



# LIONS BONE



Official Bulletin of EAST KAUA'I LIONS CLUB, Chartered May 18, 1938, by Lions International

P. O. Box 67; Lihu'e, HI 96766

President *Lion Robin Dame*. Immediate Past President *Lion Harvey Kinoshita*. First Vice President *Lion Crystal Caday-Bargayo*. Second Vice President *Lion DeAnna Starinieri*. Third Vice President *Lion Rebecca Carnate*. Secretary *Lion Helena Cooney*. Treasurer *Lion Stephen Fujii*. Membership Director *Lion Janice Bond*. Lion Tamer *Lion Joan Baganz*. Tail Twister *Lion Kelvin Moniz*, Past District Governor. Program Director *Lion Roy Nishida*, Past District Governor. Directors *Lion Donald Nagamine*, *Lion Paul Endo*, *Lion John Ochoco*, *Lion Angel Acorda*. Bulletin Editor *Lion John Ochoco*

Region 1-Zone 1 Chair *Lion Kay Hill*, West Kauai Lions Club.

District Governor *Lion Gary Nip*, Koko Head Lions Club

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NOVEMBER 30, 2022

## A KAUA'I MERRY CHRISTMAS TO ALL



Historic Kaua'i County and Hawaii Territorial Plaza on Kaua'i

When does Team Cooking begin? pp. 2 & 3

What is the date of the Annual Christmas Party? p. 3

On a slide shared by Nutritionist Sharon de la Pena, what is the new evidence on Diabetes 2? p. 6

## PRESIDENT'S MESSAGE

*by Lion Robin Dame, President*

Fellow Lions:

I had some very interesting observations this month. Early in November as we were rapidly approaching the Mid-term elections, I heard some of the most divisive comments about our country and its citizens. The rhetoric ratcheted up on both sides as we went through this election cycle and I found myself getting depressed. I truly began to believe this is the beginning of the end of the United States because a country divided will not stand.

Then I went to the Flag Waving event on Veteran's Day. As I was out there waving my flags with many of you here in the club, I saw huge support for the flag from passersby. About 80% of all the traffic were throwing Shaka's, honking horns, waving in support, or some combination of the three. It reminded me that although our politicians are getting more divisive, the people are still supportive of the country and the Veterans who served and continue to serve. So, to all of our Veterans and active service people, I want to thank you for your service! And to any of those passersby that showed your support for our country and the people that serve it, THANK YOU for restoring my faith that we are not as divided as the media portrays.

MEETING VENUE: KAUA'I VETERANS CENTER

3215 Veterans Memorial Highway, Lihu'e, HI 96766

## DECEMBER BIRTHDAYS

Lion Barbara Gusman  
Lion Guy Higa  
Lion Alfonso Murillo

## LIONS ANNIVERSARIES

Lion Alfonso Murillo Dec 2020 2 yrs

Print this page and post it to track activities

### DECEMBER

THU Dec 01 06:30 p.m. General Membership Meeting, preceded by Happy Talk, 5:30  
FRI Dec 02 06:00 p.m. Project: Lights on Rice Parade, Rice Street  
THU Dec 08 06:30 p.m. Board of Directors Meeting, Kaua'i Veterans Center  
SUN Dec 11 05:00 p.m. Project: Christmas Party, Hilton Garden Inn Hotel  
[In lieu of General Membership Meeting]

### JANUARY

THU Jan 05 06:30 p.m. General Membership Meeting, preceded by Happy Talk, 5:30  
Team Cooking – Team 1 [Procedural Guidelines on p. 3]  
THU Jan 12 06:30 p.m. Board of Directors Meeting, Kaua'i Veterans Center  
THU Jan 19 06:30 p.m. General Membership Meeting, preceded by Happy Talk, 5:30  
Team Cooking – Team 1 [Procedural Guidelines on p. 3]  
THU Jan 19 07:30 p.m. Sight Is Beautiful Poster Judging, following GMM  
MON Jan 23 06:30 p.m. District 50 Webinar, Zoom  
SAT Jan 28 09:00 a.m. Winter Forum, Kilauea Military Camp, Volcanoes NP  
TBA Project: Lions in Sight Eyeglass Collection

### FEBRUARY

THU Feb 02 06:30 p.m. General Membership Meeting, preceded by Happy Talk, 5:30  
Team Cooking – Team 2 [Procedural Guidelines on p. 3]  
THU Feb 09 06:30 p.m. Board of Directors Meeting, Kaua'i Veterans Center  
FRI Feb 10 08:00 a.m. Vision Hearing Screening, Wilcox Elementary School  
THU Feb 16 06:30 p.m. General Membership Meeting, preceded by Happy Talk, 5:30  
Team Cooking – Team 2 [Procedural Guidelines on p. 3]  
WED Feb 22 08:00 a.m. Vision-Hearing Screening, King Kaumuali'i School  
MON Feb 26 06:30 p.m. District 50 Webinar, Zoom  
TBA Project: Recycled Eyeglasses Cleaning-Packing-Shipping

### HEADS UP – MARK YOUR CALENDARS

THU Mar 30-SUN Apr 02 East Kaua'i Lions Club 85<sup>th</sup> Charter Anniversary Celebration

THU Apr 27-SAT Apr 29 District 50 Convention, Ala Moana Hotel, Honolulu

## TEAM COOKING BEGINS IN JANUARY

*by Lion Harvey Kinoshita*

1. Team cooking starts on January 5, 1<sup>st</sup> GMM, and January 19, 2<sup>nd</sup> GMM, with TEAM 1
2. Team Captains:
  - Team 1 – Lion Angel Acorda.
  - Team 2 – Lion Ron Garlie, now MAL, needs pinch-hitter.
  - Team 3 – Lion DeAnna Starinieri.
3. Team Captain and Team Members will plan the menu.
  - EXAMPLE ONLY: Chilidog, rice, coleslaw, ice cream bars OR mango slices, and Hawaiian punch. Committee recommends only one main dish, jug for punch[?].
  - Team will provide beverages – Lion who once provided beverages is now MAL.
4. Team Captains will check on paper plates, cups, utensils, napkins in Club storage cabinets.
5. Fiscal Process: Team Members to submit receipts for food, beverages, paper goods to Team Captain. Team Captain to total and submit receipts to the Treasurer along with EKLC Request for Reimbursement Form for Team Captain to reimburse Team Members.
6. Team Cooking Schedule: JAN – TEAM 1.      FEB – TEAM 2.      MAR – TEAM 3.  
APR – TEAM 1.      MAY – TEAM 2.      JUN – TEAM 3.

## EVERYONE IS URGED TO ATTEND CHRISTMAS PARTY, SUNDAY, DECEMBER 11

*by Lion PDG Roy Nishida and Lion Harvey Kinoshita, Co-Chairmen*

**DATE:** Sunday, December 11, 2022

**PLACE:** Hilton Garden Inn by Wailua River.

**TIME:** 5:00 p.m.

**COST:** \$77.00 per person (Children under 12 free). Payment by December 1, 2022.  
Cash or check made out to East Kaua'i Lions Club.

**DRESS CODE:** Your Merriest Christmas Attire

**HEAD COUNT DEADLINE:** December 5.

**HEAD COUNT CONTACTS:** Lion PDG Roy, (808) 635-6676, rlnishida@hawaiintel.com  
Lion Harvey, (808) 651-5442, lionkino21@gmail.com

**BRING:** Gift-wrapped Christmas gift for every child you bring with each child's name on it for Santa Claus to give to the child.

**BRING:** White Elephant – anything you don't need, gift-wrapped, for Chinese Gift Game!

We are honoring three projects:

1] Type 1 Diabetes kids; 2] Kaua'i Independent Food Bank; 3] Toys for Tots.

SPECIAL ENTERTAINMENT BY BOYS AND GIRLS CLUB OF KAUA'I



# DIABETES CLINIC DOES TESTING AND EDUCATING

*Lions Project Report by Lion PDG Roy Nishida, Project Coordinator*

November is designated by Lions International as International Diabetes Month. Lion President Robin Dame as his signature project was to have a Diabetes Clinic for the community.

After five months of planning, East Kaua'i Lions Club, in partnership with a significant number of agencies, coordinated "Take Charge of your Health – Free Diabetes and Blood Pressure Screening." A huge Mahalo to the agencies that made the clinic a success: Kaua'i Community College Nursing Program, Kaua'i Department of Health Public Health Nurses, Office of Elderly Affairs, RSVP, Ho'ola Lahui, Fil Com Cares, American Medical Response [AMR], Kaua'i Coffee, Service Rentals, and Kaua'i Philippine Cultural Center.



Student nurses from Kauai Community College check out initial registrants at the diabetes testing station as Lion PDG Roy, coordinator, and Lion Harvey, assistant, observe the proceedings.

Educational sessions were highly illuminating with the following speakers: Sharon de la Pena, Nutritionist; Dr. Raymond Petrillo, Nephrologist; Dr. Donald Traller, PA-C Diabetes, Dr. James Yamashita, Internal Medicine.

Fifty individuals were tested, 60+ attended each educational session, 30 agency people and 20 Lions volunteered.



Lions setting up the day before, fueling up the morning of, the diabetes clinic





**Lion John Baxter**  
Master of Ceremonies



**Dr. Donald Traller**  
PA-C Diabetes



**Dr. James Yamashita**  
Internal Medicine



**Dr. Raymond Petrillo**  
Nephrologist



### SUMMARY

1. Skin cancer is very common
2. 3 main types are BCC, SCC, and melanoma
3. Basal cell carcinoma is the least deadly, while melanoma is the most deadly of the 3 types.
4. Use the ABCDE (F) rule for moles
5. Melanoma thickness and stage determines prognosis.

In addition to clinical information on diabetes [left], Dr. Yamashita, a Manoa Lion, also offers to share information on a medical topic of the audience's choice, which turns out to be on skin cancer.



### Tackle Type 2 Diabetes With A Plant Based Diet

By : Sharon de la Pena,  
MS, RDN, LDN, CDE

Diet being a major factor in Type 2 Diabetes, Sharon de la Pena, shares information on food that can tackle Type 2 Diabetes and prevent it. With her permission, more slides are shared below for educational benefit.



### New Evidence

People whose diets were based mainly on plant-derived foods were less likely to develop diabetes compared with people whose diets are fattier or centered on meatier dishes.

- Rice and Beans
- Sweet Potatoes
- Vegetables

### PCRM 22 Week Study

Looked at health benefits of a low fat, unrefined, vegan diet in people with diabetes vs a higher fat portion controlled ADA guideline diet.

Portions of fruit, vegetables, legumes and grains were unlimited in the vegan group.

43% of the vegan group vs 26% of the ADA group reduced their medications.

A1C reduced 1.2 points in the vegan group which was 3x more than the ADA group

Vegan group lost 13# compared to 9# in the ADA group

### What to Eat

- Eat whole food carbohydrates
- Eat less fat
- Eat more fiber
- Eliminate animal products
- Choose lower glycemic foods



### Build Your Meals from the Power Plate

### Avoid Animal Products

Animal products contain saturated fat which is linked to heart disease, insulin resistance, and high cholesterol.

### What does that much fiber look like?

Total = 38 Grams

Oats with chia seeds and banana	10
Edamame	5
Veggie wrap with hummus	5
Apples and almond butter	5
Veggie stir fry with brown rice	5

Mahalo for outstanding service: Lion Prexy Robin Dame, ChairLion Roy Nishida, Vice ChairLion Harvey Kinoshita, CommitteeLion Crystal Caday-Bargayo, CommitteeLion DeAnna Starinieri, CommitteeLion Rebecca Carnate, Lion Angel Acorda, Lion John Baxter, Lion Janice Bond, Lion Felicia Cowden. Lion Paul Endo, Lion Stephen Fujii. Lion Guy Higa, Lion Barbara Gusman, Lion Marcia Kellogg, Lion Donald Nagamine, Lion John Ochoco, Lion Joanne Ochoco, Lion Tito Villanueva, Kaua'i Lion Prexy Jeff Venzon and Kaua'i Lion Sandy Kimura.



Lions Prexy Robin, MC John extend gratitude to Manoa Lion James Yamashita, MD, for flying in to speak.



Randy Francisco, Fil.Com, assisted by Lion Rebecca, presents Lion PDG Roy with community service award.



Lion Stephen talks story with Nutritionist Sharon de la Pena and her Ho'ola Lahui assistant.



CIS Sandy Kinoshita [right] holds the fort on sandwiches used in the process of diabetes testing.



## SIGHT IS BEAUTIFUL POSTER CONTEST WINNERS ARE HONORED AT KING KAUMUALI'I SCHOOL



Sight Is Beautiful posters at King Kaumuali'i School are last year's winners recognized this year due to covid restrictions with Grade 5 awards forwarded to Chiefess Kamakahele'i Middle School. Showing off winners are Lions PDG Roy Nishida, Harvey Kinoshita, Paul Endo, Donald Nagamine, Marcia Kellogg, Felicia Cowden, Rebecca Carnate, Prexy Robin Dame, and Project Chair Lion DeAnna Starinieri.



Ln DeAnna announces the winner, Ln Paul displays the poster, Ln Prexy applauds, and Ln PDG Roy looks for great grandson in kindergarten section anticipating that the program will encourage him to do a poster this year!



Principal Jason Yoshida thanks Lions for their part in the life of the school – poster contest, sight and hearing screening, hand sanitizers, and food distribution for the community from the campus during covid shutdown.



## SAVE THE DATES: MARCH 30, 2023 – APRIL 2, 2023 CHARTER ANNIVERSARY WEEKEND INCLUDES SMITH'S TROPICAL PARADISE LUAU AND INTERNATIONAL RHYTHM OF ALOHA SHOW

*Inflation on the rampage, concerted negotiations for reasonable prices with hotels, restaurants and visitor destinations are Priority One.*

A special package at **Smith's Tropical Paradise** should bring out every Lion. 1] Hawaiian luau. 2] Unlimited drinks. 3] Smith's Tropical Paradise tour. 4] World-renowned "Rhythm of Aloha" show with performers from Hawai'i, Tahiti, Samoa, Philippines, New Zealand, China, and Japan. Total entrance fee? \$75 for Lions only. It is usually \$100+.

The Annual Smith Memorial Boat Ride, gift of the late Lion Walter Smith, was cancelled due to proprietary conditions. Smith's cost to run the Lions boat ride was thus "transferred" to enable this incredulous package. More incredulous would be shunning an extravaganza sought after by world travelers to Kaua'i. *And at a special price only for Lions!*

## GMM INCLUDES ALI'I INDUCTION, THANKSGIVING GIFT TO INTERFAITH COUNCIL, RECOGNITIONS



Lion Bill Moore, visiting from Bend, OR, is conferred the Mokihana Menehune Ali'i award by Lion PDG Roy amid strains of "Beautiful Kaua'i." Certificate can be presented to Bend Sunrise Lions Club to verify make-up for 100% Attendance pin. A retired SF Bay area firefighter, a five-year Lion, and the club secretary, he looks forward to next GMM when he makes a regular trip to Kaua'i, his son a 21-year Kaua'i resident.



Reverend Miekko Majima, left, and Thanksgiving Dinner Chair Sarah Rogers, right, say thank you for the gift of \$1000 from EKLf toward Thanksgiving dinner for the community, sponsored by Kapa'a Interfaith Association. Roberta Yunaguan and Lion Alfonso [St. Catherine's] also represent the association.





ChairLion DeAnna dutifully recognizes Lions for their service in a community project.



1<sup>st</sup> VP Lion Crystal, like a pinch hitter in Major League Baseball who delivers the game-winning hit, comes through for Lion Prexy Robin away on business. And . . . "Hawaii Aloha." *Photos by Lion John Ochoco*

## *I MUA DISTRICT 50*

*Lion Gary Nip, District Governor*

## **LIONS CELEBRATE VETERANS ON VETERANS DAY**

*By Project ChairLion Harvey Kinoshita*



Horns incessantly honk on this day along Kaua'i Veterans Memorial Highway fronting Kaua'i Veterans Center.



Lion Prexy Robin, Lion Project Chair Harvey, Lion Angel, Lion Paul, Lion Joanne





**Lion Crystal, Lion John, Lion Tito**



**Lion Stephen, Lion Sandy [Kaua'i LC], Lion DeAnna, Lion Helena, Lion Rachel and her daughter, Lion Rebecca**

*Photos by Lion John Ochoco*

### Project Report by ChairLion Harvey Kinoshita

- Place: Kaua'i Veterans Center
- No. of persons benefited: Population of Lihue – 9036; population of Kaua'i – 73,454
- Description of Task: Waving American flags to honor United States Veterans for bravery and sacrifice for America
- Lions serving: 14 East Kaua'i Lions, 1 Kaua'i Lion, 1 family member
- Citation: Lion Helena for providing flags for those who had none.
- No. of man-hours: 24. Cost: None.

## ZONE NEIGHBORS CORNER



## KAUA'I LIONS CLUB ASSISTS KAUA'I FOOD BANK IN FOOD DISTRIBUTION

**Lion Prexy Jeff Venzon, Kaua'i Lions Club [center], reports on Kaua'i Lions Club's participation in a food distribution project with Kaua'i Food Bank. Names of Lions in photo are unavailable. However, Lion Sandy Kimura [2<sup>nd</sup> from right] is a transfer from East Kaua'i Lions Club along with Lion Jeff.**

*Photo compliments of Lion Jeff Venzon*



## WEST KAUA'I LIONS CLUB CELEBRATES THANKSGIVING. INDUCTS WAIMEA HIGH SCHOOL LEO CLUB ADVISOR



West Kauai Lions, well known for their cooking prowess, love to do things like this and do is often.



Leo Club Advisor Jill Hirano is sworn in by Zone Chair Lion Kay Hill. Sponsoring Lion Coach Bunga believes that her membership will enhance communication with 50-member Waimea High School Leo Club and generate greater accomplishments because of direct club support. Says Lion Bunga, "Her grandfather, the late Lion Dr. Ben Hirano, would be proud." East Kaua'i Lion Joanne invades West Kaua'i Lions den and comes away with the grand prize.

*Photos by Lion John Ochoco*

### *SERVICE WITH ALOHA* *Theme of Lion Bob Lee, International Director*

## EAST KAUA'I LIONS FOUNDATION REPORT

*by Lion PDG Roy Nishida, President, East Kaua'i Lions Foundation*

Activity from EKLFF for the following Activities:

- Kapa'a Interfaith Council: \$1,000 for its yearly Thanksgiving Lunch.
- East Kauai Lions Club Christmas projects: Type 1 Diabetes children to attend our Christmas party as our guests at Annual Christmas Party, 8 students, 7 parents, and gift card.
- Toys for Tots of the Marine League \$ 500.
- Kauai Independent Foodbank. \$ 700

- Boys and Girls violin students 5 youths and 2 adults

Preparation for Activity

- Making contacts with the Kapa'a Interfaith task force.
  - Contacting parents of T1DS and Public Health Nurses.
  - Arranging with the Boys and Girls Club
- Numbers of Lions involved: 8, 16 hours:  
Annual Christmas Party at Hilton Garden Inn  
All Saints Church, Kapa'a Hongwanji Church

Number person benefiting from the above projects: 5000

Description of projects: Lunch distribution, gift distribution to children, food distribution to families

Lions participating: All Club members. Especially the Foundation Trustees and members who attend the Christmas party

Number of manhours expended: 750 plus

Final cost: \$4000.

## BINGO FACTS ON LION MARCIA KELLOGG



March 2022



November 2022

- Lions induction date: March 2022
- Born in Montana in 1983
- Grew up hunting, fishing, and camping
- 4 parents, 4 sisters, 1 brother
- 4 nieces and 5 nephews
- Held squat and leg press weightlifting records in high school
- Originally planned to join the USAF
- Attended Culinary Institute of America in New York
- Degree in Baking and Pastry Culinary Arts
- Cooked for celebrities to nuns
- Worked every kind of job from housekeeping to pastry chef, bookkeeping to travel agent
- Planning to work at Hawaiian Airlines in January
- Favorite hobby is travel – visited 36 states and 10 countries
- Married in 2004 to Joe
- Two children: Connor and Cori
- Learning French. Blood, Organ, and Bone Marrow registered donor
- Ran 7 miles for cancer charity at Disney World
- Crossed US twice, once by train, once driving
- Originally wanted to be an architect
- Hobbies include drawing floor plans and building Legos
- Deacon of previous church, Reformed Church of New Paltz
- Lived in Montana and New York 19 years each
- Dual citizen of Luxembourg
- Moved to Kaua'I in May 2021

Lions Bingo is created by Lion Helena Cooney via technology that produces discrete bingo cards. Instead of numbers, the squares contain facts on the Lion. "We can get to know each other better," says Lion Helena.

Bingo is played in the Program slot of General Membership Meetings. Lion Helena provides prizes out of generosity, but white elephants and donations are accepted.



## FORUM CORNER

### DISTRICT 50 CONVENTION: WHAT CAN YOU EXPECT?

Again, looks like that the club will have a sizeable delegation to convention. Early registration fee is \$35.00. Late registration fee is \$45.00 after December 31.

Single Lions are seeking roommates. Double room cuts cost in half. \$750 becomes \$375. Check with Lion PDG Kelvin on who is on the list to arrange doubling up. Double up for car rentals. Lion PDG Kelvin is always known to have a line on great budget deals.



Lion Helena 2<sup>nd</sup> from right, new-found Lion friend extreme right

*File photo*

Lions are nice people. Sourpuss Lions are rare – they hardly get sponsored. Meet Lions, enjoy the convention. Last year, **Lion Helena** developed ties with neighbor-island Lions, never missed an event, came home *enthused*. Convention was worth every penny to her.

About the penny, high cost is now the *median* on the bell-shaped curve! In honest thinking, one may stop living in mental resistance to inflation, or one may go on living in resonance of what is. So, if family budget can manage, go; if no can, just no go.

### READERS' COMMENTS, GREETINGS

**Lion Roy Nishida, Past District Governor, East Kaua'i Lions Club:** *Lions Bone* was very informative. I thought I was reading *WASHINGTON POST!!* – news about the International Deaf Golf Tournament, the feature about Nicaragua, Las Vegas, Baguio City, Veterans Affairs ...

**Lion Mary Lockcey Tirado-Goravica, Secretary, West Kaua'i Lions Club:** WOW ♡ Another wonderful month of successful community service, wonderful newsletter ♡ UNBEATABLE ♡

**Lion Helena Cooney, Secretary, East Kauai Lions Club:** Excellent, excellent, excellent.

**Lion "Berta" Jenkins, Secretary, Mililani Lions Club:** Our family is connected to Wailua Golf Course. The designer, PGA Aloha Section Hall of Famer, Toyo Shirai, is my uncle!! He also designed Kukuilono Golf Course. I remember him as a quiet, humble man and an enormously patient teacher.

 **Sandi Sterker, Secretary, Koloa Lions Club:** A simply GREAT job  Juan! The BEST Bone ever!!!

**Lion Stephen, Treasurer, East Kaua'i Lions Club:** I'm bug-eyed since returning from my latest trip – visiting daughter in San Jose and son in Fair Oaks, CA, and class reunion in Las Vegas. Overall, the reading of *Lions Bone* was very good. I'm excited to see Lion Alan Faye as we were in the same golf club many years ago and my dad knew his dad in the old days.

**Lion Alfonso Murillo, Active Member, East Kauai Lions Club:** You did it again...you just keep raising the bar...

**Lion Wayne Mukai, IPP, Kauai Lions Club:** Thank you! Extra good Bone this month!! Right on, East Kaua'i!

**Lion Bill Moore, Secretary, Bend Sunrise Lions Club, District 36G:** I'm already looking forward to my next visit!! Thank you for the hospitality at your meeting.

## **TOGETHER WE CAN**

*Theme of Lion Brian Sheehan  
INTERNATIONAL PRESIDENT*

*Club bulletins in District 50 are posted to <https://www.hawaiilions.org/newsletters/>  
Email project reports, articles, photos for next issue to [juan.ochoco@yahoo.com](mailto:juan.ochoco@yahoo.com) by the 20<sup>th</sup>.*

*Remember the Three I's of Lions Bone Objectives:*

- 1] To Inform*
- 2] To Illuminate*
- 3] To Inspire.*

# **IN FELLOWSHIP**

# **WE SERVE**