

4-L4 FORUM

THE OFFICIAL PUBLICATION OF
CALIFORNIA LIONS
DISTRICT 4-L4

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February was another busy month. The MD-4 Convention took place February 14-16 in Ontario. It was a time that the spotlight shined on our district. Throughout the convention, our district was recognized and honored for the many things **you** do. Take a look at 1st Vice District Governor Gil Smith's article to find out more about all of the awards District 4-L4 received.

As you know, District 4-L4 is committed to supporting our youth. We sponsor programs that empower young people to develop their talents and to grow into our future leaders. I shared in last month's message that Tustin Host sponsored the MD4 winning Peace Poster, drawn by 13 year old Megan Hall. It was a special privilege of mine to recognize her at the Tustin Unified School District Board of Education Meeting on February 11, 2014. Later that week, Megan was honored at the MD-4 Convention during the Leadership Luncheon and at a special reception for the District Peace Poster winners. Student Speaker contests are underway. This is a program that is near and dear to me. Every student who participates is a winner in my book. Three teens were honored at Teen Recognition on February 23. These young women are shining examples of leadership. They are actively promoting alcohol, drug, and tobacco free living to other teens. I am so proud to be from District 4-L4!

The 34 International Directors from around the world, the International President, the Vice Presidents, Past International Presidents, Board Appointees, and Lions Club International staff members meet four times a year to conduct the business of the association. The Board of Directors Meeting and associated activities take place over a week long period. Since the Board of Directors meets four times a year and this is an international organization, you can imagine that the opportunities to witness and/or participate in any part of the meeting are rare. I was very fortunate to have the privilege of attending the public session of the Lions Club International Board of Directors Meeting in San Diego.

Witnessing the meeting truly demonstrated the international nature of our association. The meeting was conducted in English. Non-English speakers wore head-phones and interpreters located in various booths at the back of the room translated the dialogue. The reports highlighted the ways that Lions throughout the world are serving their communities. Melvin Jones Fellowships and Progressive Melvin Jones Fellowships, representing more than \$100,000 were presented during the LCIF update. As I have said before, it is what we can accomplish through our collective efforts that make us strong. Lions really do make the world a better place!

The day concluded with a dinner in Old Town San Diego at the Cosmopolitan Restaurant and Hotel with the International President, Vice Presidents, International Directors, and other Lions. Our own 1st VDG Gil Smith, Foothill Region Chair Barbara Smith, 2nd VDG Ken Myers, and Lion Keith Krumwiede braved the rain to join in the festivities. It is great to be a Lion!

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

Sheila

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1ST Vice District Governor Gil Smith

4-L4 Excels at the MD4 Convention

Congratulations to all those from District 4-L4 who were recognized with awards for their outstanding achievement at the MD4 state convention last month in Ontario.

In membership growth, awards taken home went to the Seal Beach Host Lions Club who received the Outstanding Membership Award. The MD4 GMT/GLT Outstanding Club Membership Chairs went to Grant Newton and Scott Newton (Seal Beach Host Lions Club) and Sally Nockold (Newport Beach Hawaiian Lions Club). The MD4 award for Outstanding Growth went to the Cucamonga District Host Lions. We also had the following clubs recognized because they moved from less than 20 members to 20 or above: Fullerton Host Lions Club, Brea Lions Club and Newport Beach Hawaiian Lions Club.

Our outstanding Region and Zone Chairs were also recognized with Barbara Smith (Foothill Region) receiving one of the MD4 GMT/GLT awards for Outstanding Region Chairs 2014 and Robert Susaeta (Orange Region Zone B) and David Hubbard (Orange Region Zone C) each receiving one of the MD4 GMT/GLT awards for Outstanding Zone Chairs 2014.

Two young people received special recognition: Multiple District Four 2013 Peace Poster Contest Winner, Megan Hall, Tustin Host Lions Club, and Lions Clubs International Leo of the Year, Evan Jenkins, Seal Beach Leo Club.

Congratulations to all the hard working Lions and Leos of District 4-L4 who were recognized at the state convention.

Are You Ready for the Big Earthquake

Preparedness for a major disaster is almost mandatory in earthquake country. If you would like an outstanding presentation, contact Steve Storbakken, Disaster Preparedness Chair for District 4-L4. Steve is a member of the original team which created, organized and oversaw the first Great Southern California ShakeOut in 2008. His presentation and discussion will focus on "earthquake preparedness, what damage is most likely to occur, how you can mitigate and prepare and the latest in earthquake early warning systems that are being implemented in Southern California."



The ShakeOut program, which began in Southern California, has now spread throughout the United States and to a number of other countries. Over 9.6 million California residents registered for last October's ShakeOut. USGS's Lucy Jones led the original ShakeOut team on which Storbakken served.

Steve is the Director of Environmental Safety and Emergency Preparedness for Pomona Valley Hospital Medical Center. He also was the former Emergency Preparedness Director for the American Red Cross Rancho Region.

Steve holds a Master's degree in Business Administration and Certifications in Hospital Safety, Emergency Preparedness, Environmental Safety Protection Administration, and Hospital Regulatory Compliance. He also has completed FEMA's Professional Development Series and Master Exercise Design courses.

For his work in emergency preparedness and the ShakeOut, he has received numerous awards. He just returned from an international symposium in Israel where he spoke on disaster preparedness.

Let's get prepared in 2014! Call Steve Storbakken at (909) 865-9909.

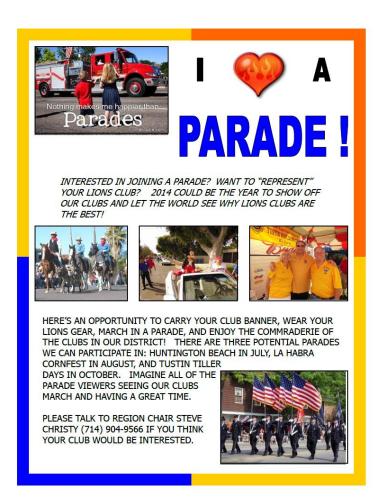


CABINET SECRETARY JOAN PARKS

Happy St. Patrick's Day to one and all. It's time for the wearing of the green and some celebrating. It seems we, as Lions, always have something to celebrate each month. It's all those small and big things that add up to another great month of Lionism. Keep moving 4L4. Another great month of reports last month, and thank you to you diligent club secretaries for your hard work.

The Region Meeting are coming this month.....March 23th, 24th, and 25th. Presidents and secretaries, please remember how important it is to get you reservations in, in a timely manner. All three regions will have, as their program, the Region Student Speakers Contest. It is import to come out to these meetings to support your Zone winners, weather they represent your club or not. These students deserve a good audience. Be sure to get your reservations into me by March 20th. I sent out reminders to each President on the 1st.

"WE SERVE" TO "MAKE THE WORLD A BETTER PLACE"





CABINET TREASURER

CAROL LINEHAN

The MD4 Invoices have been sent out to all the Club Treasures via email and to the listed address that MD4 has on record. 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 about six (6) clubs in District 4 L4 that have not paid their first six months dues to MD4 they are now delinquent over 120 days in their dues. I will be calling them again in the next couple of weeks.

The important reasons for paying your Dues to MD4 in a timely manner is the District needs it to operate on, to be eligible to hold a Club Student Speaker Contest, to vote at MD4 Convention which was held in February & 4L4 Convention in May.

Orange Lions Club Annual Charity Spaghetti Dinner & Bingo



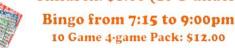




Saturday, March 22, 2014

Garden Grove Lions Den 9860 Larson Avenue Garden Grove, CA 92842

Dinner from 5:30 to 7:00pm Adults: \$15.00 Children: \$8.00 (10 & under)





For Tickets or Information Contact: Judy Schnitzer @ 714-838-4201 (jschnitzer@cox.net) or Brenda Donahue @ 714-673-6391 (huedon@yahoo.com)



Join the fun with Good people & Good food for a Great cause!



JULY 2013 THRU MARCH 2014 EYEGLASS COLLECTION TABLE

	JANUARY 2014	EYEGLASSES COLLECTED	LION YEAR TO DATE	EYEGLASSES COLLECTED YTD
CLUB WINNER	SEAL BEACH HOST	4,050	CUCAMONGA DISTRICT HOST	10,421
ZONE WINNER	ORANGE "C"	4,785	ORANGE "c"	13,457
REGION WINNER	ORANGE	4,954	ORANGE	16,986

JANUARY EYEGLASS COLLECTION ALL TIME MONTHLY RECORD

TOTAL DISTRICT 4L4 EYEGLASS COLLECTIONS FOR JANUARY 2014 11,645 USED EYEGLASSES

In the 2013/14 District 4L4 Directory the "Lions Club of the Year" contest (page 74) shows on line 23 that individual clubs will receive 20 points for every 100 eyeglasses collected and donated to either Lions in Sight or California Lions Friends in Sight.

HOW MANY POINTS HAS YOUR CLUB EARNED THIS YEAR COLLECTING USED EYE GLASSES????

Remember to <u>RECORD ALL</u> of your used eyeglass collections in your monthly reports (no need to make a distinction) whether they were going to Friends in Sight or California Lions Friends in Sight. Last Lions year (2012/13) there were only 23 of the 4L4 clubs that reported collecting used eyeglasses to the district secretary on their monthly reports. This Lion year I would like to encourage 100% of the 4L4 clubs to report collecting used eyeglasses to help the Friends in Sight or California Lions Friends in Sight programs.

Lion Larry Williams, Co-Chairman, District 4L4 Eyeglass Collection Project



Student Speaker Foundation

District 4 L4 would like to recognize our newest Harry J Aslan Fellow Lion **Bill Hall** from the **Brea** Lions Club.

Thank you to the following Clubs who donated used Cell Phones & Ink Cartridges this month Harbor Mesa and Huntington Beach Host.

All these donations go toward District 4 L4 annual goal of \$7,000 which was approved at the Annual Meeting which pays for the Scholarships at the District, Area and Final Student Speaker Contests.

The Annual Student Speaker Foundation Meeting was held Saturday February 15, 2:15 pm at the MD4 Convention. Lion Jack Lighfoot Pomona Host Lions Club was voted in as Assistant Treasurer of the Foundation

Please remember to bring all your used cell phones and ink cartridges to the upcoming Region Student Speaker Contests March 24, 25 and 26.

There will be a special raffle at the three Region Meetings. Tickets are \$2 each when \$200 is collected one lucky Lion will be awarded a Harry J. Allan Fellow.

Thank you

District 4 L4 Trustee
Lion Carol Linehan



District 4-L4

"We Serve"

to

"Make the World a Better Place"



FOOTHILL Region Meeting MONDAY, MARCH 24, 2014

"Region Level Student Speaker Contest"

Banfield Hall, Western University of Health Sciences

611 E. Second Street, Pomona, CA

Map attached

Cost: \$18 Per Person Registration 6:00PM / Dinner and Program 6:30PM

 $50/50 \ RAFFLE$ Clubs will make reports and/or announcements

Please	send	vour	reservation	bv	March	20.	201	4

Club name:	
Make checks payable to: Dis	Amount enclosed: trict 4L4 ose attending on the back of this form

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

joanrparks@hotmail.com



District 4-L4

"We Serve" to "Make the World a Better Place"



Orange Region Meeting

TUESDAY, MARCH 25, 2014

Region Level Student Speaker Contest

Westridge Golf Course 1400 S. La Habra Hills Drive La Habra, CA 90631

From the 5 or 91 Freeway Exit Beach Blvd., head North. Make a right onto Imperial Highway, heading East. Make a right onto South La Habra Hills Dr.

From the 57 Freeway Exit Imperial Highway, head West. Go 4 miles, make a left onto South La Habra Hills Dr.

Cost: \$20 Per Person
Cocktails 6:00PM / Meeting, Dinner 7:00PM
50/50 RAFFLE
Clubs will make reports and/or announcements

Please send your reservation by March 20, 2014

Club name:	
Number attending:	Amount enclosed:
Make checks payable to	: District 4L4
Please send the names of	f those attending on the back of this form
Send completed navmer	nts to:

Cabinet Secretary Joan Parks, 153 Quiet Bay Lane, Costa Mesa, CA 92627

joanrparks@hotmail.com



District 4-L4

"We Serve" to "Make the World a Better Place"



Saddleback Region Meeting WEDNESDAY, MARCH 26, 2014

"Region Level Student Speaker Contest"

Citrus Cafe

1481 Edinger Ave, Tustin

Cost: \$25 Per Person Registration 5:30PM / Dinner and Program 6:00PM 50/50 RAFFLE

Clubs will make reports and/or announcements

Please send your reservation by March 20, 2014

Club name:	
	Amount enclosed:
Make checks payable to: Please send the names of	f those attending on the back of this form

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

joanrparks@hotmail.com

HARBOR MESA LIONS ANNUAL GARAGE SALE

** Saturday -- April 19th **

7am to Noon

271 PRINCETON DRIVE, COSTA MESA





Fantastic Foothill Region

By Foothill Region Chair Barbara Smith

Wasn't it wonderful to have the MD4 state convention right here in Ontario in our own Foothill Region? The convention was outstanding — both very enjoyable and informative. Congratulations to all the award winners from our district! From our own region, we were especially proud of the Cucamonga District Host Lions for winning the MD4 Membership Growth Award! We can also be very proud of Pomona Host Lions Kris Georgeson and Chad Dominguez, who gave a lively and fun presentation and demonstration on making sleeping mats for the homeless. They did a great job!

Last month, I offered a one-pound box of See's candy to the first person who emailed me and described the moment he/she truly became a Lion. Carol Linehan was the first to reply. The response was not just one sentence as I had expected; rather, she wrote a beautiful essay describing how chairing her first student speakers contest was the special moment when she knew in her heart that she was a Lion.

What a wonderful segue into my next topic – the Student Speakers Contests! I am hearing from clubs that their Student Speakers Contests are having extraordinarily good speakers this year. I think this year's MD4 topic of "Community Service—What does It Mean and Why Does It Matter?" brought out the best in the students. I am really looking forward to following the winners up through the advancing contests. Please plan on attending as many of these contests as possible, especially your zone and region ones. It is important that we Lions show the students our support.

The upcoming Student Speakers Contests in our Foothill Region are listed below. Note that all the zone contests are free, and the region contest with a catered dinner costs only \$18.

Foothill Zone A Meeting and Student Speakers Contest (Cucamonga District Host, Ontario-Upland, Upland Host)

Tuesday, March 4, 6:30 PM

Lions Park 'East'

9191 Baseline Blvd. Rancho Cucamonga

Contact Person: Zone A Chair Steve Lacey at 909-945-9985 or

sllacey54@gmail.com

Foothill Zone B Meeting and Student Speakers Contest (Ontario Host, Pomona Host, WesternU)

Wednesday, March 5, 6:00 PM

Ontario City Library

215 East C Street, Ontario

Contact Person: Zone B Chair Michael Wirtes at 909-638-8021 or

michael.wirtes@yahoo.com.

Foothill Zone C Meeting and Student Speakers Contest (Chino Valley, Diamond Bar Breakfast, Walnut Diamond Bar)

Monday, March 10, 6:30 PM

McCoy Equestrian Center

14276 Peyton Dr., Chino Hills 91709

Contact Person: Zone C Chair David Stilwell at <u>909-393-2435</u> or <u>mrdave51@aol.com</u> (Call after March 5 when he returns from vacation.)

Please do attend and encourage many members from your club to attend the Foothill Region Student Speakers Contest and Meeting. Here is the information:

Foothill Region Meeting and Student Speakers Contest

Monday, March 24

Banfield Hall at Western University of Health Sciences

611 E. Second Street, Pomona, CA

Cost: \$18 per person

Registration: 6:00 PM / Dinner and Program 6:30 PM

Send payment to: Cabinet Secretary Joan Parks, 153 Quiet Bay Lane, Costa Mesa, CA 92627. For other information, contact Foothill Region Chair Barbara Smith at 909-860-6477 or at lionbarbesmith@gmail.com.

The club focus this month is the Ontario-Upland Lions. Thank you to Zone A Chair Steve Lacey for a beautiful write-up.

CLUB FOCUS: ONTARIO - UPLAND LIONS

Foothill Region Zone A

The Ontario-Upland Lions is a club with a history of service and commitment and a future of dedication and good works. Twenty-six members strong (some of which have been a Lioness/Lion for nearly 35 years!) the club began as the Ontario Host Lioness Club and then a little more than fifteen years ago 'transformed' into the Ontario-Upland Lions Club.

When asked about what makes their club 'stand out' and what is 'special' about them they had no one answer, no one single event that stood out. Instead, making use of the different strengths and abilities of their members, they support a wide variety of causes and concerns. They practice "spreading the wealth among as many community and Lions supported/endorsed programs as possible" such as LCIF, the Salvation Army, the USO, and the District 'Pajama' project.

One of the most special things about the club is their Scholarship Fund, established in 1986. Original funds came 'in memory' of the mother of one of the club members and in the years that followed other 'in memory gifts' were added to their base amount. Each year the club draws from this account to award a scholarship to a worthy high school student from one of the surrounding schools.

The Club, which meets the 2nd and 4th Thursday at 6:45 at the Elks Lodge in Ontario, is presided over by President Ken Sherwood, with Marilyne Sherwood as Secretary. Vice President Elizabeth Warren and member Pat Haynes have stepped forward to assist in leading the club in recent times and issue a welcome to all Lions and Clubs to visit the club and take part in their activities.

CLUB ACTIVITIES AROUND THE FOOTHILL REGION

Once again 100% of the Foothill Region clubs submitted their club activities for the *Forum*. Thank you!

DIAMOND BAR BREAKFAST LIONS

Information submitted by Karen Eubanks, Secretary

The Diamond Bar Breakfast Lions Club has had a busy month of activities. It held a Student Speakers Contest with two speakers, did a promotion to the Diamond Bar City Council to promote the Bob's Big Boy fundraiser, and held the Bob's fundraiser. The club thanks all who came out and supported the event. Jack and Wanda Tanaka attended the MD4 convention, where they were among three finalists for the Academy Award's MD4 Couple of the Year. The club is making a donation to the Peace Poster Winner. Currently, the club is planning its participation in the City Birthday Party on April 12th and its annual Easter Egg Hunt on April 19th. The club's Leos are actively doing daily campus clean-up at the end of lunch for a week. They also cleaned Leo Square and did gum clean up on campus. At the January 25th District meeting, the Leos were presented the "Club Excellence Award" by PDG "PJ" Smith. It was for all of their work in 2012-2013. They were the only club in California to receive this award. CONGRATULATIONS to the Leos!!!

CHINO VALLEY LIONS

Information submitted by Secretary Drew Sasser

The Chino Valley Lions had its Student Speaker Contest on Feb 13th with six speakers from Chino Hills and Ayala High Schools. The club is planning a Night out at the Candlelight Pavilion in Claremont for a "Tribute to the Beatles Night" on May 15th. The price is only \$25.00. Call Jim Espinosa for tickets, 909-627-8205. The club's sponsored Boys Scout Troop 220 spent a weekend at Camp Teresita Pines, where the boys cleaned up the trails and helped fix up the camp.

CUCAMONGA DISTRICT HOST LIONS

Information submitted by Secretary Tamara Martin

In addition to its regular meetings and community activities, CDH Lions Club is working fast and furious on the finishing touches to its Sip for Sight Gala on March 8th at Antonino's. It will be a fabulous evening of wine and food, with live and silent auctions raising funds for a host of worthy causes, including Blind Buddies Golf Tournament, Vision Screening, Lions Friends in Sight, GAP Food Bank, Student Speaker Contest, Santa Claus Inc., the RC Library, and Reading Buddies programs. The club this month presented \$1,000, obtained by Steve Lacey in a grant from Walmart, to the librarian and principal of Alta Loma Elementary School. The money will be used to purchase books for the Lions Reading Buddies program. In addition to the club's collecting 3,141 pair of glasses last month for CLFIS, the following update is worthy of note. CLFIS has been busy during February with a Santa Paula Vision Screening where 366 individuals had their vision improved. Club members attended and helped at a CLFIS booth at the Lions MD4 Convention in Ontario. CLFIS conducted another vision screening in Riverside on February 22nd. CLFIS has improved the vision of over 7,000 individuals at their vision screenings since July 1, 2013.

Ontario Host Lions

Information submitted by Secretary Debi Nichols

The Ontario Host Lions held its semi-annual Outback Steakhouse fundraiser on February 10 at the Ontario Outback. Over 100 people participated...a great evening of Lionism. The club held its Student Speaker Contest on February 11. Three students participated. The club celebrated its Flag Day at Montera School in Ontario on February 12. President Val Johnson, PCC Ed Bordenkircher and Lion Jim Johnson presented the school with 150 flags. The entire school joined in the celebration. On February 23, the Ontario Host Lions

presented San Joaquin Valley College Student of the Quarter, Kenzley Velthuis, with a \$250 scholarship. The club says, "She is a bright young woman with a great future." The club also presented wrestling coach Brent White with a \$1,000 donation to help offset the costs for the wrestling team. The team will proudly wear the Lions patch on its wrestling warm-ups!

ONTARIO-UPLAND LIONS

Information Submitted by Elizabeth Warren and Pat Haynes During February, the Ontario-Upland Lions put in 177 service hours. The members continued their ongoing project of knitting hats for newborn and preemie babies. They are also knitting helmet liners for the military, and they continue collecting eyeglasses.

Pomona Host Lions

Information submitted by Secretary Beverly Sugerman

Pomona Host Lions has had a busy month. We began with our monthly PlarnFest, which five faithful members attended. Five members also went to the homeless shelter at the Armory in Pomona to help set up and serve dinner on February 17. A Flag Day presentation was made to one class of first graders at Armstrong Elementary School. Two of our members tutored math and reading at Madison Elementary School. The club held its Student Speaker Contest at the February 20 General Membership Meeting. This year, there were six participants in the contest. The winner will go on to the Zone B contest on March 5. February 22 was a busy day for the club. The Pomona Science Fair took place in the morning and several club members helped with judging and check-in. Also during the morning and early afternoon, there was a Health Fair put on by the WesternU Lions Club, and several of our members helped out by serving as translators. In the late afternoon and early evening, the club held its annual Bowl-a-Thon, which is the major charities fundraising activity. It included teams bowling and a silent auction. Two of our members helped out at the Kennedy Austin Center. Four members attended the MD-4 Convention. The club's Golden Springs Leo Club held a fundraiser at Chili's in Diamond Bar.

Upland Host Lions

Information submitted by Secretary Keith Krumwiede

The Upland Host Lions made and donated recycled plastic bag bed mats for the homeless. They also donated to the Upland Christian Church to purchase blankets and pillows for the homeless. The club provided eye exams and new eyeglasses to local school children, collected 117 used eyeglasses, and had a recycling project for aluminum cans and plastic bottles. The club held its Student Speaker Contest with four students competing.

WALNUT-DIAMOND BAR LIONS

Information submitted by Secretary Karen Hormuth

In February, the Walnut Diamond Bar Lions collected 173 glasses from the local community. They held their student speaker contest on February 20th with 3 extremely good speakers. Lastly, 10 families were recipients of food from their local food bank

WESTERNU LIONS

Information submitted by 2014-2015 President Ken Van

The WesternU Lions held a Health Fair on February 22 at Fremont Academy in Pomona. It was an inter-professional health fair where they gave health screenings to the families of Pomona. 15 Lions participated. Six WesternU Lions participated in the Pomona Host Lions Bowl-a-thon.

MD-4 Convention Highlights



DG SHEILA CASTEEL HELPS PROVIDE ENTERTAINMENT DURING PRE-CONVENTION ACTIVITIES.



Zone Chairs Dave Hubbard and Bob Susaeta Outstanding Zone Chair Awards



DG SHEILA & PDG JON



PDG KEN SHERWOOD REPORTS ON MD4 STUDENT SPEAKERS



SEAL BEACH LION SCOTT NEWTON RECEIVED MEMBERSHIP AWARD



MEGAN HALL, MD4 PEACE POSTER WINNER ACCEPT AWARD FROM PIP JIM ERVIN. DG SHEILA CASTEEL AND MOTHER KARIN HALL POSE WITH THEM.



POMONA HOST LIONS KRIS GEORGESON AND CHAD DOMINGUEZ GIVE PRESENTATION ON MAKING SLEEPING MATS FOR THE HOMELESS



CANDIDATE FOR LCI 2ND VP MIKE BUTLER



SEAL BEACH LION EVAN JENKINS HONORED AS INTERNATIONAL LEO OF THE YEAR BY PIP BILL BIGGS, IP LARRY DICUS & PIP JIM ERVIN



DEAN CHURCH AND PDG KEN SHERWOOD CONGRATULATE OUTSTANDING ZONE CHAIR STEVE LACEY



CANDIDATE FOR LCI 2MD VP
BOB CORLEW



FOOTHILL REGION CHAIR WINS OUTSTANDING REGION CHAIR AWARD AND IS CONGRATULATED BY PID'S BOB SMITH, BILL IANNOCCONE AND DANA BIGGS.



ORANGE LIONS



SEAL BEACH LIONS



GOV. SHEILA & PDG JON WALK THE GRAND MARCH



1ST VDG GIL AND RC BARBARA SMITH



STEVE AND SUSAN LACEY, PDG NORM MACKENZE, KRISTINA STEWART, BARBARA AND GIL SMITH AND KEN MEYER AT THE GOVERNORS' BANQUET



SEAL BEACH LIONS WERE WELL REPRESENTED



Wanda Tanaka doing what she does best!





Annual Leo District 4-L4

Orphanages of Thailand Restaurant Fundraiser

Join us for a social gathering to interact with Leos and Lions throughout the District! There will be outstanding Thai food and entertainment available for your enjoyment.

Encourage your friends and family members to join as well!

Proceeds from this event will benefit the Orphanages of Thailand!



Date: Saturday, April 19, 2014

Time: 12 pm to 3 pm (Lunch served 12:30-1:30)

Location: Rachada Thai Restaurant
13416 E. Imperial Hwy.
Santa Fe Springs, CA 90670

Tickets: Adults - \$20 per person 18 and under - \$15 per person

For information, to RSVP, and to purchase tickets, contact:

Lion John Doogan

Phone: (714) 241-1800 **Cell**: (714) 380-0433

Email: jdoogan@socal.rr.com

Mailing Address: Orphanages of Thailand

P.O. Box 287

Stanton, CA 90680-0287





Here is the second installment of City Snippets, from City of Hope's EHope newsletter on the subject of New Year's Resolutions. The third and final article will appear in the next issue of the 4L-Forum.

New Year's Resolutions: Tips on How to Quit Smoking

by Denise Heady



Quitting smoking may be hard, but it's not impossible. City of Hope smoking-cessation experts offer tips on how to kick the habit for good. With nearly 70 percent of adult smokers wanting to kick the habit, many people are likely to make the resolution to give up cigarettes for good in 2014. That's great — tobacco is the leading cause of preventable illness and death in the United States and over half of smokers reaching middle age will die of a smoking-related illness. Further, it's never too late to quit. Quitting smoking is beneficial at any age, and smokers who quit before age 35 have mortality rates similar to people who never smoked, according to the Centers for Disease Control and Prevention in Atlanta, Georgia.

But quitting is easier said than done. Many smokers try to quit multiple times before succeeding, and less than five percent are able to quit cold turkey. That's not to say quitting is impossible. Just ask Brian Tiep, M.D., Director of Pulmonary Rehabilitation and Smoking Cessation at City of Hope, and Rachel Dunham, M.S.N., nurse practitioner for smoking cessation and lung cancer screening. Here Tiep and Dunham offer some tips on how to stop smoking permanently:

- SEEK HELP. The first step is to seek medical help. Talk to your doctor about finding a smoking cessation program with medical professionals that specialize in helping people quit smoking.
- COMMIT. Make a commitment to yourself to keep your doctor appointments, Dunham said. Don't miss appointments because you started smoking again — it is especially important at this time because you need help and support.
- Be passionate. "It is important to be passionate about your goal," Tiep said. Quitting is something that should occupy your mind. Stay focused to your commitment to quitting for yourself and your family as well.



Join District Governor Sheila, Lions & friends for the Ensenada Cruise. March 14 - 17th, 2014

Sunday is a Cruise Day with Games & Cocktail Party

Saturday March 15th District 4-L4 will join the Ensenada Lions at their Club House for Lunch. This is the 56th International Visitation between District 4-L4 & the Ensenada Lions.

PDG Barbara Hayward is organizing the luncheon & transportation to the Club House.

Carnival categories are as follows:

- Category 6E. Empress Deck Middle Porthole Category 6C forward of aft Main or Riviers Deck Porthole Category 4D Upper Deck Inside Middle Category 4B Lower deck forward or aft inside Category 4A Main deck. Inside forward of aft Mini Suite with bulscopy

CALL FOR PRICING

You can still make reservations up until two days prior to the sail date at the prevailing rate.

Please call 714-846-2478 or email Lion Carol Linehan <u>CADL8029@yahoo.com</u> for questions and reservations about the Cruise.

Vamonos a Ensenada!

- MEDICATE. "Taking the appropriate medications is an extremely important tool when trying to quit smoking," Tiep said. Medications such as nicotine replacement, Zyban and Chantix help manage withdrawal symptoms, which can be very painful, both emotionally and physically.
- **EXPECT RELAPSE.** Kicking the habit is hard. And it may take multiple tries to finally quit for good. In fact, most people who have successfully quit tried many times before achieving success, Tiep said. So don't be too hard on yourself when you find yourself relapsing; instead, remind yourself that each try brings you one one step closer to achieving your goal. Be patient, but persistent.
- BE PATIENT. Remember, Rome wasn't built in a day, and quitting doesn't happen in a day either. Most smokers have years of smoking under their belts before they quit, Dunham said. Expect a slow and steady progress. It takes time and effort to quit smoking for good.

NEXT MONTH'S NEW YEARS RESOLUTION SUBJECT: "Reduce Cancer the Easy Way" District City of Hope Chair Lion Lorna Badame



HEARING & SPEECH ACTION NEWS

Hearing Loss Association of America supports the FCC

On August 26, 2013 the Federal Communications Commission adopted rules regarding captioned service (IP CTS) on smart phones. First, it ruled that phones must be set up so that captions would not appear until the consumer turned them on.

Since their introduction in 2001 captions have proven to be the one service that is truly equivalent to traditional phones. However, the FCC, instead of embracing the success of captioning, appears to be focusing on the cost (a minimum of \$70).

Caption Call, a provider of captioned phones, argued that the FCC regulations violated the rights of people with hearing loss as guaranteed by the American Disabilities Act. The result was that Companies are permitted by court order to offer IP CTS phones free if they have professional certification of hearing loss. Meanwhile, HLAA also feels no one should have to pay a special fee to have access to their special rights.

So, the FCC acted when the number of captioned phone users approached 150,000 in January 2013. With 48 million Americans with hearing loss, it would seem logical that many more would benefit, especially since it would require an increase of only a three one hundredths of one percent contribution factor to the TRS fund. (What's that!)

On January 14, HLAA filed a brief supporting CaptionCall's petition that FCC be vacated on two issues: 1) the requirement of the minimum \$75 phone fee and 2) the requirement for captions. (?) The court will rule sometime this summer, when we will then know how difficult it will be for people to make a simple phone call.

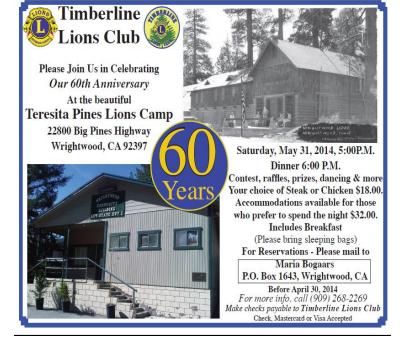


You are Cordially invited to the Fullerton Host Lion's 75th Anniversary Celebration On Saturday April 26, 2014

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









CONVENTION 2014May 15th- 18th 2014 Registration Form



Plas	asa Pri	int	•			COST			
Nan	Name: E-mail Address:								
Add	Address: Telephone #:								
City	y:					Fax #	':		
Zip	Cod	e				Club I	Name:		
	Н	OSPIT	ALITY E	BOOKS – PI	ease purd	nase by Ap	oril 25 (ave	oid late fee)	
				Thursday I	Night Even	t (for those	who arrive (early)	TBD
В	ook	#A	Frid				ner. Sunday		\$230.00
Bo	ook	#B			•		nday Breakfa		\$165.00
	Ind		Inc	dividual Mea	is & Entert	ainment:		y Dinner	\$75
								lay Lunch	\$35
								ay Dinner	\$80
							Sunday	Breakfast	\$35
	vege	tarian	options	requested fo	r			(please sr	10w names)
Piease use a separare line				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								
Ų		De	adlin	e for Ro	om Re	gistrat	ion: Ap	ril 14, 20	4
	Hotel reservations Crown Plaza Room Rate								
800 227-6963			Mis	sion Val	ley	\$99			
Group Name: Lions Club District 4L4			L4	2270 Hotel Circle North San Diego, CA 92108			reserve l 14		
				CON	VENTION C	OMMITTEE			
		J	oanne W	altman			(90	4)435-0300 09)230-3520 14) 641-0664	

Chairman PDG Mike & Sandi Scheafer	(714)435-0300
Joanne Waltman	(909)230-3520
Mike & Ann Mallroy	(714) 641-0664
Ron & Terry Finseth	(714) 267-0786
Chris & Judy Barr	

DISTRICT 4L4 CONVENTION

Convention Highlights





Early arrivals Thursday Night caravan to a local restaurant











Join us Friday Morning 10:30 in the court yard across from pool





Costume Contest for Lions. Tigers & Cougars



Saturday Night Governors Banquet

Inspirational Speaker Sunday Breakfast - Inspirational Speaker

JOIN US IN SAN DIEGO!!!

DISTRICT 4L4 CONVENTION



GOLF TOURNAMENT

Balboa Park Golf Course 2600 Golf Course Drive San Diego, CA 92102

Thursday



FEE: \$70 includes Golf - Cart - Box Lunch

Mail by May 7th to:

Ron Finseth. Convention Golf Chairman 7205 E. Grovewood Ln.

Orange, CA 92869 Phone: (714) 267-0786

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Club:

Send this portion by May 7th along with your check payable to District 4-L4 Convention To: Ron Finseth, Convention Golf Chairman, 7205 E. Grovewood Ln. Orange, CA 92869

HARBOR MESA LIONS CLUB ANNUAL FASHION SHOW, LUNCHEON AND BOUTIQUE



SATURDAY, JUNE 7, 2014 11:30AM

FASHIONS BY THE DRESS BARN

Shop till you drop opportunity Vendors with Clothing, jewelry, accessories, and more! Chinese Auction

> AT THE COSTA MESA COUNTRY CLUB 1701 GOLF COURSE DRIVE COSTA MESA, CA 92626

\$30.00 PER PERSON (No Tickets will be Sold at the Door)

(In this case, tickets will be held at the door) LION ARLENE SCHAFER

SAVE THE DATE! APRIL 23, 2014



TUSTIN LIONS PRESENT...

THE VIC GORHAM MEMORIAL **GOLF TOURNAMENT**

SPONSORSHIPS AVAILABLE!!

LAKER GIRLS!!

When: April 23, 2014

8AM SHOTGUN START!!

LIONS YOUTH EXCHANGE PROGRAM

Website: ye.md4lions.org

Open to anyone between 15 1/2 - 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 ST

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
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

This is for Students ONLY does not include host families. Host Families incur cost for themselves

\$3800.00

All donations in excess of \$100 will receive banner patch.

\$380.00

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



The Easter Bunny Silent Auction; lots of great items to bid on

> Face Painting Balloon Art • Egg Hunt for Kids Photo Op



GGUSD Student Eye Exan

Total Cost to YEP per student

Garden Grove Host Lions Club 2014 Charity Golf Tournament

Friday, March 21, 2014 ♦ Willowick Golf Course 3017 W. 5th Street, Santa Ana CA 92703, (714) 554-4408

9:30 a.m. Check-In

10:30 a.m. Tournament Begins Scramble Format

5:00 p.m Awards Dinner & Program

At the Garden Grove Lions Club House 9860 Larson Avenue, Garden Grove Awards Presentation ♦ Raffle Prizes

> \$100 Tournament Fee Includes r Fee & Cart ♦ Driving Range ♦ Tee Gifts

Dinner & Awards Program Tournament Prizes Team Awards

Closest to the Pin Longest Drive

Sponsorship Opportunities Tee Signs \$50





Make checks payable to: Garden Grove Lions Club ◆ P.O. Box 351 ◆ Garden Grove, CA 92842 Please submit this Registration Form by Mail to above address, Fax (714) 963-0364, or Email to chuckjulielake@aol.com

Registration/Sign Up	Additional Players in Group Phone #
Name:	
Organization:	
Address:	
City: Zip:	Single Player\$100\$
Daytime Phone:	Foursome\$400\$
Fax:	Dinner & Auction (no golf)
Email:	Tee Sign (Provide Business Card)\$ 50\$
For further information, please call: Co-	-Chairs – Chuck Lake (714) 963-8077 (Work) or (714) 292-8170 (Cell)

Ric Lerna (714) 784-0733 (Work) or (714) 925-8923 (Cell) Ron Pierce (714) 757-5400 (Work)

DISTRICT REPRESENTATIVES ATTEND INTERNATIONAL BOARD OF DIRECTORS MEETING

Representatives of districts in MD4 (California) had a rare opportunity to attend a portion of a Lions Clubs International Board of Director Meeting when the board met in San Diego from February 28 to March 4, 2014. The district leaders were allowed to attend one board session and the Host Night Dinner on February 28.



IP BARRY PALMER

Representing our District 4-L4 were DG Sheila and PDG Jon Casteel, 1VDG Gil and RC Barbara Smith, 2VDG Ken Myers and Upland Host Keith Krumwiede, and Lions Float President PDG Norm and Jo MacKenzie.

Torrential rains and emergency flood warnings accompanied us as we traveled to San Diego. Fortunately, the

Host Dinner, which had been planned for outdoors in a courtyard of the historic Cosmopolitan Hotel, was moved inside the hotel. Not unexpected, the new indoor quarters meant more-than-cozy, shoulder-to-shoulder, compressed seating. It also brought a safety request from Council Chair Derek Leda that people not stand as would be customary for the prayer, national anthems, and introduction of the president—a request which people promptly and sometimes painfully ignored.



1st VP Joe & Joni Preston



IP LARRY & JANE DICUS

Normally, we see our international officers on a stage across an arena at the international convention. In an almost dreamlike reversal, here were MD4 Lions sitting very, very close to LCI President Barry Palmer, 1VP Joe Preston, 2VP Dr. Jitsuhiro Yamada and the International Directors from throughout the World. Despite the somewhat uncomfortable conditions, it was a pure delight, getting to visit with everyone.

A highlight for our district occurred when PDG Jon Casteel and PDG Norm MacKenzie came to the front to present a Lions Float gift, an etched glass piece with "Matteo's Dream," to President Palmer.



Thankfully, by the time of our departure, the rain had slowed enough to allow a peaceful drive home.







Congratulations District 4-L4 Teen Recognition Award Winners (I to r) VBA Leo Jennifer Lang, a junior at Village Bible Academy, Seal Beach Leo Cameron Moore, a junior at Huntington Beach High School) and Liliana Suarez, a senior at Magnolia High School. These young ladies were honored for leading a substance free life style and encouraging their peer to do the same.

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





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 DM Stanton Lions Clubhouse 10581 Chestnut Avenue Stanton, CA 90680

\$35 per Person, \$60 per 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: Euema 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

SERVING OPPORTUNITY HELP NEEDED!

An urgent "Help Wanted" plea went out on February 19, from Santa Ana Host Lion Gayle McLean asking Lions in the District to assist at Martin Luther King, Jr. grade school on February 21. With the very short notice, three Lions were able to work at the "Kids Vision" eye exam day at the school.

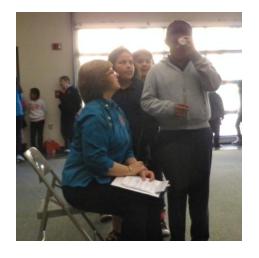
Harbor Mesa Lions, Joan Parks and Carol Van Holt, and Laguna Niguel Lion Patti Collison served to help with twenty-nine classes, K through 5, that were tested. Several students from a local college also volunteered to help out. Very little training is necessary, if you can point to letters, write down numbers and like children, you are qualified!

Lions International is one of the key partners with <u>Kids Vision for Life</u>, a community based program of Essilor Vision Foundation. Launched in 2008, KVFL provides vision screenings, for students ages 5-12 and new eyeglasses to students in need at no cost to the family through mobile clinics, school systems, central locations and special events. Events such as vision fests, health fairs and summer programs allow KVFL to provide hundreds of glasses in one day and educate the community about the importance of vision care. Since 2008, 186,210 screenings have been done and over 58,000 pairs of eye glasses have been given to children.

Additional screenings are scheduled and volunteers are needed once again, March 7 and 14, April 4 and 18. Contact Lion Gayle McLean (gaylenurse@gmail.com) of Santa Ana Host Lions for further information or to volunteer. Visit www.kidsvisionforlife.org, to learn more about the program.















DISTRICT 4-L4 CALENDAR

<u>2014</u>	
March 8	Ontario Upland Bunco
March 8	Seal Beach Lions 75 th Anniversary Party
March 8	Cucamonga District Host Sip for Sight Wine Tasting
March 9	Relay for Life Fundraiser
March 14-17	Ensenada Visitation
March 16	Zone Level Student Speaker deadline
March 22	Orange Lions Spaghetti Feed
March 24	Foothill Region Meeting
March 25	Orange Region Meeting
March 26	Saddleback Region Meeting
April 6	Region Level Student Speaker deadline
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
May 4	District Student Speaker deadline
May 10	Ontario Upland Tea
May 10	Area 4 Student Speaker Contest
June 1	Area Student Speaker deadline
June 7	Harbor Mesa Fashion Show
June 7	MD-4 Student Speaker Contest Final, Pasadena CA