

The 4-L4 Forum

The Official Publication of
California Lions District 4-L4

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A YEAR OF ACCOMPLISHMENTS & FRIENDSHIP

As I begin my final column as your Governor, the District is still climbing in the Membership Column with a plus 76 and two new clubs for the year as of May 27th two days past newsletter deadline.

This has been a great year of accomplishments for the District in many ways as clubs provided "A Beacon of Hope" to the less fortunate in their communities and around the world.

I've thoroughly enjoyed working with Cabinet members and Club officers for the past two years and most of all, the many friendships that developed during visitations, attendance at fundraisers, District Networking Meetings and our awesome convention. Doing things together was enriching and most of all just plain fun. I want to thank the Convention Committee and all who attended for one of the greatest moments in my life. It is the highlight of my Lions' journey. As some of you already know, my profession is Organization Management and my forte is building high energy and enthusiastic teams. These teams must have the following eight characteristics to be effective:

- A clear elevating goal
- A results driven structure
- Competent team members
- Unified commitment
- A collaborative climate
- Standards of excellence
- External support and recognition
- Principled leadership

Leaders who practice these characteristics are effective leaders and bring out the leadership in others. Effective leaders give team members the self-confidence to act, to take charge of their responsibilities, and make changes appear rather than merely performing assigned tasks. In short, leaders create leaders! This Cabinet, in my opinion, displayed all of the above characteristics throughout the year and are truly Loving Individuals Offering Needed Service.

Our biggest challenge this past year was to improve retention and recruit new members in an "economic whitewater" that tested our endurance. When the final numbers are in on June 30th, it is my wish that the District's membership totals reflect that it is less than 100 members away from reaching 1,250. Overcoming a minus 177 at the beginning of the year was a tough challenge but you all made significant progress.

Continued on page 2

2010-2011 DISTRICT CABINET

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DISTRICT GOVERNOR REPORT (Continued).....

Because the economy will be growing slowly over the next few years, our GMT and GLT members will have to create some new strategies to attract GenXers and Millennials, our next generation of Lions, to participate in providing community service. They want to make a difference, not a contribution. Leo Advisor and GMT member Lion Scott Newton wrote a plan called Leos-to-Lions and it will be part of the new GMT training for all club Membership Directors and Cabinet. This plan has been in effect for two years at Seal Beach Host and is instrumental in their 37 member growth this year. I may have my numbers wrong but I should be close in writing that 25 of those 37 are former Leos under the age of 30 and working in the community. This plan requires keeping good records of your Leos and what colleges they are attending and their projected date of graduation. This district has more than 1,200 Leos in 12 clubs and our goal is to recruit them as soon as they finish their education. One of our Leos from the Diamond Bar Club started a Campus Club at UCLA. We'll be looking for that young lady after graduation to direct her to a club closest to her employment or home.

In closing, I want to thank all Lions for your commitment and dedication that made 2010-2011 a great year in positive growth. I pledge the same energy, commitment and dedication to DGE Ken Sherwood, 1st VDGE "PJ" Smith and 2nd VDG Sheila Casteel.

2011-2012 DISTRICT 4-L4

FIRST District 4-L4 Cabinet Meeting
"Installation of New Officers"
Installing Officer: P.I.D. Dr. Bill Iannaccone
Saturday, July 30, 2011
"TARGET SERVICE"



Costa Mesa Country Club
11701 Golf Course Drive
Costa Mesa, CA 92626
Cost: \$25 per person

Registration: 8:30 a.m., Meeting: 10:00 a.m.

Clubs are asked to bring a raffle prize (approximately \$20 value)

Please send your reservations and checks by July 23, 2011 to:

Lion Marianne Allen

P.O. Box 487 Garden Grove, CA 92842

Phone: 714-658-2232 (leave a message) E-mail: sarahcalt@sbcglobal.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: District 4-L4



1ST VICE DISTRICT GOVERNOR REPORT

KEN SHERWOOD

WHO'S ON FIRST?

A recount of votes was demanded at the District convention (by the DGE) but the totals were the same. A majority of the delegates (two I think) voted for me, so I guess we're all stuck. Despite the election outcome, the convention was great; overpriced and rundown rooms, weed infested parking lot and pool gardens, slightly better than average food and a reduced resort fee even if you didn't resort. The convention committee, led by PDG Jon Casteel, did a tremendous job of overcoming obstacles and stalled negotiations on room rates, to put on an exciting and fun filled weekend.

The fun was aided considerably by hospitality rooms put on by Harbor Mesa Lions, Seal Beach Host Lions and La Habra Host Lions AND a brief, active, double hospitality suite on Friday by the three candidates, enjoyed by everyone who could find them. Although there was very little hostility involved, hotel security did ask one party to dissolve because of excess noise and neighbor complaints. HELLO, we were at a resort to have fun and make noise! If the neighbors wanted peace and quiet, they should have stayed at their care facility and turned off their hearing aids (like I did).

Visiting ID Jerry and wife PDG Judy were fun, personable and interesting.

The talent show on Friday was entertaining and blessedly brief. The act that won did it on comedy relief and NOT singing ability. (My favorite was Lion Dr. Bill Wewer on the mandolin). The Governor's ball had good music with the "Last Chance Band", and even bagpipers and drummers from Upland High School (Highlanders) which were a real treat (also brief). The inspirational speaker on Sunday let us all count our blessings. We departed on Sunday with a strong tailwind and drove from warm sunny skies into clouds and rain. Made us appreciate the weekend even more.

A personal high point for new first lady Marilynne was finding a nail salon across the street from the Doral where she enjoyed a manicure, pedicure, the best hand massage she'd ever had (her words) and paid an exorbitant \$35.00 (including tip). It made the whole trip worthwhile. I turned off the audio and enjoyed an hour of silence and Sudoku.

Now we begin. I'm deeply honored to represent the greatest pride of Lions in the world, District 4-L4. I promise to do my best. If you have NO expectations, you will not be disappointed. GO GREEN. "Target Service". "Believe"

Don't Refuse

DISTRICT 4-L4

NEW OFFICERS TRAINING



WHEN: SATURDAY, JUNE 18, 2011

WHERE: COSTA MESA SENIOR CENTER

695 W. 19TH STREET COSTA MESA

TIME: 9:00-12:00PM

Coffee and rolls will be served

R.S.V.P: Marianne Allen, Cabinet Secretary

Email: sarahcait@sbcglobal.net or Phone: 714-658-2232

Please list the names of all officers attending on the back of this form or email them to me.

Before the Fall College Season Begins...

Before the Pros Put on The Pads...

Get Your Football Fix by Going To...

ORANGE COUNTY'S FINEST PREP CLASSIC

52nd Annual

NORTH SOUTH

All Star Football Game

Friday, July 15, 2011

Orange Coast College • LeBard Stadium

Tickets: \$10 Pre-Sale • \$11 At the Gate

Gates Open: 6:00 p.m. • Kickoff 7:15 p.m.

For More Information or to Buy Tickets

714-978-0333 • 949-855-1556

714-532-8330

Presented by
The Brea Lions Club • Orange County Youth Foundation

Benefitting:
PADRE Foundation • Western Youth Services • Orange County Youth Foundation





2ND VICE DISTRICT GOVERNOR REPORT

P.J. SMITH

I have heard that May is referred to as "Grey May" and June as "June Gloom". As we get ready to say good bye to May it's been anything but Gray. We started out with the Area 4 Student Speaker Contest in the lovely city on Nuevo. Where the hey is Nuevo? Yes, it's out in the hay fields by Lake Paris and thank goodness for MapQuest. Our District representative, Pranay Yeturu was the big winner. Congratulations and good luck to Pranay at the final, statewide contest.

During May 12-15, District 4-L4 held our convention in Cathedral City at the Doral Princess Hotel. On Thursday 33 golfers enjoyed a very nice lunch and braved the wind, heat, narrow fairways and water on just about every hole at the Desert Princess Golf Course. There were some good scores and some not so good. All in all, I believe everyone had a good time.

Friday the games began early with some challenging events. A great job and congratulations go to the winning teams. Yes!! 4-L4 has talent! This was evident by everyone that put on a grand performance at the Friday night festivities. Thank you for taking the courage to get up and execute your best. Our meeting room looked fantastic and colorful with many club banners present with a thank you to all those who brought their banners.

The Governor's Ball and Grand March was the highlight of the evening. Dinner and dancing to the Last Chance Band topped off the night. Sunday we closed with breakfast and final business and motivational guest speaker. We all truly celebrated Governor Norm's great year and welcomed in our new DG, 1stVDG, and 2nd VDG Elects. We extend a big thank you to our convention committee for a great convention.

After finishing our convention, I was an invited guest to the District 4-L5 convention in Ventura. It was a great week which allowed me to see how other districts operate their conventions. I believe that 4-L5 convention was great but 4-L4's was over the top.

Please check the Forum calendar as there are great things happening in our 4-L4 District. Don't be left out. Get actively involved and live up to our motto – We Serve.

An Invitation From The...
OC VIETNAMESE AMERICAN LIONS
"We Serve"

OCVA LIONS CHARTER CELEBRATION & FUNDRAISER

JOIN AN EXCITING EVENING OF FUN, FOODS, DRINKS, MUSIC,
DANCING, ENTERTAINMENT, PRIZES, AUCTIONS,
& INFLUENTIAL COMMUNITY SPEAKERS

SUNDAY JUNE 26, 2011

DIAMOND SEAFOOD PALACE
8058 LAMPSON AVE, GARDEN GROVE, CA 92841
(Corner of Beach Blvd and Lampson Ave, next to Sam's club)

RECEPTION: 6:30PM DINNER & PROGRAM: 7:30PM
TICKET PRICE: REGULAR: \$35 VIP: \$40
(PLEASE PAY IN ADVANCE- TICKETS ARE NOT SOLD AT THE DOORS)

ART AUCTIONS
FASHION SHOW
8 COURSE DINNER
PROFESSIONAL SINGERS

FOR TICKETS, PLEASE CONTACT:
Christine Huyen Chung (949) 331-3006 Tanya Huyen Thanh (714) 785-1416
Quan Tran (310) 766-9407 Hoang Tu (714) 612-6504
James Nghia Do (310) 363-1589 Vanessa Bich Nhu (714) 329-0613
Or email OCVA Lions at: OCVALIONS99@GMAIL.COM

Make check payable to: **OCVA Lions**
Mail check to: OCVA Lions, 1448 Munoz Place, Placentia, CA 92870
(Indicate no of guests, guest names, contact phone no, and return mailing address)

FOR MORE INFORMATION, PLEASE CONTACT:
Mike Khai Pham (949) 378-0107

OCVA Lions is a non-profit organization. All proceeds will go to our charity causes and public services. Thank you for your support.

21st CAR OPPORTUNITY DRAWING
SEAL BEACH LIONS CLUB
2011 Ford Edge-SE

FULLY EQUIPPED
- 3.5L TI-VCT V6 Engine
- Automatic Transmission
- Air conditioned
- AM/FM CD-MP3 Stereo
- 17" Aluminum Wheels
- AND MORE !!

Ken Grody Ford
6211 Beach Blvd - Buena Park, CA
(866) 604-7223

In Cooperation With: (and thanks to)

2nd Prize
55" Vizio LCD HD TV
Model E551VL (or equivalent)

3rd prize
Apple iPad
With Wi-Fi and 3G

Winners need not be present to win. Tax and License not included.
Only 600 tickets offered

Get your tickets early - The last 20 years drawings were sold out!!
\$100.00 donation - Includes dinner for two
Lions 67th Annual Fish Fry July 16 & 17, 2011
Drawing will be held at the Lions Fish Fry: July 17, 2011 - 4:30pm - Seal Beach Pier
Proceeds to benefit the sight and hearing impaired, local community projects and other charitable organizations.

For information or tickets call Jim: (562) 596-6600 or Lee: (714) 325-6790 or mail in the bottom portion of this flyer.
501C3 non profit organization - ID #95-6133601 / C2540594

Seal Beach Lions Club 21st Annual Opportunity Drawing
Make Checks Payable to the Seal Beach Lions Club

Number of Tickets _____ X \$100.00 = \$ _____ Mail to: _____
Name _____ Seal Beach Lions Club
Address _____ 1198 Pacific Coast Hwy. D-305
City _____ Zip _____ Seal Beach, CA 90740
Phone # _____

Method of Payment ☐ Check ☐ Mastercard ☐ Visa
Credit Card # _____ Expiration Date: _____
Month _____ Year _____ #1
Signature: _____ (Required on all credit card orders)



Lion of the Year

CONGRATULATIONS TO ALL 2010-2011 AWARD WINNERS HONORED AT THE PALM SPRINGS DISTRICT CONVENTION

Allyn Mattox, Seal Beach

Club of the Year

- Division A – Diamond Bar Breakfast
- Division B – Pomona Host
- Division C – Seal Beach Host

President of the Year

Allyn Mattox, Seal Beach

Secretary of the Year

Joan Parks, Harbor Mesa

MD-4 Excellence Award

PDG Jon Casteel

MD-4 Excellence Award

PDG Ellen Liebherr.

Membership Contest

- Most New Members by a Club – Seal Beach Host
- Club with Largest % of Increase – Seal Beach Host
- Most New Members by a Lion – Lion Scott Newton, Seal Beach Host

Visitation Contest

Division A – 25 Members or less – Diamond Bar Breakfast

- Division B – 26-50 Members – Pomona Host
- Division C – 51 members or more – Seal Beach Host

Bulletin Contest

- Bi-Monthly Bulletin – Pomona Host
- Monthly Bulletin – Harbor Mesa

Blood Bank Contest

- Most donations per capita by a club – Cucamonga District Host
- Most donations by a Lion – Cabinet Secretary Lion Alice-Faye Peugh

Roll Call

- Division A – Diamond Bar Breakfast
- Division B – Cucamonga District Host
- Division C- La Habra



A BANNER YEAR FOR THE 2010-2011 CABINET



GREAT JOB DONE BY THE CONVENTION COMMITTEE



DG NORM AND VISITING INTERNATIONAL DIRECTOR JERRY SMITH



Governor Norm still crackin' the whip



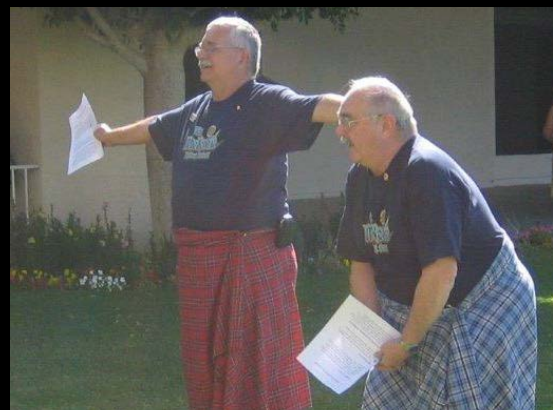
SEAL BEACH SHOWS THEIR IMPRESSIVE ARRAY OF WINS



PR CHAIRMAN CAROL VAN HOLT & ID JERRY



THE LADIES ENJOYED GOLF



TARTANS??



THERE WERE GAMES!



THURSDAY NIGHT FUN!



THE GRAND MARCH



WHO KNEW DR. BILL WAS SO TALENTED?



SEAL BEACH LION ALLYN MATTOX RECEIVED LION OF THE YEAR



PDG CHUCK & SB LION CATHY NEWTON ENJOY SOME DOWN TIME



SEAL BEACH BEAUTIES



..... AND THE BEASTS



WATCH OUT, IT'S LION SCOTT WITH A BOW & ARROW!



LION HANK PRESENTS TOP GOLF AWARD TO LA HABRA LION DANNY



BIG TALENT



HARBOR MESA PRESIDENT JENNIFER KELDER



DG ELECT KEN & PDG CHUCK

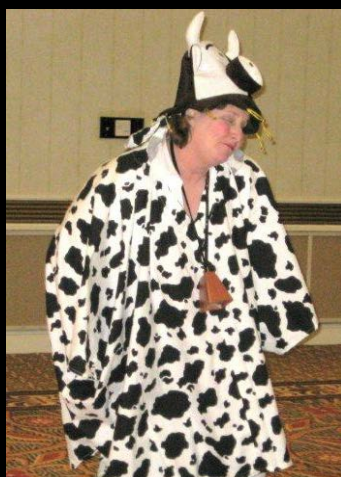


LA HABRA LIONS EVELYN CARRELL, LARRY ROTTWEILER, DANNY HANSON & ROY RAMSLAND





CHARLIE THE CHICKEN



COOKIE HE COW



FLORA FLAMINGO



BEN THE BEAR



HUNTINGTON BEACH HOST AND HARBOR MESA CAME IN BIG NUMBERS



HB HOST LEONARD & SANDI GLEAZE, PDG JIM AND DORIS NORTH, & HARV & TRUDY MARKLINGER ENJOY THE BALL



THERE ARE NO WORDS



GOVERNOR NORM GETS THE MONKEY



CAROL VAN HOLT WINS BULLETIN AWARD



GLORIA KIMMEL GETS GOLF AWARD



GINA STANSBURY GET APPRECIATION AWARD



**SEAL BEACH & LA HABRA
SHARE A HOSPITALITY ROOM**



HIGHLAND GAMES



**MEMBERSHIP AWARD WINNER SB
LION SCOTT AND CATHY NEWTON**



MORE GAMES



LION DAVE HUBBARD FINDS HIS FEMININE SIDE



Lions in Sight Lion Diane Martin

WHAT A WAY TO END THE YEAR!

BREA LIONS HONOR STUDENTS



The Brea Lions Club honored their Citizens of the Month at a recent meeting. These students were not only honored for their academic success, but for being model citizens on campus (a trait that makes them shine among their peers). If these are the future leaders of our country, we'll be in great hands.



Fun – Food – Flicks

District 4-L4 Youth Exchange Program

FUNDRAISER

Bar-b-que, Swim and Movie

(Pool and Sauna will be heated)

DATE: Saturday, July 10, 2010

TIME: 5:00 pm

PLACE: Ken & Denise Myers' Home

2131 Albright

Upland, CA 91784

COST: Adults - \$15.00

Children (Under 10) - \$5.00

For Information call

Ken Myers – (909) 608-1938

Martha Hebert – (909) 624-8670

Come join us for a bar-b-que and an evening at the movies, with Popcorn, Milk Duds, etc., all the things you enjoy at the movies and support the District Youth Exchange Program.



ADVERTISE

June is Directory Month (I know, I just got a call from Verizon Yellow Pages). We're assembling information, making changes, typesetting and GATHERING ADVERTISING to help pay the printing costs. PLEASE send business card (1/4 page) size ads (\$25), 1/2 page ads (\$50) or full page ads (\$100) to DGE Ken Sherwood : sherwood2@verizon.net. You get a full year of advertising in the hands of all of the key people in the District.

HURRY- I'm getting nervous!

American Family Housing

SHELTER FOR THE HOMELESS

A District 4-L4 Approved Project

SATURDAY JUNE 11, 2011

DINNER GALA

6:00 pm – 10:00 pm

Dinner, Entertainment & Silent Auction

Meadowlark Golf Club Grand Ball Room

16782 Graham Street, Huntington Beach



SUNDAY JUNE 12, 2011

8TH ANNUAL CHARITY GOLF TOURNAMENT

11:30 a.m. check in 1:30 p.m. shotgun start

Meadowlark Golf Course

16782 Graham Street, Huntington Beach

\$75.00 INDIVIDUAL GALA DINNER ONLY
\$195.00 INDIVIDUAL GALA DINNER & GOLF
\$700.00 GROUP RATE DINNER & FOURSOME
\$125.00 INDIVIDUAL GOLF ONLY

Register on line with Pay Pal at:

For questions and registration by phone:

Bob Murphy 714.897.3221 x 109

Judy Kampman 714.897.3221 x 110

**REGISTER NOW AND HELP US ACHIEVE OUR CRUSADE TO
HELP REACH OUR GOAL OF \$40,000 TO BETTER SERVE OUR
HOMELESS POPULATION. WE NEED YOU!**

FINAL STUDENT SPEAKER CONTEST

By Lion Carol Linehan

The Area 4 Student Speaker Contest was held May 7. Eight 4-L4 Lions were in attendance to cheer for our speaker. Congratulations to Praney Yeturu who won the Area 4 competition.



PRANEY YETURU, PICTURED WITH 4-L4 DISTRICT STUDENT SPEAKERS CONTEST CHAIRMAN CAROL LINEHAN, WAS SPONSORED BY THE UPLAND HOST LIONS CLUB.

Praney will now move on to compete at the final MD-4 Contest on June 4th at the Council of Governors meeting in San Jose. We hope his speech and presentation on "Enforcing Our Borders; State vs. Federal Rights" will be the winning speech.

In the 74 years 4L4 has had 7 winners. Could this be our year to shine?



GOVERNOR NORM, VDG'S KEN & PJ CONGRATULATE PRANEY



HUNTINGTON BEACH LIONS CLUB COOK UP A STORM!

It was a busy month for the Huntington Beach Host Lions. They started off on May 3 cooking a meal for the residents of Ronald McDonald House.



HB President Sandy Gleason enjoys a fun evening at Ronald McDonald House with a special friend.

That was followed by their annual Pre-Mother's Day All You Can Eat Pancake Breakfast on May 7. They learned from the Boys Scouts that their club at one time chartered in 1922 and closed in 1926 (probably because of the depression), however, the original group dedicated the Boy Scout Cabin in Lake Park in 1924!



The next week a large group ventured to Palm Springs to enjoy the District Convention. May 17th this active group served approximately 650 graduating seniors of Marina High School (where their Leo Club is located) a pancake breakfast. That was followed by hosting a booth at the Surf City Connection, where Lions Steve Christy and Leonard Gleason gave untold numbers of people information about the HB Lions club. They also welcomed new members Adam Miller, Sherryl Musser and Mark Billes Last, but not least, on Sunday May 22nd they served yet another pancake breakfast for the participants in the Huntington Beach Relay for Life. Believe it or not, they still have pancake mix left!





VisionWalk

A CURE IS IN SIGHT

Foundation Fighting Blindness

Invites you to join

VisionWalk

Sunday, June 5, 2011
California State Fullerton
9:00 A.M. Registration
10:00 A.M. Walk Begins

The Foundation Fighting Blindness (FFB) is pounding the pavement nationwide to increase awareness and research dollars through VisionWalk, FFB's signature fundraising event. VisionWalk will raise money to support cutting-edge research to find the preventions, treatments and cures for retinal degenerative diseases.

WALK WITH US!

VisionWalk is a 5K (3.1 miles) walk designed to raise awareness and dollars for the fight against retine degenerative diseases. All walk routes are wheelchair and stroller accessible.

How can you help?

- ✦ Form a Team with family, friends, co-workers, neighbors
- ✦ Walk as an Individual
- ✦ Volunteer at the Walk
- ✦ Become a Sponsor of the Walk
- ✦ Make a Donation to a Walker
- ✦ Visit www.VisionWalk.org for more information



Since its inception, FFB has raised over \$380 million for retinal disease research, more than any other non-governmental agency. FFB invests in cutting-edge research in promising areas such as genetics, gene therapy, retinal cell transplantation, artificial retinal implants and pharmaceutical and nutritional therapies.

For more information, please contact PDG Barbara Hayward at (714) 545-6126 or bhayward@sbcglobal.net, PDG Dan Mayer at (949) 458-3710 or londmayer@cox.net, or Donna Cohen, Events Manager at (310) 207-2089 or DCohen@FightBlindness.org

HARBOR MESA NEEDS PARTICIPANTS FOR VISIONWALK, PLEASE HELP!

Join the Harbor Mesa Lions at the VisionWalk annual fund raiser for the Foundation Fighting Blindness, an approved project of District 4-L4. Be a part of team "Paws for a Cause" walking the 5K course of Cal State Fullerton.

The Mission Viejo Lions are manning the entry, refreshments, t-shirts (which are free for walkers,) etc. There's music, refreshments, hand-outs and fresh air! We are asking for members from other clubs to be there so the Lions are well-represented in the walk. You don't even have to do the whole walk and many don't. All ages are welcomed as are dogs. You can wear your club shirts to represent your club and location. Many organizations are there with a huge number of walkers and we really want the Lions to be outstanding and noticeable. "SPREAD THE WORD, JOIN THE HERD, WALK FOR THE BLIND, SHOW WE ARE KIND.....LIONS ROAR!!!!

The date of the event is Sunday, June 5, 2011, and is held at Cal State Fullerton. Registration is at 8 a.m., walk at 9 a.m. You can find all information on the website - fightblindness.org. Go to the VisionWalk site for Orange County, CA. You can also make a donation by going on the "Paws for the Cause" team's site.

Please let our chair, Lion Lisa Knowles, know that you will participate. You can contact her at: 949-631-5523 or e-mail: drkay2@sbcglobal.net.



HEARING & SPEECH ACTION NEWS

Ear Pressure and Flying

Most of us have experienced the pressure build-up in our ears during an airplane flight. When cabin pressure changes the pressure on the inside of the eardrum (the middle ear) needs to change along with it. That takes time, and meanwhile we feel the difference.

Climbing is normally not a problem because high-pressure can flow passively out of the middle ear through the Eustachian tube.

Coming down, things are not so easy. Airflow *into* the middle ear requires actively opening the tube by swallowing, yawning or chewing. It can also be opened by performing the Valsalva maneuver (i.e., pinching the nostrils, closing the mouth and blowing). Note that doing this too forcibly can cause ear damage.

If we don't actively equilibrate pressure the differential can become so large that the Eustachian may not be able to open. This imbalance can persist for days, even weeks, causing pain, pressure, ringing and hearing loss. For people who already have a hearing loss, any additional decline in hearing (even if temporary) can become a serious issue for overall hearing and communication. Very rarely, this ear barotrauma can be transmitted to the inner ear, with symptoms including dizziness and vertigo and causing permanent damage.

To avoid this problem, try to avoid flying when you have a cold or allergies. Use a decongestant nasal spray (such as oxymetazoline) 30 minutes before takeoff and again 30 minutes before starting descent. It's a good idea to stay awake during descent. Mechanical aids such as earplugs with a flexible membrane (e.g., EarPlanes) slow down the buildup of pressure.

If symptoms persist over 24 hours call your doctor to prevent the rare case of permanent damage. For more information see American Hearing Research Foundation website www.american-hearing.org/

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Fantastic Foothill

Region Chairman Jack Tanaka

As another Lion Year comes to a close, I want to express my gratitude to District Governor Norm MacKenzie for giving me the honor of serving our District as Foothill Region Chairperson this year. I would like to thank my Zone Chairs, Mike Stewart in Zone A, Michael Wirtes in Zone B and Wanda Tanaka in Zone C for helping me with my job in the Foothill Region.

The **Upland Host Lions** provided eye exams and glasses for nine Upland school students, donated funds to the Upland High School Bagpipe Band, coordinated volunteer services for the City's Lemon Festival, collected and donated 128 pairs of used eyeglasses to our District. They donated to the Western University Lions for their Charter event.

The **Ontario Host Lions** prepared for their golf tournament, made a donation to the Western University Lions for their Charter event, honored four Students of the Month and Past Council Chairperson Ed Bordenkircher continues to serve on the Board of Directors for Lions Camp at Teresita Pines working on the Encouraging our Youth campaign.

The **Pomona Host Lions** organized docents and serve as docents for the Claremont/West End Children's Fund Home Tour, worked the Taste of Pomona Tour of Mayfair Hotel, worked in the Literacy Project tutoring, sponsored and worked the newly chartered Western University Lions Club event, participated in the Superintendent's Faith-Based Round Table, crocheted beanies for the military with Pomona Baptist Church, collected shoes from various organizations and delivered them to Sports Chalet for their "Shoes for Japan" campaign.

The **Brea Lions** interviewed students at Brea Olinda High School for Citizens of the Year honorees. They made donations to Brea Olinda High School's graduation night and to Brea Canyon High School's graduation dinner.

The **Chino Valley Lions** made donations to Learning Allay (formerly RFB&D), Boy Scout Troop 220, Wilderness Camp for Deaf Children, Inc., Chino Youth Boxing Association, Boys Republic, Chino Hills Friends of the Library, Neighborhood House, Isaiah's Rock and to Lions Camp at Teresita Pines. They also participated in the Lions Float, Inc. meeting, Student Speaker and Leo programs.

The Diamond Bar Breakfast Lions collected 23 pairs of used eyeglasses, co-sponsored the 28th Annual Diamond Bar Easter Egg Hunt with the city of Diamond Bar and worked a carnival ride at the 22nd City Birthday Celebration. They attended Leo Club meetings at Diamond Bar High School and Chaparral Middle School, participated in Lions Float, Inc., Student Speaker and Teen Recognition Program meetings. They made

CUCAMONGA DISTRICT HOST LIONS CLUB RECEIVES STAR AWARD

Cucamonga District Host Lions club was presented the Star Award by District 4L-4 Governor Norm MacKenzie in recognition of the clubs dedication to bringing eye care and eye glasses to a world of people in need by collecting more than 4,904 pairs of used eyeglasses. This award was presented to Cucamonga District Host Lions Club at their monthly meeting on May 25th at Antonino's Restaurant in Rancho Cucamonga.



Pictured is incoming President David Geyer, Lion Tamer Tony High, District 4L-4 Governor Norm MacKenzie, President Tamara Martin, Eyeglass Chairs Scotty Barclay, and Larry Williams

FOOTHILL REGION REPORT (CONTINUED).....

donations to Western University's Charter event and to Lions Clubs International Foundation for both a Melvin Jones Fellowship and a Melvin Jones Progressive Award.

The **Walnut-Diamond Bar Lions** held their annual Pancake Breakfast and Easter Egg Hunt, made a donation to Lions Clubs International Foundation and participated in the Leo program.

May 12-15, 2011 was our District 4-L4 Convention at the beautiful Doral Resort Hotel in Palm Springs. There were lots of awards and recognition of all of the hard work our Lions have done all year. Congratulations to all the golf tournament winners. The District Lion of the Year, President and Secretary of the year were announced. Small Club of the Year was **Diamond Bar Breakfast** and medium Club of the Year was **Pomona Host**. Visitation Contest winners for small club was **Diamond Bar Breakfast** and for medium club was **Pomona Host**. **Diamond Bar Breakfast** also won the District Roll Call Attendance Award for small clubs. **Cucamonga District Host** won the Blood Bank Contest and Cabinet Secretary **Alice-Faye Peugh** donated the most units of blood.

Thank you to all the wonderful Lions in our District that have been a "Beacon of Hope" to all those less fortunate in our world throughout this Lion year and to all the "Clans Building the Next Generation of Lions."



SUPER SADDLEBACK

**REGION CHAIRMAN
JEFF CARROLL**

Well it was a great Convention and I hope everyone who went had a fantastic time. The Convention committee did a terrific job. It was the perfect way to celebrate a great Lions year.

Amidst the convention, Saddleback clubs still found a way to stay busy this month. Huntington Beach Host cooked a meal for the Ronald McDonald House and held not one, not two, but three pancake breakfasts!

The Orange Lions also worked at the Ronald McDonald House and provided eye exams and glasses to five students of the Orange Unified School District. The golf tournament they held at the beginning of the month raised \$5,500 for their charities. Nice work!

Harbor Mesa stayed busy as usual with over \$700 raised at their annual garage sale and volunteering over 100 hours to community service including the senior center, the Vision Walk, Relay for Life and the Girl Scouts.

This next month, be sure to make it to the Costa Mesa Newport Harbor Lions Annual Fish Fry. Many other clubs are sure to be in attendance manning their booths, raising funds and having a great time.

Finally, I would like to say how much I enjoyed serving as Region Chair for the year and how much I appreciate Governor Norm giving me the opportunity to contribute to the District in this way.

ORANGE LIONS CONTINUE SERVICE AT RONALD MCDONALD HOUSE

By Orange Lion Diane Quinlan

The Orange Lions Club cooked up eggs, bacon, sausage, waffles and strawberries for a full house of hungry people at Ronald McDonald House. They also brought 217 books for the kids that stay in the house and that are over at the hospital. 63 of these books were donated by the Harbor Mesa Lions Club.

One little girl was very excited as she wanted to take a book to the hospital to read to her brother. She went thru and picked out several books and was smiling from ear to ear with her choices. There were several large story books that contained multiple stories in one book.



One parent expressed how thrilled she was to have new things to read to her child who is a patient at St. Josephs Children's Hospital. An aunt staying there with her sister said that when her niece came back from the hospital she would be excited to see all the Pooh books.

SEAL BEACH GET EYEGLASS COLLECTION MAILBOX

At a visitation to the Garden Grove Lions Club in February Seal Beach Lion Cathy Newton saw eyeglass mailboxes and immediately thought about placing something similar in Seal Beach. After doing significant research, Lion Cathy convinced the club to spend \$400 to purchase two Eyeglass mailboxes from the Garden Grove Lions Club. She was convinced that she could get one placed in Leisure World and wanted to use the other for Seal Beach events. The board granted the request but several Lions said that it would be impossible to get one into Leisure World.

In early April, Lion Cathy was able to get approval to place a permanent box in the Heath Center within Leisure World. After refurbishing the mailbox (new signs, the eyeglass story and a locking mechanism), it was place in Leisure World during the last week of April.

Lion Cathy wrote articles for both the Seal Beach Sun – Leisure World Edition and the Golden Rain News. The mailbox and a full story were on the FRONT COVER of the Sun which was mailed directly to over 9,000 households in Seal Beach. Although many said it couldn't be done, she also got a picture and coverage in the Gold Rain News which also has a circulation of over 9,000.

One week after the articles were published she went to the box to see how many glasses might be there. The box was literally overflowing and has 192 pair of eyeglasses and 5 hearing aids – in just over 1 week!



This is worth mentioning since Lion Cathy is a new Lion. It is a prime example of how a new energetic Lion with determination can make a difference. She has volunteered to become the club's Sight Awareness Chairman next year and has numerous ideas for greatly enhance the eyeglass collection program and to create ways to help those in need of receiving vision care.

Dear Lions,

I've promised you since the beginning of the year that we would work hard this year to improve our international platform of communication. We must better share with our Lions and the world why our global Foundation is truly like no other. And today, I am very excited to announce that LCIF has just launched a [brand new Web site](#). The English version is now available, and all languages will launch by our convention in July.

This new site gives you more tools and resources to promote the good work we Lions are doing. On the homepage, the [Recent Grants](#) area highlights some of recently awarded funds for grant projects.



The [Changing Lives](#) area links to stories of individuals, partners and donors who have all been impacted by the work of Lions, made possible by LCIF. These stories inspire us to do even more. And you can even share how LCIF has helped in your life or community by [Sharing a Story](#).

Our [News](#) section includes the latest information from the Foundation, including my monthly messages. In [About Us](#), you can learn more about our history, partners and leaders.

An entire section of our new site is devoted to you, our Lions members. Our [Lions Center](#) provides information on [grants](#), [ways to donate](#) and how to get involved in our many programs. The [materials section](#) includes ready-to-use publications, forms, videos and powerpoints that can share with your club, district or community.

And within the Lions Center there is a section specifically for [our coordinators](#), our well-trained ambassadors of the Foundation. Coordinators will be able to find a calendar of important dates, club information, form and materials, recent news and reports.

Please visit our new site at www.lcif.org. I know you'll agree that these improvements will help all of us to better communicate the impact and work of the Foundation.

With my cordial regards,

Eberhard J. Wirfs
Chairperson
Lions Clubs International Foundation



DISTRICT 4-L4 CALENDAR

June 4 & 5	Costa Mesa Fish Fry
June 5	Vision Walk 2011
June 4	MD-4 Student Speakers Contest Final
June 11	American Family Housing Gala Dinner
June 12	American Family Housing Charity Golf Tournament
June 18	District Officers Training, Costa Mesa Country Club
July 4-8	Lions International Convention, Seattle WA
July 10	District 4-L4 Youth Exchange Program Fundraiser
July 15	Brea Lions North South Football Game
July 16 & 17	Seal Beach Fish Fry
July 23	Cucamonga District Host Blind Buddies Golf Challenge
July 30	District Cabinet Meeting, Costa Mesa Country Club
August 5-7	La Habra Host Corn Festival
September 22-24	USA/Canada Forum, Anchorage AL



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

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

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

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