

4-L4 FORUM

THE OFFICIAL PUBLICATION OF CALIFORNIA LIONS DISTRICT 4-L4

Volume 92 Number 10 April 2014



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"Community Service - What Does It Mean and Why Does It Matter?" is the topic for this year's Student Speaker Contest. It has been a real treat listening to the students (remember that they are teenagers) talk about community service. With each speech I am left richer in my understanding of community service. One of the interesting things that I have observed is that these young people are serving us through their speeches.

Quite frequently the student speakers use Lions Clubs an example for various aspects of community service. They remind us of the way we as Lions serve our communities and why it is so important. In addition, the concept that service begets service is part of the explanation for the value of community service. In giving their speeches, the students are living examples of that concept.

The MD-4 Student Speaker Contest is a truly exceptional program to help young people prepare for higher education. The Lions of California make this possible. We are giving students an opportunity for competitive public speaking, independent critical thinking, researching, and earning scholarships. Yet in sharing examples of community service provided by Lions, the audience - mostly Lions - is given a gift by the speakers. The gift is inspiration. We are assured that what we do is noticed and appreciated. We are inspired that what we do has value. Perhaps we are encouraged to do more.

Please plan on attending the next District Meeting on April 12. The three Region Winners of the Student Speaker Contest will give their speeches, "Community Service - What Does It Mean and Why Does It Matter?" Participate in community service as both a giver and receiver.

Until next time, follow your dream and make the world a better place.

Sheila

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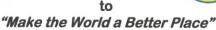


District 4-L4

Follow

DREAM

"We Serve"



Fourth District 4-L4 District Meeting

SATURDAY, APRIL 12, 2014

"District Student Speaker Contest"

Breakout Meeting - Tail Twisting: "Keep Your Club Interesting"

Pomona Valley Mining Company

1777 Gillette Road Pomona, CA 91768

Cost: \$25 Per Person

Registration Starts 8:30 AM / Breakout Meeting 8:45AM/Meeting 10:00 AM

~Clubs are asked to bring a raffle prize with a value of at least \$20.00~

Please send your reservation by April 7, 2014

(Note: Cost after the deadline or at the door with no reservation in to \$27 per person)

lub name: ____

lumber attending: ______ Amount enclosed: _____ lake checks payable to: District 4L4 'lease send the names of those attending on the back of this form

end completed payments to: abinet Secretary Joan Parks, 153 Quiet Bay Lane, Costa Mesa, CA 92627

joanrparks@hotmail.com





1^{s⊤} Vice District Governor Gil Smith

April is somewhat of an eclectic month with multiple activities on the District and LCI levels. Several of these activities are noteworthy.

The recently completed **Student Speaker** competitions on the Region level were fantastic. Any one of the three Zone winners could have prevailed at the respective Region level competition. We're in for a treat at the last District meeting April 12th.

A revised new member **Orientation** should be loaded on the District website soon. Updated information and refinements have been incorporated since the current orientation was released in 2012. Take advantage of the opportunity to utilize this effective tool to attract prospective members and orient new members. In fact, some clubs are using it as an opportunity to reorient the entire club. Your District leadership team is available to facilitate an orientation. Next year, we will have two region wide orientations in each region for clubs that wish to participate.

The **Measles Initiative** challenge continues. As many of you are aware the GAVI Alliance and Lions Clubs International entered into a new partnership last July to raise \$30 million. The funds raised by the Lions will be matched by the UK's Department for International Development (DFID) and the Bill & Melinda Gates Foundation, bringing the total to \$60 million. Recently, in celebration of World Immunization Week from April 24 – 30, LCIF launched a **30-day challenge** to raise \$1 million for the One Shot, One Life Lions Measles Initiative. Donations during the month of April will be matched on a 1:1 basis by the family of Abhey and Aruna Oswal up to \$500,000. Additionally, all funds collected by LCIF will also be matched by the GAVI Alliance partnership, doubling the number of children vaccinated.

Every club can benefit by participating in the **Lions Family and Friends Month in April**. There are a number of activities suggested on the LCI web site that can help raise the community's awareness of your club while attracting potential new members. In many instances you need look no further than families of existing members. Break the "same old, same old" mold and try something new to invigorate your clubs and attract new members.

Earthquake? It's interesting how mother nature can shake us out of our complacency – just ask IPDG PJ Smith how his house and that of his neighbor fared in the recent earthquakes. If you would like an outstanding presentation, contact Steve Storbakken, Disaster Preparedness Chair for District 4-L4.

Take advantage of the resources available to you through the District and LCI. We would love to assist wherever possible. Here's to a great final quarter of Sheila's year as Governor.



2[№] Vice District Governor Ken Myers

One item a Leader needs is good time management skills. I must admit the last 2 months I had lost my time management stills. I found myself over booked, out of time with the Lions, Volunteers of the Inland Empire, The Upland Downtown Assoc., and Teaching part time. But most of all I was losing time with my family. I felt I was letting all down.

So I went back to the beginning and re-set my time book. I started first talking with Denise and we went over what I was doing and may priorities. I then reviewed "Leadership Gold by John C. Maxwell". After looking back and re-setting my priorities time and schedule I Know that I will be a good Leader.

We all must remember that we are Volunteers that love to serve. But we must also remember our Families and Work responsibilities. What time is left is the time we can use for our Volunteering. Now that I'm roaring to go I must say I am proud to be a Lion and work with all of you.

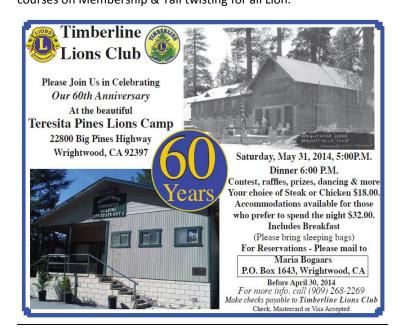
Coming up are the leadership classes. These courses are a good review and contain the new changes from LCI In all areas. The dates are

Region/Zone Training

Date: May 31, 2014Time: 8:30 am to 12:00/1:00pmLocation: Garden Grove Club HouseParticipants: All Region and Zone Chairs, GMT & CLT Coordinators

Club Officers Training

Date: June 14' 2014Time: 8:30am to 12:30pmLocation: Costa Mesa Senior CenterParticipants: Presidents, Secretaries, Treasurers, There will be
courses on Membership & Tail twisting for all Lion.





CABINET SECRETARY JOAN PARKS

Happy Spring everyone. It was not a harsh winter, but the mental appreciation of Spring being here is a good one.

We have completed the Region Meeting and all three went so well. Thank you for getting your reservations in mostly on time. It helps with the food and the Region Chairmen can make plans easier. Our three Student Speakers from the three Regions are wonderful. I am looking forward to the District Contest on April 12th. Please make plans with your club member, now, to get your reservations in for the Meeting. Region Chairman Barbara Smith will really appreciate your early communications for this event.

The end of our Lions year is fast approaching. Remember as Secretaries, you must continue the reports monthly, as the new year for contests and the such will begin on April 1st. I will keep track of your reports, service hours, and such, as will the contest chairmen. Remember the Lion year begins on July 1st and our District year reports and contest from April 1st to March 31st from now on. Incoming Cabinet Secretary, Lion Marianne Allen will continue where I leave off, but you must follow through also.

Also, a <u>very important</u> report for the end of the year, is the PU101 form. It is the report to District and International of your new officers. We need these as soon as you have your new board elected. Dead line for submitting this form is May 15th!! I will send an email to each President and Secretary of each club in our district, so you can get this done ASAP.

I hope to see you all at the District Meeting in April.



You are Cordially invited to the Fullerton Host Lion's 75th Anniversary Celebration On Saturday April 26, 2014

uncheon and Program will start at 12:00 pm at the "Brea Lions & Scout Center" 401 S. Brea Blvd. Brea, 92821 Suggested Donation of \$30



Please RSVP to Marc Poli DC at: kiromark@aol.com or 714-883-2693



CABINET TREASURER

CAROL LINEHAN

The MD4 Invoices for the second half of the year were mailed to every club over a month ago. They were sent out to all the Club Treasures via email and to the listed address that MD4 has on record. These dues are due now. Please pay this second half of your Dues to MD4 which in turn then sends a portion of the dues back to District 4 L4, to run the District.

There are still clubs in District 4 L4 that have not paid their first six months dues to MD4 they are now delinquent over 150 days in their dues.

There are many important reasons for paying your Dues to MD4 in a timely manner. Number one - the District needs it to operate on, number two - to be eligible to vote at the 4L4 Convention in May and number three which is a very important reason is our District Governor Sheila will not be eligible or considered as 100% Governor if any club is delinquent in their dues payment. If your club is having a finical problem and can't pay your dues please let the Governor or myself know.

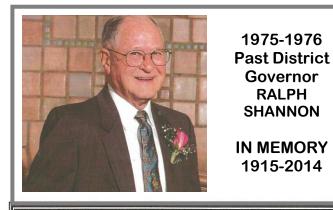
Student Speaker Foundation

Thank you to the following Clubs who donated used Cell Phones & Ink Cartridges this month Huntington Beach Host, Laguna Niguel, La Habra Host, Ontario-Upland and Pomona Host.

To raise money for the Student Speaker foundation it was decided to hold a raffle at the three Region Student Contests. Tickets were \$2 each I had hoped to collect \$200 and award a Lion with a Harry J Aslan. The generosity of all the Lions who purchased tickets was unbelievable.

You donated \$400 so that means two (2) Harry J Aslan Fellows will be presented to the lucky winners of the drawing. They are: DG Sheila Casteel (I did not pick the tickets we had the Saddleback Region Student Speaker winner do the honors) and Lion Jeannette Jones La Habra Host Lions Club. Congratulations!

Thank you **Di**strict 4 L4 Trustee Lion Carol Linehan



Orange resident, Ralph William Shannon, 98 died peacefully at the home of his son and daughter-in-law, Don and Nancy Shannon in Kailua, Hawaii with them by his side after a brief hospitalization.

There will be a funeral service on Tuesday, March 18, 2014 at the Shannon-Bryan Mortuary, 137 E. Maple Ave., Orange, CA. The funeral is at noon with a private graveside service to follow.

Ralph was born October 27, 1915 in Fort Dodge, Iowa to Rex and Elfrieda Shannon. Ralph and his brother Rex grew up in Garner, Iowa where his father opened a funeral home and furniture store. The family moved to Orange, California where the original Shannon mortuary was founded in 1933. Ralph attended Santa Ana College and graduated in 1935 with an AA degree; he went to Gray's Business College for law and accounting courses and also attended a mortuary college in Los Angeles.

In 1936 Ralph rode his motorcycle back to Iowa to propose marriage to his high school sweetheart, Delores Kloock, of Garner. They were married in 1937 and returned to live in Orange. Their children, Michael, Juliana and Donald were born and raised in Orange.

In the late 1930's Ralph took lessons and earned a private pilot's license at the old Eddie Martin Airport, forerunner of today's John Wayne Airport. Ralph enlisted in the Army Air Corp after Pearl Harbor and the beginning of World War II. He received his commission at Ft. Sumner, New Mexico and served as an instructor in both primary and advanced aircraft. In 1944, Lieutenant Shannon was transferred to the 27th Air Depot Group at Finchhaven, New Guinea. Following VJ Day in 1945, Ralph's Air Depot Group was transferred to Japan where he concluded his active military career. Upon returning home he served in the Air Force Reserves and retired in 1963 with the rank of Lieutenant Colonel.

Ralph and Delores purchased the Shannon Mortuary from his parents in 1946. They operated the business until 1980 when family illnesses necessitated a time away from working. Ralph and Randy Bryan formed Shannon-Bryan Mortuary which continues today in the original location in Old Towne Orange.

Ralph believed in serving his community. Some of the ways he served was President of the Walther League at Immanuel Lutheran Church in Orange and for all of Southern California, and he later became a member of St. John's Lutheran Church in Orange where he served in many capacities. Ralph was affiliated with Orange Jr. and Sr. Chamber of Commerce, Lion's Club, including serving as District Governor, Boy Scouts, Sons of American Revolution, and California Funeral Director's Association. Others include the American Legion, Veterans of Foreign Wars, Military Officers Association, and the Retired Officers Association.





Celebrating their 75th Anniversary in Memorable Fashion!

We invite you to celebrate with us!

Activities will start at 10:00 am at "Lion's Field" 1440 N. Brea Blvd. Fullerton, 92835 with a Liberty-tree planting ceremony Luncheon and Program to follow at 12:00 pm at the "Brea Lions & Scout Center" 401 S. Brea Blvd. Brea, 92821 Guest Speaker: PID Bill Iannaccone, DC Please send \$30.00 per person donation: checks made to the order of "Fullerton Host Lions" to Marc Poli at 114 South Yale ave. Fullerton, CA. 92831 or RSVP @ kiromark@aol.com or 714-883-2693

HARBOR MESA LIONS ANNUAL GARAGE SALE ** Saturday -- April 19th **

7am to Noon

271 PRINCETON DRIVE, COSTA MESA







INTERESTED IN JOINING A PARADE? WANT TO "REPRESENT" YOUR LIONS CLUB? 2014 COULD BE THE YEAR TO SHOW OFF OUR CLUBS AND LET THE WORLD SEE WHY LIONS CLUBS ARE THE BEST!





HERE'S AN OPPORTUNITY TO CARRY YOUR CLUB BANNER, WEAR YOUR LIONS GEAR, MARCH IN A PARADE, AND ENJOY THE COMMRADERIE OF THE CLUBS IN OUR DISTRICT! THERE ARE THREE POTENTIAL PARADES WE CAN PARTICIPATE IN: HUNTINGTON BEACH IN JULY, LA HABRA CORNEEST IN AUGUST, AND TUSTIN TILLER

DAYS IN OCTOBER. IMAGINE ALL OF THE PARADE VIEWERS SEEING OUR CLUBS MARCH AND HAVING A GREAT TIME.

PLEASE TALK TO REGION CHAIR STEVE CHRISTY (714) 904-9566 IF YOU THINK YOUR CLUB WOULD BE INTERESTED.



REGION STUDENT SPEAKER CONTESTS



FOOTHILL REGION

(L to R) Foothill Region Chair Barbara Smith, Student Speakers contestant Daniel Knudsen, Foothill Region Speakers Winner Anupriya Sivakumar, Student Speakers contestant Anita Mathias, District Governor Sheila Casteel and Foothill Region Student Speakers Chair Andy Megaw



Orange Region

(L to R) Orange Region Student Speakers Chair Scott Quinlan, Student Speakers contestants Alysa Hamilton and Kayla Bach, Student Speakers winner Mohammed Raza, and District Governor Sheila Casteel



SADDLEBACK REGION

(L to R) Saddleback Student Speakers Chair Marianne Allen, Student Speakers contestant Hayden Hall, District Governor Sheila Casteel, Student Speakers contestant Forrest McFarland, Student Speakers winner, Raj Gambhir, and Saddleback Region Chair Steve Christy



Fantastic Foothill Region

By Foothill Region Chair Barbara Smith

It was great seeing many of you at the recent Foothill Region Meeting/Student Speakers Contest! Wasn't that a fantastic contest? All the speeches were outstanding. Congratulations to Foothill Region Winner Anupriya Sivakumar from Chino Hills High School, sponsored by the Chino Valley Lions Club.

Fifty-one people attended the region meeting, and all nine clubs were represented. Thank you for coming! Thanks also to the people who helped in the many different capacities at the region meeting. It was successful because so many pitched in to set up, clean



up, time, tally, support student speakers, sell and buy raffle tickets, tail twist (See photo of Vicky Sasser and Kristina Stewart), give prayers, lead the pledge, collect money, count money, bring supplies, etc.

We give a special thanks to Foothill Region Student Speakers Chair Andy Megaw for the outstanding contest, Andrea Busby for catering her famously delicious Italian food, and Ken Van and the WesternU Lion Club for the use of Banfield Hall.

As a retired English teacher, I have seen firsthand how important reading literacy is for students' success. I am delighted to see so many clubs in our region now participating in LCI's Reading Action Program, whether it be providing books to kids or reading with and tutoring elementary school children every week. Some of the literacy activities I have heard about this month are Cucamonga District Host's Reading Buddies Program in the elementary schools and its school library donation, Ontario Host's and Pomona Host's participation in Read across America Dr. Seuss Birthday Celebration, Pomona Host's Literacy Tutoring Project and its hospital pediatric library donation, and Walnut Diamond Bar's Holiday Books project.

The focus club this month is the WesternU Lions, a club near to my heart since Gil and I helped start it and served as its Guiding Lions for its first two years.

Foothill Region Focus Club: WesternU Lions Club

The WesternU Lions Club, currently with 45 members, is a remarkable group, comprised of students and faculty from multiple colleges with different disciplines at the Western University of Health Sciences. Although it is called a campus club and is part of a graduate university, it is a full-fledged Lions club with members 18 years and over.

The WesternU Lions Club was formed through the efforts of Pomona Host Lions/Western University professors Dr. Ray Maeda, Dr. Richard Sugerman and Pomona Host Lions/Guiding Lions Gil Smith and Barbara Smith. It was officially chartered on March 1, 2011.

The club began with students from the College of Optometry when College of Optometry Chief of Staff Dr. Ray Maeda sent an invitation to all optometry students for a pizza lunch, where they would discuss forming a Lions club. In subsequent years, the club has expanded into other colleges, such as dental, pharmacy, podiatry, etc.

The focus of the WesternU Lions is service to the community, especially in the fields of health sciences as represented by the professional training of its members. The club holds or participates in health screenings once or twice a month, providing services in the club members' professional specialties, e.g., vision, diabetes, blood pressure, podiatry, dental, etc. Once a year, it co-sponsors a California Lions Friends in Sight event, and its last CLFinS gave away 370 pairs of used glasses and made arrangements for 30 pairs of new glasses. The club also travels to Mexico to assist CLFinS.

The current WesternU officers are President Kenneth Van, Vice President Jean Sugimoto, Second Vice President Jason Wei, Treasurer Somang Lee, and Secretary Anet Abrahimian. Following the university's custom, the officers are elected for one year, beginning in January. WesternU meetings currently do not follow a set schedule, but are scheduled monthly around the members' classes and clinic duties.

Activities around the Foothill Region

Again, Foothill Region had 100% of its clubs send information for the Forum this month. That's why we are called FANTASTIC FOOTHILL!

Chino Valley Lions, Reported by Secretary Drew Sasser

We had our speakers contest in March and had six speakers. Our winner from that contest has won twice more now and going on to the district contest. We are having a Pieology Pizza fundraiser April 9th at the Pieology Pizza, 3908 Grand Ave, Chino CA from 12 noon until 8:30 pm. Flyers are posted on our Facebook page. We are also having a Candlelight Pavilion fundraiser on May 16th at the Candlelight Pavilion in Claremont. The show is a "Tribute to the Beatles." Tickets are \$25.00—call Drew or Vicky Sasser, 909-628-2205 or Dave Stilwell 909-260-5646. Two members attended the Ensenada Lions Visitation in March and donated money to their projects. We also donated to our Boy Scout troop. We had five people attend the region speakers contest. Our club continues to be very active with its Leos.

Cucamonga District Host, Reported by President Andy Megaw

The Cucamonga District Host Lions held their 9th Annual Sip for Sight Gourmet Wine Diner on March 8th. The club worked tirelessly on getting sponsors, raising funds, planning, and going all over town for items in the ever-popular silent auction and opportunity draw. Hundreds of items were donated and thousands of dollars were raised. We donate to LCIF, California Lions Friends in Sight, Lions Camp at Teresita Pines, Student Speaker Foundation, among other Lions supported causes. For our

own club, we raised money for our Blind Buddies Golf Challenge on April 26th, two \$1000 scholarships, and ourReading Buddies Program. Our Reading Buddies program brings Lions into classrooms to read to students. Lion Steve Lacey got us a \$1000 donation for the Alta Loma Elementary Library. The Principal, Mrs. de Visser and Mrs. Johnson, the librarian were on hand to accept the check with much thanks at our last dinner meeting. Lions serving in a most enjoyable and rewarding manner. Three of our Lions, Lion Lesliegh, Lion Mike and our newest recruit (soon to be inducted) Sarah participated in our City Library Foundation Trivia Contest. Competing against other service clubs, we went tobattle answering all sorts of Trivia questions. Lots of fun was had, and the Lions got to support a valuable community effort. Lion Tony is doing a tremendous job organizing our Blind Buddies Golf Challenge. It is a free golf clinic for the visually impaired. Our 10th year, we help bring golf to a whole group of athletes who want to know more about golf. It is a great time pairing sighted people up with golfers who just need a little directional help. Most have a better swing and drive the ball further than our own club member, PDG Norm McKenzie.

<u>Diamond Bar Breakfast Lion – Reported by Secretary Karen</u> <u>Eubanks</u>

The Diamond Bar Breakfast Lions Club has held two Bob's Big Boy fundraisers and has collected 36 pairs of glasses for recycling. Its members, as always, are busy in many district-wide events, such as attending Cucamonga District Host's Sip for Sight, Huntington Beach's CrabFest, several visitations, and the Foothill Region Zone C Student Speakers Contest and the Foothill Region Student Speakers Contest.

The club's focus is now on the preparations for its City of Diamond Bar Birthday Celebration on April 12 and the Easter Egg Hunt cosponsored by the Diamond Bar Breakfast Lions and the City of Diamond Bar. The club, of course, remains extremely active with its two Leo Clubs.

Ontario Host, Reported by Secretary Debi Nichols

On Thursday, March 6, the Ontario Host Lions participated in the Dr. Seuss Reading Days at Montera School. Then on Friday, March 14, the Ontario Host Lions participated in San Joaquin Valley College's Food Truck Event. The event was attended by SJVC students, their families, local area churches, the Ontario FD and PD, as well as other local Ontario Businesses. It was a wonderful evening, providing the Club with a great recruiting opportunity as well the opportunity to share the history and purpose of Lionism. Daniel, the club's Ontario Host Lions Student Speaker winner, also won the Zone Level contest and competed at the Region Level on March 24. While he didn't win the Region Level, we are all so proud of him! All club members continue to focus on the upcoming Ontario Host Lions 2014 Golf Tournament on Thursday, June 19 at Sierra Lakes Golf Course. It is our primary fundraiser for the year and, as always, a great day of Lionism. We hope all clubs will come out and support our event.

Ontario-Upland Lions, Reported by Acting President Elizabeth Warren and Acting Secretary Pat Haynes

The Ontario-Upland Lions Club spent 157 hours of service during March. The members continued their ongoing projects of knitting hats for newborn and preemie babies. They are also knitting helmet liners for the military, and they continue collecting eyeglasses. Its Bunco project was very successful, and the club is now planning for its Annual Afternoon Tea on Saturday, May 10.

Pomona Host Lions, Reported by Secretary Beverly Sugerman

The Pomona Host Lions prepared and served a special meal for the homeless on March 14 on the final day of the Pomona Armory Winter Shelter program. Club members celebrated our nation's flag by reading The Flag We Love to three first grade classes at Decker Elementary School and by presenting each child a small American flag mounted on a wood stand. The Lions also gave each classroom the patriotic book, which the Lions had read, and a stuffed lion with a red, white and blue scarf. The Lions hold "Flag Days" at different elementary schools throughout the year. Pomona Host members also participated in Read across America and are tutoring at a local elementary school. At its monthly PlarnFest, 24 people participated, and a videographer made a recording as Chair Kris Georgeson explained the process of making sleeping mats for the homeless, and President Dr. Richard Sugerman talked about homelessness. Club members attended the Foothill Zone B and the Foothill Region Student Speakers Contests, the MD4 convention in Ontario and the LCI International Board of Directors meeting in San Diego. At the MD4 convention, Lions Kris Georgeson and Chad Dominguez made a presentation on making sleeping mats for the homeless. (See photo.) At the end of their presentation, a reporter from the Daily Bulletin newspaper, interviewed Kris and then published an article on it. The club is busy planning its Pomona Beautification Day project for April 6 and its booths at the Learning Expo.



Upland Host, Reported by Secretary Keith Krumwiede

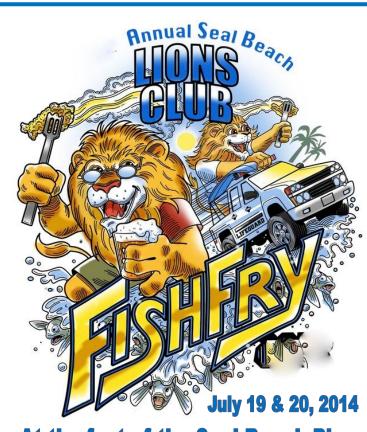
The Upland Host Lions and it branch club Atria del Rey continue to make mats and pillows for the homeless. In March the club provided ten exams and eyeglasses for Upland schoolchildren and collected 187 pairs of used eyeglasses for recycling. During March, the club donated \$650 to charity and put in 107 hours in service.

Walnut Diamond Bar Lions, Reported by Secretary Karen Hormuth

Walnut Diamond Bar Lions worked on distributing food to the needy in town. They served a total of five families this month.

WesternU Lions, Reported by President Ken Van

The WesternU Lions Club helped with the California Lions Friends in Sight Mexicali Vision Screening on March 21-23. Members will be participating in the April 5th Health Screening for the Third Annual Heroes in Shadows in South El Monte and the April 25-27 Sonora-Baja Vision Screening with Friends in Sight.



At the foot of the Seal Beach Pier

SEAL BEACH LIONS CELEBRATE 75 YEARS OF SERVICE WITH BBQ & KARAOKE!

























New Year's Resolution: Reduce Cancer Risk (the Easy Way)

by Nicole White

In addition to toasting, feting and feasting, another tradition of the holiday season is taking stock of the year about to end, and making plans for the one about to begin.



Often, these happen in the form of the New Year's resolution, which often begins as a lofty good intention and becomes an before afterthought the calendar flips to February especially those promises to ourselves to exercise more and drop a few (or a few dozen) Certified Fitness pounds. Instructor Jeanette DePatie encourages people of all sizes to embrace exercise and its many benefits.

City of Hope scientists have linked exercise and healthy weight to a lower risk of diabetes and cancer, Leslie Bernstein, Ph.D., professor and director of the Division of Cancer Etiology at City of Hope, published her first paper linking physical activity to lower cancer risk nearly twenty years ago. Since then, study after study has backed up Bernstein's findings, linking increased physical activity to a reduced risk of breast, colon, uterine and advanced prostate cancer. Excess weight has been linked to an increased risk of cancer, including breast cancer, colon and rectum cancer, endometrial cancer, kidney cancer, esophageal cancer and pancreatic cancer. But where to begin?

That's where DePatie comes in. The certified fitness instructor specializes in helping people of all sizes and ability levels take their first steps toward fitness. She joined with City of Hope in a tweet chat on January 2nd with the topic: "New Year's Resolutions That Won't Make You Sick, Crazy or Dead." DePatie focused on smart tips for setting reasonable, achievable goals and constructing a plan that will lead to a healthier 2014.

A few tips to consider:

- Find your starting point. You can't ramp up until you know where you are. If you haven't exercised regularly for a long time or ever check with a physician.
- Create a ramp-up plan. Once you establish your starting point, gradually and safely move ahead. Don't pick advanced exercises immediately; that's the road that leads to injury – and away from your fitness goals.
- Just get up off the couch. You don't have to become a marathon runner or a triathlete. Even an hour a week – less than ten minutes a day – can increase lifespan by up to two years, according to National Institutes of Health Research.

District City of Hope Chair, Lion Lorna Badame

JULY 2013 THRU MARCH 2014 EYEGLASS COLLECTION TABLE

	MARCH 2014	Eyeglasses Collected	Year to date	Collected
CLUB WINNER	LAGUNA NIGUEL	1,506	SEAL BEACH HOST	16,176
ZONE WINNER	ORANGE "C"	1,506	ORANGE "C"	18,979
REGION WINNER	ORANGE	1,706	ORANGE	25,223

"ORANGE REGION" SWEEPS YTD 2013/14 USED EYEGLASS COLLECTION PROJECT

4L4 EYEGLASS YTD COLLECTIONS CROSS THE 60,000 MARK AT 60,775

TOTAL DISTRICT 4L4 EYEGLASS COLLECTIONS FOR MARCH 2014-5,222 USED EYEGLASSES

Year to date, the clubs of 4L4 have collected 60,775 used eyeglasses versus only 39,583 thru March last year. This is a 53.5% increase, <u>WHAT COULD IT HAVE BEEN IF ALL 33 CLUBS INSTEAD OF JUST 19 CLUBS HAD COLLECTED</u> <u>AND REPORTED COLLECTION USED EYEGLASSES IN 4L4.</u>

WHAT DID THE 4L4 REGIONS DO IN 2013/14 VERSUS THEIR 2012/13 EYEGLASS COLLECTION REPORTS

FOOTHILL REGION---2012/13 ==11,858 (VERSUS) 16,733 COLLECTED IN 2013/14 YEAR -----A 141% INCREASE

ORANGE REGION---2012/13==12,852 (VERSUS) 25,223 collected in 2013/14 year------A 196% INCREASE

SADDLE BACK REGION---2012/13===12,836 (VERSUS)19,219 collected in 2013/14 year------A 149 % INCREASE

WAY TO GO REGIONS

March is the end of the 2013/14 used eyeglass collection project. The new 2014/15 used eyeglass collection will start July 1, 2014 and go through March 31, 2015.

LION LARRY WILLIAMS, Co-Chairman, District 4L4 Eyeglass Collection Project



HEARING & SPEECH ACTION NEWS BY KEITH CAMPBELL 4-L4 Hearing & Speech Chairman

In 1978, when I was working as a hearing aid dispenser, I had a couple of clients who were Lions. Talking with them, I realized that I could do some good and help myself as well by working with them, so I joined. I think It was a good move for both the Lions Club and myself. But now that I am writing this newsletter, I get the feeling that more can be accomplished by us.

For one thing, I expected more response to the subjects I discuss and the questions I ask. While most people, including Lions, are reluctant talk or even think about hearing loss, our motto is "We Serve", right? The public, Lions included, has a right to expect our assistance and guidance in dealing with hearing problems. Regardless of age or occupation, we all, for various reasons may have to face the possibility of hearing loss. So here is an invitation and a challenge - Stop and think about yourself, your family and friends as to the possibility of needing help. Which among you may be or obviously is experiencing a problem? What can you or should you do about it? Start by reading everything you can find an the subject, then talk to people who are providing or receiving help. You will be glad you did, no matter how it turns out!

ENSENADA VISITATION 2014





































CONGRATULATIONS SEAL BEACH LION JESSICA JENKINS MISS TOYOTAL GRAND PRIX 2014







LIONS CLUB PRESIDENTS:

HONOR A DESERVING MEMBER OF YOUR CLUB THIS YEAR WITH A TANAKA FELLOW. DISTRICT 4-L4 LIONS TEEN RECOGNITION PROGRAM OFFERS A VERY SPECIALLY DESIGNED PIANO WOOD PLAQUE FOR THE OCCASION. THE TANAKA FELLOW SPOTLIGHTS OUR OWN WANDA AND JACK TANAKA WHEN THEY WERE ANNOUNCED AS LION COUPLE OF THE YEAR-WORLD WIDE.

ALL MONIES FROM THIS FELLOW, FUND THE AWARDS GIVEN TO THE TEENS AWARDED IN FEBRUARY FOR THEIR EFFORTS IN LIVING A LIFESTYLE THAT IS FREE OF ALCOHOL, TOBACCO AND DRUGS AND INFLUENCING THEIR PEERS TO DO THE SAME.

YOU CAN ORDER ONE TODAY WITH THE ATTACHED ORDER FORM.

THANK YOU,

LION JACKIE MALONEY CHAIRMAN DISTRICT 4-L4 LIONS TEEN RECOGNITION PROGRAM



Dear Lion,

I have an exciting announcement to share with you: in celebration of this year's World Immunization Week from April 24-30, LCIF has launched a 30 day challenge to raise US\$1 million for the One Shot, One Life: Lions Measles Initiative!

Did you know that each year, more than one million children will not make it to their 5th birthday due to a vaccinepreventable disease? This includes measles and rubella, which can cause illness, disability, blindness and death. That is why we must act now – we can help these children through the One Shot, One Life: Lions Measles Initiative and through events like World Immunization Week.

By accepting this challenge, you are helping us provide vaccinations to children in need and also helping to raise the awareness of just how important routine vaccinations are for global health. Together, I know we can meet this challenge.

And, not only are we issuing this challenge, but we are also receiving a generous matching contribution from the family of Abhey and Past District Governor Aruna Oswal to help us reach US\$1 million for measles. When you make a donation for measles during the month of April 2014, it will be matched on a 1:1 basis by the Oswal family, for a total of up to US\$500,000! Every dollar that you donate is doubled until we meet our goal.

You can learn more about the Million Dollar Measles Challenge online, as well as Lions' and LCIF's efforts to end measles, our partnership initiatives for measles and how to make a contribution.

As a Lion, you can help save lives, spread knowledge and make the world a healthier place for children. You can make a difference.

Sincerely, Wayne A. Madden Chairperson, Lions Clubs International Foundation



Lions Clubs International FOUNDATION







Registration Form

Please Print

Name:	E-mail Address:
Address:	Telephone #:
City:	Fax #:
Zip Code	Club Name:

HOSPITALITY BOOKS - Please purchase by April 25 (avoid late fee)

		Thursday Night Event (for those v	vho arrive early)	TBD
Book	#A	Friday Dinner. Saturday Lunch & Dinn	er. Sunday Breakfast	\$230.00
Book	#B	Saturday Lunch & Dinner, Sund	Saturday Lunch & Dinner. Sunday Breakfast	
Inc	.	Individual Meals & Entertainment:	Friday Dinner	\$75
			Saturday Lunch	\$35
			Saturday Dinner	\$80
			Sunday Breakfast	\$35
Vege	tarian	options requested for	(please :	show names)

NAME: Please use a separate line for each person registering	Is this your first convention?	Book # (A,B,or Ind.)	Book/Meal Cost	Registration \$25.00 per person	Additional s20 late fee after 4/30/l4	Total Costs

ARRIVING EARLY & WANT TO JOIN US FOR DINNER ON THURSDAY? Yes _____ No _____ Check yes and we will contact you with information

Make Checks Payable to: District 4-L4 Convention

Mail to: Joanne Waltman, P.O. Box 575, Rancho Cucamonga, CA 91729-0575

OR USE A CREDIT CARD - Name on Credit Card

Visa___ MasterCard ____ Discover ____ Credit Card #____

3 digit Code_____ Expiration Date: Month _____ Year __

Deadline for Room Registration: April 14. 2014

Hotel reservations	Crown Plaza	Room Rate \$99	
800 227-6963	Mission Valley		
Group Name:	2270 Hotel Circle North	reserve by April 14 th	
Lions Club District 4L4	San Diego, CA 92108	14	
	CONVENTION COMMITTEE		

mike & Ann manoy	
Ron & Terry Finseth	(714) 267-0786
Chris & Judy Barr	



LIONS YOUTH EXCHANGE PROGRAM

Website: ye.md4lions.org

Open to anyone between 15 ½ - 21 years old

4 – 5 week program during our summer --

Live with a host family or families in a country of your choosing

Experience a country as no tour can show you.

Live like a native.

Make lasting friendships

Come home more well rounded, mature and worldly.

Appreciate the differences and similarities in all of us.

Have travel on application for university enrollment as a plus for admission.





HEY CLUBS WANT TO HELP OUR YOUTH EXCHANGE HAVE A GOOD TIME? CONTACT DIANE QUINLAN 714-623-1439

PICTURE THIS: WHALE WATCHING SPONSORED BY ORANGE LION SPONSOR AN ENTIRE EVENT FOR CREDIT ON YOUR VAD

DONATIONS NEEDED BEFORE 07/01/2014

Event	Cost Per Stu- dent	Total # of 4L4 Students	Cost For Event	Comments
			19	
Trip to Hollywood on the Train plus Lunch	\$45.00	10	\$450.00	Train to Union Station, Subway to Hollywood and lunch
Disneyland	\$100.00	10	\$1000.00	ticket to Disneyland only
Whale Watching	\$20.00	10	\$200.00	\$5 extra fee for binoculars
Universal Studios	\$80.00	10	\$800.00	Ticket to Universal Studios
Kayaking	\$ -	10	\$ 25.00	No charge for Kayaking - cost is lunch
Nixon Museum & Farrell's	\$ 40.00	10	\$400.00	Tour of Nixon Museum and Ice Cream at Farrell's
Palm Springs Ariel Tram	\$25.00	10	\$250	Ariel Tram up and back plus lunch
Living Desert	\$20.00	10	\$200.00	Tour of the Living Desert
Bus Tour of Hollywood	\$50.00	10	500.00	Hollywood Trolley or Double Decker Bus Tour
Total Cost to YEP per student	\$380.00		\$3800.00	pus roui

This is for Students ONLY does not include host families. Host Families incur cost for themselves All donations in excess of \$100 will receive banner patch. All donations in excess of \$200 and under \$500 will receive Judy Schnitzer Fellowship All donations in excess of \$500 will receive Charlie St. John Fellowship We are working on a YEP Pin and a Barbara Abramovitz Fellowship



Anaheim Lions Club Invites You to Help Us Welcome

MAGNOLIA HIGH LEO CLUB

When: June 8thTime: 6pmWhere: Momma Cozza's2170 W. Ball Rd. Anaheim 92804

Cost: \$20 per person

Please R.S.V.P to Lion Tom Brown Liontombrown@gmail.com Bv June 1st.

Lions Club of Huntington Beach

Wednesday, April 16th, 2014 MAMA'S ON 39 Is

enjoy lunch or dinner and 30% of proceeds go back to Lions Club of Huntington Beach

Includes take-out orders and alcoholic beverage sales. Flyer must be present, no handing out by restaurant.

11:30am-9:00pm

heach & atlanta

21022 Beach Boulevard Huntington Beach, Ca 92648 (714)374-1166

Ontario Host Lions Club



"We Serve"



Golf Tournament

Sierra Lakes Golf Club

16600 Clubhouse Rd.,Fontana 92336 Telephone 909-350-2500

Thursday, June 19, 2014

Organized by Ontario Host Lions Club







District 4L4 Lions Youth Exchange presents a night out Monday 05/12 4:30 PM—9:30 PM Hosted by the YEP Orange and Saddleback Region—Contact Diane Quinlan or Judy Schnitzer for tickets Tickets are\$20 and you get your choice of :

7 Oz Sirloin No Rules Pasta

Salmon

Chicben

Along with soup or salad, beverage (tea, coffee or soft drinb) and a Bloomin Onion per table

Outback Steakhouse

(In the Culver Plaza at Culver Blvd & Irvine Center Drive)

YEP is a 501(c)3 foundation (94-3175822) Checks should be payable to District 4L4 Youth Exchange

Receipts available upon request

The Buena Park Noon Lions In cooperation with Harbor Mesa and Stanton Lions Clubs Dresent a Fundraiser for Relay for Life®



THE KILLER IN THE KITCHEN

Off NO!!! There's been a *MURDER* at Papa GiGi's Ristorante Italiano and we need your help to solve it!!

Friday, May 9, 2014 6:30 PM Stanton Lions Clubhouse 10581 Chestnut Avenue Stanton, CA 90680

\$35 Der Person, \$60 Der couple Includes: Show, Italian Dinner, Dessert, Coffee, Iced Tea or Water (Wine available at extra cost) Silent Auction and 50/50 Opportunity Drawing

Send check to: Euena Park Noon Lions, C/O Donna McCay 5262 McComber Road Euena Park, CA 90621 714-739-5234

> Seating is limited—please reserve early and help us win the fight against cancer! Deadline May 1, 2014

The following lists the District Constitution and By-Laws changes to be voted on at this year's convention. For any questions please contact Lion Dave Hubbard, District Constitution and By-Laws Chair 714-842-4256 dghubbard2@verizon.net

District 4-L4 Constitution and By-Laws Committee

Pursuant to District 4-L4 By-Laws Article X (Amendments), Section 2 Review Process, the items and proposition listed below are changes, amendments, or deletions proposed by the District Constitution and By-Laws Committee to be voted on at this year's district convention on Saturday, May 17, 2014. Please review this document with all delegates from your club prior to voting. Copies will be posted at the voting area. The words and sentences or parts of sentences containing strikethrough are things to be deleted. Words and sentences or parts of sentences that are <u>underlined</u> are additions or changes to be made. Item 1:

Constitutional Article IV Organization, Section 1. Cabinet and Officers. The district shall have a district cabinet composed of the district governor, the immediate past district governor, the 1st vice district governor, the 2nd vice district governor, the region chairpersons (if the position is utilized during the district governor's term), the zone chairpersons, a cabinet secretary/treasurer, or a cabinet secretary and a cabinet treasurer, the public relations chairman, <u>district global membership team (GMT) coordinator</u>, <u>district global leadership team (GLT) coordinator</u>, and (if appointed) the district newsletter editor, the district photographer, the district chaplain, the associate district chaplain, and the district webmaster. The members of the district cabinet shall be the officers of the district. Each such officer shall be a member in good standing of a Lions club in good standing in the District.

Item 2:

Constitution Article VI District Convention, Section 2. Club Delegate Formula. Each chartered club in good standing in Lions Clubs International and this the district in good standing shall be entitled in each annual district convention to have one (1) delegate and one (1) alternate for each ten (10) members, who have been enrolled for at least one year and a day in the club of said club or major fraction thereof, of said club as shown by the records of the international office on the first day of the month last preceding that month during which the convention is held preceding the convention. The major fraction referred to in this section shall be five (5) or more members. Each certified delegate present in person shall be entitled to cast one (1) vote only for each office to be filled by, and one (1) vote only on each question submitted to the respective convention. Unless otherwise specified herein, the affirmative vote of a majority of the delegates voting on any question shall be the act of the convention. Delinquent dues may be paid and good standing acquired at any time prior to the close of credential certification, as such closing time shall be established by the rules of the respective convention. Each past district governor who is a member of a club in good standing in the district shall have one (1) vote independent of the club delegate quotas herein above specified.

Item 3:

By-Laws Article I District Convention, Section 10. Credentials Committee Nominations, Credentials, and Elections Committee. The Nominations, Credentials, and Elections Committee of the district convention shall be composed of the district governor, as chairperson, the cabinet secretary-treasurer or cabinet secretary, and two other non-officers of the district a chairperson and appropriate members appointed by the district governor, (Article V District Committees/Duties Section, Section 2, item b). The Nominations, Credentials, and Elections committee shall have the powers and perform the duties as set forth in ROBERT'S RULES OF ORDER (Revised edition).

Item 4:

By-Laws Article 1 District Convention, Section 12. District Convention Committees. The district governor shall appoint/designate the chairperson of said committee and the chairperson shall appoint, with approval of the district governor, shall appoint the members of the committee as he/she deems necessary to conduct the business of the convention., and fill any vacancies in the following committees: Resolutions, Elections, Constitution and By-laws, Rules and International Convention. Each region shall have at least one representative on each committee. These committees shall perform such duties as the district governor shall designate. The responsibilities of the committee are to include registration, finances, housing, entertainment, and hospitality. They are to assist the Nominations, Credentials, and Elections committee in the performance of their duties in accordance with the Constitution and By-Laws. The committee shall perform such duties as the district governor shall perform such duties as the district spectrum.

Item 5:

By-Laws Article II Meetings, Section 1. District Cabinet Meetings. (A) Regular. A regular meeting of the cabinet shall be held in each quarter of the fiscal year, the first of which should be held within thirty (30) days after the adjournment of the preceding international convention. Ten (10) days written (or electronic) notice of meetings setting forth a date, time, and place determined by the district governor shall be given to each club in the district and each member of the cabinet by the cabinet secretary.

(B) Special. Special meetings of the cabinet may be called by the district governor at his/her discretion, and shall be called upon written request made to the district governor or the cabinet secretary by a majority of the members of the cabinet. No fewer than five (5) nor more than twenty (20) days written (including letters, electronic mail, facsimile transmission, or cable) notice of special meetings, setting forth the purposes and a date, time, and place determined by the district governor, shall be given to each member of the cabinet by the cabinet secretary.

Item 6:

By-Laws Article IV Duties of District Officers/Cabinet, Section 4. Region Chairperson. (n) Serve as a member of the district Global Membership and Leadership Teams (GMT-D and GLT-D).

Item 7:

By-Laws Article IV Duties of District Officers/Cabinet, Section 5. Zone Chairperson. (I) Serve as a member of the district Global Membership and Leadership Teams (GMT-D and GLT-D).

Item 8:

By-Laws Article IV Duties of District Officers/Cabinet, Section 6. District Governor's Cabinet. The district governor's cabinet shall consist of the district governor, immediate past district governor, vice district governors, the region chairmen chairpersons (if appointed), the zone chairmen chairpersons, cabinet secretary/treasurer (or the secretary and treasurer, if appointed), and public relations chairmen chairperson, global membership team (GMT) coordinator, global leadership team (GLT) coordinator, and (if appointed) the district newsletter editor, district chaplain, associate district chaplain, district webmaster, district newsletter editor, and district photographer.

(The remainder of the section will remain unchanged)

Item 9:

By-Laws Article V District Committees/Duties, Section 2. District Cabinet Committees. (b) The district governor shall appoint annually the chairman chairperson and appropriate members to the following standing committees as provided in the Constitution and By-Laws of Multiple District 4 and the district at the beginning of the term of office:

(1) Media Relations

- (2) MD-4 Student Speakers Program
- (3) Youth Exchange
- (4) Nominations, Credentials, and Elections
- (5) Global Leadership Team (GLT) *
- (6) Global Membership Team (GMT) *
 - (a) Extension
 - (b) Retention
 - (c) Orientation

(7) Leo Clubs

*The term of office for the GLT and GMT chairs shall be three (3) years. [The remainder of the section will remain unchanged.]

Item 10:

By-Laws Article VI District Administrative Fund, Section 5. Budget. All committees or individual Lions or individual clubs within the district receiving money from the district shall submit a proposed budget to the Budget & Finance committee no later than February 15th for the following year's budget. They shall be accountable to the district governor for any expenditure at year-end.

Item 11:

By-Laws Article IX Miscellaneous, Section 4. Audit or Review of Books. To meet the requirement of Lions Clubs International By-Laws Article VIII Section 8, District Reports, within 60 days after the close of the fiscal year, the Budget and Finance Committee, with the approval of the district governor, shall provide one copy of the categorized statement of the receipts and disbursements of the district to the international office and to the club secretaries of the district. The district cabinet secretary/treasurer or district cabinet treasurer (if appointed) shall submit a report herein detailed to the Budget and Finance Committee within 90 days after June 30.

Item 12:

By-Laws Article XI Effective Time, Rules of Procedure District 4-L4 Convention, Rule 3. (a) The credentials committee shall be composed of the district governor, as chairperson, the cabinet secretary-treasurer (or cabinet secretary and cabinet treasurer) and

two other non-officers of the district appointed by the district governor; provided, however, the district governor may designate any other committee member as chairperson. The It shall be the nominations, credentials, and elections committee's primary responsibility shall be to verify club delegate credentials. In carrying out this responsibility, the credentials committee shall have the powers and shall perform the duties as established by national custom and practice or as set forth in Robert's Rules of Order, Newly Revised. (b) The registration and certification of delegates shall occur on the day(s) of (TBD) between the hours of (TBD) and (TBD). (c) The number of certified delegates and the number of ballots cast shall be announced to the convention upon the close of certification and prior to the commencing of voting upon the announcement of the results of the election.

Item 13:

By-Laws Article XI Effective Time, Rules of Procedure District 4-L4 Convention, Rule 4. (a) Prior to the convention, the district governor, unless otherwise provided, shall appoint and designate the chairperson of a nominations committee consisting of three (3) members. it shall be the nominations, credentials, and elections committee's responsibility to review the qualifications of each nominated candidate and rule on the eligibility of the same. (b) Candidate may withdraw from the contest at any time prior to the issuance of the final report of the nominations committee.

Item 14:

By-Laws Article XI Effective Time, Rules of Procedure District 4-L4 Convention, Rule 7. (a) Prior to the convention, the district governor shall appoint and designate the chairperson of an elections committee consisting of three (3) members. The Nominations, Credentials, and Elections will conduct the district elections according to District 4-L4 By-Laws Article III, Section 3 (d). Each duly nominated candidate shall also be entitled to designate one (1) observer through his/her club. The observers may oversee election procedures only, but may not participate directly in the committee's decision making.

Proposition A:

2014

It is proposed "that District 4-L4 enter into an agreement with District 4-L5 to host a dual Convention for the year, 2016. The convention site, the Crowne Plaza Hotel in San Diego, would be mutually agreed upon by both districts and approved by the membership of each district. The business sessions for each district would be separate and the joint sessions would be for social purposes with the exception of the top district awards presentations."

The aforementioned proposal must be approved by a majority of the accredited delegates attending the 2014 District 4-L4 Convention (Article 1, Section 5 of the By-Laws). It would also take approval of a joint contract by the Convention Committees of the respective districts with the venue and an affirmative by the members of District 4-L5 in order to go into effect. Approval of this proposal would void the election based on bids for a single district site. Failure to approve would result in a vote for approval of one of the single district bids presented for the 2016 convention.

DISTRICT 4-L4 CALENDAR

April 16	Huntington Beach Host Mama's on 39 Fundraiser
April 19	Harbor Mesa Garage Sale
April 19	Orphanages of Thailand Fundraiser
April 21	Orange Lions Golf Tournament
April 23	Tustin Host Lions Golf Tournament
April 26	Fullerton Host 75 th Anniversary Luncheon
May 4	District Student Speaker deadline
May 4	Laguna Niguel Wine Tasting Fundraiser
May 9	Buena Park Noon Lions Relay for Life Fundraiser
May 10	Ontario Upland Tea
May 10	Area 4 Student Speaker Contest
May 12	Youth Exchange Fundraiser Outback Steakhouse Irvine
May 31	Region & Zone Chairmen Training
May 31-June 2	Costa Mesa Lions Fish Fry
June 1	Area Student Speaker deadline
June 6-8	Lions Work Camp at Lions Camp at Teresita Pines & Lions Camp at Wrightwood
June 7	Harbor Mesa Fashion Show
June 7	MD-4 Student Speaker Contest Final, Pasadena CA
June 8	Magnolia Leo Club Charter
June 14	New Club Officers Training
June 19	Ontario Host Golf Tournament
June 21	New Cabinet Planning Session
July 19-20	Seal Beach Lions Fish Fry