



# 4-L4 FORUM

Volume 94  
Number 1

*THE OFFICIAL PUBLICATION OF CALIFORNIA LIONS DISTRICT 4-L4*

***"Answer the Call to Service"***

## ***International Convention 2015 Honolulu Hawaii***



***IPDG Gil pulls DG Ken's Ribbon***



***IPDG Gil & Barbara & DG Ken & Denise***



***International President Dr. Jitsuhiro Yamada***



***Incoming Council Chairman Mary Ryneerson,  
ID Howard Hudson & PID Larry Dicus***



***District Governor Ken & Denise***



***1<sup>st</sup> Vice District Governor Bob & Sharon***



***2<sup>nd</sup> Vice District Governor Judy & Chris***



***Immediate Past District Governor Gil & Barbara***



***Cabinet Secretary Diane & Lion Scott***



***Diamond Bar Breakfast Lions***

## ***A Message from District Governor Ken Myers***



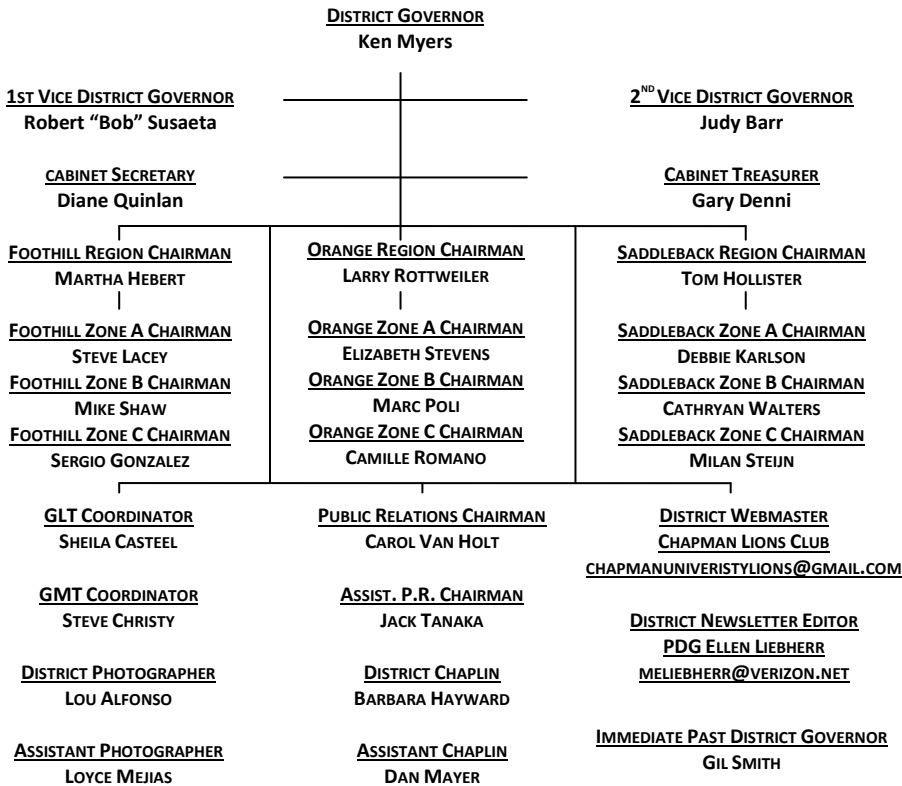
First as your Governor I must say thank all of District 4-L4 Lions for your support and advice in the last two years.

Our International President Dr Jitsuhiro Yamada's motto is "Dignity Harmony and Humanity". Dr Yamada states we all must work together in Dignity through Humanitarian Service, Harmony through Cultural Exchange and Joint Global Projects. Dr Yamada has challenged us all to complete the Centennial Service Challenge 100 million acts of service. So far the Lions of the world have completed 35 million acts of service with 2 years Left. There are 4 areas to the challenge Hunger, Sight, Youth and Environment. We will talk about the challenge and information will be coming out by the end of this month.

My motto this year is "Answer the Call to Serve". We have heard the saying "where there is a need there is a Lion". All we need to do is answer that call. I will lead us in answering this call, and to continue to Lead, Grow & Serve in our district and community. We will start by strengthening our Clubs, Zones, Regions and District. We will see clubs working with other clubs. We will see Zones working to serve the community in joint projects and fundraiser. And Regions coming together to put on community base Health Fairs. We will work together to complete the Centennial Service Challenge in each club. With us working on the above people will see what Lions do and we will see are memberships grow. Oh yes we will have fun. We are planning a district picnic for us to just have fun. If you have any ideas, input or concerns for the district please call, text or e-mail me.

I know we will be the district with the loudest Roar.

## 2015-2016 DISTRICT 4-L4 CABINET



### *A Message from 1<sup>st</sup> Vice District Governor Bob Susaeta*



Fellow Lions, we are home from the International Convention where we watched our new District Governor installed along with our new International President Dr. Yamada of Japan.

Dr. Yamada's Theme for this year is "Dignity Harmony, Service" and our Governor's is "Answer The Call To Service". These two themes both speak to growing our clubs and doing more community service projects.

Our members and clubs are the heart of our organization and we have to work to grow. We have clubs that are larger and stronger than others in our District and in my opinion our Lions Motto "WE SERVE" mean more than just serving those less fortunate that we are but also serving the other clubs in the District by offering to help them with projects by manpower and your experience. By doing this you pretty well cover the meaning of both the President and Governors themes.

As I said the Clubs and members are the heart of our organization, but without the blood and everything else it needs to pump, it cannot survive by its self. We all need the District and International to survive. Let's all make an effort this year to support the District by taking part in the Region and District meetings, attending the District convention and helping all of our clubs to be successful. If we make a commitment to do this we will all be doing what our Motto says. WE SERVE.



### **GOVERNOR'S VISITATION SCHEDULE**

July 20	Monday	7:00 am	Diamond Bar Breakfast
July 23	Thursday	6:30 pm	Chino Valley
Aug 1	Saturday	9:00 am	OC Korean American
Aug 3	Monday	6:30 pm	Harbor Mesa
Aug 5	Wednesday	7:00 pm	Seal Beach
Aug 18	Tuesday	6:30 pm	OC Chinese American
Aug 19	Wednesday	7:00 pm	Orange
Sept 2	Wednesday	12:00 pm	Laguna Niguel

## SHARE PEACE

### **Lions Clubs International Annual Peace Poster Contest**

"Share Peace" is the theme of the 2015-16 Peace Poster Contest. Lions clubs can sponsor this art contest for kids in their community for children in local schools or organized, sponsored youth groups

You can order kits from the Club Supplies Sales Department at International Headquarters from January 15 to October 1. To order a kit, call Club Supplies Sales at (630) 571-546). To order online, go to Club Supplies (Item Search: Peace Poster Kit).

### **Student Speaker Foundation**

Please remember as of July 1, 2015, the Funding Factory will no longer be paying for cell phones due to a vast majority of cell phones that they receive cannot be recycled.

I will continue to collect Ink Cartridges at Region and District Meetings. Lions Steve Christy of the HBH Lions Club will collect at the upcoming July 25th District meeting in my absence.

The Student Speaker Foundation appreciates if your club or you as an individual would think of the foundation when making a contribution to the many worthy charities that you can give to.

Thank you,  
Lion Carol Linehan  
District 4 L4 District Trustee 2014-15



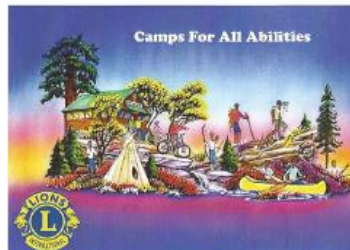


**A Message from  
2<sup>nd</sup> Vice District  
Governor  
Judy Barr**

Welcome to the Lions new fiscal year 2015-2016. I want to thank everyone who attended our May District Convention and voted. Your overwhelming support means so much to me. I am thrilled to start my new adventure. I promise to do my best to "raise the 'Barr'" to meet your expectations!

I look forward to seeing all of our Lions as we begin our rounds of District Governor visitations. I really have the most fun meeting and speaking with each club member in our District. It will be great to come back out and see you all again. Also as your 2<sup>nd</sup> VDG, I am in charge of bringing to you all of our fantastic float paraphernalia. I have Rose Float pins, patches, and clothing. More importantly I have tickets for sale for the beautiful rose stain glass piece that PDG PJ Smith created as well as an opportunity to watch the New Year's Parade live and in person. So plan now with your club to purchase your items for this year. I have been authorized to run special deals for both your club and you individually when you buy in bulk – just like Costco. How great is that?

Please always keep in mind, "Walk with Purpose, Live with Passion, and Serve with Pride!"



**2016 Memorabilia Order Form**  
(price includes sales tax)

<b>Tee Shirts</b>	
Small @ \$20 each	_____
Med @ \$20 each	_____
Large @ \$20 each	_____
XL @ \$20 each	_____
XXL @ \$22 each	_____
<b>Zipper Sweatshirts w/ Hood</b>	
Small @ \$50 each	_____
Med @ \$50 each	_____
Large @ \$50 each	_____
XL @ \$50 each	_____
XXL @ \$53 each	_____
<b>Golf Shirts</b>	
Small @ \$35 each	_____
Med @ \$35 each	_____
Large @ \$35 each	_____
XL @ \$35 each	_____
XXL @ \$38 each	_____
<b>Larger sizes on any item 3XL &amp; 4XL add \$5.00</b>	
<b>Embroidered Cap @ \$24 each</b>	
<b>Tote Bag @ \$18 each</b>	

**Shipping & Handling** \$12.00

Float Lapel Pin @ \$10.00  
Donor Patches @ \$100.00

**Total Enclosed** \_\_\_\_\_

**Other merchandise available on our website.**

Allow 2-4 weeks delivery time on mail orders once request is received.  
Make check payable to **LIONS FLOAT, INC.**  
Mail check & order form to:

PDG PJ Smith  
166 N. Starflower  
Brea, CA 92821

Send the merchandise to:

Prefer to use a credit card? Go to our website at  
<http://www.lionsrosefloat.com> We have PayPal.

**Leo Club Awards  
&  
Installation of Officers**

At the Leo District Board installation held on June 7, 2015, the following clubs were honored: Large Club of the Year, Diamond Bar High School; Medium Club of the Year, Village Bible Academy; Small Club of the Year, La Habra Leos Club.

Leo District Chair, PDG Judy Schnitzer performed the installation of the new officers.



Starting from left, Madison Berry, Yuri Ceriale, Derrick Li, Andy Shin, Muhammad Faizan, Natalie Chung, Emily Jacobsson, Chardy Lang, John Doogan and PDG Judy Schnitzer.



Muhammad Faizan, is installed as the new Secretary for the Leo District.

**2015 THE 71<sup>ST</sup> FISH FRY**

**AT THE SEAL BEACH PIER**  
**July 18th 11-7 July 19th 11-6**  
**Fish, Brats, Beer, Bands & Fun**

Proceeds go to Lions Sight & Hearing Preservation and Community Project

**FREE ADMISSION**

Visit: [www.sealbeachlions.org](http://www.sealbeachlions.org) for band schedule & Food Prices

**Lions Float, Inc.**  
**2015 Charity Golf Tournament**

**Monday November 16th**  
**Dad Miller Golf Course**  
430 North Gilbert St., Anaheim, CA

**Schedule of Events**  
9-11 a.m. Check-In  
9:10-10 a.m. Putting Contest  
11 a.m. Shot Gun Start  
Immediately following Play:  
Dinner • Awards • Raffle Prize

**Four Person Scramble Format**

**\$105 Tournament Fee Includes**  
Green Fee • Cart • Range Balls • Tee Prizes  
10% of in Golf Shop  
Dinner • No Host Bar

**Tournament Prizes**  
\$10,000 Hole In One  
Putting Contest \$100 • Closest to the Pin • Longest Drive  
Cash Prizes for 1st & 2nd Place

**Sponsorship Opportunities**  
\$5,000 Platinum Sponsorship includes "Take a Life" package, complimentary foursome, 4 float pins  
\$1,000 Gold Sponsorship includes 2 complimentary entries to tournament, 2 float shirts and 2 float pins  
\$500 Silver Sponsorship includes one entry to tournament, one float shirt and one float pin  
\$50 Tee & Green Sponsorships

Make Checks Payable to: Lions Float, Inc. and mail to 166 N. Starflower St., Brea, CA 92821  
Please return Registration Form and check by mail PDG P.J. Smith, at the above address.  
For further information call PDG P.J. Smith at N. 714-996-2950 or E. 714-996-2950-E. [raj@lionsfloat.com](mailto:raj@lionsfloat.com) or  
PDG Ron Reed at N. 951-925-2989 or E. 951-906-9050-E. [kreed@verizon.net](mailto:kreed@verizon.net)



### First 2015/2016 4-L4 District Meeting

SATURDAY, JULY 25, 2015

Back Bay Conference Center  
3415 Michelson Drive, Irvine, CA 92612

Cost: \$25 per Person

Registration Starts 8:30 AM

Breakfast & Meeting 10:00 AM

### DISTRICT 4-L4 INSTALLATION OF OFFICERS

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

Please send your reservation by JULY 10TH

\$28 after 07/10 or NON-Registration

Club Name: \_\_\_\_\_

Number Attending: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Make checks payable to District 4-L4. Please send the names of those attending on the back of this form. Please send payments to Diane Quinlan, Cabinet Secretary: 9206 La Paloma Ave, Fountain Valley CA 92708.

Email: [mrsquinlan@hotmail.com](mailto:mrsquinlan@hotmail.com)

Buffet Breakfast—Eggs, Bacon, Sausage, Potatoes & assorted pastries and muffins with OJ and Coffee.

Huntington Beach Host Lions Club  
**23<sup>rd</sup> Annual OKTOBERFEST**  
at  
**Old World German Restaurant**  
in Huntington Beach  
7561 Center Avenue  
(Behind Bella Terra Shopping center)

**BEER DRINKING CONTEST**

**RAFFLE PRIZES**

**Thursday, September 17, 2015**  
**6:30 p.m.**

**\$12.00 per person**  
Choice of Chicken or Bratwurst  
includes 1 drink (beer, wine or soda)  
(Dessert Not Included)

**Make it an official club visitation!**

**Lots of Fun, Food, and Fellowship!**

**OOMPAH BAND**

For more information please call  
**Lion Dick Sklar**  
**Purchase Tickets at Event (714 843-6953)**



### UPCOMING SIGHT CLINICS

Aug 1	Glendale
Aug 15	Riverside
Aug 22	Ranch Cucamonga
Aug 29	Big Bear
Sept 12	Thermal
Sept 19	Apple Valley
Sept 26-27	Tecate
Oct 11	Oxnard
Oct 17	West Covina
Oct 24-25	San Luis Rio Colorado Mexico
Nov 7	Pomona
Nov 14-15	Imperial
Nov 21	Phelan
Dec 5	Montebello



### HARBOR MESA LIONS



### 20<sup>TH</sup> ANNUAL "WILD WEST" CASINO NIGHT

ENJOY GAMES OF CHANCE INCLUDING  
THREE CARD POKER, SEVEN CARD POKER,  
CARIBBEAN STUD POKER, LET IT RIDE  
AND TEXAS HOLD'EM



FRIDAY, OCTOBER 16, 2015

6:30 p.m. to 11 p.m.

Costa Mesa Neighborhood Community Center  
1845 Park Avenue, Costa Mesa

\$40 Per Person includes \$100 in gambler's scrip,  
a delicious NEWPORT RIB COMPANY buffet dinner,  
hoedown dancin' AND always lots of fun, fun, fun!

BID ON ITEMS IN OUR ALWAYS FANTASTIC SILENT AUCTION!!  
TRADE IN YOUR CHIPS FOR RAFFLE TICKETS TO WIN GREAT GIFT CARDS!!  
GRAND PRIZES WILL BE DRAWN FROM YOUR TICKET STUB!!

ADVANCE TICKETS ONLY! PURCHASE BY OCTOBER 9, 2015  
MAKE YOUR CHECK PAYABLE TO HARBOR MESA LIONS  
MAIL TO: Lion Marianne Hahn 204 Loyola Road, Costa Mesa, CA 92626

FOR FURTHER INFORMATION CALL: Co-Chairs Lion Cathy Waters at (714) 444-2151 or Lion Debbie Karlson at (714) 679-7497

Proceeds go to local charities and Lions projects





***Saddleback  
Region Chairman***

***Tom  
Hollister***

**Saddleback Region Chair Tom Hollister** was born in Chicago and when he was 12 years old, he and his two older brothers snuck into the 1939 Packard his parents planned to drive to California.

He almost graduated from La Puente High and somehow managed to earn his BA (majoring in Spanish) and Teaching Credential from Cal State L.A.

After a stint in the Peace Corps and 18 years as a bilingual elementary teacher, Tom went to work for the California Teachers Association representing the teachers in Pomona where Tom joined the oldest Lions Club in 4-L4, Pomona Host. Twelve years later he left Pomona to represent the teachers of Compton. He transferred his Lions membership to Huntington Beach Host. Tom served both Lions Clubs as president and between him and his darlin' wife, Bertha, chaired the Student Speakers' Contest about twenty times and the Teen Recognition Program twice. He has just begun his 30th year as a Lion. Oh, yeah, he and Bertha have 7 children and 20 grandchildren - only one great-grand child.

**Zone A Chair Debbie Karlson** was born in Queens, New York and moved to Southern California in 1992 where she later began her search for the "Love of Her Life", Steve Christy. They share four adult children and one New York accent. Lion Debbie is considering entering middle age and has already entered onto the Board of CAL Optima, joined the Family Support Network, and is an active member of her church and school community.

Debbie joined Harbor Mesa Lions seven years ago and has served as Club Secretary, Vice President, and President. Harbor Mesa is a very active club providing many community projects. They keep her busy, but, she says, "It's all worth it when I see a child's eyes light up when we hand them their first ever school supplies."

**Zone B Chair Cathryn Waters** has been a member of Harbor Mesa Lions since 2004. She has served the club as President (won Club Excellence Award), Treasurer, and Director. Cathryn also co-chaired the "Wild West Casino Night", helped with the "Fish Fry Crew", the "OC Veterans Stand Down", the "School Box Project", was Club Parliamentarian, and as Newsletter Editor won the District Club Newsletter Award. Her club recognized Cathryn with a Melvin Jones Fellow.

Cathryn is a graduate of U.C. Irvine. She is married to her super-supportive husband, Alan and is stepmom to son Jacob.

**Zone C Chair Milan Steljn** (pronounced Stein) was born in Amsterdam, Netherlands and at the tender age of 15 persuaded his family to move to Mission Viejo in 1981. Sometime between then and now he graduated from Capistrano High, earned a BS from CSULB and became a physical therapist. He also married the beautiful Cherie, now a Lion, but then just a tigress. He and Cherie have two sons, Kai and Cameron.

One of his patients, Joe Cooke, invited Milan to dinner with the Mission Viejo Lions. You know what happened next. Milan's 15 years in Lions has demonstrated that, "Alone we can do so little, together we can accomplish so much."

Milan has served as Club VP and President and has been awarded a Melvin Jones Fellow by his appreciative Lions Club.



***District Cabinet  
Secretary  
Diane Quinlan***

Welcome New Officers.  
Just had a wonderful vacation in Hawaii and am ready to kick off the 2015/2016 year.

I hope all of you have had time to check out LCI Reports, if you have problems submitting your reports, please contact me either by cell phone (714) 623-1439 or email me at [mrsquinlan@hotmail.com](mailto:mrsquinlan@hotmail.com).

The officer make up session has been schedule for 07/26 at the Garden Grove Lions Club house at 10:00 AM.

Lets have fun this year!!!

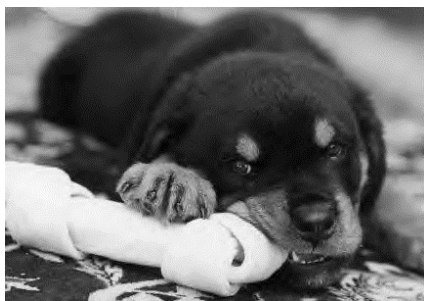


**Orange County  
Ronald  
McDonald  
House**

**CALLING ALL LIONS OF DISTRICT 4L4**

**ONCE AGAIN WE HAVE BEEN ASKED TO HELP SET UP, COOK,  
SERVE AND CLEAN UP BY ORANGE COUNTY RONALD  
MCDONALD HOUSE FOR THEIR ANNUAL ANNIVERSARY  
PANCAKE BREAKFAST.**

**Contact Diane Quinlan (714) 623-1439  
Or Brenda Donahue (714) 673-6391**



***Orange Region  
Report  
Chairman  
Larry Rottweiler***

A man takes his ROTTWEILER to the Vet and says "My dog's cross-eyed, is there anything you can do for him?"

"Well," says the Vet "let's take a look at him."

So he picks the dog up and examines his eyes, then checks his teeth.

Finally, he says "I am going to have to put him down."

"What? because he is crossed eyed?"

"No, because he is really heavy."

Hello Fellow Lions

I would like to introduce myself and the three zone Chairs for the Orange Region

**Larry Rottweiler:**

Two questions that I am always asked:

1. Where did your name come from? A medium size town in Southern Germany (Rottweil) founded in 600 a.d. It is locally famous for its Carnival and the city also has some dogs named after it.
2. Do I really live on Dalmatian Street? Yes

I joined La Habra Host Lions in 1999, I have been chair of many events. I have held most offices in the club and am currently the club secretary. I have been honored with cub of the year, Lion of the Year, and District Secretary. I was Orange Zone A chair for two years. Currently, I am a guiding Lion for Cal State Fullerton Lions.

I have been married to my wife Cindy for 37 years and my daughter, Sara, teaches special education in La Habra. I graduated from Cal State Fullerton and work for a Government Fleet maintenance Company.

**Zone A Chair: Elizabeth Steves:**

Elizabeth joined La Habra Host Lions in 2004, I am one of 5 family lion members including husband Mike and son Codie. She served as 2014-15 Club President, Tail Twister, Publicity, Bulletin, Easter and Santa Cause Chair. She is a guiding Lion for Cal State Fullerton Lions. Liz's favorite Lionism actions are encouraging membership and Proud Lion steps; and is a proud sponsor to 15 Cubs. Passions include marketing and innovative new project ideas to bring to the club, Corn Festival stage manager and club parade float builder. Hobbies include boating and gardening and works at our family owned upholstery business. Proudest goal, working through the ranks to reach president and paying attention every step of the way to take office with clear goals and objectives. Favorite quote; "If you can't make them see the light, make them feel the heat" Ronald Reagan. Awards include 2006 NFL California Volunteer of the Year, 2007 La Habra Citizen of the Year, Melvin Jones Fellow, and 2012 La Habra Community Services Volunteer of the Year and is District 4L4 2015 Lion of the Year.

**Zone B Chair Marc Poli**

Marc has been a lion and member of the Fullerton Host Lions Club since 1996, having served as President 6 times (8years), and as Secretary and Treasurer. He has also served as Region Chair, and Zone chair 3 times. No, he will not run for Governor. He is a City of Hope "Life Sustainer", a Harry J. Aslan Fellow and a Melvin Jones fellow. He was District 4-L4 "Lion of the Year" for 2006-2007.

Besides the traditional lion's activities, Marc is particularly proud of his contributions to the District Leo program; He has been the lion advisor for the Sunny Hills Leo club for 15 years, and has served as District Chair for 4 years. Finally, he heard the call from PDG Chuck Overbey to help with the Scleroderma Foundation (which is an official district project), and became the district chair for this charity, also helping organize (with the help of our Leos) their walkathon every year since 2003, and was formally recognized for these contributions in 2010. Marc is a perfect husband for his wife: Judy, and a great father to two grown men still in college. His hobbies involve collecting computers and computer games, and working on his cars, having rebuilt a 1986 Celica (Motor and all). By the Way, he is a Chiropractor by profession, specializing in Sports Injuries and medical legal evaluations.

**Zone C Chair Camille Romano**

Camille Romano has been a Seal Beach Lion for five years. She chaired her first project 6 months after Joining the club. At the beginning of her second year she was the club's Lion Tamer. During year three, she was the visitation chairperson. Year four, Camille was the club Secretary, and was honored as District Secretary of the Year. After that she was elected the President of the club. In addition to holding these club's positions, she is the chairperson of the merchant raffle for the club's Fish Fry, which is their biggest fundraiser of the year.

Congratulations to all of the incoming officers and all Lions. We look forward to a great year. We are here to help you. As you can see, the four of us have many years of experience working with our clubs and hope to pass our experiences and to learn from you at the same time.



## ***Foothill Region Chairman***

***Martha Hebert***

CONGRATULATIONS, Governor Ken Myers and Lady Denise! Best Wishes for your year ahead.

The **FOOTHILL REGION** is off to a slow start, but picking up speed each day. First let me introduce myself. I name is **Martha Hebert** from the Ontario Upland Lions Club. I was born in the deep south, graduating from high school in Memphis, TN. Migrated to California in January 1965. I have two sons and a daughter, 4 grandsons, 1 granddaughter, five great granddaughters and 2 great grandsons. I have been a Lions for 19 years, held all positions in my club, served on the District Cabinet as Secretary, Zone A Chair and as many Committee Chairs. I look forward to being the Foothill Region Chair this year.

**ZONE A CHAIR** is **Steve Lacey** from the Cucamonga District Host Lions Club. Steve is a rare native Californian. He graduated from Chapman University for under grad and graduate degree. He was a Pastor for many years, before going on to teach in the Fontana School District for 17 years, teaching 5<sup>th</sup> and 6<sup>th</sup> grades, before retiring in June of this year.

Steve has been a lion for 20 plus years, serving with the Upland Host Lions as President twice before transferring to Cucamonga District Host Lions to serve as President. He continues to hold an associate membership with the Upland Host Lions. He is serving for his second time as Zone A chair and two years as Associate Chaplain.

Steve has been married to his lovely wife, Susan, for 34 years and has a daughter. His hobbies are TV, Movies (Sci-Fi). Steve tells me that something funny about him is that "you hear his voice long before you see him". Now that he is retired his plans are spend more time serving the church and Lions.

**ZONE B CHAIR** is **Mike Shaw** from the Ontario Host Lions Club. He has been a Lion for five years, and has served as Lion Tamer, Tail Twister and two terms as President.

Mike is another rare native Californian, and attended Cal-Poly in Pomona. He is now retired from teaching Junior High in the Alta Loma School District for 42 years. The funny things that he would like for you to know is that "he starts his class everyday with a joke" to get the students relaxed and be ready to study.

Steve built a Log Home (vacation home) in Coeur d'Alene, ID twenty years ago. His hobbies are collecting Tarzan Books and he is a Consultant for Edgar Rice Burroughs. Mike is married to his lovely wife, Joan, and they have four daughters and five grandchildren.

**ZONE C CHAIR** is **Sergio Gonzalez** from the Diamond Bar Breakfast Lions Club. He has been a lion for 12 years, starting with the Rancho Cucamonga Community Lions before transferring to Diamond Bar Breakfast Lions. The offices he has held two terms as President with RCC and one year as President with Diamond Bar Breakfast.

Sergio came to the USA at the age of one year of age. He went to college at UCLA and Cal-Poly. After college, Sergio went to work with the Los Angeles County Sheriff Department, retiring after 34 years.

His hobbies are photography, collecting Golden Age Comic Books and volunteering as a translator for Lions in Sight and California Lions in Sight. Sergio's funny thoughts is that "he can be misunderstood in two languages."

Several of the Foothill Region Lions were recently spotted at the Lions International Convention in Hawaii. They were Jerry McJunkin from Cucamonga District Host, Jack and Wanda Tanaka, Sergio Gonzalez and Suzanne from Diamond Bar Breakfast, Joanne Waltman and myself from Ontario Upland Lions, and our Governor Ken and Lady Denise from Upland Host. If I omitted someone from this list, please let me know. Everyone had a wonderful time fun and enjoyed socializing with lions from other regions in the district, other states and other parts of the world. Great Convention.

Upland Host have great plans for their first fundraiser of the new year, a Fish Bake on the first Friday in August (the 7<sup>th</sup>).

This year is getting off to a great start. The Clubs are busy planning for the coming year. Watch for upcoming announcement in the Forum.

## ***Brea Lions Host Pie Eating & Hula Hoop Contests***

The Brea Lions are a big part of the 4th of July Brea Country Fair every year.

Two age brackets took to the hula hoops showing off their talents. But there is nothing like an old fashioned pie eating contest to get the crowd going.



This contest had to be the messiest event at the fair but it was fun to watch. Check out the messy faces of these kids and young adults. This cute young girl had to have the messiest face I can ever remember & a smile to go with it. Again, thank you, Brea Lions, for living up to our motto, "We Serve!" (pies included)

The following article is reprinted from the July issue of the Elks national magazine. As the District Chairman for the Teen Recognition Program, I found this to be of interest. Pete Badame



## **Mixing Alcohol and Energy Drinks may Spell Disaster**

By FRANK SCARPINO

Energy drinks are reaching their peak in popularity but manufacturers continue to sell mass quantities to their youthful target audience. The most popular of the new energy drinks is Red Bull, which promises to give its drinkers "wings". There are now numerous brands of energy drinks that seem to be sold everywhere. They claim to stimulate the mind and body but can have adverse effects when mixed with alcohol. Combined, they make a person want to drink more and mask the signs of drunkenness.

Energy drink manufacturers are no longer allowed to make high-caffeine drinks with alcohol, but young people mix their own. High levels of caffeine can boost heart rate and blood pressure, causing palpitations, according to the National Institute of Health. Alcohol makes people dehydrated, and the caffeine in the energy drinks is a diuretic which also causes people to lose water, worsening the effects of dehydration.

Lately college students and teens have been mixing these energy drinks with alcohol to get a high without getting sleepy. Fatigue is the body's way of saying it's had enough to drink and it's dangerous to continue to try to fool your body that you're not as drunk as you really are.

## ***ATTENTION***

***CLUB P.R. CHAIRMEN  
CLUB SECRETARIES  
CLUB PRESIDENTS  
EVENT CHAIRMEN***

***Promote your Club  
Promote your Club Activity  
Promote your Club Fundraiser***

***Send it all to your Forum Editor  
Monthly deadline 5<sup>th</sup> of the month***

***Send to  
PDG Ellen Liebherr  
[meliebherr@verizon.net](mailto:meliebherr@verizon.net)  
information (714) 458 3077***



**You can register online anytime at  
[www.lionsforum.org](http://www.lionsforum.org)**



# DISTRICT 4-L4 CALENDAR

July 18-19	Seal Beach Fish Fry
July 18	Ronald McDonald House Anniversary Breakfast Service Project
July 25	District Meeting
Aug 22	District Picnic
Sept 12	Lions Camp at Teresita Pines Open House
Sept 15-17	USA Canada Forum Omaha Nebraska
Sept 17	Huntington Beach Host Oktoberfest
Sept 22	Saddleback Region Meeting
Sept 26	Leo Leadership
Sept 28	Orange Region Meeting
Sept 29	Foothill Region Meeting
Oct 14	White Cane Days
Oct 16	Harbor Mesa Casino Night
Nov 6-8	Council of Governors Meeting Burlingame
Nov 21	District Meeting

## 2016

Jan 16-18	MD-4 Leadership Institute Ontario
Jan 23	District Meeting
Feb 3-4	Council of Governors Meeting Modesto
Feb 5-7	MD-4 Convention Modesto
Feb 19-21	Flag Days
Feb 22	Club Student Speakers Contest deadline
Feb 27	Harbor Mesa Murder Mystery Dinner
March 14	Zone Student Speakers Contest deadline
March 22	Saddleback Region Meeting Student Speakers Contest
March 28	Orange Region Meeting Student Speakers Contest
March 29	Foothill Region Meeting Student Speakers Contest
April 3	Lions City of Hope Day
April 4	Region Student Speakers Contest deadline
April 16	District Meeting
May 12-15	4-L4 Convention
June 2-5	Council of Governors Meeting Redding
June 24-28	International Convention Fukuoka Japan