

**ARROYO GRANDE LIONS CLUB**  
**THE ROARING LION**

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Published Monthly

Issue 21, 2006-2007

March 2007



**Editor's COMMENTS:**

It's great to be Lion. It's great to have the opportunity to serve. It's great to have fun and fellowship. It is important to our club that we serve our community both locally and internationally. Each Lion has a duty to "Yourself", "Your Club", "Your Community", and to your "club leaders." These duties are presented on page 6 of this issue. It is important that we as Lions do our utmost to assist those in need and in order to accomplish this we hold various fund raising events. Our forte has been barbecues; however we should think outside the box and look for other avenues to generate income. There are clubs that sell the "Really Big Coloring Books." I know one club that has made several thousand dollars on this project. There are also clubs that have a "Crab Fest" or a "Cioppino Fest and serve 300 to 500 at \$32.00 to \$37.00 per person. Of course there are the simple spaghetti dinners or the pancake breakfast that clubs do. In other words think of projects that we might be able to do within the area. If we can generate more revenue we can extend our reach, we can assist more people and make a difference in our community.

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**SCHEDULE OF UPCOMING EVENTS:**

March 22 – Visitation to Vandenberg Village depart from the Community Center at 11:15 AM  
March 23 – Civil War reenactment at Judkins Lions to barbecue  
March 25 – City of Hope trip  
April 4 – Regular Meeting  
April 5 – Nipomo Lions 8:00 AM Blacklake  
April 11 – Board Meeting location to be announced  
April 14 – CDA Barbecue at Paso Robles Need help  
April 18 – Regular Meeting  
April 19 – Nipomo Lions 12:00 noon Blacklake  
May 18, 19, 20 – District Convention in Solvang

**Club news:**

**March 7 meeting:** The Zone level of the Student Speakers contest was held with two students participating. The winner to go on and speak at the Region level contest to be hosted by the San Miguel Lions on March 15 and the winner would then compete at the district level on May 19, 2007.

**March 14 Board meeting:** The board meeting was hosted by Lion Bob Carr with peanut butter cookies by Jamie. Discussions covered the Civil War Reenactment barbecue. Terry will have a sign up sheet at the next meeting. The board approved \$500 for the eye glasses recycling program at Avenal State Prison a District 4-A3 project. Lion George discussed the CDA barbecue to be held in Paso Robles on April 14. Lion Jack presented the programs for the next few meetings: March 21 "Big Brothers & Big Sisters, April 4 Terry Hanley for Judkins Middle School, April 18 Lions Terry & George "Food Safe." Lion Bill Cockshot suggested collecting old clothes for distribution to a poor area in Costa Rica. Contact Lion Bill for more information.

**March 21 regular meeting meeting:** Representatives from Big Brothers & Big Sisters program will be present.

**March 23:** Club to barbecue for the Judkins Middle school Civil War Reenactment event. Lion Tom, George will Work the pit other volunteers can sign up at the March 21 meeting.

**March 25:** The City of Hope Tribute day to the Lions of MD-4. Lion Stan & Mary, Lion Jack & Pam, Lion Tom & Sue, Lion John & Elizabeth, Lion John & Marilyn, Lion George & Lynn Lion Terry & Nancy & Natalie, Lions Tony & Donna (S. M. Valley), & Lions Denise Farmer & Wally Crookes (Nipomo) will be attending. We still have one ticket available.



Acting president Lion Richard  
Lompoc Host Lions



It's time again to barbecue for the  
Civil War Reenactment

**Visitations:**

Lions, Terry, John Murray and George visited the Shandon Valley Lions on March 8. Lion George visited Santa Ynez on March 15 (noon) and Lions Stan, John Murray and George Visited Lompoc Host on March 15 (evening), Lions Terry & Jack attended the Regional Speakers contest in San Miguel on March 15.

We will be visiting Vandenberg Village on March 22. Lion Stan, Lion Bob Carr, & Lion George will be attending. We will depart from the Community Building at 11:15 A.M. Contact me if you are interested in traveling with us.

## Lion's information:

It is estimated that more than 200 million people have diabetes. They are at risk of losing sight due to diabetic retinopathy. Diabetic retinopathy affects the retina, the light-sensitive tissue at the back of the eye that transmits visual messages via the optic nerve to the brain. When this delicate tissue is damaged by diabetic retinopathy, the result may be visual impairment or blindness.

Diabetes awareness was adopted as a long-term commitment of the association in March 1984. The primary objective of the Lions program is to reduce the number of new cases of blindness caused by diabetic retinopathy through diabetes education, early detection and treatment, and support of research.

Lions are especially encouraged to conduct awareness activities during the month of November--Lions Diabetes Education Month. The [Lions Diabetes Activity Guide](#) (IAD163) features suggested diabetes service projects.

### **Why is it important to know how diabetes affects the eyes?**

If you have diabetes--or if someone close to you has this disease--you should know that diabetes can affect the eyes and cause visual impairment.

Fortunately, there are ways to prevent or lessen damage to the eyes caused by diabetes. That is why it is so important for people with this disease to have a professional eye examination as soon as their diabetes is diagnosed, and at least once a year thereafter.

Annual eye examinations are especially important for people who have a high risk of developing eye complications from diabetes. These include persons with diabetes who have had their disease five years or longer, and those who have difficulty controlling glucose levels in their blood.

In addition, pregnancy is known to be a factor in the development or worsening of diabetic eye disease. There is evidence to suggest that high blood pressure and smoking may cause diabetic eye disease to worsen.

## **Diabetes Screening**

A screening test can detect diabetes. Lions clubs often arrange for free diabetes screenings to be performed in their communities.

### **Lions can organize free diabetes screenings for the public.**

- Select a date for the screening. This date should not conflict with other community events.
- Secure a location for the screening. Schools, libraries, houses of worship, community centers or homes for the elderly are among the possible locations. Obtain legal clearance/permits from local authorities.
- Arrange for medical equipment and medical personnel. Government health departments, universities, hospitals, or private physicians often agree to perform free public screenings.

Provide advance publicity to local news outlets. Post flyers throughout the community informing the public about the date and location of the screening.

### **On the day of the screening, Lions can:**

- Organize the screening room.
- Provide free transportation for persons who lack access.
- Assist with record-keeping functions.

### **After the screening, Lions can:**

- Send letters of appreciation to persons involved in the screening. This includes healthcare professionals who donated time, community centers that provided a venue, and medical companies that donated equipment or supplies.
- Send a press release to local media. Include details such as the number of persons who benefited from the free public screening.
- Contact persons in the community who discovered that they have diabetes. Provide them with information about local treatment facilities.

***DISTRICT 4-A3 ACTIVITIES:***

Don't forget about the district convention to be held in Solvang on May 18-20, 2007. The district student speakers contest will be held Saturday afternoon. There will be the food fair at noon and a chili- cook-off. The District Student Speakers contest will be held at the convention. Check the web site [www.lions4a3.org](http://www.lions4a3.org) for further information.

***MULTIPLE DISTRICT FOUR (MD-4) ACTIVITIES:***

The Fourth Council of Governors meeting will be held in San Jose June 1, 2, & 3. Bill Dunlevy (governor-elect) encourages each club to send representatives. Also make your calendars for the first Council of Governors meeting to be August 3, 4, & 5, 2007 in Santa Maria. This is a great opportunity to attend a COG meeting. You may be asked to help in some way too.

***LIONS INTERNATIONAL ACTIVITIES:***

The international convention will be held in Chicago July 2- 6, 2007. Check the LCI web site for more information, [www.lionsclubs.org](http://www.lionsclubs.org).

**Nipomo Club News:**

The shirts are here (most there is a back order of all but 1 of the 2XL) the names should be on soon.

Lions Wally & Denise will be attending the City of Hope Lions Tribute day on March 25, 2007 in Duarte, CA.

New members were inducted into the club on March 15, 2007. Additional information will be presented in the next newsletter. The membership keeps growing with the encouragement of your membership chairman Lion Wally

Preliminary information is available for the Lions golf tournament to be held August 23, 2007. Lion Bill will be gone for two months; however information can be obtained at the next meeting.

Other community projects are in the discussion state attend the next meeting for updates and how you can help make these projects a success.

HUMOR?



Laugh a minute! Ha! Ha!



Did you know?

Why endeavor to straighten the road of life? The faster we travel, the less there is to see.  
*Helen Hayes*

Recent club Photos:



Visitation to Shandon Valley Lions



Lions Stan, George & John visit Lompoc Host Lions



Pres. Bob Stafford, VDG Bill & Lion George at Santa Ynez Lions



Pres. Terry at board meeting



Près. Terry presents the Zone Student Speaker winner



Maria (our speaker) & her father Vince



Region Chair Arnold addressing our guest at the Zone contest



**Editor's comments Continued:**

Another important factor concerning being a Lion is to have fun. I must admit that our club meetings are a great time for us to get together and have fun as are the barbecues, basketball tournaments and turkey trots. These opportunities allow us to extend friendship towards each other and our families. We should also have some social activities such as a night at the Melodrama (which has been suggested) or a family day at a park or another location, as we have done in the past. I have nearly forty years service to Lions and to this club and my fondest memories are the times that I have spent with the many Lions that I have met along the way. I remember Lion Claude Deveraux who taught me to respect how I use a knife while barbecuing or PDG Floyd Peterson who showed me the importance of our work within our community or Sal Machado who knew how to enjoy life or Ken Talley who represented the how to be a friend. There are many other memories both from many other Lions within our great organization. Some of these memories and friendship came from visiting other clubs and the visits that Lions made to our club. It is very important that we take advantage of this opportunity to make friends outside our club. This is also an opportunity to barrow ideas for activities within our club and to reinforce how great our club is and how "good" we have it. I encourage each of you to make it a point to visit other clubs or attend district activities as often as you can. I guarantee that you will enjoy the time spent. Below is some information that I found that express the duties of a Lion member.

**Duty to yourself:**

- \*To take an active interest in the civic, cultural, social and moral Welfare of your community
- \*To create a spirit of understanding within your community
- \*To promote good citizenship

**Duty to your club:**

- \*Participate in club projects
- \*Foster friendship with fellow members
- \*Attend club meetings

**Duty to your community:**

- \*Encourage others to join Lions
- \*To seek areas of community needs
- \*To assist to improve your community

**Duty to club leaders:**

- \*To support their leadership
- \*To encourage their leadership
- \*To serve on committees as required.

<i>Name</i>	<i>First</i>	<i>Office</i>	<i>Address</i>	<i>City</i>	<i>St</i>	<i>Zip</i>	<i>E Mail</i>	<i>Phone</i>
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Carr	Bob		836 Olive	Arroyo Grande	Ca.	93420	rw carr@charter.net	489-7098
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Cockshott	Bill		584 Via La Barranca	Arroyo Grande	Ca.	93420	realtybill@charter.net	481-7927
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Couch	Christine		614 Vista Pacifica Circle	Pismo Beach	CA	93449		773-6297
Dorman	Les		9000 Huasna Rd.	Arroyo Grande	Ca.	93420	Loxddorman@aol.com	489-6891
Frederick	Vernon	Lion Tamer	847 Norma Drive	Pismo Beach	Ca.	93449		481-9546
Freitas	Frank		1604 La Vineda	San Luis Obispo	Ca.	93401	FLFreitasCPA@Yahoo.com	543-4442
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Gegg	Colin		1167 Monaco Court	Grover Beach	Ca.	93433	CVGSR1@aol.com	481-2452
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Walker	Elliott	Director 2 yr	656 Balboa St.	Grover Beach	Ca.	93433	Talk2me_turbo@sbcglobal.net	481-7607
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### **Lions information:**

#### **Statement of sponsor proposing a new member:**

I realize that membership in my Lions Club, is attained by invitation only, that the standards are reasonably high and limited to persons of good moral character and reputation.

In proposing this candidate for membership, I attest that they are morally, socially and financially responsible, and that in my estimation, will become an active member, in support of our objects and ethics.

I have known the prospective member for \_\_\_\_months/years. If candidate is approved, I will extend an invitation to join our Club, and if accepted, I pledge my personal interest in this Lion's development and progress in principles of Lions Clubs International.

