



TALES FROM THE LIONS DEN

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September 2020 Monthly Bulletin
Visit us on the web at www.pvions.org

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P.O. Box 157, Camarillo, CA 93011

Roars from the Prez

Well we made it to the end of August and it seems that all PV Lions remain safe from Covid-19. I included some guidance from Johns Hopkins on how to avoid this disease and encourage all to read it.

I would like to thank everyone for working hard at the Ventura Resource Conservation District in Somis to complete their landscaping. You can see the fruits of our labor by driving by and looking just north of the fire station in Somis.

We also did some cleanup at our storage yard on Dawson and Lion Bruce even managed to cover up some graffiti; although I expect this to be a recurring event.

As you all know we are not doing any fund raising but we did manage to give a little money away to City of Hope/Diabetes, RAINS, Somis Food Pantry and the Junior Livestock Auction. We donated \$500 to each. Thanks to Lion Bill Conn we were able to donate some time picking oranges for Food Share.

We had a real dinner meeting at Rancho Santa Rosa where we cooked at our storage facility and "hot boxed" the food to our meeting site. I called it a Rave meeting because we set up, ate, had a short meeting, cleaned up and were gone before anyone really noticed.

A heads up that there will be a 2-3 mile walk in Ventura for City of Hope Diabetes in October (see Lion Victor for info) and we will be participating in the Miracle Mile drive through dinner in November. Our own Lion Cervantes is leading this effort and it will include all clubs in Ventura County.

If any lion volunteers for any community service event please let Lion Bill Schulte know how many hours you spent (*and send pictures to the Bulletin*).

Stay safe out there!!!

President Mike Nunez

Johns Hopkins University Guidance on how to avoid Covid-19 (1/2)

Johns Hopkins University, sent this excellent summary to avoid contagion. I share it with you because it is very clear:

* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

* NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot kill what is not alive with antibiotics, but quickly disintegrate its structure with everything said.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates).), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

Johns Hopkins University Guidance on how to avoid Covid-19 (2/2)

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat.

* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF IT SERVES! It is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better. * Also keep your NAILS SHORT so that the virus does not hide there.

This is to inform us all that the pH for corona virus varies from 5.5 to 8.5.

All we need to do, to beat corona virus, we need to take more of an alkaline foods that are above the above pH level of the Virus. Some of which are:

- Lemon - 9.9pH
- Lime - 8.2pH
- Avocado - 15.6pH *Note: (President Nunez approves of this message)*
- Garlic - 13.2pH
- Mango - 8.7pH
- Tangerine - 8.5pH
- Pineapple - 12.7pH
- Dandelion - 22.7pH
- Orange - 9.2pH

How do you know you have coronavirus?

1. Itching in the throat,
2. Dry throat,
3. Dry cough.

So where you notice these three things quickly take warm water and drink.

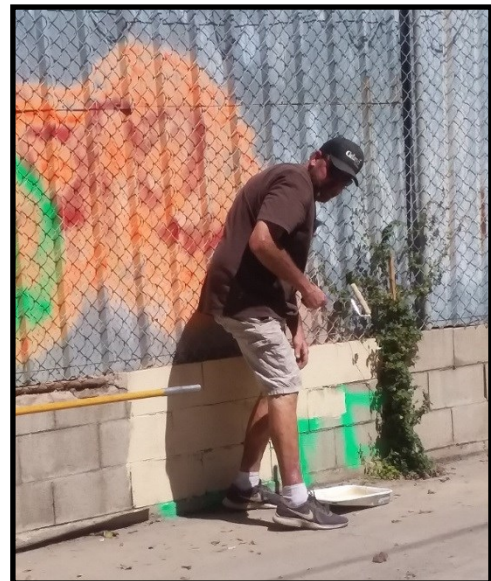
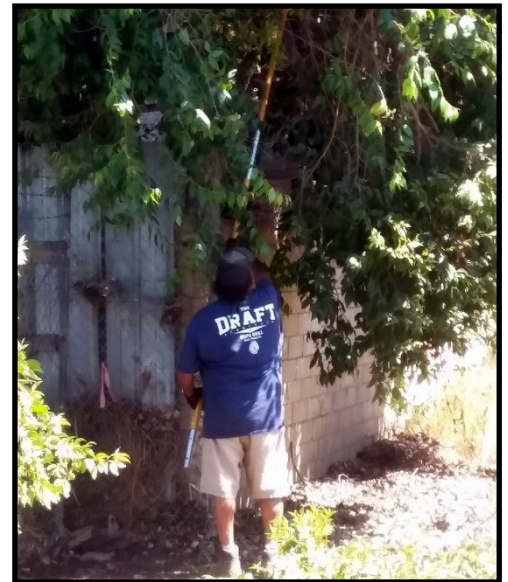
Your Good Health Is My Priority

TALES FROM THE LIONS DEN

Cleanup at the storage yard

Five Pleasant Valley Lions spent a few days cleaning up the alley right behind our storage yard by the Vet clinic on Dawson. The workers included President Nunez, 1st VP Jochums and Lions Edmundson, Christie and Contreras. They not only trimmed the trees and picked up trash but as you can see at bottom they got rid of a lot of graffiti. You can see the final product at bottom right.

Looking sharp Lions!!!



California Lions Foundation

Help California wildfire victims (1/2)

California has recently experienced nearly 11,000 lightning strikes in the last 72 hours and record temperatures. California firefighters are reportedly battling over 350 known fires and more than 60,000 California residents have evacuated because of fires that are burning about 780 square miles across the state. That's an area equal to about half the size of Rhode Island.



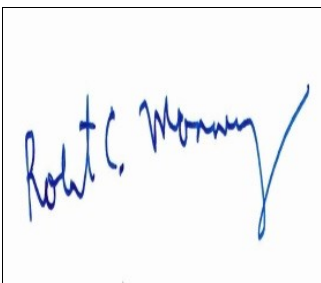
California Lions clubs are working with their local communities to serve and assist victims of these devastating fires. California Lions Foundation is ready to support our California Lions clubs as they serve their community and neighbors.

Your [donation](#) directly helps fire disaster victims, especially those victims that have been impacted so hard throughout the areas where the wildfires have destroyed their communities.

As a tax exempt charitable 501(c)(3) entity, the [California Lions Foundation](#) is here to provide you with the opportunity to help those in need.

Now more than ever we need to come together as Lions and help support our neighbors and our communities throughout California in a time of unprecedented need. Thank you for your support in these difficult times.

Sincerely,

A handwritten signature in blue ink, reading "Rob C. Manning".

PCC Rob Manning

President, California Lions Foundation

California Lions Foundation

UPDATE !!! Help California wildfire victims (2/2)

Thank you so much for the incredible outpouring of support to help get much-needed resources to our local Lions Clubs helping wildfire victims.

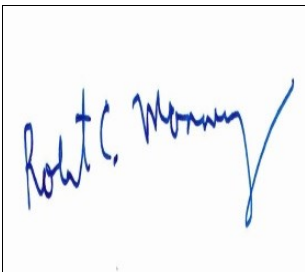
Last week Lions Clubs throughout Northern California reached out to the California Lions Foundation for much-needed funds to help in their efforts to give out critical supplies and support to families who are being displaced by some of the largest fires in California history.

On Friday we put out the call for donations and Lions throughout California stepped up to the plate and gave generously. In just the past 72 hours we have already given a grant to District 4-C6 Lions helping first responders and evacuees housed at the Santa Cruz County fairgrounds. We will be sending more grants to Lions Clubs in Northern California getting them the funds they need immediately to help wildfire victims.

Lions Clubs are able to respond to natural disasters faster and more efficiently than any other organization as they are already in the community and It is our mission with the California Lions Foundation to make sure that our local Lions Clubs have the financial resources they need to do what they do best, serve their community!

We sincerely want to thank everyone who so generously donated. Your donations are critical to help Lions Clubs get the supplies and resources that are needed for their community in this time of need.

If you have not donated yet, we ask that you please consider making a donation as the fires grow larger every day so does the needs of the communities it effects. Where There's a Need, There's a LION!

A handwritten signature in blue ink, reading "Rob Manning", enclosed in a rectangular box.

PCC Rob Manning

President, California Lions Foundation

TALES FROM THE LIONS DEN

11 August Virtual Lions Meeting

We definitely are practicing safe social distancing with our Zoom meetings.

The agenda listed: Dinner: *What dinner?* Sorry no dinner and *Drinks on the house (Your house)* so I had a glass of wine while watching. We even had a visitation from Conejo Valley Lions; we reciprocated from the previous night. There were a total of 27 participants and I managed to get a few screen shots of the culprits, shown at bottom.

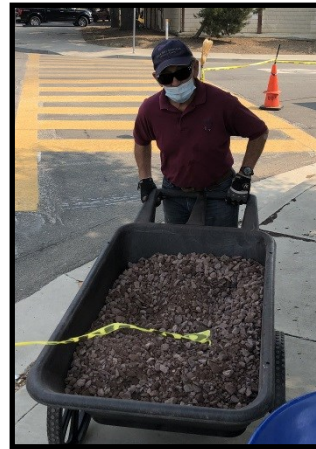
As usual we started the meeting with the pledge of allegiance and a prayer and then got down to business.

- Lion Victor Martinez and Lion Lloyd participated in a zoom meeting with the City of Hope regarding diabetes. Victor recommended that we contribute \$500 to this very worthy cause. This will be discussed at the board meeting.
- Lion George noted that UCLA requested wigs from Ambers Light and sought a couple of volunteers from our club to help. We are limited due to social distancing requirements.
- Lion Richard discussed our vision screening program and it doesn't look promising except for the potential for screening in Oak Park.
- Lion Russ requested help to support the Ventura County Conservation District on Friday August 21 from 9am to 2pm by the fire station in Somis. We planted shrubs last month and now we need to do some mulching, hauling and planting.
- Lion Rich discussed a possible drive thru dinner for the Miracle League in October at the community center. Rich also mentioned a surprise project for the future but provided no details. We are all waiting to get the details.



PV Lions help Ventura Resource Conservation District (again)

Last month we helped VCRCD begin landscaping their front garden on Somis Road. We went back to plant a few more low maintenance shrubs and cactus, spread lots of mulch and landscape rock. The project is a fire-wise, climate-smart COMMUNITY demonstration garden for all to see as they head to or through Somis. The majority of helpers came from PV Lions and Ambers Light Lions. Six PV Lions spent several hours in the morning before it got too hot and it was a good workout. The workers included President Mike and Lions Edmundson, White, Taylor, Martinez, Conn and Anderson. We got huge emotional support from Lion Lloyd who checked all our work on his drive-by to make sure it was being done right. Even managed to get a picture of a few Ambers Light on a mini break. It sure gives one and appreciation of how hard landscapers work and we only spent a few hours. It was nice to get out of the house and provide some community service.



25 August Lions Meeting (1/2)



PV Lions had a "RAVE" party at Rancho Santa Rosa. We rushed in, ate, had a few speakers and rushed out before anyone knew we were there. Lions Bruce, Pres. Mike and Chet cooked ribeye steak and chicken and beans at our storage area, then Lion Mike brought all the tables and chairs, which were set up

at least 6 feet apart for safe social distancing with only 4 at a table. Just take a look at that gourmet meal with fresh watermelon. We even had cookies for desert although Lion Tom D. managed to have one as an appetizer, *plus desert*. Many commented that it was nice to see their lion friends; I concur.



25 August Lions Meeting (2/2)

Our newest member, **Lion John Erwin** came to the “Rave” party. Next time Lion Lloyd won’t be so kind about fining him for not wearing red. Lion Lloyd twisted some tails and got a nice haul. His fining criteria were: *“not wearing red, being ugly, having a birthday, just cause he felt like it!”* Easy to see why he made money. Lion Bill Conn finally received his Melvin Jones Award; congratulations and very well deserved We even had a visit from Penny, shown with trainer Lion Missy. Lion Victor talked about a 2-3 mile walk in Nov to support child diabetes for the City of Hope. Lion Bill gave us an update on the Miracle League drive through dinner scheduled for October. Every club in the county is involved and our own Lion Rich is leading the effort. Lion George discussed his visit with the Teddy Bear Foundation in Santa Barbara. He noted that they were still very appreciative of our \$2500 donation last year; it came at a very good time.



TALES FROM THE LIONS DEN

1st VP Lion Bruce Goes Fishing — Again

Recent San Diego fishing trip, 1 Yellowtail and 3 Bluefin Tuna! Lion Bruce has really cracked the code on how to retire properly!!!



Past President Siting

Lion Tom is out and about and he looked great. Apparently he is about to home school a 6 year old for a couple of weeks. Beware Tom, those kindergartners are pretty smart.



TALES FROM THE LIONS DEN

Virtual Board Meeting — Donations

We had virtual board meeting and enough folks showed up for a quorum. Even though our charity account is getting low since we are not able to do any fund raisers we were able to give away a little money.

- Junior Livestock Auction: \$500
- City of Hope —- diabetes \$500
- RAINS Project \$500
- Somis Food Pantry \$500



TALES FROM THE LIONS DEN

Donation to Somis Food Pantry

Somis pantry 8/24

Beth, Julia and Evon run the Somis food pantry. They were thankful for the donation (\$500). They are serving about 55 to 60 families a month.

Lion GK Smith



Food Share Support

Lion Bill Conn spent 6 hours this month picking oranges for Food Share. This is just one more community service from Lion Bill that fully justifies the Melvin Jones Medal he got from President Mike at our “Rave” dinner at Rancho Santa Rosa. Great work Lion Bill.



Diabetes Walk Opportunity

President Mike Nunez

Camarillo, Somis, Pleasant Valley Lions

RE: City of Hope / Lions Fund Raising Event

I am formally requesting approval that our club do a "Diabetes Walk" **Saturday November 7, 2020** at 10:00am in Camarillo in conjunction with the Amber Lights. November is Diabetes Awareness Month.

Kim (Ambers Diabetes Chair) and myself would be putting this event together with help and support from both clubs. We would utilize both clubs' members to facilitate this project including special items such as the determination letter required to solicit funds, etc., etc.

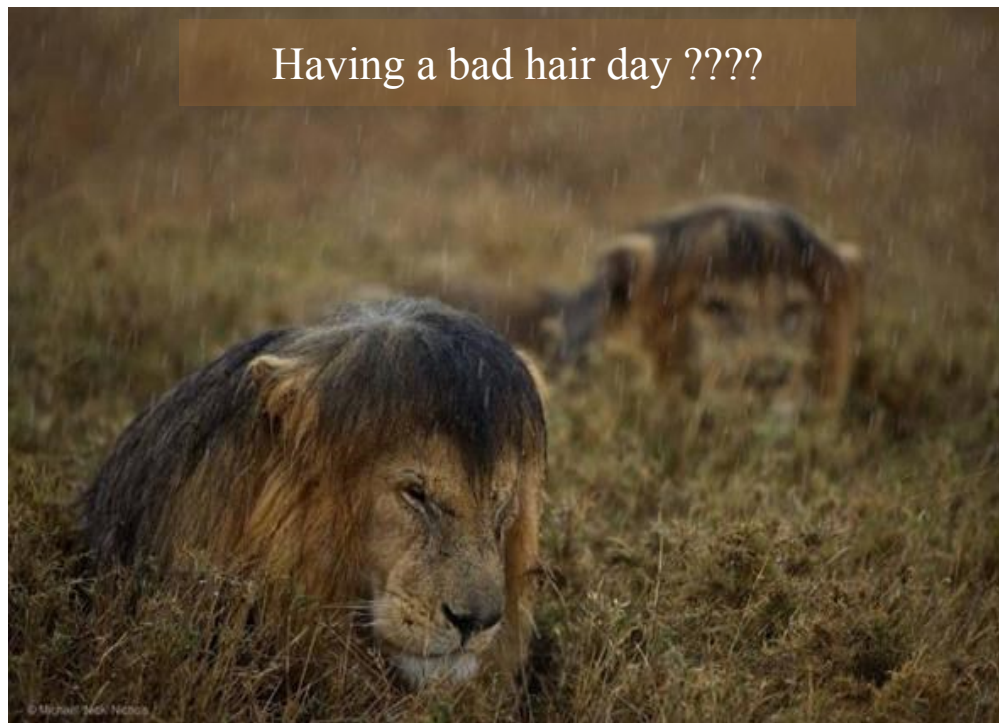
Approval needs to be expedited in order to meet our goals.

Sincerely,



Victor L. Martinez

PV Lions, Diabetes Chair



Pleasant Valley Lions History

25 Years Ago:

Installation night featured enchiladas made by Char Aeder, Eleanor Banner, Jo Eberts, Joey Hernandez, Jackie Nicholl, Alice Popp, Georgia Schroeder, Pam Nunez, and Tillie Nunez. Meals were served by 8th grade student from Los Primeros School, earning money for Washington D. C. trip.

Lion Baker won the bean drawing with ticket #603682.....retired on the winnings, it was reported.

40 Years Ago

The bulletin was a real mess.....a sloppy product turned out on an old mimeograph machine (you younger Lions can Google it) handed down from the school district.....barely readable at times. The editor wasn't anything special, either.

The Hollywood Bowl trip was on, with Lion Jerry Clark's peach daiquiris for the bus trip, and dinner on the lawn.

Lion Fred Snyder was leading visitations to every club in the District.

Family night was at Camarillo Grove Park, with the Annual Auction.

We were selling Lionburgers at Concerts in the Park

Some months after obtaining a divorce from his wife, Walter Davis of London consulted a matrimonial bureau in hopes of finding a new companion. Out of the thousands of names, the bureau's computer selected that of his former wife, Ethel, who had consulted the same agency. Mr. Davis obediently remarried her.

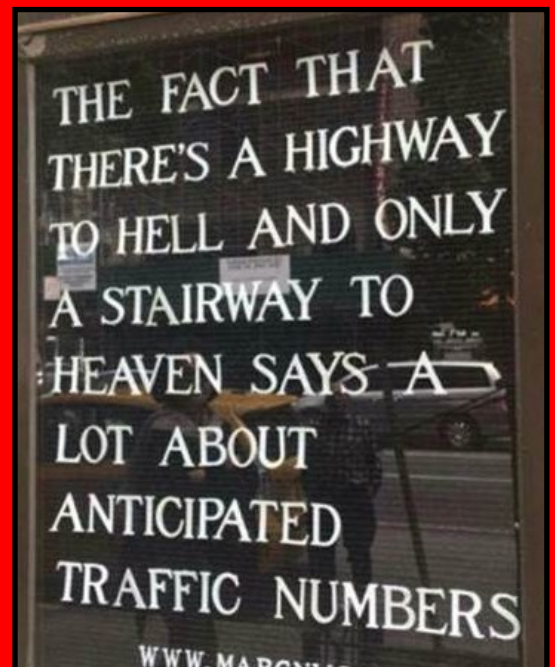
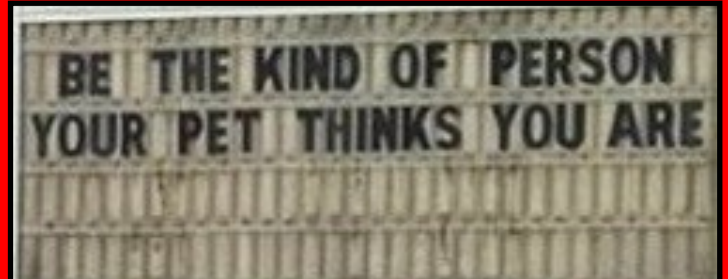
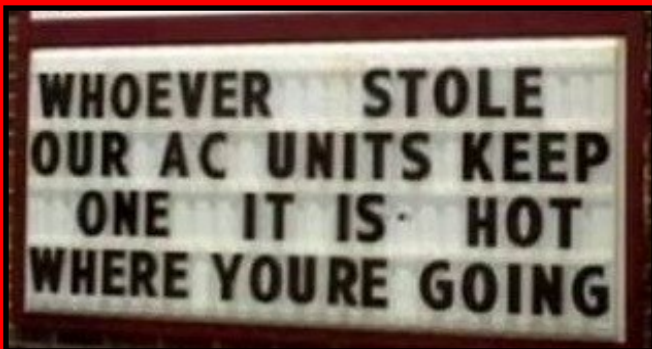
Don't do everything today.....save some mistakes for tomorrow.

Fools for thought.....Let's not fool ourselves.....for one thing, Congress is paid good money to do that for us.

Lion Lloyd Christie..... Club Historian

Interesting Church Signs

Lion Lloyd



USA/CANADA Lions Virtual Leadership Forum

A New Adventure in Learning Join Us!



You can experience the Forum this year in a new way! Join us for the USA/Canada Lions Virtual Leadership Experience. Although we aren't able to facilitate the 80 wonderful seminars that were planned for Louisville, the Forum Planning Committee is excited to present 19 sessions you can attend virtually. It's easy and affordable.

If you have never attended a USA/Canada Lions Leadership Forum, our Virtual Leadership Experience will give an opportunity to understand what we do for your leadership growth in a scaled down version. Our mission is to develop leaders, motivate and educate attendees, provide an open exchange of ideas, and support programs and goals of Lions Clubs International. We have created a virtual experience filled with seminars that enhance your leadership skills and knowledge. **The Virtual Leadership Experience is for every Lion.**

Choose from 19 sessions that will educate you on programs and services like a Childhood Cancer Symposium, Faces of Diabetes Innovation, how to approach the younger generation about Lions, projects for women and families, learning more with NAMI and so much more.

General Sessions Keynotes



Katherine Greenland
Katherine is a cultural innovator and inclusion strategist with over 20 years of experience as a public speaker, team builder and advisor.



Dr. Jung-Yul Choi, President LCI
Dr. Choi will speak on the services and programs of LCI and give us insight on being United with Kindness and Diversity.



Striker Corbin
As a motivational speaker, certified hypnotist, and success coach, Striker Corbin focuses on personal development.

**Complete Event Registration Fee
3 Days - 2 Hour Sessions**

\$20

Learn More - Register Now!

<https://members.lionsforum.org/event-3925061>

OBVIOUS SIGNS THAT HUMANITY MAY BE LOST



I rest my case

Lion Lloyd

Lions Camp at Teresita Pines Needs your support

Hello, MD4-A3 Lions!!

Lions Camp at Teresita Pines is holding a virtual fundraiser through November 2, 2020. We would greatly appreciate any and all support any clubs or club members could provide. Below is the link for this fundraiser.

<https://give.classy.org/HelpLionsCamps>

(See more information below)

Thank you so much for your support!

Yours in service,
Lion PDG Margaret Dunlevy



Due to the effects of COVID-19, Lions Camps at Teresita Pines is in a position to ask for support from our friends. We're asking for help in raising funds for the Camp so that we are able to continue with our mission.

Your support is critical to help us continue our legacy "to provide beautiful mountain facilities for group camping, emphasizing the needs of the disabled."

We created this fundraising campaign for everyone to help out at different levels. Please check out the ways you can make an impact!

DONATE TODAY

A Little Help to our Friends at Ventura Downtown



**SANTA MARIA STYLE
TRI TIP & CHICKEN**

POTATO/ SALAD/CHILI BEANS/BREAD ROLL

\$ 15.00 PER PLATE DONATION

100 % OF ALL PROFIT WILL BE
USED FOR OUR LOCAL CHARITIES

September 19th 2020

2pm To 5pm

Location: Tomas Café
622 South A Street • Oxnard, CA 93030



Drive Thru and
Pick Up Your BBQ
Behind Tomas Café

There Will Be Limited
Outdoor Patio Seating

Tickets Are Available At
Tomas Café and Adam Casillas.
www.venturalions.org

Tomas Café 805-469-9303

Email: Tomascafe2001@yahoo.com

Adam Casillas 805-216-1927

Email: Adam@expomarketing.us

September Birthdays

HAPPY
Birthday



Certificate

Happy Birthday Month

Good for ONE drink at the bar



Aeder	Marv	9/10
Anderson	Kenneth "Ken"	9/29
Apon	Willem	9/25
Brown	Lee	9/23
Debardas	Thomas "Tom"	9/3
Dean	Richard	9/23
Erwin	John	9/12
Kildee	Kevin	9/14
Ling	Hillary	9/29
Stayton	Missy	9/26
True	Daniel "Dan"	9/15



2020-2021 PV Lions Calendar

- September 8 *Regular meeting*
- 15 Board Meeting
- 21 *Regular meeting*
- 25-27 *USA/CANADA Leadership Forum (virtual)*
- October ~~3-4 Underwood Harvest Festival~~
- 13 *Regular meeting*
- ~~10-11 Underwood Harvest Festival~~
- 20 Board Meeting
- ~~17-18 Underwood Harvest Festival~~
- 27 CHARTER NIGHT
- ~~24-25 Underwood Harvest Festival~~
- ~~31 Underwood Harvest Festival~~
- November 10 *Regular meeting (District Governor Visit)*
- 17 Board Meeting
- 24 *Regular meeting*
- 26 THANKSGIVING
- December 8 RAINS kids Christmas Party (*Regular meeting*)
- 12 PV Lions/Ambers Christmas Party
- Camarillo Christmas Parade
- 17 Board Meeting
- 24 *Regular meeting (dark)*

Thank You from Camarillo High School PTSA



Adolfo Camarillo High School PTSA

Uniting School Staff, Parents and Students



July 30, 2020

Pleasant Valley Lions Club
P.O. Box 157
Camarillo, CA 93011-0157

Thank You!

Dear Pleasant Valley Lions Club,

During this time of great uncertainty we've been comforted, encouraged, and humbled by the outpouring of generosity and support from our community. On behalf of the ACHS PTSA and the ACHS After Prom Committee, please know how thankful we are for your most generous support to our 2020 Safe and Sober After Prom Event.

Our PTSA Board, After Prom Committee, in coordination with the ACHS Administration, worked very hard to create an alternative celebrations for the entire Class of 2020 Seniors with a Senior Fun Online Raffle giving back and supporting many local restaurants and stores in our community along with a senior gift for all 529 seniors. It may not have been the event we have had in the past but like everything now we did what we could within our limits. The over all feed back from parents and seniors was they were very grateful we didn't forget the seniors. To us, YOU are our heroes and we Thank You for helping us meet the challenges of this moment. We appreciate your generous support and we look forward to working with you again in the future.

Cathie Schafer

Cathie Schafer
PTSA After Prom Committee Chair
cathie.hill.schafer@gmail.com



We Serve



PRESIDENT'S MESSAGE

**United in Kindness and Diversity
with International President,
Dr. Jung-Yul Choi**

Dear Lion,

Our service has the power to achieve a greater good for all—and great service begins with you. You are the innovators who keep your community strong, and that's why it's so important to continue to learn and develop new ways to enhance your service.

Your compassion and experience are your best resources, and we have the tools and training to help you transform your knowledge into action. And as you continue to serve safely within your community, we will continue to do everything we can to help you accomplish the extraordinary.

Regards,
Dr. Jung-Yul Choi
International President



Lions Clubs International
FOUNDATION

Fellow Lions and Humanitarians,

On Tuesday, August 4, a massive explosion rocked the city of Beirut, Lebanon. More than 300,000 Lebanese have been displaced from their homes, thousands injured, over 100 confirmed dead, and many more missing.

When a humanitarian crisis of this magnitude strikes, we, as Lions, are ready to help. Right beside us is Lions Clubs International Foundation (LCIF), our global foundation.

LCIF is currently partnering with Lions in Lebanon to provide US\$10,000 in immediate relief to children, families, and communities suddenly struggling with everyday needs...struggling to remain safe.

You can help. Your generous donation to **LCIF's disaster relief fund** will help deliver further funds to Lebanese families.

Thank you for your kindness and for working together with LCIF to rebuild lives.

In friendship,

Gudrun Yngvadottir
LCIF Chairperson



North American Membership Initiative

California Lions Multiple District 4-A3 (MD4-A3)

North American Membership Initiative (NAMI) Committee Newsletter

“The mission of Multiple District 4-A3 is to promote club growth, revitalize existing clubs, and strengthen current membership through community engaged fellowship and service.”

Fellow Members of MD4-A3,

As many of you are aware, back in May we conducted a brainstorming session and completed the **Strength / Weakness / Opportunity / Threat (SWOT)** Analysis. Each participant was given an opportunity to provide their input on how they saw our district.

As a result of this brainstorming session, a committee was formed to review the input and provide analysis to assist the District Governor for the preparation of the District Action Plan and District Strategic Plan. Our committee members are: Lion Sophie Cutler from the Conejo Valley Lions Club, Lion Mary Ann Novak and Lion Kim Dallape from the Camarillo Amber's Light Lions Club, Lion Jason Laird from the Ventura Downtown Lions Club, and PDG Ruben Gonzalez from the Carpinteria Lions Club.



You are probably asking: what does this all mean? The purpose of the **SWOT** Analysis is to:

- Take the **Strength** and **convert** it into the use of the open **Opportunity** that is available.
- Take the **Weakness** and **turn it around** using the available **Opportunity**.
- Take the **Strength** and **use it** to cancel out the **Threat**.
- Eliminate the **Weakness** to **combat** the **Threat**.

TALES FROM THE LIONS DEN



Dear Lion,

It's been a sad time here in Long Beach. Like many communities across California, the city where our office is located has been battling COVID-19, and late last month our mayor, Robert Garcia, announced that his mother had died of the virus at the age of 61.

Gabriella O'Donnell was a healthcare worker on the front lines of the pandemic response.

Mayor Garcia's stepdad was also fighting for his life, and on Sunday he too succumbed. Losing both parents is a terrible blow, and we extend our heartfelt condolences to his family.



Mayor Garcia's mom on the job.

While the big cities have been the epicenter of this pandemic, it's now starting to spread into suburban and rural areas. So our thoughts are also with all our many connections throughout the state. No one is immune.

Please stay safe, folks.

Sincerely,

A handwritten signature in blue ink, appearing to be "Randy Stein".

Randy Stein, CEO



Dear Lion,

My heart goes out to parents this week.

So many of them, along with school districts all over the country, are facing tough choices.

Is it safe to send my kids back to school? What if I have to work -- is it safe for them to be home?

Will I have the time, patience and knowledge to guide them through online learning? Will they fall behind?



And then there's another worry: optometrists are warning that all that screen time can damage kids' eyes.

An article in the New York Times this week quoted a survey by the Pew Research Center that found 71 percent of parents worried about too much screen time -- and that was *before* the pandemic.

The article has some advice to protect kids' eyesight:

- Keep a safe distance. Devices should be at least 16 inches away.
- Take regular breaks. Follow the 20/20/20 rule: every 20 minutes, kids should look at something 20 feet away for at least 20 seconds.

Watch for signs of eye problems such as excessive blinking, redness, rubbing the eyes.

For more detailed advice, you can read the article [here](#).

Good luck to all of you: parents, teachers and kids. We're rooting for you.

Sincerely,



Randy Stein, CEO

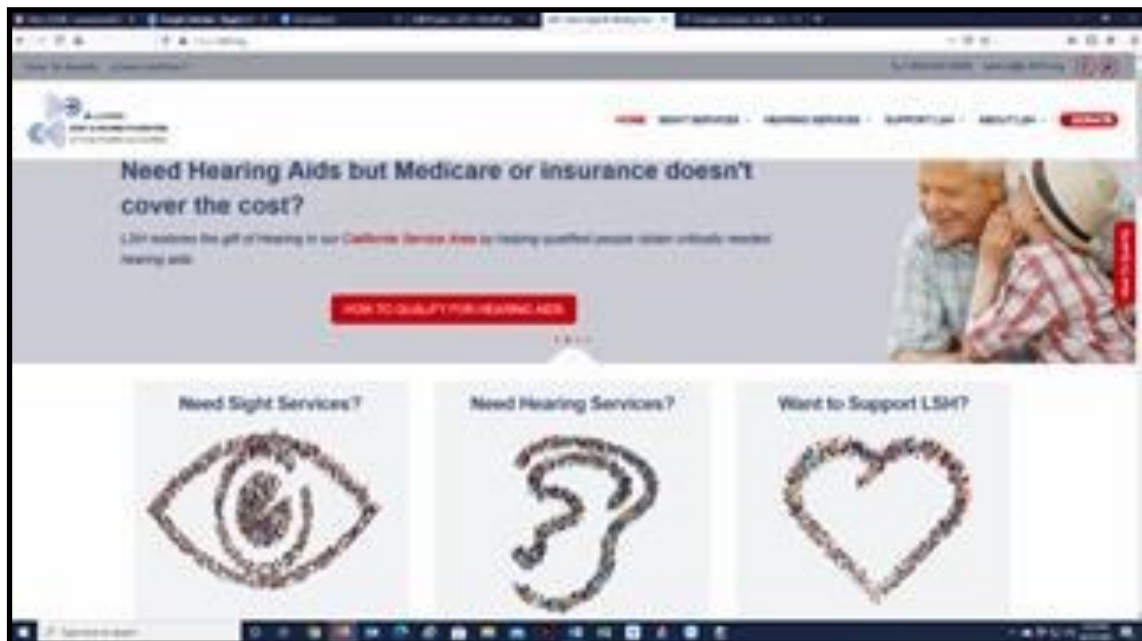
TALES FROM THE LIONS DEN



Dear Lion,

It's been a frustrating few months for most of us, but I have to say that I'm both impressed and amused by the different ways my friends and family have found to pass the time while stuck at home.

One person on our staff has rediscovered her love of knitting. Another has been scrapbooking. But at LSH our time has been taken up with a huge project: a complete overhaul of our website. As you can imagine, this involved many Zoom meetings, phone calls, emails and texts, and our fair share of frustration. But at long last -- tada! -- we are live!



We started this project before the pandemic hit, but I have to say that I now appreciate the new site even more. With limited possibilities for human contact, we thought it was more important than ever to have a site that could function as a resource for all your questions about what we do, how to recognize the issues we can help with, and how to get assistance from LSH.

Another piece of good news: the URL hasn't changed. It's a new site, but you get to it the same way: just go to LSHF.org.

So please have a look -- and as always, we'd love to hear your feedback.

Sincerely,

A handwritten signature in blue ink, appearing to read "Randy Stein".

Randy Stein, CEO

PV Lions VP Committees 2020 - 2021

1ST VICE PRESIDENT - Bruce Jochums	
Finance & Budget	Treasurer, 1st and 2nd VP's
Community Betterment	John Fraser
Cook Crew Lead 1st qtr.	Bruce Jochums
Cook Crew Lead 2nd qtr.	
Cook Crew Lead 3rd qtr.	
Cook Crew Lead 4th qtr.	
Meeting Night Bar 1st qtr.	Mark Davis
Meeting Night Bar 2nd qtr.	Mark Davis
Meeting Night Bar 3rd qtr.	
Meeting Night Bar 4th qtr.	
District Contests	Lloyd Christie
Photographer	Hillary Ling
Christmas Float	Bruce Jochums
Student Speaker Contest	Richard Bellman
Meeting Programs	Bruce Jochums
Scholarships	Richard Baker
Membership Chair	Richard Cervantes
Club Service Chair	Bill Schulze
Peace Poster	
Sight & Hearing	Rich Cervantes
Public Relations	John Fraser
Club Bulletin	Bob Taylor

2ND VICE PRESIDENT – Mike Morgan	
Lion Burgers	
Visitations	
BBQ Trailer & Equipment	Mike Nunez/Bruce Jochums
Raffles	
Children's Xmas Party	Mike Nunez/Bruce Jochums
Flag Day	
4th of July	Victor Martinez
Special BBQ's	Mike Nunez/Bruce Jochums
Caps/Shirts/Jackets	
Kids Shopping	George Graham
Fair Parking	Bill Schulze
Harvest Festival	-----
Easter Festival	-----
Web site /IT	
Badges/Pins/Banners	Lloyd Christie

TALES FROM THE LIONS DEN

PV Lions Roster July 2020

Last Name	First Name	Home Phone	Cell Phone	Email	Spouse
Aeder	Marv	482-9416		marvaeder@yahoo.com	Char
Ahara	Jerry	482-5073	258-9164	jerryahara@aol.com	Phyllis
Allman	Terry	384-0268		mimiallman@gmail.com	Mimi
Anderson	Kenneth "Ken"	805 482 4537	469-6766	kenanderson2@verizon.net	Shirley
Apon	Willem	482-3683	428-4424	wapon19@hotmail.com	Margaretha
Atwater	Harold	482-0439		atwaterh@Verizon.net	
Baker	Richard	805-702-4024	657-203-7697	bakerre1944@gmail.com	
Bellman	Richard "Dick"	484-1534	368-0067	dbellman28@gmail.com	Sharon
Blattel	Tom	482-8286	377-5217	tombco@msn.com	Ana
Bourdeau	Robert	484-1500	479-4432	bbourdeau6@verizon.net	Christine
Brand	Walter	386-3643	506-1047	captwaldo@earthlink.net	Brenda
Brotherton	Bill	(503)639-8393		LionBill@blbmail.com	Trudy
Brown	Michael	987-4272		mjbelectric@att.net	Susan
Brown	Rodger		805 302 8563	rodbrown99@msn.com	Linda
Brown	Lee	389-3101		leemac1936@gmail.com	
Brown Jr	Lee		444-8090	lee.brown89@rocketmal.com	
Carlson	Cody		603-0869	gurus99@aol.com	Keily
Castleberry	Bill		360 852-6827	bcast75@yahoo.com	Angie
Chadwick	Karen	340-7026		karen.chadwick@ouhsd.k12.ca.us	Steve
Cervantes	Richard	482-6346	443-0474	rcervan411@aol.com	Mary Jo
Christie	Lloyd	386-4902	233-4131	christie3416@roadrunner.com	
Clarke	Sheri	383-8816	340-1747	SheriClarke83@icloud.com	Jeff
Clementi	Paul	641-2056		wrest1@charter.net	
Cohen	Robert	(849) 218-1804			Bess
Conn	Bill	987-7955		bconn104@gmail.com	Jennifer
Contreras	Vicente	805 512-1047		novakator1047@gmail.com	
Danielsen	Tim	388-8015	2794783	timothy.danielsen@gmail.com	Roxanne
Davenport	Keith	659-2870	910-0817	keithandronda@verizon.net	Ronda
Davis	Mark		805 218-2942	madpainter805@yahoo.com	
DeBardas	Thomas "Tom"	659-2870	407-8491	t.debardas@yahoo.com	
Dean	Richard	223-3908		richardwdean@me.com	Andrea
Dellanina	Gino	388-7982		gino.railroad@gmail.com	Betty
Douglas	Tim		818 618-5388	tim@timdouglas.us	Janie
Dwork	Paul	388-7669	377-0036	merlinpaul@aol.com	Joanna
Eberts	Jack	805 504-6976		jacke25@verizon.net	Jo
Feder	Alan		320-2858	federa@adelphia.net	Nancy
Edmonson	Jan	647-1601		jan.edmonson1@gmail.com	
Erwin	John		805 491-9822		Karen
Flores	Joe	482-2251		joe2golf@outlook.com	Maria
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Grimes Jr	Gregory	482-8021		croniegreg@hotmail.com	Lisa
Hamor	Gerry	388-4791	805-402-3307	ghamor1@verizon.net	Gloria
Hanson	Richard	760-6262		fridayp@aol.com	Socorro

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Last Name	First Name	Home Phone	Cell Phone	Email	Spouse
Hawblitzel	Paul	577-8475		paulandloretta1962@gmail.com	Loretta
Hellstrom	Richard		818-292-6637	rickhome@ricarl.com	Anne-Marie
Hohenwarte	Joseph		805-701-2154	hohenwarter.lawyer@verizon.net	Phoebe
Jochums	Bruce	443-7474		brucebarbeque@gmail.com	Ellen
Johansson Jr	Eric	482-4753		esjohansson@hotmail.com	
Kildee	Kevin	482-2934		kevinkildee2@verizon.net	Janet
Knittle	John	482-1297		jpknittle@aol.com	Paula
Ling	Hillary	386-4188		hhlingdds@gmail.com	Stella
Mansfield Jr	Arthur "Art"		805-216-2833	artmansfield@yahoo.com	Bobbie
Martinez	Victor	340-3262		vlmartinez1@yahoo.com	Juanita
Mc Nutt	Neale	482-2356	805-432-1254	nmcnutt24@gmail.com	Sue
Mingay	Donald			themingays@yahoo.com	Carole
Moore	Robert "Bob"	485-2136	805-750-9294	rmoore321@roadrunner.com	Evie
Morgan	Michael	573-2058		mdmorgan47@hotmail.com	Donna
Nunez	Mike	482-2858	805-535-5234	MikeN@calavo.com	
Price	Chet	484-2211	805-657-9900	CP.Coins@verizon.net christina.price@verizon.net	Christiana
Rains	Ted	484-3777		rainsted@msn.com	Val
Rapose	Joel	987-1750		joelrapose@frontier.com	Susan
Ruiz	Lucy	526-2058			
Scherer	Karl	484-1519	805-844-7916		
Schulze	William "Bill"	386-8088	805-427-0764	wschu60505@aol.com	Ginger
Seidler	Donald	987-0917	805-443-7764	donmillie@roadrunner.com	Mille
Seidler	David	491-2599	805-402-5188	daveseidler34@gmail.com	Debby
Shaffman	Arthur "Art"	890-8335		fordy9r@gmail.com	Diana
Smith	Gerald "GK"	482 4552	805 312-0342	smithgk7@yahoo.com	Carol
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Smith	Rochelle	802-0139		chasinkids@hotmail.com	
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Stayton	Missy		805-368-4940	mstayakers@gmail.com	Joe
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Zwinkels	Wim	981-0010	805-276-8692	wzwinkels@aol.com	Yoke