



MOVING RIGHT ALONG

What will he come up with next? Our Tail Twister, Lion **Sterling Kloss** has not failed to amaze me with his innovative approach to collecting money and raffling off prizes.

An interesting observation regarding tail twisting that I have seen while doing visitations with Lion Gary is the practice of assessing each Lion member a dollar as he/she stands to introduce themselves at their meeting. Perhaps a possibility for our club?

I am proud of those Lions who have taken the time to bring a guest to our meetings. And thank you

again to those who have convinced some of those guests, in spite of sitting through a couple of our meetings, to join our club.

Thank you to Lion Don Thompson for heading up the eye glasses collections. The number of eye glasses collected and forwarded to the district are as follows: 2003 1706 pairs; 2004 1245 pairs; 2005 2124 pairs and so far this year 1460 pairs. The totals to date are 6535 pairs of glasses from 2003.

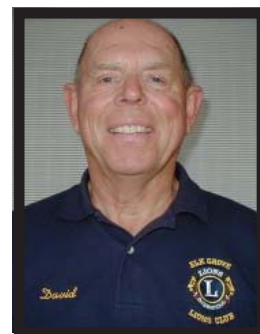
We have received some new eye collection boxes that are soon to be distributed to businesses in town. Lion Joe Tallerico has offered to

take on the task of picking up the glasses as the boxes fill. So I expect that we will be collecting an even greater

number of eye glasses in the future.

As announced at the last meeting club elections are coming up at the April 10th dinner meeting.

Lion President David



*Lion David Ogden
Our President*

Lion Andy Anderson has been presented the Silver Beaver Award



As a movement whose leadership is overwhelmingly volunteer, the Boy Scouts of America recognizes the need to acknowledge the invaluable services that men and

women render to youth. Of the hundreds of awards that the BSA presents each year to those on the local council, regional, and national levels, the Silver Buffalo, Silver Antelope, Silver Beaver, and Silver World awards are the most prestigious. Although the criteria are different for each of these awards, there is one common thread: The recognitions are granted by one's own peers in Scouting for distinguished service to youth. Other BSA awards, by comparison, are granted only to those who have completed a prescribed course of study or have participated in special training sessions.

Established in 1931, the Silver Beaver Award is presented for distinguished service to young people within a BSA local council. More than 50,000 recognitions have been conferred to date. As with the Silver Antelope, a recipient must be a registered adult member of the BSA. The awards are bestowed at appropriate local functions. Silver Beaver Awards are presented on the basis of the number of units in a council.



Juvenile Diabetes Research Foundation



Sara Lopez-Rameriz brings us up to date on Diabetes Research

Our guest speaker on Monday, February 13th was Sara Lopez Rameriz, Outreach Chair and Board Member of the Sacramento Council of the Juvenile Diabetes Research Foundation. She provided a great presentation about diabetes.

What are the different types of diabetes?

Type 1 (insulin-dependent or juvenile)

Type 1 diabetes can occur at any age, but most commonly is diagnosed from infancy to the late 30's. In this type of diabetes, a person's [pancreas](#) produces little or

no [insulin](#). Although the causes are not entirely known, scientists believe the body's own defense system (the immune system) attacks and destroys the insulin-producing cells in the pancreas. People with type 1 diabetes must inject insulin several times every day.

Type 2 (non-insulin-dependent or adult-onset)

Type 2 diabetes typically develops after age 40, but can appear earlier, and has more recently begun to appear with more frequency in children. In this form of diabetes the pancreas still produces insulin, but the body does not produce enough or is not able to use it effectively. Treatment includes diet control, exercise, self-monitoring of blood glucose and, in some cases, oral drugs or insulin.

Gestational Diabetes

About 2 to 5 percent of pregnant women develop high blood sugar during pregnancy. Although this type of diabetes usually disappears after

the birth of the baby, women who have had gestational diabetes are at high risk of developing type 2 diabetes later in life.

What are the symptoms of type 1 diabetes?

The symptoms may occur suddenly, and include one or more of the following:

- ◆ Extreme thirst
- ◆ Frequent urination
- ◆ Drowsiness, lethargy
- ◆ Sugar in urine
- ◆ Sudden vision changes
- ◆ Increased appetite
- ◆ Sudden weight loss
- ◆ Fruity, sweet, or wine-like odor on breath
- ◆ Heavy, labored breathing
- ◆ Stupor, unconsciousness

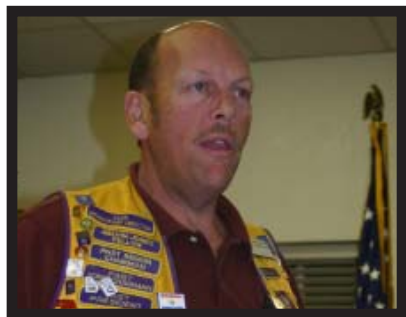
If you think you have diabetes, call a doctor immediately, and drink fluids WITHOUT SUGAR to prevent dehydration.

On the Road to Vice District Governor

Join Gary as he begins the trek towards this years Distict 4C5 Convention.

On his way he must visit as many clubs to carry his message.

You are invited to join him and Lion Andy as they make visitations to the follow clubs in March.



If you can attend any of these club meetings, please call Gary's campaign visitation chairman, Lion Andy Anderson (687-8133). If six or more attend, our club gets credit for official visitation.

Day	Date	Location	Time
Monday	3/6	Esparto	7 PM
Tuesday	3/7	Loomis	Noon
Tuesday	3/7	Foresthill	7 PM
Wednesday	3/8	Meadow Vista	7 PM
Thursday	3/9	Grass Valley	7 PM
Monday	3/13	Downieville	6 PM
Tuesday	3/14	Reveille	7 AM
Wednesday	3/15	Pony Express	7 PM
Thursday	3/16	Mother Lode	7 PM
Tuesday	3/21	Colfax	Noon
Tuesday	3/21	Orangeville	7 PM
Wednesday	3/22	Auburn Host	Noon
Wednesday	3/22	Midtown	7 PM
Thursday	3/23	Penn Valley	7 PM
Tuesday	3/28	Gold Country	Noon
Thursday	3/30	Rio Linda	7 PM



The Stag-ON-LINE!

A revised form of each month's STAG is available for your friends and neighbors.

If you have family located ANYWHERE in the world, they can see "via the Internet" all the good things that your Elk Grove Lions do.

Check it out at: elkgrovelions.org. The page is still in the development stage and Lion Jack would love to hear your thoughts, ideas and suggestions in making it the BEST!. You can contact him at Jack@TeamEdwardsRealEstate.com or calling him at 683-2241.



President David Ogden presents Lions Jim Parino Robert Hillyerd and Bill Hibbard a pin from Lion International for bringing in a new member. The pin states "I made a difference"

"The service of Lions is fundamentally motivated by a deep desire to achieve one's very best by elevating the lives of others. Such striving for excellence, in oneself and in others, has earned Lions the distinction of being the world's greatest service organization."

Ashok Mehta

International President
Lions Clubs International

Lions club members are a distinct group of individuals making a significant impact in their local community as well as communities worldwide. Members are Lions club's most important assets. Their service efforts go beyond the support of vision care, to addressing unmet health and education needs, disaster relief, youth recreation and much more.

Lions Galley

Chef Parino's garage occasionally looks like some type of illegal kitchen



Lions Ellard Whisman and Robert Hillyer are usually assigned the important work . . . cleaning-up



Lion Chef Jim councils Lion Heinz on what is needed for the best pasta!



He told me that I only have to stir this until he gets back from coffee.....



Elk Grove Lions Club Board Meeting Agenda – Feb 20, 2006

*Minutes transcribed by ZC Lion Fred Handley,
revised and edited by Lion Secretary Gary Dapelo*

◆ **Call to Order:** – Lion President David Ogden Time 6:30 PM

◆ **Roll Call:**

President	David Ogden	P	Secretary	Gary Dapelo	Ex
Treasurer	Don Thompson	P	1st VP	Tim Watts	Ab
Tail Twstr.	Sterling Kloss	P	Lion Tmr.	Heinz Leonhardt	P
2VP	Chuck Woodson	P	Mem. Dir.	Ron Dixon	P
IPP & ZC	Fred Handley	P	3VP	Andy Anderson	EX
1Yr. Dir.	Floyd Averitt	P	1YR. Dir.	Joe Tallerico	P
2Yr. Dir.	Randy Feist	AB	2YR Dir.	Pancho Sanchez	P

Bul. Ed. **David Simpson** **Ex**

◆ **Members in attendance.**
N/A

◆ **Minutes of the 1/16/05 Board Meeting:** In the last bulletin, need motion to pass. **Director Tallerico motion to approve, Lion Rod Dixon 2nd MOTION PASSED**

◆ **Treasurer's Report:** See Treasurer for details.

◆ **Correspondence:**

1. Elk Grove Community Foundation
The \$5,000 from the Dec Crab will be \$3208. For the Ted Schmidt that will bring this to \$15,000. And fully fund. \$1792. For the Henry Kloss .
2. Elk Grove Historical Society - *Tabled.*
3. Elk Grove Chamber of Commerce *Dues are PAID.*
4. Lions Project for Canine Companions - **Requesting funds Motion By ZC Handley to donate \$125. 2nd By 2nd Vp Woodson MOTION PASSED.**
5. City of Hope – **Request for for funds Trea. Thompson motion \$300. 2nd by Dir Tallerico MOTION PASSED.**
6. Student Speaker Foundation- *Request the purchase of Raffle tickets 10 @\$5. Ea to support the contest up the levels. The tickets were purchased.*
7. LEF-4H/FFA - *Received the check from a matching Grant.*
8. LEF- EGHS Drill Team - *Received the check for a Matching grant for new uniforms*

◆ **Committee Reports:**

1. Plaque For Sr. Center Flag Pole. - *No Report*
2. Dr Eliopulos – *Pres. Ogden - No Report.*
3. March Crab Tickets Sales – *Dir. Joe Tallerico –354 tickets sold at this point.*
4. Pasta Feud - PDG **Mel Oneto - Set for March 18th Requested purchase of tickets and or Donation. 1stVPWatts Motion we donate \$200.00 to this 2nd by Dir. Tallerico. Motion PASSED.**

◆ **Old Business:**

1. March Crab Feed Report - 2nd **Chuck Woodson** - \$300 ok for Raffle prizes – *No action required Milan Sports will be there.*
2. Blue and Gold Dinner - 3rd VP **Andy Anderson** – *120people attended. And collected 100t pairs of glasses.*
3. New Eye Dr. - Treasurer **Don Thompson** – *No Report.*
4. CSD Shed - *Shed to be Remove.*

◆ **New Business:**

1. Scout Scholarship - 2nd VP **Chuck Woodson** - *Tabled.*
2. EGHS Drill Team Rep to Accept Check - PDG **Mel Oneto** - *A Rep will be at next meeting on 2/27 to receive their check for uniforms.*
3. Spotlight On Excellence Dinner - PDG **Mel Oneto** - *This year dinner will be for about 800 people. The menu will reduce to pasta and salad. Will the club again put this on? Dir. Pancho Sanchez Motion we do the dinner, Dir. Floyd Averitt 2nd - Motion Passed.*
4. Wine Tasting - *No Report*

◆ **Good of the Order:**

1. Pick up EG Community Foundation Scholarships.
2. Senior Center- Has a New Director - *Thease Schultz*

Important Dates:

1. 2-27-06 Mon. Lions Dinner Meeting
2. 3/4/06 Sat. Senior Center Breakfast
3. 3-4-06 Sat. March Feed Crab Feed
4. 3-7-06 Tue Zone Speaker Contest
5. 3-13-06 Mon. Lions Dinner Meeting
6. 3-18-06 Sat Pasta Feud
7. 3-20-06 Mon Board Meeting
8. 3-27-06 Mon Dinner Meeting

◆ Adjournment @ 7:45 PM.

SPECIAL BOARD MEETING:
February 27th (after dinner meeting)

Item 1: Delta Lions Annually tea 3/11 \$25 a person. **3rd VP Andy Anderson motion we buy a talbe of 8 at cost of \$200. Dir Rod Dixon 2nd Motion Passed.**

Item 2: District Convention “Who and How much”? **Dir Pancho Sanchez motion \$1500. to be spilt between who every goes to convention Rod Dixon 2nd Motion PASSED** and will go to the membership at next meeting to Ok

**Check out the
Elk Grove Lions Club
“on-line”
elkgrovelions.org**

Making a Difference - May is Recycle for Sight Month —Make Plans to Participate!

For more than 80 years, individual Lions clubs and districts in the U.S., Canada and several other countries have collected used eyeglasses for distribution to the needy in developing nations. Since 1996, more than 37 million eyeglasses have been collected, and the number of donations each year continues to grow because of Lions clubs members.



The World Health Organization estimates that the eyesight of one-fourth of the world's population can be improved through the use of corrective lenses. That translates to 500 million

people who could easily have improved vision. Recycling a pair of eyeglasses costs as little as US 8 cents; however, the expense for correcting poor vision is astronomical to those in developing countries. In many countries, an eye exam costs as much as one month's wages. Even if one can afford these

exorbitant costs, seeing a doctor is very difficult, for there is often only one doctor for hundreds of thousands of people. Poor eyesight that is left untreated can cause blindness or force adults into unemployment; however, in many developing areas, there is little choice.

Lions Eyeglasses Recycling Facts

The Lions Eyeglasses Recycling Program was adopted as an official service activity of Lions Clubs International in October 1994. However, Lions have been recycling eyeglasses for approximately 80 years. The goal of the program is to meet the demand for quality eyeglasses in developing nations. Currently, it costs less than US.08 to provide someone with recycled eyeglasses.



provided with an opportunity to learn skills for use when released and the satisfaction of knowing they are helping others.

The Lions Eyeglass Recycling Centers also instruct Lions on how to properly dispense the eyeglasses. When training is

completed, the recycling centers continue to provide eyeglasses to the local Lions responsible for managing their respective programs.

There are 13 official Lions Eyeglass Recycling Centers in the world (*seven in the U.S., one each in Australia, Canada, France, Italy, Republic of South Africa, and Spain*). Lions volunteer their time and services to prepare the eyeglasses for distribution, cleaning and categorizing each pair by prescription. Optical missions sponsored by Lions clubs and other groups distribute donated eyeglasses to needy people. In addition, programs have been established to train prisoners to prepare donated eyeglasses. These individuals are

All types of eyeglasses and sunglasses, prescription and non-prescription, are acceptable. Reading glasses are also useful because many recipients are in need of visual correction to help them perform close-up tasks. Sunglasses are needed by people living near the equator in order to shield their eyes from the sun's damaging rays.

In fiscal year 2004-05, the Lions Eyeglass Recycling Centers reported a collection of more than 5 million pairs of eyeglasses, distributing to more than 3 million people in developing nations.

International President

Ashok Mehta
2005-2006

"Passion to Excel"



District Governor

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"Energize

The Flame of Lionism"

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ELK GROVE LIONS CLUB

OFFICERS 2004-2005

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2nd Vice President:	Chuck Woodson	686-8057	
3rd Vice President:	Andy Anderson	687-8133	
Treasurer:	Don Thomson	684-2900	
Tail Twister:	Sterling Kloss	685-3237	
Lion Tamer:	Heinz Leonhardt	685-6136	
One Year Director:	Floyd Averitt	714-2858	
One Year Director:	Joe Tallerico	685-5500	
Two Year Director:	Poncho Sanchez	686-6805	
Two Year Director:	Randy Feist	686-7061	
Membership Director:	Rod Dixon	685-6045	
Immediate Past President:	Fred Handley	685-9340	

Attendance

Make-up Clubs

Delta Lions Club

2 & 4 Thurs, 7 am
Courtland Church
147 Primasing Ave.
Courtland

Pride of Laguna

Thursday 2 & 4 7 pm
Cassidy's Restaurant
9625 E. Stockton Blvd.
Elk Grove

Galt Lions Club

2 & 4 Thurs,
6:00 pm Social
7:00 pm Meeting
Papa's Pizza
505 C Street, Galt

Valley Hi Lions Club

1 & 3 Thurs, 7:30 pm
South Villa Restaurant
7223 - 55th Street
Sacramento

Dinner Meeting on

2nd and 4th Monday, 6:30 p.m. social, 7:00 p.m. dinner.

Board of Directors meet 3rd Monday of each month, 6:30 p.m.

Bulletin Information due to Editor by the last Monday of the Month.