



The 4-L4 Forum

THE OFFICIAL PUBLICATION OF
CALIFORNIA LIONS DISTRICT 4-L4

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**DISTRICT GOVERNOR
KEN SHERWOOD**

DISTRICT GOVERNOR

Ken Sherwood (Marilyne)
6666 Dakota Ave.
Alta Loma, CA 9173
H (909) 944-0359
Sherwood2@verizon.net

1st VICE DISTRICT GOVERNOR

PJ Smith (Georgia)
166 N. Starflower, Brea, CA 92821
H (714) 966-2950
eaglehills2@roadrunner.net

2nd VICE DISTRICT GOVERNOR

Sheila Casteel (PDG Jon)
9333 Monte Vista St.
Alta Loma, CA 91701
H (909) 483-3532
jandscasteel@hotmail.com

CABINET SECRETARY

Marianne Allen (Mike)
P.O.Box 487
Garden Grove, CA 92842
H (714) 534-3791
sarahcait@sbcglobal.net

CABINET TREASURER

Joanne Waltman (Lion Frank)
P.O.Box 575
Rancho Cucamonga, CA 91729
H (909) 987-4141
waltmanathome@yahoo.com

IMM. PAST DISTRICT GOVERNOR

Norm MacKenzie (Jo)
7143 Providence Way
Fontana, CA 92336
C (760) 802-6018
Norm.mackenzie@cox.net

DISTRICT PUBLIC RELATIONS

Jack Tanaka (Lion Wanda)
23805 Country View Dr.
Diamond Bar, CA 91765
H (909) 861-0142
jacwnd@netzero.net

DISTRICT NEWSLETTER EDITOR

PDG Ellen Liebherr (Lion Mike)
616 17th St.
Huntington Beach, CA 92648
C (714) 458-3077
meliebherr@verizon.net

My family of Lions, the inspirational message (supposed to be) is short this month (not supposed to be).

Back from beautiful Seattle with new wisdom, ideas, energy and enthusiasm (some of which was blunted by reading and responding to 250+ emails). Seattle was the perfect place to be installed as governor and hear International President Tam's message of hope and love. Family, Environment, Youth; three points of a triangle that are more in the nature of a circle; each equal, interdependent and interconnected.

District 4-L4 is a family. We have more unity, more purpose, more dedication to service, more cooperation in projects and more participation in fundraisers than any other district or organization that I've had experience with or heard about.

Our youth programs are growing and flourishing and our future becomes brighter with each LEO inducted, each new young Lion member initiated, each blind or deaf child who is extended the hand of loving help.

The expanding and continuing future of Lions in general and District 4-L4 in particular will be insured with the diligence we give to environmental projects. We all know the benefits of conservation, recycling, environmental cleanup and TREE PLANTING.

This Lions year, as I visit the clubs that make up our family, I will ask for pledges to plant trees. President Tam has asked that Lions plant one million trees worldwide. As governor, I pledged 1,000 trees from District 4-L4. That goal meets the criteria for any Lions project: 1) REALISTIC, 2) ACHIEVABLE, 3) MEASURABLE. Our goal is less than one tree per Lion: actually, about .87 tree. I would ask that you plant the entire tree. In the club of the year contest, I have given 50 points per tree. Trees must be sustainable (in the range of 5 gal. minimum), planted in a public area or replanting a fire devastated area. Advertise the activity with signage, newspaper coverage, pictures. Enlist the help of LEOs. Youth activities with the environment make news anytime.

IPDG Norm MacKenzie is in contact with the Fullerton College School of Optometry to start another campus club involved in eye care. Lion Norm has the vision to increase our sight projects and our membership. Two new LEO clubs are in the planning stages and should come online shortly (sorry Judy, couldn't resist). Another ray of light and hope for our future.

FAMILY, YOUTH, ENVIRONMENT

20101-2012 DISTRICT CABINET

DISTRICT CHAPLAIN

PDG Chuch Overbey (June)
1419 W La Serena Dr.
Brea, CA 92821
H (562) 694-4294
cwoverbey@aol.com

ASSOCIATE DISTRICT CHAPLAIN

PDG Barbara Hayward (Ron)
3085 Fernheath Lane
Costa Mesa, CA 92626
H (714) 545-6126
blhayward@sbcglobal.net

DISTRICT PHOTOGRAPHER

PDG Kurt Vanderwest (Debbie)
7472 Brian Ln.
La Palma, CA 90623
H (714) 521-5783
vanderwestsprinkler@yahoo.com

ASSOCIATE PHOTOGRAPHER

Wanda Tanaka (Lion Jack)
23805 Country View Dr.
Diamond Bar, CA 91765
H (909) 861-0142
jacwand@netzero.net

DISTRICT WEBMASTER

Alice-Faye Peugh
20965 Rancherias Rd.
Apple Valley, CA 92307
C (909) 989-2232
lionalicefaye@yahoo.com

FOOTHILL REGION CHAIR

Gil Smith (Lion Barbara)
1120 Seneca Pl.
Diamond Bar, CA 91765
H (909) 860-6477
gilsmith@aol.com

FOOTHILL ZONE "A"

Tamara Martin
1089 Pine St. #C
Upland, CA 91786
H (760) 900-8480
wee3tees@aol.com

FOOTHILL ZONE "B"

Andrea Busby (Lion Scott)
5024 Klusman Ave.
Alta Loma, CA 91737
H (944-7715)
andiebusby@yahoo.com

FOOTHILL ZONE "C"

Drew Sasser (Lion Vicky)
13012 Roswell Ave.
Chino, CA 91710
H (909) 591-5335
persongifts@gmail.com

GMT DISTRICT COORDINATOR

IPDG Norm MacKenzie (Jo)
7143 Providence Way
Fontana, CA 92336
C (760) 802-6018
Norm.mackenzie@cox.net

ORANGE REGION CHAIR

Renee Schulte (Lion Bruce Gormley)
216 5th St., #A
Seal Beach, CA 90740
H (562) 493-0115
reneeschulte123@aol.com

ORANGE ZONE "A"

Randy McMillan (Jeri)
511 Palermo Way
La Habra, CA 90631
H (562) 697-1612
RMcMillan@MasterHalco.com

ORANGE ZONE "B"

Pat Donnelly (Sandy)
4591 Cambury Dr.
La Palma, CA 90623
H (714) 826-5793
pdonnelly@earthlink.net

ORANGE ZONE "C"

Bruce Gormley (Lion Renee Schulte)
216 5th St., #A
Seal Beach, CA 90740
H (562) 493-0115
btgormley@aol.com

GLT DISTRICT COORDINATOR

PDG Mike Scheafer (Lion Sandi)
3327 California St.
Costa Mesa, CA 92626
H (714) 549-4961
mike@mikescheafer.com

SADDLEBACK REGION CHAIR

Ken Henderson (Kristi)
14645 Red Hill Ave.
Tustin, CA 92780
C (949) 280-7604
Kenneth.henderson@axa-advisors.com

SADDLEBACK ZONE "A"

Gina Stansbury (John)
15412 Cottonwood Cr.
Huntington Beach, CA 92647
H (714) 898-1897
ginastans@verizon.net

SADDLEBACK ZONE "B"

Tom Hollister (Lion Bertha)
8626 Chukar Cr.
Fountain Valley, CA 92708
H (714) 964-7226
bertntom@aol.com

SADDLEBACK ZONE "C"

Leonard Gleason (Lion Sandi)
8571 Heil Ave.
Westminster, CA 92683
H (657) 464-9043
leonardgleason@socal.rr.com

A NEW YEAR BEGINS



2011-2012 DISTRICT OFFICERS ARE INSTALLED AT THE JULY 30 CABINET MEETING BY PAST INTERNATIONAL DIRECTOR BILL IANNACONE



Installing Officer PID Bill



PDG Barbara give the invocation



All smiles – Gov. Ken



GOVERNOR KEN TAKES THE PODIUM



IT WAS A PACKED HOUSE FOR THE FIRST CABINET MEETING



**LIONS RICHARD AND BEVERLY SUGERMAN
JOKE AS THEY TEST THE SHEPHERD'S CROOK
INTENDED FOR OVERTIME SPEAKERS**



**Orange Zone Chairman Bruce Gormley
and Region Chairman Renee Schulte**



**FOOTHILL REGION CHAIRMAN GIL SMITH
AND SADDLEBACK ZONE CHAIRMAN
LEONARD GLEASON**



ALL READY FOR THE NEW YEAR



PAST COUNCIL CHAIRMAN PHIL BROWN AND GOVERNOR KEN

District Governor Ken Sherwood's Visitation Schedule

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Club</u>
1-Aug	Mon	6:30 PM	Harbor Mesa
2-Aug	Tue	12:15PM	Tustin Host
3-Aug	Wed	12:00PM	Garden Grove Host
8-Aug	Mon	6:30 PM	Newport Beach Hawaiian
10-Aug	Wed	7:00 PM	Mission Viejo
11-Aug	Thu	11:15AM	San Clemente
16-Aug	Tue	6:30 PM	Chinese American of OC
18-Aug	Thu	7:00 AM	Costa Mesa OC
23-Aug	Tue	7:00 PM	La Habra Host
24-Aug	Wed	12:00PM	Stanton
25-Aug	Thu	7:00 PM	Brea
1-Sep	Thu	6:30 PM	Anaheim
2-Sep	Fri	11:00AM	UC Irvine
6-Sep	Tue	12:15PM	Ontario Host
7-Sep	Wed	12:00PM	Laguna Niguel
8-Sep	Thu	11:30AM	Santa Ana Host
15-Sep	Thu	7:15 AM	Fullerton
16-Sep	Fri	7:00 AM	Pomona Breakfast
18-Sep	Sun	4:00 PM	OC Costa Rica
20-Sep	Tue	6:45 PM	Costa Mesa Newport Hbr
3-Oct	Mon	7:00 AM	Diamond Bar Breakfast
4-Oct	Tue	7:00 PM	OC Korean American
5-Oct	Wed	7:00 PM	Seal Beach Host
6-Oct	Thu	7:30 AM	Upland Host
6-Oct	Thu	12:10PM	Pomona Host
13-Oct	Thur	6:30 PM	Chino Valley
18-Oct	Tue	6:30 PM	Buena Park Noon
19-Oct	Wed	7:00 PM	Orange
20-Oct	Thu	6:30 PM	RC Community
26-Oct	Wed	6:00 PM	Cucamonga District Host
1-Nov	Thu	6:00 PM	Walnut-Diamond Bar
2-Nov	Wed	call	Westminster
3-Nov	Thu	7:00 PM	Huntington Beach Host
10-Nov	Thu	6:45 PM	Ontario Upland
			OC Vietnamese American WesternU

062211jt REVISED
6/24/11



HARBOR MESA LIONS

16TH ANNUAL SPAGHETTI SPLASH !!

Date: Saturday, September 24, 2011

Time: 6:00 p.m.

Place: The McIlroy Party House
204 Loyola Road, Costa Mesa

RSVP by September 18th, 714-641-0664
\$20 per person, your check is your reservation

Dress: Backyard Casual

COME AND ENJOY FUN, FOOD, FRIENDSHIP,
AND THE EVER-POPULAR
ITALIAN RAFFLE

All proceeds go to LCIF and other local charities.

COUNT IT AS A VISITATION!!!!



VIETNAMESE PHYSICIAN ASSOCIATION

1st SOUTHERN CALIFORNIA

Annual Health Fair

Sunday September 18, 2011

Time: 11am - 2pm

Location:
City of Westminster
Recreational Center
8200 Westminster Ave
Westminster CA 92683

Discussions/Screening:
Incontinence
Blood Pressure
Body Fat Measurement
Breast Cancer
Dental
Glaucoma
Hearing
Heart / Peripheral Vascular Disease
Musculoskeletal Pain
Osteoporosis



1ST VICE DISTRICT GOVERNOR REPORT

PJ SMITH

This month has started off with a big Lions Roar. I had the opportunity to attend our International Convention in Seattle, Washington. This was a very first for me and what a fantastic time it was for all. I hooked up with several Lions from our district, attended many events and socialized with many others that will not be forgotten soon.

Our International President Wing-kun Tam's stated his visions for the next year and future which will be life changing and challenging. President Tam's Motto is "I Believe". He feels one person can make a difference; the entire world can be changed when we come together as Lions, and that changing a life - or the world - starts with each one of us. WOW that is inspirational!

Another first for me was attending the Seal Beach Host Lions Fish Fry - Yum, Yum! This event was so well organized with many Lions and Leo's helping to make this such a huge success. Great job Seal Beach Host Lions and Leo's!

As our International President Tam mentioned various changes and challenges, we in District 4-L4 will be experiencing some new changes and challenges as well. Yes, Changes are good!! The old concept of MERLO (Membership, Retention, Leadership, and Orientation) has been tweaked and reorganized. The new program will now be called GMT/GLT (Global Membership Team and Global Leadership Team). At our District 4-L4 Level, PDG Norm MacKenzie has been appointed as are leader. The team members are as follows: PDG Dan Mayer, PCC Ed Bordenkircher, PDG Jack Mauller, PRC Ken Myers, Lion's Scott Newton and Steve Christy. Wow, what a fantastic team. The GLT team consists of your Governor, 1st VDG and 2nd VDG. The GMT/GLT members are here to assist any club in our district to achieve greatness. Last year we were number two in the nation for growth with our goal this year is to be number one. There's no doubt in my mind that we can reach this goal. Just think, if every Lion just brought in one new Lion, our District 4-L4 would double in size. If you don't ask, you will not receive . . . GO LIONS!

Check the Forum for all the upcoming events in our 4-L4 District.

LA DOLCE VITA ITALIAN FESTIVAL

D.O. Box 80506 • Rancho Santa Margarita, CA 92685
949.340.3779 • www.ladolcevitalfestival.com

ANNOUNCING!

La Dolce Vita Italian Festival
Friday and Saturday, Sept 30th-Oct 1
Near the Chet Holifield (Ziggurat) Building in
Laguna Niguel

Be a part of what will be an exciting Event for
Orange County Residents

Events and Activities:

Italian Musicians - Mambo Italiano Evening - Guest Cooking Instructors
Artists for the *I Madonnari* - Pizza Dough Tossing Contest
Spaghetti Eating Contest - Collaborating with the Local Bocce Tournament
Activities for all Ages
(plus so much more)

La Dolce Vita will be a 2 day Celebration of all things Italian.
Open to the Public! FREE Admission and FREE Parking!

We are currently looking for the following:

Corporate Sponsors

Vendors (selling all things Italian)

Food Vendors (preparing their tempting Italian dishes on site for sale)

Artist of all skill levels for the "I Madonnari"

Local Performers to share their Italian Talents with the crowd.

Volunteers

For more information on how you can participate email:

Gisella Kaplan at gisella@ladolcevitalfestival.com, or
Ron Perrella at ron@ladolcevitalfestival.com; or call 949-340-5770

Cabinet Secretary's Message Marianne Allen

First, I would like to welcome all of the new Club Officers to the 2011-12 Lions year. As we begin our journey through this exciting year, I want to let you know about a couple of dates and things to remember.

For Club Secretaries, please remember to submit your monthly reports by the end of each month. Once you file online with International, you must still submit copies to your District Governor, 1st and 2nd Vice District Governors, Cabinet Secretary, and your Region and Zone Chairpersons. You may email the reports to them or mail copies whichever is easiest for you. However, I prefer to receive the reports by e-mail. You can email me at sarahcait@sbcglobal.net.

By the time you read this, our first Cabinet meeting will be a thing of the past. The installation of your new officers was conducted by PID Bill Iannaccone.

This does promise to be a very exciting year for District 4L-4 with District Governor Ken Sherwood at the helm. Let's all do our best to make this a rewarding and exciting year. Working as a team, we can do it.



2ND VICE DISTRICT GOVERNOR REPORT

SHEILA CASTEEL

By the time you are reading this, the District Officers of Lions District 4-L4 will have been installed by PID Dr. Bill Iannaccone. In fact, it is likely that some of the Governor's club visitations will have occurred. Summer vacation is nearly over.

Remember back when we were very young and one of our first school assignments for the year was to write an essay entitled "What I Did on My Summer Vacation". Governor Ken and 1st VDG P.J. went to Seattle to see our new International President, Dr. Wing-Kun Tam. His theme for the year is "I Believe" and he emphasizes the environment. After their trip to Seattle, both DG Ken and VDG P.J. should have no trouble writing their back to school essays.

While I did not travel to Seattle in July for the International Convention, I did enjoy the beauty of our great country. My story begins in Jackson, Wyoming where Jon & I met my brothers and their families. We made the road trip to what my mother described as "God's Country" to scatter her ashes. As we traveled through Utah, into Wyoming, then on to the Black Hills and across the Prairie of South Dakota, and on to Nebraska, the beauty that our nation offers was breathtaking. Trees, wildflowers, bison, coyote, waterfalls, canyons, birds, elk, and the many colors nature has to offer are beauty beyond measure. If ever anyone questions the importance or purpose of preserving and protecting our environment, a personal view of our own landscape and wildlife will provide the explanation.

Like our International President, I believe that our environment is important and that we are stewards of our natural resources. Our earth is what gives us life. As Governor Ken pointed out in his July article, there are many ways that we can do our part and even a little extra to protect our environment. As for me, my sacrifice is that I am a vegetarian. If everyone makes a small sacrifice for the good of our environment, think of impact. I believe it would be impressive.

"All things share the same breath ~ the beast, the tree, the man... the air shares its spirit with all the life it supports."
Chief Seattle



BLIND CHILDREN'S LEARNING CENTER AUGUST UPDATE

By BCLC Chairman Diane Quinlan

First I want to thank all the clubs that give donations to this wonderful place every year. I received a copy of the 2009 list of donors and there were 15 clubs.. I am waiting on the 2010 list and hope to see as many if not more clubs helping out.

Did you know the Mission of this Center is to provide early intervention, education and services for the blind, visually impaired or deaf-blind children and their families to empower independence? Did you know their Vision statement is "Every blind, visually impaired or deaf-blind child has the opportunity to integrate fully into the community"? Does any of this sound like something Helen Keller would say. Are we not the Knights of the Blind? So as you "TARGET" service this Lion's year "Target" to help out at the Blind Children's Learning Center.

Volunteers participate in many different activities. A small sample includes:

- Preparing classroom activities
- Assisting with feeding at mealtimes
- Providing verbal prompts and/or physical assistance
- Reading stories
- Playing with children and helping with arts and crafts
- Supporting all-school celebrations such as Graduation and Back-to-School Night

Volunteers tell BCLC that working with the children truly changes their lives because the children touch their hearts. For more information or to get involved, contact Volunteer Coordinator Erin Kaufman, Volunteer Coordinator at 714-573-8888 x4159 or erin.kaufman@blindkids.org.

I am working with the BCLC to organize a fun event – more details will follow in the coming months.....until next month.



PLANT A TREE

HELP THE ENVIRONMENT

District Goal:

Completed:

1200

0

94th Lions Clubs International Convention

Seattle, Washington, July 4 – 8, 2011



Foothill Region Chair Gil Smith is welcomed to the convention by two very tall Lions.



Enjoying the MD4 breakfast are Sandi and PDG Mike Scheafer and Ron and PDG Barbara Hayward.



District Governor-elect Ken Sherwood visits with PDG Kurt Vanderwest and Sandi Scheafer at the breakfast.



1st Vice District Governor-elect PJ Smith, District Governor Norm and Jo MacKenzie, and Marilyn Sherwood eat breakfast with MD4 before the parade.



DG-elect Ken Sherwood greets the crowd.



A number of Chinese dragons marched in the International Parade of Nations.



A Chinese dragon dances down the parade route in honor of 2011-12 International President Wing-Kun Tam from Hong Kong.



2011-12 International President Tam marches with China.



DG Norm carries the California flag.



Approximately 210 Lions from MD4 marched in the International Parade of Nations.



China had varied groups of marchers and performers.



PIP Eberhard Wirfs marches with Germany.

94th Lions Clubs International Convention continued

More Parade Photos



94th Lions Clubs International Convention continued

International Show and Plenary Sessions



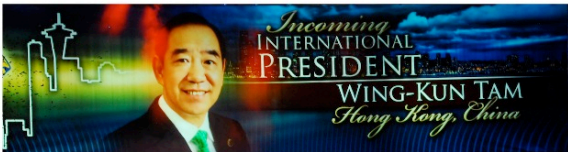
Audience for International Show at Key Arena -- Approximately 18,000 Lions were at the convention.



2010-11 IP Sid Scruggs swears in Wing-Kun Tam of Hong Kong as 2011-12 Lions International President while surrounded by past international presidents.



The Chinese delegation had a big demonstration for President Tam, replete with drum players lining the aisles, dragons, marchers and confetti.



Tam's display was projected on the large Key arena screen.



As President Tam outlined his goals for the year, the above photo collage was displayed on a huge arena screen to illustrate one of Tam's focus areas. The center photo is of our district's Pomona Host President Amanda Behnke and her daughter Zoe at the club's Bowl-a-thon.



Marilyne and District 4-L4 Governor Ken Sherwood and Past District Governor Norm and Jo MacKenzie pose at the end of the final Plenary Session.



Soon-to-be-District Governor Ken Sherwood listens intently as he and the other District Governors are given the oath of office.



As the final act of the installation, 2010-11 District Governor Norm MacKenzie removes the "Elect" ribbon from Ken's District Governor's name badge.

Photography by
Gil Smith, Foothill Region Chair
Barbara Smith, 1st Vice President, Pomona Host Lions

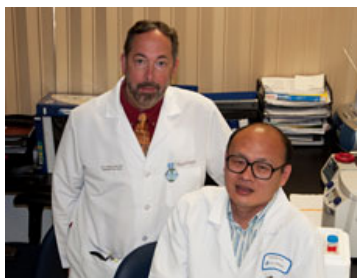


New Drug May Boost Radiation's Effect on Prostate Cancer

By Darrin S. Joy

Radiation therapy kills cancer cells mostly by shattering their DNA. Photons of radiation pound the DNA, breaking it into small pieces, scrambling the tumor cells' code of life and killing them. Now, **CITY OF HOPE** scientists may have found a way to make cancer's DNA more vulnerable to therapeutic radiation's powerful rays.

Department of Radiation Oncology researchers Xufeng Chen, M.D., staff scientist, and Eric Radany, Ph.D., clinical associate professor, led a team studying the effects of low doses of a drug called valproic acid on prostate cancer cells. Valproic acid belongs to a group of drugs called histone deacetylase, or HDAC, inhibitors. In recent years, cancer researchers have explored the anticancer effects of these drugs. They've found that HDAC inhibitors loosen coils of DNA in cancer cells, which should make the DNA more open and vulnerable to radiation therapy. But the City of Hope scientists wondered if there was more to the story. Working in the lab, they were surprised to find that valproic acid boosted the effects of an important protein in the body that suppresses cancer growth.



ERIC RADANY, LEFT, AND XUFENG CHEN EXPLORE METHODS TO MAKE TUMORS MORE SENSITIVE TO RADIATION THERAPY

The protein, called p53, mainly resides in the cell's control center, the nucleus. It stifles cancer by driving tumor cells to kill themselves through a process called apoptosis. Cells overproduce p53 when their genes become damaged, such as when they're hit by therapeutic radiation. But some cancer cells have mutations in p53 that weaken the protein and keep it from fighting cancer, so the tumor cells grow unhampered. The team found that valproic acid helps p53 do its job, but in an unexpected way — it stabilizes a different type of p53 that works through the cells' mitochondria. Mitochondria are the tiny compartments in cells that generate energy. Valproic acid helps the p53 in mitochondria drive cancer cells to die. The knowledge opens up new possibilities for anticancer drug targets, according to the researchers. As they continue their work, they hope to identify other drugs that boost radiation therapy and other ways p53 and similar proteins may increase cancer cells' sensitivity to therapeutic radiation. They aim to find out if their strategy works in other cancer cell types, as well.

Congratulations to the Brea Lions Club for a successful 52nd Orange Country Prep All-Star Football Game. This is the oldest running of it's kind in California and 3rd oldest in the U.S.



Upland Host Lions Club
— Annual Community —
Fun in the Park
Fish, Steak & Corn Feed
Friday, Aug. 5
4:30 - 8:00 p.m.
Upland Memorial Park
On Historic Route 66
Good Food - Good Time
Live Entertainment
Adults - \$12
Children (under 12) - \$6
Help Us Help More!
Bring your old eyeglasses to donate.
Donations Accepted. This event is one of the Upland Host Lions' annual fund raising projects. All donations are used to help with requests for aid within our community.
INFO 909-483-3532



Fantastic Foothill

Region Chairman Gil Smith

Your Foothill team is hard at work targeting assistance to our clubs. The Zone Chairs are asking all Foothill clubs to participate in completing a Club Profile so we can:

- Get to know each club, its strengths and opportunities.
- Identify where the Foothill team can offer assistance.
- Identify community service project ideas to share with other clubs in the Region and to identify where clubs might collaborate.
- Help recruit new members.

The profile will also provide a club's starting point for developing a SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis and subsequent Strategic Action Plan or a more limited plan focused on recruitment and retention of members. The team has already conducted two Membership Planning presentations to clubs in the Region in an effort to help them reinvigorate their membership recruitment, activation and retention efforts. If anyone wishes digital copies from the Presidents/Vice Presidents session of the New Officers Training, I will be glad to email them to you. Topics discussed at this session were: creating a vision, creating a strategic plan, effective two-way communication, organization, membership (recruitment, activation, retention, recognition), community service, and signature projects.

Your Foothill team is here to help each club achieve its full potential whether it be development of a broad strategic plan or a plan focused on membership recruitment and activation. We are here to assist and/or facilitate the development of your plans, but in the end the plans must be your product. Let us help you strengthen your club for the next generation. As Drew Sasser said, get ready for a FAB-u-lous Year from The Foothill Fab Four.

To insure your club receives publicity in the *Forum* for what it is accomplishing or has upcoming, all club secretaries are asked to forward their MMR, Activities and VAD reports and copies of their newsletters to the District officers, including your Region and Zone Chairs. If you have something additional to share, please forward that information to the Region Chair not later than the 20th of the month for inclusion in the next *Forum*.

Recent activities by clubs in the Foothill Region include:

CUCAMONGA DISTRICT HOST LIONS: completed a highly successful 7th Annual Blind Buddies Golf Challenge. Looking back, CDH can be proud of its accomplishments this past year, which included: Friends in Sight day, the collection of 4,000 used eyeglasses, and rich support for the student speaker contest.

ONTARIO UPLAND LIONS CLUB: kicked off the year with planning meetings for the coming year. Community service has had a fast start with significant hours given in support of Youth Exchange and

Adonai, the homeless, and senior services. Additionally there have been donations to multiple charities. Congratulations to OU Lions for a superb 97% average monthly attendance!

RANCHO CUCAMONGA COMMUNITY LIONS: recently held a BBQ kick-off to the upcoming year. The members continue to collect used eyeglasses and provide service for San Antonio Community Hospital. A fundraiser is scheduled for August 29th at the Outback restaurant.

UPLAND HOST LIONS CLUB: is looking forward to a successful 57th Annual Fish/Steak/Corn Feed August 5th. Let's all be there to help a fellow club. The club's community service activities included food bank distribution support, volunteers at San Antonio Community Hospital and donation of 1,000 pair of used eyeglasses.

ONTARIO HOST LIONS: At their installation night, the club awarded PCC Lion Ed Bordenkircher Lion of the Year for his extraordinary service to the club and the community. The club is planning its 12th annual wine tasting dinner to be held in October.

POMONA BREAKFAST LIONS CLUB: is planning its annual rummage sale for early September at the Ebell Club in Pomona. The club also participated in a Membership Planning program facilitated by Region Chair Gil Smith.

POMONA HOST LIONS CLUB: finished its year with a flourish. Between May 28th and June 3rd, incoming President Amanda (Gonzalez) Behnke got married, pulled off the installation and awards night, received a Melvin Jones Fellow for her outstanding community service work and held a wedding reception. Lions Gil and Barbara Smith were presented the first Co-Lion of the Year award. The Club recently participated in the Nancy McCracken Learning Expo at the Fairplex, celebrated conclusion to a highly successful year providing literacy coaching in English and math at the local schools, and visited the Los Angeles Braille Institute with 18 Lions and guests.

WESTERNU LIONS CLUB: also finished its year with a flourish. It was chartered in March with 48 members (43 students and 5 professors), held its charter event April 16th and on May 7th supported a Western University sponsored Health Fair in south Pomona. The club is presently working on collaborating with Friends in Sight. On top of that charter President Jennifer Buell is getting married at the end of July. The club is dark until school begins in mid August.

CHINO VALLEY LIONS CLUB: has some great Leos this year and is looking for another outstanding year with the Leos. Chino Valley also recently donated 200 pair of glasses, awarded Melvin Jones Fellowships to Teresa and Jim Sharkey, awarded two Sight & Hearing Life Memberships and three Teresita Pines Life Memberships and participated in a Membership Planning program facilitated by Region Chair Gil Smith.

DIAMOND BAR BREAKFAST LIONS: Jack and Wanda Tanaka hosted the Leo Installation at Heritage Park in Diamond Bar on Sunday June 17th. IPDG Norm McKenzie installed the new Leo officers. The installation was well attended by District 4-L4 Leos (about 50 were there), District Lions dignitaries and Leo Advisors from Diamond Bar Breakfast, La Habra Host, Orange County Korean American, and Chino Valley.

WALNUT DIAMOND BAR LIONS: were also out collecting used eyeglasses this month and turned them in for recycling.



ORGANIC ORANGE

**Orange Region
Chairman**

RENEE SCHULTE

ORGANIC??? WHAT?? REALLY...?? No worries. .. We are still the Outstanding ORANGE Region, the Outrageous ORANGE Region, the Invincible ORANGE Region and anything but the Out of the Ordinary ORANGE Region in Lions District 4-L4!!! This year, however, our concerted efforts will be on being the **GREEN ORGANIC ORANGE REGION**. As District 4-L4 Orange Region Lions, we will carry on **BUT** enhance our efforts in recycling cans, paper and plastics; we will continue to plant water tolerant trees and flowers; pick up unwanted articles on our beaches, parks and roadways and , of course, remove unsightly graffiti. There are, undoubtedly, many other countless ways that our Region may go **GREEN**; let us find and use them.

Hi. I am Lion Renee Schulte from the Seal Beach Lions Club in our Orange Region. I was coerced, I mean selected, by our beloved District Governor Lion Ken Sherwood, to be your Orange Region Chairperson this year. I am a native Southern Californian and have lived in Seal Beach for over thirty years. I graduated from La Habra High School and a couple of times from California State University, Fullerton; published an oral history book on our former president Richard Nixon and spent countless years working as a research analyst at the County, State and Federal government levels. I am now sort of retired. I have been an active Seal Beach Seaside and Seal Beach Lion for over twenty rewarding years and have humbly filled the positions of President, Secretary, Treasurer and most everything else. I have been the grateful recipient of numerous awards including the most awesome Melvin Jones Fellow!! At our District level, I served PDG Lion Dave Stewart as Region Secretary and PDG Lion "Queen" Elizabeth's Zone C chairperson. So here I am!!

Our District consists of three Regions: Foothill, Saddleback and our very own ORANGE. In our ORANGE region there are three ZONE (3) areas which include twelve (12) Lions Clubs. I am very proud to introduce our ORANGE Region **Green** Team:

ZONE A Chair: Lion Randy McMillan Lion Randy represents the Brea, Fullerton Host, La Habra Host and Orange County Korean Lions Clubs. Lion Randy is a native Californian, born in Whittier and raised in La Habra. A graduate of La Habra High School (yeah), Lion Randy met and married his wife, Jeri, and now has five (5) children and eleven (11) grandchildren and as he says "they are the most important thing in life". He has worked for Master Halco for 24 years. Lion Randy joined the La Habra Host Lions in 1990 at the invitation of Lion Chuck Overby. His entire family, kids and grandkids, have been active in Lionism and have

volunteered at numerous fundraisers. In addition to his involvement in the community, little league, pop warner football and the Masons, Lion Randy has volunteered in many capacities most notably, as the Corn Festival and Car raffle chairperson, and in all levels of being the La Habra Host president. He has been Lion of the Year three (3) times; a Fred W. Smith and Melvin Jones Fellow and a Region and Zone Chairman. He's back!!!

ZONE B Chair: Lion Pat Donnelly Lion Pat represents the Lions Clubs from Buena Park Noon, Orange County Costa Rica, Anaheim and Orange. Lion Pat and his twin brother, Mike, were born and raised in Long Beach, California. Interestingly, father and mother, Bill and Isabel, had two other children, Sara and Susie, also twins. Lion Pat was educated in Catholic schools through high school and then went on to Long Beach City College where he met his wife, Sandy, in 1963. After a short engagement they married in 1964. In 1965, they were blessed with a daughter, Debbie and later on a son, Danny. Lion Pat's aerospace career started with McDonnell Douglas where he acquired experience in industrial engineering and manufacturing and is a registered professional engineer in both disciplines. After 38 years in aerospace, Lion Pat retired and started his own critical consulting business which he ran for 10 years. Lion Pat was introduced to the Lions club when his folk music group was asked to handle the entertainment for Silverado Days in 1972. He joined the Buena Park Lions club shortly thereafter and has served three terms as president and is currently our Zone B chairperson. Lion Pat has been recognized by the City of Buena Park with a Cypress College Americana Award, is a Melvin Jones Fellow recipient and a Life member of the Lions Sight and Hearing Foundation.

ZONE C Chair: Lion Bruce Gormley Lion Bruce represents the following four (4) Lions clubs: Garden Grove Host, Seal Beach Host, Stanton and Westminster. He is a native Californian who grew up in La Habra. Lion Bruce moved from La Habra to Seal Beach and quickly joined the Seal Beach Host Lions Club. He was sponsored by his cousin Douglas Hoxeng. Lion Bruce immediately became active in Lionism and has held several positions including Director, Lion Tamer, Tail Twister, Membership Chairperson, Treasurer, and two terms as President. At the District level he has performed duties as Zone and Region Chairman. Lion Bruce has twice been the Chairman of the Seal Beach Lions Annual Fish Fry, its Casino Night, the Holiday Parade, and several pancake breakfasts. His service also includes involvement with Sailing for the Blind, Ronald McDonald House, Rebuilding Together, Terisita Pines and many more too numerous to detail (but do ask him).

As your Region Chairperson, I am looking forward to building another prosperous Lion year; and remember plant plants and weed weeds!!



SUPER SADDLEBACK

**REGION CHAIRMAN
KEN HENDERSON**

I am looking forward to a great year and plan on visiting all the clubs in the Saddleback Region a few times this coming year. I hope to learn about your club goals for the 2011-2012 year; so the Zone Chairs and myself can assist you in reaching them.

Please either e-mail or call me with any information you would like to mention in this article about your clubs upcoming fund raisers and service projects. Please take advantage of this space to promote your clubs and also to let all of us in the 4-L4 know what your club is doing. Please send your information by the 15th of the month.

Saddleback has some great Lions this year that are serving as your Zone Chairs. Please reach out to them with any questions you might have. Your Zone "A" Chair is Lion Gina Stansbury from the Harbor Mesa Club, your Zone "B" Chair is Lion Tom Hollister from the Huntington Beach Host, and your Zone "C" Chair is Lion Leonard Gleason also from Huntington Beach Host.

Governor Ken Sherwood will be visiting 9 of our Saddleback Region Clubs in the months of August and September. So let's show the Governor how strong our Saddleback Region is and make sure that we have 100% attendance. One of the themes this year is improving our environment by planting trees in public areas. Both the Zone Chairs and myself will be forwarding additional information to all of you on this project. Basically the goal is for each club to plant one or more trees in public areas and have event publicized in your local paper.

I hope to meet everyone at the upcoming Visitations, Cabinet Meetings and Region Meetings.



**HUNTINGTON BEACH HOST LIONS MARK BILLES AND
STEVE CHRISTY ARE BUSY ON THE GRILL**

Huntington Beach Lions Club Weekend Getaway at the Colorado Belle, Laughlin



2-night Weekend getaway departing Friday, November 11, 2011 from Huntington Beach

ITINERARY				PRICE	Colorado Belle Hotel
Day	Location	Arrive	Depart	ONLY \$135.00 per person! (double occupancy) includes <ul style="list-style-type: none"> • Round trip transportation • Bus driver tip • In/Out Luggage transfers at hotel • 2 nights at Colorado Belle • 1 coupon for breakfast or lunch • All taxes 	<ul style="list-style-type: none"> • 65,000 square foot casino • More than 950 all new slots • Poker, Keno, Craps, Roulette • Blackjack, Pai Gow Poker • Dixie River Band • Specialty Restaurants
Fri	Huntington Beach Sports Complex		8:00 AM		
Fri	Lunch stop Lenwood Outlet Center	Noon	1:00 PM		
Fri	Colorado Belle Hotel	3:30 PM			
Sun	Colorado Belle Hotel		10:00 AM		
Sun	Lunch stop Lenwood Outlet Center	12:30 PM	1:30 PM		
Sun	Huntington Beach Sports Complex	5:30 PM			
We need a minimum of 44 people for the trip to happen at the price quoted Lions Club contact for questions: Sandi Gleason 714-299-3639				Single supplement is \$39.00 (total would be \$174.00) Cancellation Penalties Today - 10/1/11 = No Penalty 10/2/11 to 11/4/11 = No refund	Custom Coach <ul style="list-style-type: none"> • Reclining seats • Rear Restroom • 3 Monitor video system • European styling • Wide body (102") • Wide windows • Individual reading lights and Overhead air conditioning To secure a seat on the bus and a room at the hotel, payment of \$135.00 per person is needed by 8/31/11. Make checks out to: Huntington Beach Host Lions Mail to: Huntington Beach Lions Club 7071-F Warner Ave. #479 Huntington Beach, CA 92647

For information and other travel reservations call:

Sunward Adventures

Douglas Kerr - Travel Consultant

760-230-0047

doug@sunward.com * www.sunward.com

All prices are per person based on double occupancy. Prices are current at the time the flyer was made and are subject to change.

HUNTINGTON BEACH HOST LIONS KEEP UP THEIR SERVICE TO THE COMMUNITY

The Huntington Beach Host Lions were busy again these last two months. In June, they held an orientation for new members. Later that month they installed Lion John Trevennen as their new President. They barbequed lunch for the Huntington Beach Art Center and cooked hot dogs and hamburgers for the "Friends of the Children's Library" event held at Central Park Library.

Chili dogs were on the menu for the HB Campout city event, returning on Sunday morning to cook a pancake breakfast. They held their annual rummage sale at a local high school and hope to work with the local Farmer's Market and possibly have our sight and hearing van there one day. On August 6th, they will be cooking up a storm of pancakes for approximately 2,000 people attending the Jr. Lifeguard Pancake Breakfast fundraiser. That's a lot of pancakes!! The Surf City Branch Club is co-sponsoring a Shred-a-Thon on August 20th. Also, the club will be going to Laughlin Nov. 11-13 and would love to have you along. See the flyer in this issue of the Forum



Did you know that less than 5% of funding for Ronald McDonald House and Families Rooms comes from McDonald's? Did you know that each house has to hold its own fundraisers and find its own corporate sponsors? It is time to show your support for this wonderful place that gives families in crisis a safe place to stay where they can rest, eat and even take a shower; where your small donation of cooking a meal or giving a snack or even saving Pop Tabs can help them.

COLLECT POP TOPS

The recycling of pop tabs, the metal pull-tab piece that opens aluminum cans, is one on-going fundraising programs that helps support the RMH mission of providing comfortable housing and emotional support to families of critically ill and injured children being treated at hospitals. It's a clean and easy fundraiser that all ages can do. Pop tops can be dropped off at the wooden house collection box on the front porch at the Orange County Ronald McDonald House, 383 South Batavia Street Orange, or bring them to any cabinet meeting and give to RMH Chairman Diane Quinlan (714) 596 8992 mrsquinlan@hotmail.com

In addition to the Ronald McDonald House in Orange, other locations that need help include:

MISSION HOSPITAL

27700 Medical Center Road, 5th Floor, Mission Viejo

Contact: Jennifer O'Donnell at jodonnell@ronaldhouseoc.org (714) 516-3667

Opened in 1999 the Ronald McDonald Family Room helps alleviate stress by providing families with an escape inside of the hospital. Additionally, parents find relief and camaraderie by talking with and just being surrounded by others in similar circumstances, yet have the comfort of being down the hall from their hospitalized child. When families first walk into Family Room, they frequently forget they are still in a hospital. They see children playing or eating treats baked by volunteers, while parents look on and chat with each other.

Wish List: Bottled water, Cup-O-Noodles, Easy Mac single serving cups, Fruit snacks, Jell-O snack cups, Juice boxes, Pudding snack cups, Granola Bars, Single serving chips, Single serving cookies, Single serving fruit cups, Soup at Hand, Fresh fruit, gas cards, Target gift cards, new and used toys, coloring book, crayons, books and games. .



Support Your District Governor Fundraiser

Sponsored by the Past District Governors of District 4-L4

Saturday, October 1, 2011

Starts at: 6:00 PM

Cost: \$35.00 per Person

Great Food Catered by: Lion Andrea Busby, with lots of Fun, Fellowship, No Host Bar

PETE'S PONDEROSA RANCH

18103 E. Bastanchury Rd., Yorba Linda, CA.
(Ranch House of Brea Lion Peter Karagines)

Terrific Entertainment

Music By:



For more info on the band go to: <http://www.5starband.info>

Please Bring Opportunity Gifts for the Drawing and also a silent Auction

Please send your reservations and checks by: September 16, 2011
To: Lion Alice-Faye Peugh, 20965 Rancherias Road, Apple Valley, CA 92307
Phone: 909-989-2232 (leave a msg) **Email:** lionalicefaye@yahoo.com

4 ?'s Call: IPDG Norm MacKenzie **Phone:** 760-802-6018
Email: norm.mackenzie@cox.net

NAME OF CLUB: _____ **NUMBER ATTENDING:** _____
(****Please include list of names on reverse side of this flier or email.)

MAKE YOUR CHECK (s) OUT TO: Norm MacKenzie

Loma Linda Ronald McDonald House

11365 Anderson Street, Loma Linda

Contact: Gwen Terry at gterry@llrmh.org (909) 558-8300

For those of you in the Inland Empire, the Ronald McDonald House in Loma Linda is looking for committee members to help organize their annual volunteer lunch, volunteers to help with upcoming golf tournaments and for their annual Halloween "Trunk or Treat" to be held on Friday October 28th. This location does not serve meals 7 days a week; they only have volunteers cook Monday, Wednesday and Friday and have needs for food donations to support the other days. They are always looking for snacks for the house such as fruit, energy bars, nuts and juice. They also have an event in November called Pennies from the Heart Day and they need help with that event.

For more information and wish lists go to the websites:

<http://www.ronaldhouseoc.org/>

<http://llrmh.org/>

As our District Governor said TARGET SERVICE and this is a GREAT place to target and help out those in your community.

WHAT IS GMT & GTL?

By IPDG NORM MacKENZIE,
DISTRICT GMT COORDINATOR

I'm excited to continue to play a key role in the continued growth of our district. The GMT & GLT Coordinator positions are three-year appointments by The District Governor Team and approved by MD-4 and LCI. Our GLT Coordinator is PDG Mike Scheafer and we will be working very close to recruit and train future leaders.

The following information was gleaned from the LCI Executive Report October 2010:

The Global Membership Team (GMT) was launched in July 2008, and later expanded in 2009 to include constitutional area leaders. GMT finally brought together the District Governor Teams with Lions Clubs International senior leadership into an integrated, worldwide team focusing on membership development.

LCI's recent membership growth has confirmed that GMT is proving successful, with more areas of the world growing and all areas at least improving. However, the development of GMT in 2008-09 and the creation of DG Teams (District Governors, 1st and 2nd Vice District Governors) has brought about the need to revamp and replace MERLO.

MERLO (Membership, Extension, Retention, Leadership, Orientation) was in need of a revamp since LCI made it very clear that the DG teams are now responsible for membership development. But the DG teams are not always an active part of MERL. The core membership duties were assigned to others and that needed to change. Over the last 15 years, MERL has evolved to focus on separate activities, and separate chairman roles. Coordination and accountabilities were weakened and de-emphasized. The separated chairmanship structure of MERL, with its four separate chairmen positions has hurt membership coordination – a more accountable, streamlined executive management-style structure is needed. LCI's important growth and development programs do not always fit neatly under one of the M-E-R-L chairs' responsibilities. This has caused confusion at times on which MERL function was responsible for specific LCI programs.

Examples: Does that family membership program come under the Membership Chair or the Extension Chair? Who is ultimately responsible for training certified guiding Lions, is it the Extension Chair or Leadership Chair? Most importantly, the Leadership function in MERL was sometimes lost in the mix; sometimes relegated to a reactive role, mainly called on to assist membership when one of the M-E and R chairs needed training help. Additionally, we sometimes lost our focus on identifying and developing new leaders. So leadership development needed to come back into the spotlight.

After much study and analysis over all of 2009-10, a special working group of the LCI board developed a plan for restructuring and replacing MERL. The overall plan as

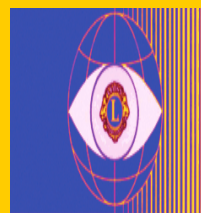
approved by the board replaced on July 1, 2011 by expanding the Global Membership Team (GMT) down to the multiple district and district level by creating MD and District GMT teams and moving leadership into its own parallel platform by creating a Global Leadership Team (GLT).

The purpose of GMT is to provide a worldwide, unified structure from top to bottom for pursuing membership growth. It will clearly place responsibility for membership results in each constitutional area, giving each area more flexibility to meet their own needs and to pursue their own opportunities and provide a way for best practices and membership success to be transferred from strong districts and MDs to those needing help.

In a parallel manner, the goals for the new GLT will focus on the leadership development and training that is necessary for sustained growth and improved Club, District and MD operations. GLT shall provide a system, and a dedicated team, responsible for identifying & developing more qualified leaders from the club level on up. It will enable customization of LCI's leadership training to better meet local needs – i.e. training needed for China is different than what's needed in California. It will also improve and expand use of LCI's many leadership training and development programs

Together, GMT and GLT shall be highly interdependent teams working in tandem, interacting continuously and intensively at all levels. One cannot succeed without the other. GMT will of course pursue membership growth and new club development while GLT will focus on ensuring training of all leadership levels -- from club officers on up -- to ensure that clubs and districts are truly operating in a way that will help us retain and attract more members.

That's a short scenario of why and how the GMT and GLT will function. Our 3-year GMT plan was submitted to LCI in June. I would like all clubs to submit a Membership Growth Plan to me by September 1st. The Team is here to help you grow your clubs and will bring training to your club as requested. The International President's theme is "I Believe" and I believe all clubs can achieve a minimum of a net 2 for 2011-2012 which will give the District a minimum of 70 new members plus two new clubs will put us over the 1,250 mark by June 30, 2012. I believe we can continue our 18 months of positive growth and stay number one in the Multiple District.



**Dedicated to Bringing
Basic Eye Care & Eyeglasses
To a World of People in Need**

**HAVE USED EYEGLASSES?
BRING THEM TO THE CABINET
MEETING AND WE WILL SHIP
THEM TO LIONS IN SIGHT**

Vamos a Ensenada!



THE EVERLASTING QUALITIES OF PLASTICS ARE HERE TO STAY

- An estimated 8 million pieces of plastic enter the ocean every day. That adds up to 13000 pieces of plastic for every square kilometer of ocean.
- Between 90 and 95% of all marine debris is plastic.
- The N. Pacific Central Gyre, a giant raft of plastic debris bigger than the state of Texas floats permanently between California and Hawaii. This "Great Pacific Garbage Patch" is just one of five gyres spiraling out of control between continents of the world.
- 80% of marine plastics originate on land, blown or carried to the sea as urban runoff through storm drains and watersheds.
- Well over half of them are consumer products that haven't been properly disposed of.
- On Puget Sound beaches the majority of these items are single use disposable products.
- Less than 4% of all plastic gets recycled.
- The most used plastic material in the U.S. is polyethylene--plastic bags.
- The least recycled plastic material in the world? Plastic bags.
- It takes 60 to 100 million barrels of oil to make the world supply of plastic bags each year.
- Plastic is forever--it does not bio-degrade.
Plastic does photo-degrade, slowly breaking apart into smaller and smaller pieces called micro-plastics.
A single one liter drink bottle can break down into enough small fragments to put one on every mile of beach in the entire world.
- Micro plastics mimic natural micro-organisms, like plankton, that play a critical role in aquatic food chains. They now outnumber zoo plankton in the marine environment by 6 to 1.
- Micro-plastics mingle in the marine soup with "nurdles" the industrial feedstock used to manufacture all items made of plastic. These "mermaid tears" are washing up on beaches all over the world--even in Antarctica. They attract, absorb, concentrate and store toxins like PCBs and DDT.
- Marine debris impacts nearly 270 species worldwide.
- More than a million seabirds and 100,000 marine mammals and sea turtles die each year from ingestion or entanglement.
- One turtle found in Hawaii had more than 1000 pieces of plastic in its stomach and intestines.
- Plastics are working their way up the food chain. In Puget Sound, scientists are finding toxins from plastics in shellfish, in the fat of harbor seals, and orca whales; in the fish they eat and in seabirds.
- Nursing mothers in the Pacific NW have the highest load of persistent toxic chemicals in the country.
- Inuit women who eat seal and whale fat are advised not to breast feed their children, their milk does not meet FDA standards.
- Every piece of plastic that has ever been made is still with us today.

From the Bainbridge Islander, 7/22/2011
Submitted by Lion Phil Anton

Shred-a-thon

Recycle your old paper documents by
"The Shredders" a certified document destruction company.

Saturday August 20th
8:30 a.m. to 1:00 p.m.

at

Orange Community Bank
6491 Edinger Ave
corner of Edinger & Edwards

Sponsored by:

The Huntington Beach Lions Club
Fundraiser Hot Dogs and Chips - 10:30 a.m.-1:00 p.m.

More information call:
Lion Sherryl Musser
(714) 299-3088



Lions Green Team
Reduce, reuse, recycle, replant



August 5, 6, 7 2011

Friday 5:30PM - 11:00PM
Saturday 11AM to 11PM
Sunday 11:30AM to 7:30PM

**El Centro Lions Park between Orange St
and Cypress Streets one block north of
La Habra Blvd. in La Habra**

DISTRICT 4-L4 CALENDAR

August 4-7	Council of Governors' Meeting Agoura Hills
August 5-7	La Habra Host Corn Festival
August 5	Upland Host Fish Fry
September 12	Foothill Region Meeting
September 13	Saddleback Region Meeting
September 14	Orange Region Meeting
September 18	Vietnamese Lions Club Health Fair
September 22-24	USA/Canada Forum, Anchorage AL
September 24	Harbor Mesa Spaghetti Splash
October 1-2	White Cane Days
October 1	District Governor's Fundraiser
October 21	Harbor Mesa Wild West Casino Night
October 28-31	Council of Governors' Meeting Redding
November 5	Cabinet Meeting
January 7	Melvin Jones Dinner
January 21	Cabinet Meeting
February 1-2	Council of Governors' Meeting Ontario
February 3-5	MD-4 Convention Ontario
February 17-19	Lions Flag Days
February 21	Deadline Club Level Student Speakers Contest
February 26	Teen Recognition Dinner
March 2-5	Ensenada Visitation and Cruise
March 12	Saddleback Region Meeting
March 12	Zone Level Deadline Student Speakers Contest
March 13	Orange Region Meeting
March 14	Foothill Region Meeting
March 5-6	Hearing Days
March 15	Lions Day at City of Hope
March 30	Region Level Deadline Student Speakers Contest
April 14	Cabinet Meeting
May 16-20	District Convention, Four Points Sheraton, Ventura
May 31-June 3	Council of Governors' Meeting Sacramento
June 2	MD-4 Student Speakers Finals
June 22-26	Lions Clubs International Convention Busan Korea

ATTENTION

CLUB PRESIDENTS, CLUB SECRETARIES, CLUB EVENT CHAIRMEN

DO YOU SEE YOUR UPCOMING EVENTS ON OUR DISTRICT CALENDAR?
IF NOT, PLEASE SEND DATES AND FLYERS TO YOUR EDITOR.

HAVE YOU HAD A FUN SOCIAL EVENT, A SUCCESSFUL FUNDRAISING EVENT,
OR PARTICIPATED IN A GREAT SERVICE PROJECT? SEND PICTURES AND A REPORT TO YOUR EDITOR.

SHOW YOUR CLUB OFF THROUGH THE DISTRICT 4-L4 FORUM

EDITOR PDG ELLEN LIEBHERR
616 17TH STREET, HUNTINGTON BEACH CA 92648
(714) 458-3077 EMAIL: ellen@creativecateringhb.com