



The 4-L4 Forum

**The Official Publication of
California Lions District 4-L4**



**District Governor
Judy Schnitzer**

Volume 88 Number 6 DECEMBER 2009

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Dear Lions, Leos and Friends:

Yuletide Greetings! Can you believe the holidays are here and 2009 is almost over? Seems like only yesterday it was January 1, 2009 and we were bringing in the New Year. Time really does fly by fast, even more so when you are District Governor!

I am happy to say that all club visitations except one have been completed. I want to thank all of you Club members for the wonderful hospitality that you showed to my Cabinet and myself. You were so awesome and I enjoyed every minute of the visitations.

At our November 8th Cabinet Meeting, Immediate Past District Governor Elizabeth Warren presented the following 2008-2009 Awards:

- President Excellence Award: Fullerton Host - Marc Poli; Huntington Beach Host - Hank Lopez; and Harbor Mesa - Gina Stansbury;
- 100% Secretary Award: Fullerton Host - Lorna Badame; Huntington Beach Host - Keith Campbell; and Harbor Mesa - Jennifer Kelder.
- Leo Club Excellence Award: Diamond Bar High School Leo Club.
- International Leo of the Year: Timothy Huang (Diamond Bar High School Leo Club).

Past Council Chair Ed Bordenkircher presented an award to the La Habra Host Lions Club in recognition of their donation to the Lions Camp at Teresita Pines.

I presented a Student Speaker plaque to Immediate Past District Governor Elizabeth Warren and I recognized three Lions and their Sponsors from the Diamond Bar Breakfast Club who have earned Proud Lion Awards. My congratulations to these outstanding Lions and Leos.

Don't forget that its time again to decorate the Lions Rose Float. The two days for 4-L4 Lions to help decorate are December 12 and December 26. Contact Lion Jack Tanaka to sign-up.

Regarding our program Project L.O.O.K., Chairman Dr. Mohsen Alinaghian wishes to step down as Chairman and would like someone else to take over. I am asking all clubs to forward to me names of any Optometrists who are members of your club in order that we may find a new chairman to head up this project.

My warmest wishes to all of you and your families for a very Merry Christmas and a safe and joyful New Year.

Yours in Lionism,

Governor Judy





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ONE OF THE RESPONSIBILITIES OF THE DISTRICT GOVERNOR IS TO VISIT ALL OF THE CLUBS IN THE DISTRICT. ONE NOVEMBER 17 GOVERNOR JUDY ENDED HER VISITATIONS WITH THE TUSTIN HOST LIONS, HER HOME CLUB.



IT WAS ALSO A BIRTHDAY CELEBRATION FOR GOVERNOR JUDY. CLUB MEMBERS HONORED HER WITH ELVIS MUSIC AND A TRIVIA GAME, AND A NICE BASKET GIFT.



..... AND KISSES FROM THE MALE MEMBERS



ACCOMPANYING GOVERNOR JUDY WERE , L TO R, SADDLEBACK ZONE A CHAIR, STEVE CHRISTY; SADDLEBACK REGION CHAIR, CAROL VAN HOLT; TUSTIN HOST PRESIDENT, DAVE WILSON; 2ND VICE DISTRICT GOVERNOR KEN SHERWOOD; 1ST VDG, NORM MACKENZIE



1st Vice District Governor's Corner

Norm MacKenzie

LCI'S Global Membership Team (GMT) Is Coming to District 4-L4

The District's Extension Workshop Application has been approved for the dates of January 11-13, 2010. That's a 3-day session that includes Guiding Lion Training, How to Recruit, and actual canvassing of the community attracting the Next Generation Lion (NGL), which is a natural transition from last month's article, LIONS: THE NEXT GENERATION – The Uniqueness of Baby Boomers, GenX, and Millennials??? We should all be thinking about the Next Generation Lion and how to attract them.

RECRUITING THE NGL

Time is today's currency. Light bulbs, brooms, popcorn, cotton candy, etc a thing of the past? Clubs need to examine how they are viewing ideas including fundraisers & meetings. The NGL is less likely to commit time, but what is given, will be very effective.

RECRUITING THE GEN XERS

They like meaningful work – the local focus of the "Big Picture". They want opportunities for personal growth – they're looking for something to do. Downplay the role of hierarchy and authority. Reach them with the web, email, and cell phone. Gen X likes change. If things don't change, they will leave.

RECRUITING MILLENNIALS

Millennials believe in power to change the world. They feel compassion toward people in need and are strong team players. They expect support; grew up on coaches, mentors, tutors and teachers. They value volunteerism and expect to "get credit". 87% volunteered in high schools as did 2/3 first year students entering college in 2005 ("Who are our students" panel presented at the 2006 WI Association of Academic Librarians Conference, Stevens Point, Wisconsin).

THE ONE MILLION DOLLAR QUESTION – ASK!!!

- You must be motivated
- You must believe
- You can't sell if you wouldn't buy
- Provide a goal, don't minimize the job
- Utilize Technology – use it, but keep it up to date
 1. Technology will enhance your appeal
 2. Replaced going to the library or the store
 3. Millennials don't wait for anything – think video games
 4. Social Networking Sites – Facebook, IM, MySpace, Twsitter, Blogs
 5. Email
 6. Club Website

EVALUATE YOUR MEETINGS

- On the go?
- All ready to drag on?
- Eat Burp & Go Home?
- Do you offer challenges?
- Ask the Millennial

VOLUNTEERS

- The NGL is very busy
- The NGL wants flexibility
- The NGL thinks "outside-of-the-box"
- The NGL will not tolerate those who can't lead a meeting
- ZZZZZZZZ I'm sleeping cause this guy is boring me to death!!!!

Keep in mind that the NGL doesn't want to make a contribution – they want to make a difference!!!!

Keeping all this in mind, I'm looking for 10 more Lions who want to be a Certified Guiding Lion and learn how to Start New Clubs and recruit the Next Generation Lion. If you would like to participate January 11-13, please email me at norm.mackenzie@cox.net.

I mentioned this last month but it deserves mentioning again - many of you have served, perhaps multiple times, in the leadership positions within your clubs, districts and beyond. Here's what we all must remember: The Next Generation Lion may have a very different style than we do. Don't fight their style, instead embrace it or at the very least, accept it. I encourage all club Membership Directors to readjust Recruiting Techniques and let the Next Generation know Lions will give them the opportunities to lead, to make an impact, to network, and to provide a service to the community.



IPDG ELIZABETH WARREN, DG JUDY AND GEORGE, 1ST VDG NORM AND JO MACKINZIE AT THE BLACKJACK TABLE AT THE HARBOR MESA CASINO NIGHT NOVEMBER 6



The Second Opinion 2nd Vice District Governor

Ken Sherwood

Cue Roy Orbison. He's playing our song: ..."It's Over....". The visitation season ended with homecoming at Tustin Host Lions, an event that put the cherry on top of a rewarding visitation schedule. This period at the end of the sentence coincided with Gov. Judy's birthday which added to the festivities with gifts to celebrate the special (in more ways than one) day.

The Governor comes from a talent rich club, populated with great Lions like PDG Lowell Sneathen, PRC Gary Segal, long time Saddleback Region Student Speaker Chair and current Nominations , Credentials & Elections Committee Chair Cherill Cady, PZC Ken Henderson, Lion Vic Gorham and past members the likes of PDG Chuck Myers. These Lions and others of their stripe keep this club always active in the Lions objectives and local needs. Visitors of note to this meeting were past and returning Lions Marilyn Kaptain and Eleanor Shafer (don't shoot me for spelling). It'll be great to have them back in service. Tustin Host is reaching out to past members and getting some pleasant results. Give some past partners in service a chance to rededicate themselves to the great world of Lionism.

The visitations to the great clubs of 4-L4 were as diverse as the personnel of each group. The Governor was regaled with songs, gifts and accolades. The songs fall into the class of "you had to be there". Jaws are still dropping along with a few more fallen arches. The gifts ranged from humorous to useful with some high honors sprinkled in between. Seal Beach Host presented Governor Judy with a Fellowship from the Student Speakers Foundation; the Governor's first. Seal Beach Host leads the district in contributions to the Student Speakers Foundation via the fellowship program.

Seal Beach Host is home club to Lion Carol Linehan, the MD-4 Area Four Student Speaker Chair (Dewey on trombone). Just a list of names of Lion leadership in this club would fill a page and more; standouts in club and district service are PDG Ellen Liebherr, 4LFORUM Editor; the Hubbards, Dave and Gail; Jim Klisanin; Scott Newton and many more. Long time members still serving 100%.

One of the most enjoyable visitations was with Rancho Cucamonga Community Lions who showered Judy and George with gifts starting with a large basket to carry away the loot. Each gift was accompanied by a short poem or explanation of how the item might be used. The "Queens" club knows how to treat royalty.

All clubs (that I attended) welcomed Judy with cordiality and listened to the Int'l Pres. message and the Governor's goals with courteous attentiveness. (no one really fell asleep). There were fewer changes in the visitation schedule than in past years and Gov. Judy did hers in near record time. Thanks 4-L4 for your superior organization.

On to our next great challenge-MEMBERSHIP GROWTH. Governor Judy submitted an application to LCI to get the GMT to come to 4-L4. Our application was accepted and the Growth Membership Team will be here January 8,9,10, 2010.



HURRY AND GET YOUR 2010 ROSE FLOAT PATCH WITH YOUR CLUB'S \$200 DONATION

Hello Lions! It is that time of the year when Lions have the opportunity to help decorate the Lions Clubs International Float. Since 1992, Lions Clubs International has had a float in the New Year's Day Tournament of Roses Parade in Pasadena, California.

This year our District's decorating days are: Saturday, December 12th from 1:00 pm to 5:00 pm and two shifts on Saturday, December 26th from 8:00 am to 12:00 noon and 12:00 noon to 3:00 pm.

The decorating takes place at Phoenix Decorating Company, 835 S. Raymond Avenue, Pasadena, CA 91105, (626) 793-3174. Depending on weather, sometimes it gets cold inside the building, so dress in layers. Dress in old, comfortable clothes that is "grubby neat" and wear sturdy shoes with closed toe and heel. Jewelry is not recommended, it gets messy and/or lost. No one under the age of 13 years old will be allowed in the building.

If you or your club is interested in helping decorate the float, please contact District 4-L4's Rose Float Decoration Coordinator, Lion Jack Tanaka. (909) 861-0142

THE SECOND OPINION (Continued).....

The location is the Garden Grove Lions clubhouse. Membership growth is every Lion's duty and obligation. The GMT is going to give us the tools and procedures to start new clubs and get new members. This event is for MERLO team members. Interested Lions (and all should be) will be welcome. Call Governor Judy or 1st VDG Norm MacKenzie to reserve space for the GMT seminar.

Call or contact your local high schools, trade schools, charter schools, home school associations. NOW to line up your speakers for the student speakers contest. Club contests begin in February. This year's topic, "Universal Healthcare- How Will it Affect Us", should bring forth some rousing speeches. Contact Lion Marianne Allen for expert help.

Get you applications in for the MD-4 convention in Riverside. February is almost here. Make your plans for the district 4-L4 convention in Ventura in May. If you're going to Sydney, you need to make travel arrangements and room reservations NOW.

Make plans to attend the Melvin Jones birthday bash, hosted by IPDG Elizabeth Warren. The event is January 16, 2010 and the cost is \$55 per person. The keynote speaker is International Director candidate Bob Smith, a change from the original schedule.

Lots to do for active Lions.
If you do nothing else this year- SPONSOR A NEW LION.



CHAPLAIN'S CORNER

PDG CHUCK OVERBEY

I am delighted to report that I am unaware of any Lions who have passed on since my last publication. Therefore, I have a story for you.

There was a blind girl who hated herself because she was blind. She hated everyone, except her loving boyfriend. He was always there for her. She told her boyfriend, 'If I could only see the world, I would marry you.' One day, someone donated a pair of eyes to her. When the bandages came off, she was able to see everything, including her boyfriend.

He asked her, 'Now that you can see the world, will you marry me?' The girl looked at her boyfriend and saw that he was blind. The sight of his closed eyelids shocked her. She hadn't expected that. The thought of looking at them the rest of her life led her to refuse to marry him.

Her boyfriend left in tears and days later wrote a note to her saying: 'Take good care of your eyes my dear, for before they were yours, they were mine.'

This is how the human brain often works when our status changes. Only a very few remember what life was like before, and who was always by their side in the most painful situations.

LIFE IS A GIFT

Today before you say an unkind word –
Think of those who can't speak.

Before you complain about your food –
Think of someone who has nothing to eat.

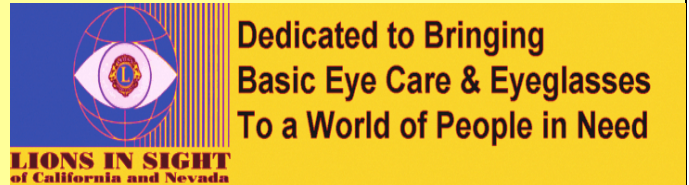
Before you complain about your spouse –
Think of someone who's crying out to GOD for a companion.

Today before you complain about life –
Think of someone who went too early to heaven.

Before whining about the distance you drive –
Think of someone who walks the same distance.

And when you are tired and complain about your job –
Think of the unemployed, the disabled, and those who wish they had your job.

And when depressing thoughts seem to get you down –
Put a smile on your face and think: you're alive and still around.



LIONS IN SIGHT
of California and Nevada

WONDERING WHAT TO DO WITH THOSE BOXES OF USE EYEGLASSES?

No problem. Just bring them to the next cabinet meeting and District 4-L4 LIONS IN SIGHT Chairman Diane Martin will take them off your hands and make sure they are transferred to the Lions in Sight warehouse. For more information: (949) 770-2290.

COME ENJOY THE ANNUAL SEAL BEACH HOLIDAY PARADE FRIDAY, DECEMBER 5, 7:00 P.M. MAIN STREET, SEAL BEACH



2009-2010 DISTRICT 4-L4

THIRD CABINET MEETING

ORANGE REGION

SATURDAY, JANUARY 23, 2010



HONORING OUR PAST DISTRICT GOVERNORS



MEADOWLARK GOLF CLUB

16782 Graham Street
Huntington Beach, CA 92649



Merlo Team Workshop 8:30 - 9:30 A.M.
Registration 9 A.M. - Meeting 10 A.M.
First Timers will be Recognized

\$20 PER PERSON

Clubs are asked to bring a Raffle Prize (Approximately \$20 Value)

Please Make Reservations by January 15, 2010

CLUB NAME _____ NUMBER ATTENDING _____
Please include a list of names on the reverse side of this flyer.

Please make checks payable to: District 4-L4
Send completed form to:
Lion Beverly Bell
8334 Avenida Leon
Rancho Cucamonga, CA 91730

or Call: (909) 989-6461

or E-mail: bevbell2000@yahoo.com



FABULOUS FOOTHILL

Region Chairman
Ken Myers

Remember the next Orientation for new Lions and others who want to know what we do, who we are, and why we like being Lions will be held at the U.S. Bank located at 333 N. Euclid in Ontario, from 7pm to 9pm on December 15, 2009. All Lions are welcome to join us and share your Lion stories.

An article in the Inland Valley Daily Bulletin on November 6, 2009 states "Lions help teachers do their jobs". Lighting the path for Education in Pomona is the Pomona Host Lions. They awarded \$5,500 in mini-grants to Pomona United School classroom teachers. President Gil expressed the club's commitment to the PUSD, its teachers and children. President Gil acknowledged that every year teachers spend an extraordinary amount of their own money for classroom supplies, and we want to thank them for all that. Over the past six academic years, the Pomona Host Lions awarded \$30,000 to the PUSD classroom teachers. And we want to thank you, Pomona Host.

Brandon Chan Director of international Publicity at Diamond Bar High School's Leo Club stated the Leo's are super busy. They have two board meetings and two club meetings each month. Leo Brandon said they usually fill the gym with all Leo's. On an average the Leo's have seven community events each month.

In the Diamond Bar Breakfast Newsletter for November Lion Wanda Tanaka stated "Our Leo Clubs are so fantastic – such a burst of energy. We wish we could bottle all the enthusiasm for community service and sprinkle it throughout the world". What a great statement about our youth. There is hope for the future of Lions.



THE DBHS LEOS COLLECTED BOXES OF SODA POP PULL TABS FOR RONALD MCDONALD HOUSE



LEO ADVISOR JACK TANAKA AND DBHS LEO MEMBERS TAKE A TRIP TO LOMA LINDA HOSPITAL WITH "THANK-YOU" CARDS FOR OUR TROOPS



THE DBHS LEOS ATTENDED THE NOV 8 CABINET MEETING WHERE THEY SERENADED DG JUDY WITH "THIS LITTLE LIGHT OF MINE"



- **Leadership**
- **Experience**
- **Opportunity**



ORANGE REGION REPORT

REGION CHAIRMAN PETE BADAME

Hello, Lions of District 4-L4 and greetings from the Orange Region, "The Distinguished Dozen". As we arrive at the holidays, Outstanding Orange has been as active as ever. All of the clubs have been serving their communities, as they do throughout the entire year. Several of the clubs have sent donations to local charities including City of Hope, Scleroderma Foundation and Wilderness Camp for Deaf Children.

We are looking forward to the upcoming Student Speaker contests here in 4-L4 as well as two very special annual events, the Teen Recognition Program dinner and awards night on January 30th and our annual Melvin Jones Celebration. The Teen Recognition Program (TRP) is a great program which recognizes, supports and rewards teenagers for their efforts in volunteerism in promoting a drug, tobacco and alcohol free lifestyle. This event promises to be an evening which you will not soon forget. There you will meet, and hear of some of the accomplishments of several of the finest young adults in our district. These kids really show what can be accomplished by those who are scholastically driven and determined to serve in their local communities. For those of you who have never attended this event in the past, I highly encourage you to check it out. The rest of you already know what a great event it is and I hope that you can attend again.

On January 16th, at the Costa Mesa Country Club, will be our annual Melvin Jones Celebration. IPDG Elizabeth Warren has arranged a terrific event this year, one where we get to dress up and have a great night out with our Lions friends. This is the time of the year where we recognize all those who are being honored as new recipients of the prestigious Melvin Jones Fellowship, and usually several more who will receive progressive fellowships. It is a celebration of the life of our founder, Melvin Jones, and an honor for all those who will have received a fellowship honoring his name. As well as this presentation, we will also be privileged to hear a keynote address by a good friend of District 4-L4, Past International Director Dana Biggs.

This year's Melvin Jones Celebration promises, as always, to be an impressive event and one which we should all strive to attend. It is also a great event to encourage your new cubs to attend, as well as the perfect showcase for prospective members to see what Lions International is truly about.

Until next time, in the service of Lionism, the best of the holiday season, Lion Pete

MEMBERSHIP

By Membership Chairman Dave Hubbard

Looking for Younger New Members...

As I go to my Lions meeting or visit other Lions clubs, I see the same old faces. When I ask if you have any new members, I usually get the same answer, "We're too old to get new members". Maybe it's time we get out and ask. Maybe it's time to look at the way we conduct our meetings, fundraisers, and service projects. With a few new younger members, this can happen. They would bring a new perspective to the way we do things. It would also encourage others to join and get involved. Think of what it would do to your club. Increased membership, a new vitality, and an opportunity for the older (more tired) Lions to take it a little easier.

All we need to do is ask. Just because you are older doesn't mean you don't know younger men and women in your community. You buy from them and possibly sell to them. They are your neighbors, the new business owner at the corner. Why not ask them? Let's all get out and ask just one younger person. If every Lion in the District were to do this, we should have 10 new members.

Another idea is to start a Branch Lions Club in your community composed of younger members. They are a part of your Lions Club and yet they can use their ideas and enthusiasm to create new projects and a new way to serve without creating some uneasiness in older members. If you have any ideas for getting new members, let us hear from you. We are always looking for ways to increase membership. The Club Membership Plan is now available. It will help you plan for growth. And if it is followed, will increase your membership. They are available from me at dghubbard@earthlink.net. All you have to do is ask. Your District Membership Committee is ready to assist you. All you have to do is ask. And while you're at it, ASK someone to join.



**GOVERNOR JUDY AND GEORGE WELCOMED NEIGHBORING
DISTRICT 4-L3 GOVERNOR RUDY SALVIO AND HIS WIFE
LUDY AT OUR RECENT CABINET MEETING**

DIAMOND BAR LEO NAMED INTERNATIONAL LEO OF THE YEAR



2009-2010 District 4-L4 Leos Club President Timothy Huang received honors from IPDG Elizabeth Warren at the cabinet meeting after being named Leo of the Year by Lions Clubs International.

He is a 17 year old senior at Diamond Bar High School and is the Immediate Past President of the Diamond Bar Leos Club. He has been a Leo for 4 years.

The Leo of the Year Award was given by Lions Clubs International. Out of over 144,000 Leos in the world, 22 were selected. He is one of nine from the United States and the only one from California. He is the fifth in-a-row LCI Leo of the Year from DBHS Leo Club and the seventh from District 4-L4.



The Diamond Bar Leos club was also given the Club Excellence Award from LCI. Those familiar with what makes a Leos Club successful know that it has a lot to do with the Lion Advisors. Congratulations to Lions Wanda and Jack Tanaka for doing such a fantastic job on mentoring these great young people (and hopefully future Lions!).

HARBOR MESA CASINO NIGHT A SUCCESS!



LIONS AND GUEST ENJOY A HOT GAME OF CRAPS AT THE HBMC CASINO NIGHT HELD NOVEMBER 6



HMLC PRESIDENT GINA STANSBURY CALLES OUT WINNING BASKET NUMBER



IPDG ELIZABETH WARREN SELLS SADDLEBACK ZONE CHAIRMAN STEVE CHRISTY A CHANCE ON THE MONEY HAT RAFFLE



HM MEMEBRY LION DEBBIE KARLSON TRIES TO GET HBHPRESIDENT LEONARD GLEASON'S ATTENTION TO SELL HIM A HAT RAFFLE TICKET



An Angel Looks Down

By Forum Editor PDG Ellen Liebherr

Last year we lost Marjorie Valancey, a tremendously dedicated Huntington Beach Host Lion. She lived a long and eventful life with no regrets. She admitted to being 90 ... at least 3 years in a row that I remember. Although she lived with macular degeneration, little could slow down this incredible woman.

Marj left a lasting impression on everyone she met. Now, even after her death, she continues to make an impact on people.

When Lion Marj passed away she bequeathed \$50,000 to the HBH Lions Club. The money was to benefit the visually impaired of Orange County. A \$1,000 annual scholarship has been set up to help a visually impaired graduating senior selected from the six high schools in the Huntington Beach School District to be used for further education and/or job training. In addition, there will be annual contributions of \$1000 to the Blind Children's Learning Center and \$1500 to the Braille Institute, two of Marj's favorite charities.


However, she would be most proud of the recent decision of the HB Host Lions to buy a \$750 Braille Writer for Jake Olsen who lost both eyes to retinoblastoma.



At a recent meeting, the HBH Lions welcomed the 12 year old, his twin sister and mother as their guests of honor. In thanking the Lions he mentioned that his life long dream is to one day win the Master's. Showing such a positive attitude, few in the audience had any doubt that he just might do it.

There is much more to the story of this incredible kid. An avid USC fan (sorry you bruised Bruin fans), Jake has been taken under coach Pete Carol's wing and has become a USC team inspiration.

Don't miss watching a very touching ESPN video highlighting Jakes story: <http://espn.go.com/video/clip?id=4695418>



Lions Leadership Institute

January 15th to 18th 2010
Harris Ranch

This program is for all MD-4 Lions interested in leading and motivating volunteers using the style and skills taught by Lions Clubs International.

Cost: \$250

Open to the first sixty Lions who register, by 12/31/09.

** Please register early as there is a pre-class assignment that needs to be completed.*

Lions Leadership Institute application

Name _____

Address _____

City _____ Zip code _____ Phone _____

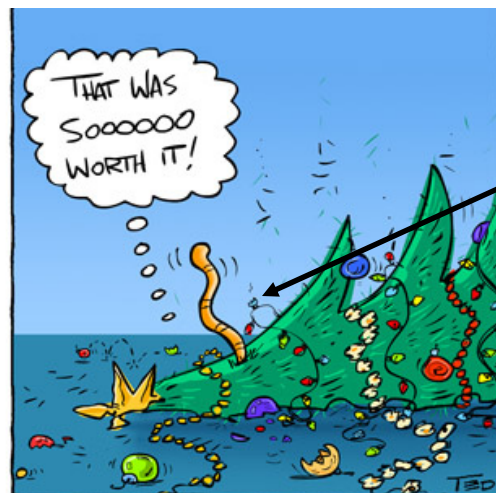
Club _____ District _____

Date _____ Check # _____

When completed send to:
Chris Morris
2198 Casa Mia Drive or cdmsr@pacbell.net
San Jose, CA 95124
408-371-6866



CONGRATULATIONS TO HBH LIONS LEONARD & SANDI GLEASON'S ON THEIR RECENT WEDDING. WE WISH YOU YEARS OF HAPPINESS TOGETHER.



EDITOR'S NOTE:

MY CAT

© 2006 TED HUMES



CITY OF HOPE

The following is an interesting article published in City of Hope's November 24 issue of City News. I hope you find it of great interest, as I did.

Lion Lorna Badame
District City of Hope Chairman

A Cancer Fighter Figured Out

By Darrin S. Joy

You might recognize glucosamine as a popular nutritional supplement, most often touted as a treatment for osteoarthritis. But you may be surprised to find out what researchers have known for decades: It can kill some cancer cells, but leave normal cells unharmed. Glucosamine is surprisingly simple. It's the same chemical as the sugar glucose — half of the molecule that makes up the sugar you eat in cookies and candy — but with a single chemical piece swapped out. Researchers have long known that glucosamine can be toxic to some laboratory-grown cancer cells while leaving normal cells alone, but they didn't understand how it worked. Until now.

City of Hope molecular biologists Keiichi Itakura, Ph.D., and Viktor Chesnokov, Ph.D., recently found that glucosamine blocks a protein that protects cancer cells. That guardian protein is called signal transducer and activator of transcription 3, or STAT3. STAT3 is highly overproduced in many cancer cells. Previous research has shown that activated STAT3 promotes cancer development and shields tumor cells from the immune system. It also helps tumor cells grow.

The City of Hope scientists started their latest study with prostate cancer cells that continuously produce STAT3. They gave them glucosamine in the lab, and then watched what happened. As they hoped, the cells stopped growing and died. The team found that the glucosamine greatly dropped cells' production of activated STAT3, as well other proteins that help tumor cells grow. One of these is called Survivin. "Survivin is controlled by STAT3, so it makes sense that we see less of it when STAT3 is suppressed," explained Chesnokov.

More research is needed, but the scientists suggested that glucosamine might be a potential part of treatment for tumors that continuously produce STAT3.

You can access an interactive, 3D model of glucosamine at 3Dchem.com.

"Day at the Races" Presented By: Rancho Cucamonga Community Lions Club



Isn't it time your life got a little racey?

Experience the thrilling excitement of Thoroughbred racing amid the beauty and tradition of Santa Anita Park. With friends, family or co-workers, Santa Anita is a sure winner!

January 30, 2010

Gates Open at 10:30 am / Post Time 1st Race 12:30 pm

\$55.00 Per Person Includes Valet Parking & Buffet Lunch

Teens ages 13 to 17 is \$45 each / Child ages 4 to 12 is \$30 each

Enter at Gate 5 Meet at the Club Plaza

RSVP by January 15th with your payment

Tickets are now available

Contact Lion Lion Terese Ganser Evenings 909 980-3414 Or email at tc.ganser@verizon.net

Between races we will have a raffle with great prizes for \$1 a ticket.





Come Sail Away for a Visitation with the Lions of Ensenada aboard the
"Carnival Paradise"
Round trip from the Port of Los Angeles (Long Beach) to Ensenada, Mexico!

Join Governor Judy & District 4-L4
Friday Feb. 26, 2010 – Monday, March 1, 2010
On a Fabulous 3-Day Mexican Cruise Visitation

Join Governor Judy for this Fantastic 3-Day Cruise. We will be scheduling a Visitation to the Ensenada Lions, the **longest standing International Visitation in Lions history - 51 years!** A lunch will be planned at a cost, to be determined, for each person attending - which is separate from the price of the Cruise. This is the most fun way to visit our Amigos in Ensenada. The "Carnival Paradise" is your: "Hotel," featuring "Fine Dining with Fabulous Food" – "Someone else to clean up your room!" – and "Amazing Entertainment!" This is the way to go with no hassle! *Just ask last year's sailors!*

CRUISE COSTS:
Prices quoted include all Taxes**

Inside Cabin: 1st & 2nd passenger - \$300.10* Per Person (Based on Double Occupancy)
3rd, 4th or 5th passenger in same Cabin - \$160.10* Per Person

Outside Cabin: 1st & 2nd Passenger \$330.10* Per Person (Based on Double Occupancy)
3rd, 4th or 5th passenger in same Cabin - \$170.10* per Person

Suggestion: As the cruise price is so reasonable, you might like to make a \$30 donation per person (\$60 or more per Cabin) to District 4-L4. In turn, Governor Judy can use this to make a donation to the Lions of Ensenada.

*If a Fuel Supplement is enacted the price could raise by \$9 per day per person.

**Also included is all of the fun and camaraderie of Lions that you can imagine!

Payment Schedule:

- Deposit of \$100 pp is due by Oct 25, 2009
- **The Oct 25th deadline has passed. Cabins price may be slightly higher call for pricing.**
- Final Payment due December 3, 2009 if by check
- Final Payment due December 10, 2009 by CC

Please call or email Lion Carol Linehan 714-846-2478 or Carol_Linehan@yahoo.com ASAP.

Vamos a Ensenada!






SUPER SADDLEBACK REGION REPORT

REGION CHAIRMAN CAROL VAN HOLT

Tis the season, so they say, to buy some gifts to give away. And, we Lions do that in our Region and throughout the District. We all become Santa's elves, fulfilling wish lists and supplying toys and food for those in need in our communities. I am sure Santa doesn't mind the competition! How great it is to hear of all the kindness and generosity of the clubs in Saddleback Region and the District.

Tustin Host Lions are bringing unwrapped toys to their annual Christmas party, December 11, and at the next meeting will donate them to the local police for distribution. They are also having a fund raiser at the Tustin tree lighting ceremony by selling food for the event. I must compliment the club for the Governor's last visit-ation/birthday meeting. They feted Judy with special decor, Elvis songs and trivia, kisses, and gifts. Good job Tustin Lions!

Harbor Mesa Lions are donating gifts for the Boys and Girls Club Christmas shopping day and they will be wrapping the gifts for the children on the 19th. The same day, they will be distributing gifts and food certificates to two needy families. They have two Christmas parties; one combined with the Costa Mesa Newport Harbor Lions which is for the families with a visit from Santa and the other for adults at the Stansbury's Holiday Home. Their casino night was very successful. Many District Lions were there. Check out their website to see if your picture is in the gallery - nhcmliionsclub.com.

The Newport Beach Hawaiian Club is having a fund raiser dinner during the Newport Boat Parade at the Balboa Bay Club. Tickets are limited so if you want to attend, let their President, John Kasell, know as soon as possible, diamondsignco@aol.com. This club participates in several events put on by Balboa Island and Newport Beach each year.

San Clemente Host Lions are selling pizza and sodas at the Holly Jolly Christmas Festivities put on by the City at the SC Community Center on December 5, 3 - 7 p.m. The public and all Lions are invited to attend. This is their fifth year to participate in that event. They will have a club party on December 10, at Marie Callender's. They extend holiday wishes to all the Lions in District 4L4.

The Costa Mesa Newport Harbor Lions are helping at the Boys & Girls Club on the 5th with preparing the Christmas trees that will be on sale. From December 26 to 30, they are proudly sponsoring the Estancia Coast Classic basketball tournament. This is the 25th anniversary of the tournament. The members will be assisting at the tournament with various jobs. All Lions in the District are invited to attend these games. For information, call Mike Scheafer, 714-435-0300.

LIONS DISTRICT 4-L4 AND IPDG ELIZABETH WARREN PRESENT



Melvin Jones, January 13, 1987-June 1, 1961

21ST ANNUAL MELVIN JONES DINNER Honoring Melvin Jones Fellows of the past, present and future

Saturday, January 16, 2010
6:00 P.M. Check-In & Social Hour
7:00 P.M. Dinner and Program
with

Past International Director, Dana Biggs

Costa Mesa Country Club
1701 Golf Course Dr, Costa Mesa 92626
\$55.00 Per Person
Filet Mignon
No Host Bar
Black Tie Optional

Reply on or before January 4, 2010

Name _____ Phone _____ Email _____
Club Name _____ Please list all attendees on back side of this form
Number of reservations _____ \$55.00 ea.Total Enclosed _____ Check # _____
Checks payable to Lions District 4-L4 Mail to: Beverly Bell 8334 Avenida Leon Rancho Cucamonga, CA. 91730

SADDLEBACK REGION REPORT (Continued).....

Costa Mesa Breakfast Lions worked at the Second Harvest Food Bank on November 19th. They took a complete turkey dinner to a needy family for Thanksgiving. They are having a Christmas Party at the Golden Dragon on December 3rd, each member will bring unwrapped toys or personal items for the children and mothers at Heritage House in Costa Mesa. They are working on a couple of ideas for new fundraisers.

Huntington Beach Host Lions are serving dinner at the Ronald McDonald House on December 6, and having the club's Christmas Party at the Mile Square Banquet Center on the 17th. They are also collecting donations of Christmas gifts for Phoenix House. I extend congratulations to their President, Leonard Gleason and Lion Sandi on their marriage which took place in Las Vegas on November 23rd.

I strongly urge all Saddleback Clubs to attend Cabinet Meetings. This is a most important part of keeping your club active and well-informed. Networking with other clubs can help tremendously in retaining and getting members. We have the third Cabinet meeting coming up on January 23, at the Meadowlark Golf Course in Huntington Beach. Lets get our members to attend and make Saddleback Region look good. In the meantime, in the words of Judy Garland - "Have yourself a Merry Little Christmas!"

Those Holiday Mailbox Solicitations

By Orange Region Chairman Pete Badame

Here it is holiday time in District 4-L4. This is the time of the year where we stop to reflect upon the things that make us grateful to be living in this country and to thank our God for giving us the talents to be able to live comfortably in a society where so many do not. This is also the time of the year where our mailboxes become flooded with requests from various charities, to aid in whatever ways we can. Some of these are national organizations, while others are local missions, etc. with more limited appeal. Most people decide which of these groups are the ones which they can support and which ones they disregard.

Isn't it nice that as Lions, we have a third choice, that of presenting the opportunity to our club board of directors to determine if the organization in question is one for which our club may wish to send a one-time donation or add to our annual budget? Sometimes, upon contact with these groups, we are also able to book a club program, which gives their speakers the opportunity to provide our members with a presentation about the services which they offer. This then, becomes a win-win situation as our membership becomes knowledgeable in the organizations which the clubs may support.

So whether or not you choose to give privately, or before you automatically discard these requests, take a moment to consider whether or not you may wish to present them to your board for consideration. Happy Holidays!



Hearing & Speech Action News

By Chairman Keith Campbell

“Even with hearing aids I can’t understand speech when there is background noise.”- Part 2

Last month we talked about how the human hearing mechanism works and why hearing aids are not the final answer to hearing speech in noise. Now let’s see what else might be helpful. There are many noisy environments that we are subject to, depending on our life style, but the most common are schools, churches, restaurants, public buildings, etc. Other difficult listening situations include telephone, TV, movies and theaters and, of course, people with “soft voices”.

The basic solution is to bring the sounds of interest close to the listener’s ear while eliminating or diminishing other sounds. The technology to do this requires a means of selecting the desired sound, converting it to a format that can be transmitted to the listener and converting it back to audible sound. The equipment to do this includes some form of microphone, a transmission line (preferably wire-less) such as FM radio, infra-red devices, electro-magnetic induction devices or “Blue-tooth”, and a receiver/speaker to reproduce the audible signal. Add hearing aids as needed, and these may contain directional microphones, pick-up coils, digitally programmable circuitry, etc.

An entire industry exists that is devoted to the development and production of “assisted listening devices” (ALD’s) and the source of information on this subject is – guess who – your friendly hearing aid dispenser!

No single device or system works for everyone and each listener may require several devices to deal with his listening needs, so some expert guidance is of the utmost importance. Be persistent and good luck!



Rancho Cucamonga Community Lions Turnaround to Primm Nevada



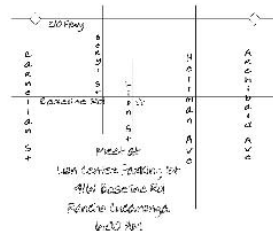
\$25 per person
January 9, 2010
Meet the bus at 6 AM
Lions Center
Rancho Cucamonga
9161 Baseline Road



RSVP & Information contact Lion Faye Hampton at 909 987-6645
or by email fondlyfaye1@verizon.net



Join us for the fun
Continental Breakfast Served
On the Road Games and Prizes
Visit one or all three Casinos
Shopping at Fashion Outlet Mall



Lion's Teen Recognition



Please join the Lions of District 4-L4 in honoring students who actively encourage their peers to say “NO” to drugs, alcohol, and tobacco...

Come to the Lions Teen Recognition Program.
\$20.00 per person – Dinner & Awards Program.

Call Lion Wanda Tanaka for reservations at
(909) 861-0142

Date: Saturday, January 30th, 2010
Time: 6:30 p.m.
Place: Holiday Inn
21725 Gateway Center Drive
Diamond Bar, CA 91765
(909) 860-5440

2009-2010 DISTRICT CALENDAR

December 4	Seal Beach Host Holiday Parade on Main Street
January 9	Ranch Cucamonga Comm. Lions Turn Around Bus Trip to Primm NV
January 15-18	MD-4 Lions Leadership Seminar, Harris Ranch
January 16	Melvin Jones Dinner
January 23	Cabinet Meeting
January 30	Teen Recognition Dinner
January 30	Rancho Cucamonga Comm. Lions Day at the Races
February 5-7	MD-4 Convention, Riverside CA
February 19-21	Lions Flag Days
February 22	Deadline for Club Student Speakers Contest
Feb 26 – Mar 1	Carnival Cruise – Ensenada Visitation
March 6	Pomona Host Lions Bowl-a-Thon
March 6-7	Hearing Days
March 13	Cucamonga District Host Sip-for-Sight Wine Tasting Dinner
March 20	Ontario-Upland Lions Bunco Night
March 28	Lions City of Hope Day
March 28	Huntington Beach Host Lions Crab Fest
April 18	Cabinet Meeting Speakers' Contest , Costa Mesa County Club
April 24	Rancho Cucamonga Community Lions Fashion Show
March 16	Orange Region Meeting
March 22	Saddleback Region Meeting
March 31	Foothill Region Meeting
May 1	Ontario-Upland Lions Spring Tea
May 13-16	District 4-L4 Convention, Ventura Marriott
June 29-July 2	Lions International Convention, Sydney Australia



ATTENTION

CLUB PRESIDENTS, CLUB SECRETARIES, CLUB EVENT CHAIRMEN

**DO YOU SEE YOUR UPCOMING EVENTS ON OUR DISTRICT CALENDAR?
IF NOT, PLEASE SEND DATES AND FLYERS TO YOUR EDITOR.**

**HAVE YOU HAD A FUN SOCIAL EVENT, A SUCCESSFUL FUNDRAISING EVENT,
OR PARTICIPATED IN A GREAT SERVICE PROJECT? SEND PICTURES AND A REPORT TO YOUR EDITOR.**

SHOW YOUR CLUB OFF THROUGH THE DISTRICT 4-L4 FORUM

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