

The 4-L4 Forum

THE OFFICIAL PUBLICATION OF CALIFORNIA LIONS DISTRICT 4-L4

Volume 90 Number 4 OCTOBER 2011



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THE VIEW FROM THE TOP

USA/Canada Forum. Entertaining, educational, environmental, enriching, emotional, energizing. An "E" ticket ride. Anchorage, Alaska is the city I would call the "Big Easy". Everything we wanted to see and do was within walking distance from the hotel. Tours, long and short, were available every day. The evening entertainment was good; the seminars were educational; the meetings were energizing (especially with President Tam); meeting friends from other states and making new friends was enriching; the city was clean and environmentally sound; the programs and presentations were emotional. It is truly the best Lions experience you can have for the money. I've registered for 2012 in Tampa, Fl. Join me for fun, fellowship and a phenomenal Lions experience. With about 3,000 in attendance, I'm proud to report that MD-4, California had the largest group of any multiple district at the Forum.

The good news keeps getting better. District 4-L4 is leading North America in net membership gain. We've had 20 straight months of plus with Seal Beach Host leading the team effort. Many of our clubs are gaining weight (the good way) with Laguna Niguel, Pomona Host, Cucamonga District Host, La Habra Host & O.C. Vietnamese American adding members, just naming a few. I appreciate the honor of inducting new members on the governor's visitations, but I'll come to your club and perform that simple pleasure anytime I'm asked. Adding new life to Lions is never an imposition.

4L-4 is also adding new life and breath with tree planting. 17 for Chino Valley (with Boy Scouts), and in October Garden Grove is expected to plant 51. Many other clubs have pledged at least one tree per member and exceeding their pledge. Worldwide, President Tam reported to us in Anchorage, the interim total has exceeded 2 million trees, more than twice that for which he asked.

We believe! What ever you truly believe can be accomplished; new members added, old members returning, new trees planted, larger percentage of women in Lions, new LEO clubs, more family activity - all because we BELIEVE.

Our youth, our future. Congratulations to the Diamond Bar High School LEO club for receiving the LEO Club Excellence Award for 2010-2011 fiscal year. With it go the thanks of the Governor and the entire district to District LEO Chairman, John Doogan, and the Diamond Bar High School LEO advisors, Jack & Wanda Tanaka. Due to the hard work and dedication of our LEO District Chairman, the LEO club advisors and the outstanding activities of our LEOS, the Youth Programs Dept. of Lions Clubs International has selected District 4-L4 as a winner of the Young Leaders in Service Top Ten District Award. We are the best, GO LEOS!

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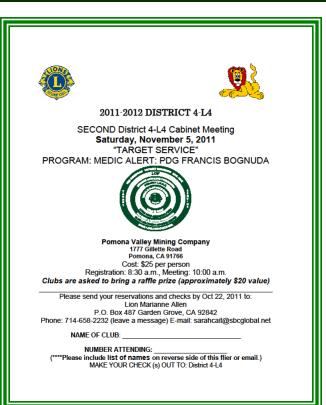
VIEW FROM THE TOP (continued).....

The MD-4 convention will be here in a flash, make reservations now. All events, displays, meals and shows will be at the Ontario Double Tree Hotel on Vineyard Ave. Stay in the center of the action by reserving a room at the headquarters hotel. With four candidates for International Director endorsement, there will be lots of hospitality. Being the host district, we want a large showing from the local clubs. Don't commute - consume. Stay and play.

Rose Parade time is meet the President time. For club presidents only (and SPSOs), Sunday, January 1st is a special opportunity to meet with International President Wing-Kun Tam at the Doubletree Hotel in Pasadena.

Tentative scheduled start time is 1:00pm. Call me right away and reserve your space. We need to plan for our expected attendance.

BELIEVE ACHIEVE EXCEL







THE BREA LIONS MANNED THE **BEER & WINE GARDEN** BOOTH AT THE BREA JAZZ FESTIVAL ON BIRCH STREET. SEPT 9



Join us on SATURDAY, November 12, 2011 to honor the newest recipients of Canine Companions assistance dogs in the Southwest Region.

Graduation begins at NOON at the Serra Center at the Mission San Luis Rey Parish at 4070 Mission Avenue in Oceanside, California. Graduations are open to the public with free admission.

District Governor Ken Sherwood's Visitation Schedule

| <u>Date</u> | <u>Day</u> | <u>Time</u> | <u>Club</u> |
|-------------|------------|-------------|-------------------------|
| 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 | 12:10 PM | Pomona Host |
| 6-Oct | Thu | 6:00 PM | Walnut-Diamond Bar |
| 16-Oct | Sun | 4:00 PM | OC Costa Rica |
| 18-Oct | Tue | 6:30 PM | Buena Park Noon |
| 19-Oct | Wed | 12:00 PM | Western University |
| 19-Oct | Wed | 7:00 PM | Orange |
| 20-Oct | Thu | 7:30 AM | Upland Host |
| 20-Oct | Thu | 6:30 PM | RC Community |
| 26-Oct | Wed | 6:00 PM | Cucamonga District Host |
| 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



CABINET SECRETARY MARIANNE ALLEN'S REPORT

Our first Region meetings were a great success. We had over 150 members that showed up and supported the Environmental programs that are so dear to our District Governor and so many of us.. I want to thank all of the Region and Zone Chairpersons who assisted in making these region meetings a great success.

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. . Several Clubs have not submitted their reports. You know who you are and I will be contacting you this month to get this accomplished.

A couple of things I need to let you know. One is the **Peace Poster Contest Deadline is November 15, 2011**. You can order Peace Poster Kits through the International Website. We do not have a Peace Poster Chair this year so the entries must be given directly to District Governor Ken Sherwood. The other is the Student Speakers Contest. This year's topic is "What Could the America of Yesterday Teach the America of Tomorrow". MD4 will be sending out information to the Clubs. Please let every club participate in this year's contest. We will be having training done at the next Cabinet meeting by Lion Sandi Richmond.



1ST VICE DISTRICT GOVERNOR REPORT

PJ SMITH

There is no way to sugar coat what I'm about to say that District 4-L4 is fabulous. Our District is now number one in North America and California MD-4 for membership growth. This could not have happened without the many, many great Lions in our clubs inviting new members to be part of our growing family. We are so close to reaching that magic number of 1250 members and I know we are going to reach this goal under Governor Ken's watch. Sometimes we struggle and fight changes but the numbers speak for themselves. GMT and GLT are working. Every member on our cabinet who works for all of our Lion members thanks everyone for their diligence and hard work.

This month like last month has been extremely busy. The governor's cabinet has visited 21 clubs since the first of August and 12 are scheduled for the month of October. The welcome at all of the clubs has been overwhelming. At each visit, you can see and feel the enthusiasm and camaraderie within our Lions family. I, along with your cabinet, would like to thank all of our clubs for their hospitality and friendship at each visitation.

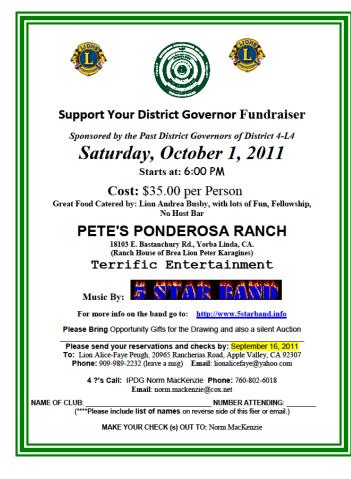
Foothill, Orange and Saddleback Region Meetings were held in September. The Region chairs did an outstanding job putting together their meetings with great locations and excellent dinners provided. All the Region meetings had interesting programs and were well attended. We thank all the Lions that came and supported the Region meetings and made them a hugh success.

The Rose float is well into being built and from what we are hearing this is going to be an award winner. This float doesn't come cheap. We need all the support with merchandise sales and donations. Lion Sheila Casteel 2nd VDG is your "go to" person for purchasing goods for the float. Please give Lion Sheila your support, thanks GUIDO. Upcoming dates for decoration will be posted in the Forum and on line.

The month of September I had the opportunity to cook lots and lots of Brats at the Orange Street Fair for Orange Lions Club. This event is so large and they need all the help they can muster up. Not only is it fun working at the Fair but the food is fantastic. We extend a big thank you to everyone that helped. This is a great example of Lions helping Lions.

Lions Camp @ Teresita Pine held their open house on September 17. I just love going to the mountains and visiting the camp. The visit always brings back found memories when I was growing up in upstate New York. The woods like Camp Teresita Pines was my backyard filled with fun and excitement. Thank you PCC Ed Bordenkircher and staff for providing this environment for the kids that attend.

Several questions have been raised regarding the Peace Poster Contest. The dead line for the contest is October 22, 2011. We do not have a chairman so all posters must be given to Governor Ken before the dead line.





It is the time of year when all District Committees and Projects inundate each Lions Club requesting funds. This letter is no different, but I want you to understand, this request is asking for each club to consider the opportunity you have to honor one or several of your own Lion Members, as well as add to the funds needed to give away as scholarships to many teens who will participate in this years Student Speakers Contest.

This year's Student Speaker's Topic has been decided and announced. It is, "What Could The America Of Yesterday Teach The America of Tomorrow?" Gives you pause for thought, doesn't it? My thought is, the Student Speakers Foundation started in 1960 has taught us that we need to continue growing these funds to help the students of today continue to grow into tomorrow.

Please consider a donation to support this very worthwhile cause. There are the five beautiful plaques and pins to honor your members for outstanding service, and a banner patch to show others what your club supports, as well the opportunity to put the Foundation in your will for any amount.

Take a good look at page 91 in this year's directory. The details are all there for the various Fellowship amounts and addresses. You can also go on line to the Student Speakers Foundation to get more information and the forms to order the Fellowships. Please call me anytime with any questions or for any help I can give.

Thank you, Lion Joan Parks, Trustee 949-548-2440, home 949-422-4133, cell

Please check the Forum for many upcoming events.



2ND VICE DISTRICT GOVERNOR REPORT

SHEILA CASTEEL

As you know, both our International President and our District Governor believe that trees are crucial to life as we know it. Trees give us oxygen, and without oxygen we would die. Trees provide us with shade, and shade protects us from the damaging properties of the sun. Trees offer endless beauty and immeasurable function.

Trees are also a living example of the inevitability of change. Autumn is the time when many trees change from having leaves of green to brilliant shades of gold and orange. As winter approaches, leaves begin to drop until they are lost altogether. Eventually, new leaves emerge and perhaps blossoms begin to appear. Blossoms then go through a miraculous transformation to become fruit. The fruit matures, ripens and then falls to the ground. Soon the cycle starts all over again. OK, maybe not so much in Southern California and not all varieties, but you get the idea.

Year after year trees undergo this incredible and inevitable change. Yet, no one ever hears trees moan about the change. They don't complain that spring did not provide enough water, or that summer gave too much heat, or that autumn was not long enough to prepare for the harsh winter. Trees simply undergo the change season after season, year after year. Every year, they continue to grow and get stronger, offering more of what they give.

It is no wonder President Tam and District Governor Sherwood have placed such emphasis on tree planting programs. Trees throughout the world give us the things we need to sustain life, to make life more comfortable, and they also give us lessons about life. I encourage all of you to reach your tree planting pledges. To those of you, and I know that there are a number of you, who have already met or exceeded your tree planting pledge, well done! I leave you all with this...

Advice from a TREE

Stand Tall and Proud Sink Your Roots into the Earth Be Content with Your Natural Beauty Drink Plenty of Water Enjoy the View ~ Ian Shamir ~

LIONS CLUBS INTERNATIONAL PEACE POSTER CONTEST



"VISION OF PEACE"



2010-11 Grand Prize Winner Raj Phairembam, 11 years old, India Sponsored by Moirang Lions Club

"We need to stop violence for a new era of peace."

Each year, Lions clubs around the world proudly sponsor the Lions International Peace Poster Contest in local schools and youth groups. This art contest for kids encourages young people worldwide to express their visions of peace. During the last 20 years, more than four million children from nearly 100 countries have participated in the contest.

The theme of the 2011-12 Peace Poster Contest is **"Children Know Peace."** Students, ages 11, 12 or 13 on November 15, are eligible to participate.

One international grand prize winner will receive a trip to a special award ceremony with the sponsoring club president and two family members at Lions Day with the United Nations (subject to change). During the ceremony, the winning artist will receive an engraved plaque and a cash prize of US\$5,000. Each of the 23 merit award winners will receive a cash award of US\$500 and a certificate of achievement.

- **October 1**: Deadline to purchase kits from the Club Supplies Sales Department at International Headquarters.
- November 15: Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor
- **December 1**: Postmark deadline for a Governor to send one winning district poster to multiple district council chairperson. **December 15**: Postmark deadline for the multiple district council chairperson to send one winning poster to the Public Relations Department at International Headquarters.
- **February 1**: International winners notified on or before this date.



City Snippets

For another installment of City Snippets, here is an interesting item from City of Hope's EHope newsletter. District City of Hope Chair Lion Lorna Badame

DID YOU KNOW?

Smoking or putting on a few extra pounds may make prostate cancer more deadly. Researchers collected nearly three decades of data on more than 2,700 men with prostate cancer. They found that every five-point increase in body mass index, a measure of height versus weight, boosted their risk of dying from the disease by more than 50 percent. Even worse, men who smoked increased their risk of dying from the disease by another 50 percent. The researchers cite the study as evidence of the need for smoking cessation and weight control for prostate cancer patients.

The National Cancer Institute has more information about prostate cancer risk factors and prevention as well as information and tips on quitting smoking. This and other pertinent information can be found on the NCI website, <u>www.cancer.gov</u>.







The **HARBOR MESA LIONS** held their annual School Box Project with the assembly on August 27 and the distribution to two schools September 8 and 9. Twenty members participated in this project that involved almost 200 children.













Fantastic Foothill Region Chairman Gil Smith

The **Foothill Region Meeting** on September 12th was a big success. There were 66 Lions in attendance from ten of the eleven clubs in the Region. Each club was able to share what it was doing. DG Ken Sherwood discussed his environmental objectives for the year and the reasons behind this emphasis. 1VDG PJ Smith displayed some of the great prizes he has for the DG's Fundraiser October 1st. 2VDG Sheila Casteel encouraged each club to purchase a Lions Float patch for \$200 and touted the expanded float paraphernalia of pins, polo shirts and windbreakers. IPDG Norm MacKenzie rolled out aspects of the GMT (Global Membership Team) program for this year. Also, Joan Parks discussed the Student Speakers Foundation and Teen Recognition. I extend my personal thanks to all the Lions who helped make this a smooth and successful meeting.

By the time you read this, the Foothill team will have conducted five **Membership Plan Workshop** presentations with two more scheduled. This is a 45 minute facilitated discussion with clubs in an effort to help them invigorate their membership recruitment, activation and retention efforts. It shares a variety of ideas and best practices and is a natural complement to what IPDG Norm MacKenzie is taking to clubs in his roll out of the GMT program.

I had the good fortune of joining over 1,500 Lions at the just completed **USA/Canada Forum** in Anchorage, Alaska. It included 62 workshops led by speakers with vast experience in the areas they covered and supporting materials from their presentations. Dignitaries included International President Tam, the International 1st VP and 2nd VP, and past and present International Directors from the USA and Canada. MD4 won the prize for the most in attendance and was the loudest when introduced. District 4-L4 was well represented by DG Ken Sherwood, IPDG Norm MacKenzie, PDG Elizabeth Warren, RC Gil Smith, Pomona Host IPP Jack Lightfoot and Pomona Host 1st VP Barbara Smith.

Did you know there is a dues break for **Family Members**? After the initial family member, up to four additional members of your family who live at the same residence can join and receive a break from LCI – no initiation fee and half the International dues. Additionally, family members are an excellent way to expand your club and gain support from spouses who might wonder why you spend all that time on Lions.

Recent activities by clubs in the Foothill Region include the following (please note that if your club is not listed it is due to your Region Chair being at the USA/Canada Forum and it will be covered next month):

CUCAMONGA DISTRICT HOST LIONS: had four members attend the Camp Teresita Pines Open House on Sept. 17th. They had a lot of good food and fun, including a hayride and then a vanpool to the new Lions Camp at Wrightwood. The club is gearing up for a big turnout for the California Friends in Sight screening Dec. 3rd.

ONTARIO UPLAND LIONS: is preparing for the Oodles of Noodles Spaghetti fundraiser set for October 15th from 3:00 - 6:00 p.m. (serving stops at 5:45 p.m.) The cost is \$6.50 per person and if you bring an unwrapped toy (infant to 12 yrs) for Santa Claus, Inc., you will receive a FREE dessert. The event will take place at Magnolia Park, 651 W. 15th St. in Upland (corner of San Antonio Ave. and 15th Street). Proceeds will go to Upland Fireman's Funds and Santa Claus, Inc. The club has also been busy selling calendars for its Fall Fundraiser and selling Terry Lynn Nuts and Chocolates. Nine members attended the Foothill Region Meeting at Western U.

RANCHO CUCAMONGA COMMUNITY: members continue to provide significant service hours for San Antonio Community Hospital. They also supported Helping Lions in Need. The club continues its investigation into new hands-on community service projects. A recent Outback fundraiser netted over \$1,000 for its charities fund.

UPLAND HOST LIONS: community service activities included volunteering at San Antonio Community Hospital, collecting 200 pair of used eyeglasses and paying for three student eye exams and glasses. The club will be hosting a brand new Club at the Atria Senior Home very soon - they have eight residents who have been Lions and would like to start a new Club at the Senior Home. Ken Myers is leading a diabetic walk fundraiser at Knotts Berry Farm on October 1st.

ONTARIO HOST LIONS: just concluded its 11th annual Pasta and Wine Tasting Dinner on Sunday Sept 25th at the Cooper Museum in Upland. With the beginning of the school year, the club activated its Students of the Month program and recognized six students in September at its lunch meeting with each honoree receiving a certificate and a cash gift of \$25.00. Ontario Host will recognize 12 to 15 outstanding students chosen by their teachers/counselors every month during the 2011-2012 school year. The club is also working with the city of Ontario on a tree planting project. The club will plant the trees and the city will fund the effort so Ontario Host is really excited about the project as it works towards the goal of 100 trees this year.

POMONA HOST LIONS: marched in the Pomona Day parade at the LA County Fair. Adorning a sports car in the parade was President Amanda Behnke. Pomona Host Lion Anne Henderson was recognized as a Pomona Hero for all her community service work. Visitations are continuing at a rapid pace. The club is having a vacation opportunity drawing for a week at a condo in Kauai, Hawaii and \$1,000 reimbursement for airfare.

WESTERNU LIONS: is volunteering with Upland Host at the Step Out Walk For Diabetes on Oct 1st at Knott's Berry Farm. It also is planning vision screenings at the City of Pomona's Academic & Wellness Fair, La Casita Teen Center, Saturday October 8th from 11:00 a.m. – 3:00 p.m.

CHINO VALLEY LIONS: has planted 17 trees in the Chino Hills. The club is now shifting to preparation for its two major annual charities fundraisers. The Pumpkin Patch will open on Oct 13th and the Christmas tree sales will be in December. Chino Valley also collected 315 pair of used eyeglasses.

WALNUT DIAMOND BAR LIONS: visited the Long Beach Washington Club at the Kite festival in Long Beach where special T-shirts were given to commemorate the event. The club also had their scholarship winner and her mother come to the meeting last month.

FOOTHILL REGION MEETING September 12, 2011



District Governor Ken and First Lady Marilyne Sherwood at the Foothill Region meeting



District Photographer Wanda Tanaka, Public Relations Chair Jack Tanaka and Foothill Zone C Chair Drew Sasser



Inspecting the district pin collection and other prizes for the Governor's Fundraiser



Foothill Region Chair Gil Smith threatens to pull IPDG Norm MacKenzie off the stage.



Cabinet Secretary Marianne Allen shares a laugh.



Foothill Region Chair Gil Smith leads the meeting.



Foothill Zone A Chair IPDG Norm MacKenzie Tamara Martin leads speaks about increasing membership. the 50/50.



Foothill Region Lions and guests listen to the speakers.



Pomona Host Lions Jo Fulton and Anne Henderson help serve dinner.



Lions Beverly Sugerman, Richard Sugerman, Lions Valerie Johnson and Gayle Garbo Jack Lightfoot and Ken Bell at the buffet



WesternU Lions Katie Dugan and Jen Buell visit with PCC Larry Dicus.



Joan Parks, 1VDG P.J. Smith, Saddleback Zone A Chair Gina Stansbury





ORGANIC ORANGE

Orange Region Chairman RENEE SCHULTE

Welcome to Autumn!!! I love the changing of the seasons especially Autumn. Vibrant colors, cooler and shorter days, back to school, the return of football, the World Series, my birthday, Halloween and Thanksgiving. . .we do have much to be thankful for. Now is a good time to be planting our trees, also. Did I mention my birthday?? August and September is/was busy months for our Cabinet and your Region Chair and it seems hard to separate the two right now: I attended four Seal Beach general and board meetings, five Governor visitations (La Habra and Fullerton Host, Stanton, Brea and Anaheim Lions) and two Region meetings: Saddleback and our own Orange Region which I was honored (if not nervous) to be responsible for.

Speaking of which, I need to brag about our Region meeting. Many Cabinet and Region Club Lions spent considerable efforts setting up the Clubhouse (thank you again GARDEN GROVE HOST LIONS), cooking and providing the food (thank you PDG Lion Ellen and Lion Diane), decorating and, of course, the Garden Grove Lions for manning the bar. Our Region Lions are awesome. We had eight of our twelve Region Lions Clubs in attendance: Anaheim, Brea, Buena Park Noon, Fullerton, Garden Grove, La Habra, Orange and Seal Beach Host Clubs; I think the final count was seven (7) Past District Governors, one other Region Chairperson, all three of our Zone Chairs and close to seventy (70) Region Lions not including the Cabinet Lions at our meeting!! I, for one, think that is impressive. Seal Beach Lion Scott presented an informative and innovative program regarding the newly created project, "Lions Against Graffiti" (LAG). Yes, Seal Beach has graffiti but it is being reduced as a result of this community project. District Governor Lion Ken presented his "Target Service", "Sherwood Forest" and "Arresting Blindness" projects. We raffled some plants and were outta there including dinner in less than two hours!! (I think that is good??) I remain very grateful and humbled by all of your support. Thank you ever so much.

I have moved ahead and now must get back to the past and share our Region's Club activities for the month of August.

ZONE "A" LION RANDY

Brea Lions Club: Lion Secretary Ron Taylor reported his Club donated \$250 to the Brea Olinda Football Program.

Fullerton Lions Club: Upon visiting this Club with our Governor's Cabinet, I learned a lot about their activities and projects. Here are a few of them: They have at least six vision related projects and programs, another six or seven projects designed to help their students including the students speaker contest, a chess tournament; assisting their Leos and the Peace Poster Contest to name a few. These are ongoing activities. Their fundraising activities include the selling of cotton candy at Buena Park Lions Silverado Days, yard sales, and the upcoming Charity Putting Tournament, Saturday, Oct 8th,

save the date and call (714) 501-5726 for more information. This newly rejuvenated Club has two primary objectives: Helping people with vision problems and supporting Fullerton students!! Great job and thanks for sharing these with me and having the Governor's visitation.

La Habra Host Club: Reinstalled one new member this month making their membership an impressive 102 Lions!! La Habra Host Lions are traditionally very active always but even more so in the month of August. According to reports submitted for the month, these Lions donated \$4,500 to the La Habra Court (not legal but that of the pageant, I hope) and another \$600 to the HBIC poker tournament (really?); sponsored Concerts in the Park which raised an additional \$1,500; volunteered close to 690 hours to local and District charities including continued support of their Leos Club. They had an average monthly attendance of 84%; were published in local newspapers 15 times and I read their ever informative monthly newsletter (thank you). Most, if not all, of the publicity revolved around their 63rd annual La Habra Lions Corn Festival; they raised approximately \$85,000 during the three day event; VERY IMPRESSIVE !! I was disappointed to miss it this year-I love a good corn on the cob, funnel cakes and just the overall camaraderie felt with good Lions!! I'll be back!!

ZONE "B" LION PATRICK

Orange Lions Club: Also installed one new member bringing their membership up to 34 Lions. They continue their support and quest for Region Club information by increasing their visitations by eight Clubs (Upland, La Habra, Huntington Beach (3 times) and Pomona Host, Upland Breakfast and Rancho Cucamonga Community Lions). WOW they were all over the map; great job!! Based upon their report submitted this Club once again supported the Ronald McDonald House in Orange by cooking dinner; donated a wheel chair to Nosotros Serimos Lions of Areguipa, Peru and gave two individuals hearing aids to LSHF of Southern This translated into 30 hours of volunteer California. service and over \$500 in donations. I particularly enjoyed the news article about Lion Scott Quinlan and his culinary capabilities. Kudos to you but don't burn yourself anymore, please??

ZONE "C" LION BRUCE

Garden Grove Host Lions Club: This Club has continued to maintain a consistent membership of 45 Lions since July of this year. Six Lions took some time off to visit neighboring Stanton Lions Club. I am proud to report this Club is still the leader for the Orange Region in eyeglass donations with 2,945 according to the Lions in Sight and Friends in Sight collection data which is largely derived from the 4-L4 DAV monthly reports. As a result, the Club received an appreciative letter noting their generous donation. I am also very proud to say that they lead all twelve Clubs Region-wide with that number but are currently closely followed by the Foothill Region. . .let the games begin. Though this is not a game but a serious service project; many needy individuals all over depend upon our generosity. "WE SERVE" in countless ways. Remember to indicate on your Monthly Reports any eyewear, hearing wear and now also accepted through Lions in Sight are cell phones and ink and laser jet cartridges so appropriate recognition is placed.

Seal Beach Host: These Lions are making my hands and fingers cramp—but in a good way. They continue to increase their membership, this month with a net gain of three. I have been told that their current 156 members put them third in the State. As documented through the August Monthly Membership Report and the Visitations, Activities and Donations Report, the Seal Beach Host Lions donated close to 60 hours to local projects; \$900 in charitable donations (Save Our Beach, Grace Community Church for 9/11 and Los Alamitos Youth Center respectively) and visited the La Habra Host Lions Corn Festival and the Huntington Beach Host Lions Shred-A-Thon. They reported a 75% monthly Club attendance; awarded five Proud Lion and three Proud Sponsor awards; sent out a newsletter and were published 16 times in local newspapers. They held their first New Member Orientation Meeting this month which included 15 new members, 7 prospective members and a total of 7 presenters, observers or 4-L4 District representatives. Touché!!

<u>Westminster Lions Club</u>: Westminster Lions also continues to maintain a consistent membership. They reported attending a Cabinet meeting; donated \$210 of used eye glasses to Lions in Sight and received a \$36 donation from the Corner Lounge.

Congratulations for your help in continuing to make District 4-L4 (not to mention or to mention our Orange Region) the best ever!! Until the next time. . .remember plant plants and weed weeds.

ORGANIC ORANGE REGION MEETING SEPTEMBER 14



ANGE

REGION CHAIRMAN RENEE

GOVERNOR KEN



LA HABRA HOST LIONS WERE THERE IN FORCE



29 SEAL BEACH LIONS FILLED THE TABLES



LIONS SCOTT GAVE A PROGRAM ON GRAFFITI REMOVAL



FULLERTON, ORANGE, & BUENA PARK SHARE TIME WITH 2^{ND} VDG SHEILA & PDG JON



PDG ELLEN PROVIDED THE GRUB THANK YOU LION DIANE MARTIN FOR YOUR HELP!



ORANGE LIONS SELLIN' THE "SAUCE"



1^{s⊤} VDG PJ



A BIG THANK YOU TO OUR BARTENDERS, THE GARDEN GROVE LIONS!

ORANGE COUNTY VIETNAMESE AMERICAN LIONS CLUB PARTICIPATES IN THE VPASC HEALTH FAIR 2011

OCVA Lions participated in the free Health Fair on Sept 18, 2011, hosted by the VPASC (Vietnamese Physician Association of Southern California) in Westminster, CA.



They provided vision screenings from the 4L4 District Lions Sight & Hearing mobile unit with the help of a team of 2 optometrists and 2 optometrist assistants. We also brought a volunteer crew of 22 additional Lions, of which several are dentists and medical doctors in different health care fields.



On the morning of Sept 18, Lions Vanessa and Mike Pham drove the Lions Sight & Hearing mobile unit to the parking lot of the Westminster City Hall. At 10AM, the long lines of patients were already waiting. The Health Fair educated and examined approximately 500 patients and approximately 200 patients received also assisted patients with dental screening, osteoporosis screening, breast cancer screening, and blood pressure checking. The Lions Vision Van was one of the most visited stations at the Health Fair. The vision screening team in the Lions Sight van, lead by Lion Phuong Le, worked nonstop from the moment the fair opened until the last patient went home, without a lunch break.



OCVA Lions volunteers in their bright blue uniform were seen everywhere at the Health Fair, assisting from menial tasks to big tasks with great dedication. They have made a significant impact at the VPASC Health Fair 2011 and in the community by following the Lions motto "We Care, We Serve, We Accomplish".



DR. PHUONG LE ASSISTING A PATIENT WITH VISION SCREENING



DR. CHANH TRAN GIVES AN EYE EXAM



KATHY HOANG CHECKS A PATIENT IN THE VAN



IT'S A FAMILY AFFAIR



LIONS FRIENDS FROM SEAL BEACH MADE A VISIT



SUPER SADDLEBACK

REGION CHAIRMAN KEN HENDERSON

It is hard to believe that October is here and three months of our Lion year has already passed. October is looking to be a very busy month for activities in our Saddleback Region. I've enjoyed the past 3 months visiting several clubs, attending the 1^{st} Cabinet Meeting and organizing our 1^{st} Region Meeting.

I would like to thank all the Lions who attended the Saddleback Region Meeting at the beautiful Costa Mesa Country Club. We had a great time socializing and getting to know all the lions from various other clubs within our Region. IPCC Lion Larry Dicus attended the meeting and gave an informative presentation about why he is qualified to be our next International Director. District Governor Ken Sherwood presented his program on the environment followed by IPDG Norm Mckenzie who is implementing a new exciting Membership Program. Club Announcements followed, informing us on the many upcoming activities in the Saddleback Region. And a very special thanks to District Cabinet Secretary Marianne Allen for her help behind the scenes making sure everything ran smoothly.

Please put on your calendar and try to attend as many of these activities as you can and help support our Saddleback Region.

- Harbor Mesa: Dining For Dollars @ the Newport Rib Company, in Costa Mesa - Tuesday, October 11th from 4 p.m. til ???
- Huntington Beach : Oktoberfest @ the Old World Restaurant, in Huntington Beach – Thursday, October 20th @ 7:00 p.m.
- Laguna Niguel: La Dolce Vita Italian Festival on Friday, September 30th from 5:00 p.m. to 10:00 p.m. & Saturday, October 1st from 10:00 a.m. to 10:00 p.m. (for details, see website: <u>www.ladolcevitafestival.com</u>)
- **Mission Viejo:** "World Series Baseball Pool", please contact Lion Danny Mayer for more details.
- Tustin Host: Tiller Days @ Columbus Tustin Park -Friday, September 30th thru Sunday, October 2nd "Beer Booth" Please stop by and visit, we're serving plenty of beer. (for more information & details, see website: www.tustintillerdays.org)
- District Governor Fundraiser: Pete's Ponderosa Ranch in Yorba Linda - Saturday, Oct 1st @ 6:00 p.m. Please contact IPDG Norm Mackenzie for more details.
- Cabinet Meeting @ the Pomona Valley Mining Company, in Pomona Saturday, November, 5th (*TBD*).

And please remember, to send me your club activities by the 20th of the month to be included in this article.

SADDLEBACK REGION MEETING SEPTEMBER 13



REGION CHAIRMAN KEN HENDERSON



GMT CHAIRMAN IPDG NORM MCKENZIE



DISTRICT 4-L4'S OFFICERS



ZONE B CHAIRMAN TOM HOLLISTER & HB HOST LIONS



GOVERNOR KEN



Pomona Host Shines At LA County Fair

Friday, March 9, 2011 was Pomona Day at the Los Angeles County Fair, and the Pomona Host Lions had an opportunity to shine.

Lion Anne Henderson, who is Pomona Host Lions Membership Recruitment Director and Tree Planting Chair, was honored as the Senior Community Hero. She rode on an historical fire truck with some friends during the parade, received her award at a special ceremony, and was feted during a dinner on Picnic Hill.



As a Lion, Anne has worked on practically every club project, including Lions Literacy Tutoring at two schools, Flag Day, the Learning Expo, the Kids Health Fair, the Charities Bowl-a-thon, the Lions Food and Eyeglasses Collection at the Pomona Concerts under the Stars, and Pomona Beautification. She also is a volunteer on the Superintendent's Round Table, a leader for the Pomona Youth and Family Master Plan, a participant in the Pomona Police Department Crime Prevention Unit and an advocate for pregnant teens and teen mothers.



Also shining in the Pomona Day Parade at the Fair was Lions' President Amanda Behnke, who rode, waving atop a red Corvette convertible driven by Lion Frank Alvarez. In front of Amanda were club members, several carrying a large club banner and others proudly marching. After the parade, Amanda suffered from "Waving Arm Syndrome," but all the cheering people along the route made it worthwhile. Other Pomona Host Lions in the parade were Lion Mayor Elliott Rothman, who represented the city, and Lion/School Board Member Richard Rodriguez, who rode on the Pomona Unified School District float in his Lions shirt.



In recent years, the Pomona Host Lions Club has significantly increased its visibility in the community, and this has paid off in both new members and good will. A bonus to Pomona Host's day to shine at the fair is that four community leaders expressed interest in joining the club.





Register for the Great California Shake Out

By Gil and Barbara Smith District 4-L4 Disaster Preparedness and Relief Chairs

The 2011 Great California ShakeOut is October 20, 2011, and over eight million Californians are expected to participate. Have you registered yet?

Registering is easy, and if you have registered in prior years, renewing is even easier. Just follow these steps:

Go to <u>www.shakeout.org.</u>

Click on the big "Register Now!" or "Log in" (for prior participants). These are located in the orange box on the top left under "The Great California ShakeOut" logo.

The directions are easy to follow. If you are a prior participant and have forgotten your access code, your code will be promptly emailed to you within seconds.

You are allowed to register for yourself and family and separately for your business, school, district or other group.

The only requirement of the ShakeOut is that you somehow participate in earthquake preparedness. The Earthquake Country Alliance, which coordinates the event and of which we are associate members, prefers that people practice "Drop, Cover and Hold On!" sometime in close proximity to that day, but the timing is flexible. Try to schedule a "Drop, Cover and Hold On!" for a Lions meeting.

Learning to do the "Drop, Cover and Hold On!" properly is extremely important. The process has evolved as experience and research continue to show the safest way to respond to an earthquake. Since we have been taught under the old guidelines to duck under a table, our natural, but unwise, instinct is to try to run to the nearest table. However, in a large earthquake, if we try to walk or run, we would be thrown to the ground and injured.

The refined "Drop, Cover and Hold On!" guidelines say to drop where you are and cover your head with your arms and hands. If you can crawl under a sturdy table or to a solid piece of furniture, hold on tightly to the stable item so you won't be hurled back and forth. If not under a table, have one hand over your head and one hand holding on.

For more detailed information on "Drop, Cover and Hold On," go to www.dropcoverholdon.org.

USA/CANADA FORUM, ANCHORAGE ALASKA SEPT. 22-24



PDG'S ELIZABETH WARREN & NORM MCKENZIE, BARBARA & GIL SMITH, AND JOANIE & JACK LIGHTFOOT WITH GOVERNOR KEN SHERWOOD AT THE USA/CANADA FORUM



ID BOB SMITH VISITS WITH PDG ELIZABETH, GIL & BARBARA SMITH



INTERNATIONAL LEADERS: PRESIDENT WING-KUN TAM, IMMED. PAST PRESIDENT SIG & JUDY SCRUGGS, 1ST VP WAYNE & LINDA MADDEN, AND 2ND VP BARRY & ANNE PALMER



IPDG NORM AND GOVERNOR KEN ENJOY THE OPENING CEREMONIES



BARBARA & GIL SMITH VISIT WITH INTERNATIONAL PRESIDENT WING-KUN TAM

YOUNG LEADERS IN SERVICE TOP TEN DISTRICT AWARD

By IPDG Norm MacKenzie

I received a letter from the Youth Program Department informing me that District 4-L4 was selected as a winner of the Young Leaders in Service Top Ten District Award.

The award is presented to the top ten districts world-wide who have submitted the most Young Leaders in Service participants during the 2010-2011 fiscal year.

The focal point of Past international President Sid L. Scruggs III's Presidential Theme, "A Beacon of Hope," was service. To show the strength of our worldwide network, shine our light even brighter and increase awareness about the importance of involving youth in service, all Lions clubs were encouraged to participate in the Young Leaders in Service Awards Program. This program recognizes young people for their community service within a 12-month period. Youth who complete 50 hours of service receive a silver certificate and youth who complete 100 hours of service receive a gold certificate. In support of Past International President Scrugg's theme, Lions Clubs international offered an additional award for the top ten districts for the 2010-2011 fiscal year.

The letter from Jessica Hoey, Manager Youth Programs Department states in part: "Young people who volunteer become adults who serve. Lions Clubs International commends your district for inspiring youth to serve through the Young Leaders in Service Awards."



THE BREA LIONS CLUB DISTRIBUTED SOME SERIOUS CASH FROM THE PROCEEDS OF THEIR 52ND ANNUAL O.C. PREP ALL-STAR CHARITY FOOTBALL GAME



HEARING & Speech Action News

Hearing Loss Related to Alzheimer's Disease

According to a study published in the <u>Archives of Neurology</u>, older adults with hearing loss appear more likely to develop dementia, and their risk increases as hearing loss becomes more severe. The researchers found that the risk of developing Alzheimer's disease specifically increased with hearing loss. For every 10 decibels of hearing loss, the extra risk of developing Alzheimer's increased by 20 percent.

"There is strong evidence that hearing impairment contributes to the progression of cognitive dysfunction in older adults," says Sergei Kochkin, PhD, Executive Director, Better Hearing Institute. "Unmanaged hearing loss can interrupt the cognitive processing of spoken language and sound, exhaust cognitive reserve, and lead to social isolation—regardless of other coexisting conditions. But when an individual has both Alzheimer's and hearing loss, many of the symptoms of hearing loss can interact with those common to Alzheimer's, making the disease more difficult than it might be if the hearing loss had been addressed."

Research has shown that the use of hearing aids, especially in combination with appropriate aural rehabilitation in a multidisciplinary setting, has helped to reduce Alzheimer's patients' symptoms of depression, passivity, negativism, disorientation, anxiety, social isolation, feelings of helplessness, loss of independence and general cognitive decline.

A comprehensive hearing assessment should be part of any Alzheimer's diagnosis and any hearing loss should be addressed," says Kochkin. "Most hearing loss can be managed with hearing aids. By addressing hearing loss, we can help improve quality-of-life for people with Alzheimer's so they can live as fully as possible. These individual's—and their families and caregivers—face many challenges. Untreated hearing loss shouldn't have to be one of them."

Keith Campbell, Chairman 4-L4 Hearing & Speech Action kcampbell5@socal.rr.com

2011-2012 STUDENT SPEAKER TOPIC 'WHAT COULD THE AMERICA OF YESTERDAY TEACH THE AMERICA OF TOMORROW?



By Larry Williams, Co-Chairman District 4L4 Friends in Sight Project

I am sure that there are many questions as to what happens to the picked up used eyeglasses that are donated to California Lions Friends in Sight. In this month's 4L4 Forum, I will provide you with a roadmap of their journey in District 4L5, the home base of CLFIS.

Having screened over 7,100 people last fiscal year, you can see there is a big demand for the recycled eyeglasses. The central CLFIS facility is located in Beaumont, Ca. However additional satellite Lions Clubs locations have been established to keep up with the demand in recycled eyeglasses for CLFIS vision screenings. The satellite club members in Victorville, Murrieta, Temecula, Rialto and Palm Springs have been trained and equipped to sort, clean, and verify the eyeglasses. About 40 to 50% of the intake glasses are not utilized for the screenings. Some go to Lions in Sight at Vallejo and the unrepairable/badly scratched to a recycling company.

The useable eyeglasses are primarily brought to the Beaumont facility to be put into the main inventory by volunteers, mostly Lions, on Tuesdays, Wednesdays, and Thursdays every week, primarily to re-check the questionable prescriptions and file the eyeglasses into the main inventory's categories. Other Lions are trained to restock the vision screening inventory racks by pulling what is needed and entering the bar code, prescription and recycled eyeglasses in the appropriate location.

If your club is interested in becoming a processing satellite or coming out to Beaumont for a visit, contact PDG Dottie Allen, 951-216-4300 or email her at <u>shortstackallen@aol.com</u>. A monthly report will be going out to the Region and Zone Chairman showing the eyeglass collection efforts of each Lions Club in 4L4. If you are responsible for preparing a DAV report, it does not make any difference whether your collected glasses were sent to Lions in Sight or CLFIS – so be sure and report all eyeglasses collected by your club! Orange Region, Zone C and the Garden Grove Host Club collected the most (2,945 pairs) in the July DAV Report.

During the month of August, CLFIS did three vision screenings - in Lake Elsinore, Adelanto, and 29 Palms. We screened 654 people and we had the help of over 20 Lions Clubs and their volunteers in the screening process. These volunteers work in one or more of the following areas: sign up area; area for examination via autorefractors and auto-air puff tonometer; area for Doctors to see people; area for people to wait after they have turned in their examination sheets for glasses to be found and an area for people to wait to get their glasses dispensed and adjusted.

For a complete listing of 2010 and 2011 vision screenings and other information about CLFIS go to the web site at <u>www.californialionfriendsinsight.org</u> If you would like to donate glasses to CLFIS, please send them to Larry Williams, 1238 Fairway Circle, Upland, Ca 91784 or have them brought to Region, Zone or the next Cabinet meeting, for email questions <u>retiredpinman@verizon.net</u>

AMERICAN FAMILY HOUSING THANKSGIVING SOUP-KITCHEN DINNER



On Thanksgiving Day PDG Ellen Liebherr will put on her chef's hat to run the American Family Housing Thanksgiving Dinner for the homeless and less fortunate. A repeat of last year, about 300-400 people are expected at the Westminster Community Center.

The dinner is traditional fare – turkey, mashed potatoes, gravy, dressing, cranberry sauce, green beans, salad and dessert.

Last year there was great support from local Lions and friends. We think that since this is now a District approved project that more Lions would like to get involved. Here are a number of ways:

- \$50.00 sponsorship of all disposable dinnerware
- \$50.00 sponsorship of cranberry sauce
- \$75.00 sponsorship of crudités (vegetable appetizers)
- \$100.00 sponsorship of mashed potatoes & gravy
- \$100.00 sponsorship of dressing
- \$100.00 sponsorship of green bean casserole
- \$100.00 sponsorship of green salad
- \$200.00 sponsorship of dessert

We are also in need of turkeys – about 50 of them! Usually stores have great values during the holidays so picking up an extra one while shopping is a minimal expense.

Because oven space is a major obstacle, how about baking it for us? It can be delivered to American Family Housing on Wednesday, November 23 carved or un-carved.

If you are handy with the knife, there is a turkey carving party starting at 4:00 on Wednesday at AFH. A light snack is provided for all the chefs!

If you or your club is interested in participating, please email or call PDG Ellen – <u>ellen@creaticecateringhb.com</u> or 714/458-3077.

Last year was a big success. Let's show our support for this great program again this year. Your early response to this request would be appreciated.

SUPPORT **LIONS DISTRICT 4-L4 TEEN RECOGNITION PROGRAM**



The Teen Recognition Committee met and decided to make some enhancements to the overall program. This year it will be open to sophomores, juniors and seniors who have a 3.0 GPA or higher. Applications are being distributed to all the public school districts in District 4L4 and need to be returned by Dec 31, 2011.

Do you have a son, daughter, grandchild, relative or next door neighbor who lives in District 4L4 area? Do you think they are Teen Recognition candidates? Please encourage them to apply.

How can you help? In order to reward these outstanding youth of our **District** who are living and promoting a drug, alcohol and tobacco free lifestyle

You might consider making a **Club** or **Individual** donation. Any amount is greatly appreciated and will be used to reward the recipients.

We want to thank the following Clubs who have donated so far. Harbor Mesa, Huntington Beach Host, La Habra Host and Walnut-Diamond Bar.

Lion Carol Linehan & Joan Parks Co-Chair Teen Recognition 2011-2012 Region Chairs Loyce Mejias Foothill, Mike Smith Orange, Mark Snider Saddleback



SEAL BEACH LIONS "SERVING" AT RONALD MCDONALD HOUSE

BUENA PARK NOON LIONS



WILLIAM PEAK PARTY, BUENA PARK **OCTOBER 15-16**

COME SAIL AWAY FOR AN ENSENADA VISITATION

ABOARD THE



Friday, March 2, 2012 – Monday, March 5, 2012

21 CABINS SOLD 42 LIONS AND GUESTS SAILING 6C OUSIDE AND 4C INIDE PLEASE CALL FOR PRICING 6B OUTSIDE MID & AFT – 16 CABINES STILL AVAILABLE AT \$402.63 PER PERSON DOUBLE OCCUPANCY UNTIL NOVEMBER 2NS THEN INVENTORY IS RECALLED

Note: a fuel supplement of \$9 per day per person may apply



ALSO INCLUDED IS ALL OF THE FUN AND CAMARADERIE OF LIONS THAT YOU CAN IMAGINE

Payment Schedule:

- Payment Schedule \$100 per person must be paid by 11/1/11
- Final payment by 12/29/11 by CC or 12/20/11 by check. 3rd person and single supplement call for pricing.

For Reservations & more information contact Lion Carol Linehan 714-846-2478 or cell 714-716-9380 email: carol_linehan@yahoo.com

Vamanos a Ensenada

DISTRICT 4-L4 CALENDAR

| Sept. 30-Oct. 1 | Laguna Niguel La Dolce Vita Italian Festival | | |
|-----------------|--|--|--|
| October 1-2 | White Cane Days | | |
| October 1 | District Governor's Fundraiser | | |
| October 15-16 | Buena Park Lions Silverado Days | | |
| October 20 | Huntington Beach Host Lions Oktoberfest | | |
| October 21 | Harbor Mesa Wild West Casino Night | | |
| October 28-31 | Council of Governors' Meeting Redding | | |
| October 29 | OC Costa Rica Lions 20 th Anniversary Halloween Boat Party | | |
| November 5 | Cabinet Meeting | | |
| November 12 | Canine Companions for Independence Graduation, Oceanside | | |
| November 24 | American Family Housing Thanksgiving Dinner | | |
| December 3 | CA Friends in Sight Screening, Rancho Cucamonga | | |
| January 7 | Melvin Jones Dinner | | |
| January 21 | Cabinet Meeting | | |
| January 28 | Rancho Cucamonga Community Lions Day at the Races | | |
| 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 1 – May 1 | Rancho Cucamonga District Host Santa Claus Inc Toy Drive | | |
| March 2-5 | Ensenada Visitation and Cruise | | |
| March 10 | Cucamonga District Host Sip for Sight Gourmet Wine Tasting Fundraiser Dinner | | |
| 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 | | |
| April 21 | Rancho Cucamonga Community Lions Fashion Show | | |
| 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

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