Mark Tennis of ESPN/Cal Hi Sports.

I would like to thank all of the football committee, Lion Debbi Hopman for finding our new location for the banquet and Lion Jane Williford and Lion Debbi for working on our banquet event as well as the Tracy Tank Town Lions for staffing the front desk. Also, Lion Wes Huffman for the programs for the banquet, Lion Bill Hopman for being our MC, PDG George Fields and Simi Flowers for the fresh flowers for the tables and the Sonora Lions for our dessert.

The north and south player selections have been finalized and the players are posted on our website www.lionsallstarfootball.com. The north player selections had 50 coaches with 90 player nominations and the south player selections had 65 coaches and 110 player nominations. Great attendance and number of nominations!! The players thank you.

Thank you for your generous donation to Linden Lions for the North team dinner and Turlock Lions for the South team dinner which will take place the week before the game in June 2009.

<<<<<<<<<

From Youth Exchange:

By Lion Carrie Guadagnolo

Exchange students and the Japanese Youth Exchange students. The dates I will need hosts for the European students will be July 11 to 26, 2009 and the dates for the Japanese students will be August 1 to 15, 2009. Interested persons can contact me at (209) 887-2002 I am looking for host families for the European Youth or at cjguad@gotnet.net. Thanks! •

Who Gets Diabetes?

Anyone, anywhere, at any age can develop diabetes

Many adults have had diabetes for several years before their symptoms are recognized. By the time they are diagnosed, a great many have already started to develop the complications of diabetes - visual impairment, kidney failure, heart disease, strokes and nerve damage. In many parts of the world, people with diabetes are not diagnosed at all.

Spotting diabetes early means that it can be treated and the risk of the serious complications can be greatly reduced.

A number of factors contribute to the likelihood of someone developing diabetes.

Risk factors for type 1 diabetes:

These are not very well defined, but it would appear that genetic and environmental factors could trigger the development of this type of diabetes. If there is someone in your family who has diabetes, then your chances of developing the disease are increased.

Risk factors for type 2 diabetes:

- **Age**

90-95% of people with diabetes have type 2 diabetes. This type usually occurs in people over the age of 40 but is now also affecting children and adolescents to a greater extent. The older you are, the greater your risk of diabetes.

- **Obesity**

Over 80 per cent of people with type 2 diabetes are overweight. The more overweight you are, the greater your risk of diabetes.

- **A family history of diabetes**

Research has shown that people are more at risk if there is a history of diabetes in close family members. This means, the closer the relative, the greater your risk of diabetes.

>>>>>>>>>>

- **Physical inactivity**

Research has shown that people who do not lead an active life are more at risk of developing type 2 diabetes. The less exercise you do, the greater your chances of developing diabetes.

- **Impaired glucose tolerance (IGT)**

A healthy person's blood sugar is usually between 70 and 110 mg/dL (milligrams of glucose in 100 millilitres of blood) or, in millimols, between 3.9 and 6.0 mmol/L. Impaired glucose tolerance is a level of blood glucose which is higher than normal, but not high enough to be in the range where doctors classify this as diabetes.

- **Race/ethnicity**

As far as we know, race and ethnicity are important in determining the possibility of a person developing diabetes. Little research, however, has been undertaken outside of the United States. Within that population, African-Americans, Hispanic Americans, Native Americans, Asian-Americans and Pacific Islanders are more likely to have diabetes.

- **Diabetes during pregnancy**

Some women develop a temporary type of diabetes called 'gestational diabetes' when they are pregnant. Gestational diabetes develops in 2-5% of all pregnancies, but usually disappears when the pregnancy is over. However, women who have had gestational diabetes or who have given birth to a large baby (4kg/2lb or greater) are at a greater risk of developing type 2 diabetes at a later stage in their lives.

If you think that are you are at risk of developing diabetes, you should talk to a healthcare professional. •

For club program contact Lion Brower Dimond @ pbdimond@sbcglobal.net or (209)521-5568

District Golf Tournament 2/21/09

ZC Jim Syvertsen & Lion Wayne Hill, Modesto 500

Co-Chair John Ambrose, wife Laura, DG Pat

Co-Chairs John Ambrose & Norm Trevaskis, Jackson

PDG Gene Weatherby, Mokelumne Hill, C-C Norm

Lockeford Springs Golf Course, Lodi, CA

Mountain Region District Meeting

- DATE:** Friday & Saturday May 15-16, 2009
- WHERE:** Meals at Sutter Creek Community Center on Church St, which is behind the Methodist Church at corner of Hwy 49 & Church St, Sutter Creek – 2 miles NE of Jackson; breakout sessions at church for new officer training + other sessions
- MEALS:** 5/15 Dinner: chicken or tri tip (pick one) by Clements Lockeford Lions \$25.00
5/16 Lunch: sandwiches by Arnold Lions \$10.00
Registration/breakfast: \$10.00 by Jackson Lions
Both days: \$35.00 (*watch for mailings to clubs*)
- MOTEL:** Best Western Amador Inn, Jackson on Hwy 49; phone (209) 223-0211; \$74.95/night until May 1.
- DEADLINE FOR RESERVATIONS FOR MEETING:**
May 10: RC Willie Hughes, 254 Cedar Street, Valley Springs, CA 95252; phone (209)772-0866; email: willhug@goldrush.com •

DISTRICT ROSTER CHANGES:

- p. 25 **Lincoln Abraham** in Bel Air Nursing Home; no mail
- p. 25 **David Williams** deceased about 3 years ago
- p. 28 **Delia Scatena** email: scatena209@att.net
- p. 28 **Will Clair** email: willfran@att.net
- p. 29 **Dan Agari** email: danagari@gmail.com
- p. 30 **Dennis Noble C: 209-814-1529** (typo)
- p. 52 **Manteca Lions: acting Pres. Lisa Stallings**
email: lisa@lisastallingsrealtor.com
- p. 53 **Gene Birk C: 209-914-5533**
- p. 55 **Rick Shook** email: r.dshook@att.net
- p. 56 **Stktn Pacifica PO Box 692966, Stockton 95269-2966**
- p. 76 **Larry Viveiros** phone: 209-854-2659
- p. 96 **Melanie Miller** (Harter)
email: mrsdouglassmiller@gmail.com •

LCIF IS THERE FOR YOU—BE THERE FOR LCIF

by Al Brandel, President,
The International Association of Lions Clubs

We just concluded Lions’ most successful fundraising effort as Campaign SightFirst II exceeded the \$200 million mark. The funds will enable Lions and SightFirst to save the sight of millions of people. There is much to celebrate. But we also need to be careful. We can’t “rest on our laurels” and assume LCIF is set for a while.

To the great credit of Lions, LCIF does much more than preserve vision. It helps Lions help people in multiple ways around the world. We provide disaster relief. We assist the disabled. We give youths the skills they need to succeed. For LCIF to keep succeeding, Lions need to continue to generously support the foundation. Yes, these are challenging times economically. But that’s all the more reason to dig deep and help the most needy.

Please remember that LCIF reaches down into local communities to improve lives and provide opportunity. One day that backyard it aids may be your backyard. It wasn’t long ago that LCIF responded to raging wildfires in California, devastating hurricanes along the Gulf Coast and disastrous floods in Bihar, India. The foundation’s youth, vision and hearing grants regularly impact tens of thousands of people in small towns as well as larger cities. Where there is need, there you will find LCIF.

The foundation efficiently and effectively serves humanity. You will be pleased to know that LCIF will expand the range and scope of its humanitarian efforts. The great success of SightFirst II inspired us to re-envision the foundation. We will take it to new heights and help even more Lions help even more people. More concrete details will be forthcoming. But the good news is that LCIF will become an even greater force for Lions’ service.

So please enjoy reading about how your worldwide foundation lifts people up from suffering and neglect and allows them to chart their own future. **LCIF will be there for you.** You can count on it. **Will you be there for LCIF? •**

**WELCOME
NEW MEMBERS**

FEBRUARY – MARCH 2009

Club/Member	Sponsor
Atwater Winton	
Dorella Heller	Brian Heller
Clements Lockeford	
Juan Gallardo	Unknown
Greg Garcia	Unknown
Copperopolis Lake Tulloch	
Kenneth Gutman	Alan De Mott
Susan Gutman	Alan De Mott
Janice Sigler	Ken Osteen
Leroy Sigler	Ken Osteen
Linden	
Rick Francis	Harry Wagner
Scott Bognuda	Frank Cucco
Livingston	
Mildred Eddens	James Loving
Bea Flores	Lily Trujillo
Willie Roland	James Loving
Lodi	
Kristen Marie Gramm	Corey Wright
David Gomez	Larry Dold
Mariposa	
Karen Cutter	Tom Kinard
Richard Cutter	Tom Kinard
Modesto 500	
Patricia Syvertsen	Jim Syvertsen
Oakdale	
Dennis Roberts	Peter Maddern
Sierra	
Ginger Foust	Colette Goga
Stockton Fil Am	
Mario Yaoyao	Ralph Mull
Stockton Host	
Audrey Fry	Robert Karsting
Frank Mandela	Steven Richmond
Connie O’Day	Charlie Aoun
Stockton Pacifica	
Paul King	Tom Moradian
Stockton South Stockton	
Victor Constantin	Carlos Villapudua
Brando Villapudua	Carlos Villapudua
Turlock 12:10	
Aurora Al-Kass	Terry Anderson

New Meeting Place:

**Modesto 500 Lions Club,
Hazels, 431 12th Street, Modesto
12:15 PM every Thursday.**

Out and About

●San Joaquin Region:

San Joaquin Lions and **Lodi Mexican American Lions** had simultaneous dinners in 2 different sites: St Patrick's Day Dinner to support the Community Center for Blind in Stockton and a Crab Feed in Lodi (green crab?).

Lodi Mexican American Lions report that they have brought in 14 new members to date! **WOW**

South Stockton Lions (Lion Richard Alvarez) have 2 new members and partnered with **San Joaquin Lions** (Lion Ron Valverde) to form a new Club in Lathrop. Charter and installation of officers is slated for June. The club will be meeting at the Lathrop Community Center 2nd & 4th Tuesdays at 6 PM. CONGRATULATIONS! **South Stockton** turned in 1445 pairs of glasses at the last District Meeting.

San Joaquin Lions report that the Stockton Blind Center is hosting Beep Ball World Series 7/26 - 8/2/09. Teams will be coming from around the world. Contact Lion Ron Valverde (209) 952-0735 for further information or to help.

Lodi Lions completed successful crab feed and have a Golf Tournament scheduled for May 1. See calendar.

Delta Lions report having 2 new members.

Wow **Tracy Breakfast Lions** report that Lion Rick Hanson, Flag Chairman and other members gave out 2053 flags at 25 schools! Way to go!

Tracy Tank Town Lions also had a corned beef and cabbage dinner with proceeds going to the Tracy Interfaith Ministries. They were also busy working on the All Star Football Banquet.

Congratulations to new Lion Scott Bognuda, son of VDG Francis and Lion Norma Bognuda inducted in **Linden Lions** in February.

Also heard from: **Stockton Pacifica, Stockton Fil Am, and Stockton Host.**

●Mountain Region:

Jackson Lions Club had a very successful Dandelion Days weekend and breakfast – about 11,000 visitors (*I know DG Pat and I had fun spending money. Ed*) They also chaired the District Golf Tournament in Lodi; heard everyone had a great time but very tiring!

Congratulations to Lion Lee Cunningham of **Arnold Lions** on his award from Delta Blood Bank for chairing many blood drives. Also kudos to Lion Don Anctil for sponsoring his 5th member into the club! Also they participated in a Trivia Bee sponsored by the Friends of the Library and made it to the finals! Funds help to purchase books for the library and support Calaveras Adult>>>>>

Tutoring Program.

For those of you who did not have the opportunity to attend **Sonora Lions** Cioppino Feed, you missed a great feed! (*And they did not have to pay me to say so! Ed.*) They are busy raising money for a new track and lights for Sonora High School.

West Point (not the academy) – anyone other than locals know where the name came from? Per the web, the name came from scout Kit Carson while searching for a pass over the Sierras. It became a thriving trading post prior to gold discovery. Bret Harte, famous author, lived there for a period. (*Thought I would increase your trivia knowledge! Ed*) **Murphys Angels Lions** have donated a total of \$16,740.00 to the community this year! Their new project was a Classic Car Show.

Also heard from: **Lake Tulloch, Up Country 88, and Garrotte.**

●Yosemite Region:

Sierra Lions are busy forming a Leo Club as well as doing community clean up. Also they have brought in 9 new members!

Madera Breakfast Lions have been visiting other clubs as well as working on Parkers Prom, a project that the District is hoping to adopt as a district project. Also they have given out a large number of flags – 1050!

Madera Evening Lions gave out 1019 flags – these 2 clubs must have had a contest! ☺ They gave \$1000 apiece to 2 local high school student bodies.

Delhi Ballico Lions report that they will be dissolving their club at the end of June. All but 3 members will be joining other clubs. The District will be sorry to see them go – they have done a lot for their communities as well as the district.

Merced Breakfast Lions did lots of visitations in March. Also, they have a client being seen at the Lions Eye Foundation. (*On my last visit to them, PP Vince Peraino reported that he was going to have knee surgery the following day. I'm sure he would appreciate a card. Ed*)

Atwater Winton Lions will be having their Charity Round Up on May 2 (see calendar). President, secretary and members have been making many visitations this month.

Also heard from: **Chowchilla** (unable to open attachment).

Continued to page 17

Some of the Fun & Games at Last District Meeting!

Musical chairs and DG Pat in her party hat.

Triple Star Awards:
The following outstanding Lions are awarded a Triple Star Award during the District Meeting or on my Visitations to the clubs during February 1 through March 31, 2009.

<u>Garrote:</u>	Lion Kay Graves
<u>Manteca:</u>	Lions Dave Mercado and Joan Beattie
<u>San Andreas:</u>	Lion Don Cook
<u>Le Grand:</u>	Lions Rob Gasgow and Bob Mocks
<u>Tracy Breakfast:</u>	RC Roy Patterson
<u>Ceres:</u>	RC David McCullough
<u>Bass Lake:</u>	RC Diane Peterson

Look for their **Triple Star Lapel Pin** and acknowledge their contribution to Lionism when you see them. ●

Patricia Casey-Gillum, District Governor 4-A1

SCRAPBOOKS

By Lion Wayanne Markley

All scrapbooks must be turned in by 9 PM at the main check-in desk at the convention on Friday, April 17, 2009. Each Region will have a winner, and then there will be a District Winner that will represent us at the Council of Governors meeting in August for further judging. Questions?? (559)683-4475 or cell (559)760-4365 or wayanne@sti.net ●

**USA/CANADA
LEADERSHIP
FORUM:
9/24-26/09
Memphis, TN**

The USA/Canada Leadership Forum creates an atmosphere where Lions from all over the United States and Canada can get together to share and to learn from each other.

Professional speakers and dynamic Lions work together to bring to each attendee, the skills they need to assist their own Lions Clubs to be successful.

ALL clubs need to start planning to send at least 1 person to this really great forum. Encourage your 1st VP to go especially! More information will be in the next bulletin or see the above website. ●

VDG Francis pinning tail on lion.

Out and About continued

●Stanislaus Region:

Hilmar Irwin Stevinson Lions helped put on the California Lions Camp Spring Roundup in March. This followed their Crab Feed and Valentines Dinner.

Crows Landing Lions report another successful Cioppino Feed.

Oakdale Lions were named the Service Club of the Year by Oakdale Chamber of Commerce in January. For their Texas Hold'em Tournament, they had more than 100 players.

Ceres Lions report that they have done 22 children's eye exams. Something new is they have a page on Face book! They are trying to attract members between the ages of 20 – 40, and they are the ones who are spending more and more time on the computers and the web.

Greater Modesto Lions continue to provide Kases for Kids. Also they bought eyeglasses for 2 children.

Turlock 12:10 Lions have been very busy. They delivered 862 pairs of glasses to the last District Meeting.

Also they report that for the last 7 months they have been working with the Turlock Gospel Mission volunteering 2 – 3 days a week to help with the meal ministry and clothing donations. Also they have helped with the TGM women and Children Overnight shelter by doing laundry and moving their bedding from church to church each Sunday. And of course they are rededicating themselves to Medic Alert (see page 10.)

Modesto 500 Lions have completed a short tail in Stanislaus Region and their 7th annual very successful crab feed. They are looking forward to having a Leo Club chartered in April (see page 18) and their annual night meeting.

Also heard from: **Modesto Lions**, and **Modesto Breakfast Lions**.

BE AWARE OF SUSPICIOUS EMAILS:

Be aware of email scams that fraudulently use the Lions name or Logo or other trusted and well-known names. The goal of these types of scams is to trick people into revealing personal and financial information about themselves, which can then be used to commit identity theft.

If you receive a suspicious email, please follow these guidelines:

- Do not reply
- Do not open any attachments
- Do not click on any links in the email

Please delete the suspicious email and do not respond. If you wish, you may report the email to local authorities in your jurisdiction for further investigation.

By the way, have you noticed the new look of the LCI website?? What a change! Hope you enjoy exploring it. Ed.

IN MEMORIAM:

Let us take a moment to remember the Lions in our district who have gone onto the great jungle. We will truly miss the many contributions they have made to our clubs.

FEBRUARY – MARCH 2009

Atwater Winton Vita June Kateley

Patrick Wey

Garrotte
Linden

Adelbert Crow

Dean Costigliol

Livingston
Lodi

George Campora

Orville Young

Robert Mullen

Patterson
Sonora Mountain
South Stockton
Up Country 88

Surendra "Sunny" Patel

Henry Correia

Jim Wilson

Richard Bokides

Edward Shaver

Lions Green Team Projects for Earth Day, World Environment Day (From LCI)

Your Lions club can organize a Lions Green Team environment project for Earth Day, Wednesday, April 22 or United Nations World Environment Day, Friday, June 5, 2009. Suggested Lions Green Team projects include:

- **Clean-up project** (link to:

http://www.lionsclubs.org/EN/content/programs_env_suggpr oj.shtml) – remove debris from a roadway, nature trail, waterway, or public park. Remove graffiti from public places.

- **Tree planting project** (link to:

http://www.lionsclubs.org/EN/content/programs_env_trees.shtml) – absorb carbon from the atmosphere by planting trees. If every Lions club planted a tree, the planet would have 45,000 more trees.

- **Recycling project** (link to:

http://www.lionsclubs.org/EN/content/programs_env_recycle.shtml) – organize a community collection of used eyeglasses, hearing aids, computer parts, cellular telephones, inkjet cartridges, even rubber-soled gym shoes.

- **Education project** (link to:

http://www.lionsclubs.org/EN/content/programs_env_educati on.shtml) – sponsor a Go Green Club at a local school. Demonstrate use of rain barrels for water management. Organize a hybrid car show.

Send news of your successful Lions Green Team project to: programs@lionsclubs.org

**DISTRICT 4-A1
LIONS,
LEOS, AND
GUESTS:**

District 4-A1 Newsletter
1136 Cecil Way
Modesto, CA 95350

Modesto 500 Lions cordially invite you to attend the chartering of the Modesto Leo Club on Saturday, April 25, 2009 at Noon at the Century Center Roundtable Pizza Parlor, Orangeburg & Oakdale Rd, Modesto. Please RSVP to Lion Kelli Bergstrom at (209) 551-2712 or kbergstrom@loveladys.com If you live in Modesto or surrounding area, are ages 12 through 18 and would be interested in more information or like to join, please contact Lion Kelli. This is an open Leo Club, so these members are not limited to one high school. Of course, we would like to encourage children of Lions members, but they do not have to be.

District 4-A1 Calendar 2009

April

- 1 **LIVINGSTON LIONS 60TH ANNIVERSARY**, 7 PM at VFW Hall, 1605 7th St, Livingston, contact Pres. Lucy O'Kuye (209) 668-7579
- 2 **CONVENTION ROOM RESERVATIONS DUE**
- 12 **REGION STUDENT SPEAKER CONTEST DONE**
- 13 **CAMP PACIFICA PROGRAM OPERATIONS COMMITTEE MEETING**, see page 7.
- 16 – 19 **DISTRICT 4-A1 CONVENTION**, San Ramon Marriott Hotel, see page 3 - 6
- 18 **DISTRICT STUDENT SPEAKER CONTEST**, San Ramon Marriott Hotel, 11:30 AM, see page 3 – 6
- 22 **EARTH DAY**
- 24 – 26 **ASPARAGUS FESTIVAL**, Stockton
- 25 **MODESTO LEO CLUB CHARTER**, see page 18.
- 26 **PANCAKE BREAKFAST**, Chowchilla Lions, 7 AM – 11 AM, Chowchilla Fairgrounds Little Theater

May

- 1 **LODI LIONS GOLF TOURNAMENT**, Lockeford Springs Gold Course, Lodi, Noon, \$125/player, Lion George Horn ghorn@sbcglobal.net
- 2 **ATWATER WINTON CHARITY ROUNDUP**, Atwater Community Center, 760 E. Bellevue,
- 2 **TURLOCK 12:10 LIONS HEALTH FAIR**
- 5 **UNITED NATIONS WORLD ENVIRONMENT DAY**
- 10 **MOTHER'S DAY**

- 15 – 16 **MOUNTAIN DISTRICT MEETING, OFFICER TRAINING**, see page 13.
- 15 **PU 101'S ARE DUE**
- 17 **MODESTO BREAKFAST LIONS CHAMPAGNE BRUNCH**, Sylvan Club, contact PDG Tognettis.
- 17 **SPRING BREAKFAST AND BOOK SALE**, Delhi Ballico Lions, Ballico Legion Hall, 7:30 – 11:30 AM, \$6.00
- 21. **MODESTO 500 LIONS NIGHT MEETING**, Howard Training Center, 1424 Stonum (off Hatch), 6 PM. Questions/reservations Lion Claudia 209-595-1844 or cmiller@howardtrainingcenter.com
- 25 **MEMORIAL DAY**
- 26 **PDG NIGHT AT LINDEN LIONS**

June

- 1 **HELEN KELLER DAY**
- 20 **ALL STAR FOOTBALL GAME @ UOP**, see page 10
- 20 **ARNOLD LIONS GOLF TOURNAMENT AND DINNER @ Sequoia Woods Country Club @ Blue Lake Springs, Arnold.** Check in and no host BBQ at 11:30 AM. 1 PM Shotgun Start with 4 person scramble. \$95/player includes green fees, cart, prizes, dinner afterwards. Lion Joe Hill, (209) 745-1415 or gericaseyhill@AOL.com
- 21 **FATHER'S DAY**