

The 4-L4 Forum

The Official Publication of
California Lions District 4-L4

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District Receives First Light Award

I want to thank the District's A-TEAM (Cabinet & MERLO Teams), committees and clubs for all of their arduous and meticulous effort in keeping the District in a positive mode the first quarter of the 2010-2011 year. First Light Awards are presented to clubs that achieved two new clubs or had a positive membership on September 30, 2010. This was accomplished by capitalizing on last year's momentum of achieving a double-digit plus.

Bright Star Awards recognize District Governors who achieved strong membership results during the first three month of this year. Only 299 District Governors out of 753 qualified for either the Bright Light or First Light Awards. Just goes to show you that my remark last month that District 4-L4 Lions are awesome was noticed by our efforts during the first quarter.

Visitations

I visited eight clubs, participated in three fundraisers (Huntington Beach Octoberfest, Buena Park's Silverado Days and Harbor Mesa's Casino Night), and visited American Family Housing (homeless shelter) and Dale McIntosh Center (Disability Resources and Advocacy). 2nd VDG PJ Smith and I re-connected with the Southern California School of Optometry. They are currently searching for a faculty volunteer for the club and solicited information from their New York Affiliate that has a Lions Club. They are planning a December information night with a January kick-off at this point. I also made a presentation on the history of the White Cane to the Braille Institute during their White Cane Day Celebration. My last club visitation will be the Walnut/Diamond Bar Lions Club on November 4th.

I want to thank the Harbor Mesa, Seal Beach Host, and Upland Host clubs in joining together to present me with a Lions Float, Inc. Garry Lozaun Fellowship (PDG from La Habra Host) during my visitation to Seal Beach Host. I never had a clue and was humbled and definitely emotional. It's one of the top honors a District Governor can receive from the clubs.

I am deeply appreciative of the hospitality extended by all clubs and the innovative gifts and recognition bestowed upon me which I'll always cherish, especially my decorative throne from the RC Community Club.

Holiday Hands-On Service Project

As the holidays approach, I encourage all clubs to have a hands-on-service project for the less fortunate such as feeding the homeless, volunteering at Food Banks, visiting senior shut-ins, etc. This type of activity **attracts members** and **contributes to high retention** and makes your holiday special knowing you made a positive difference in someone's life.

Continued on page 2

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DISTRICT GOVERNOR'S COMMENTS (continued).....

Review Strategic Plan for Adjustments

Now is the time for clubs to review their strategic plans to see if on goal or need to readjust. Membership Growth is a key element in your plan and if not on target to achieve a net 2 for the year then a readjustment is necessary. For every member dropped, you need two to replace them in order to end the year with a net 2. Also it's time to do a club analysis and a community needs assessment if one wasn't done in the first quarter.

Lions Float Decorating

Dry decorating days are Saturdays, December 11, and 18 and fresh flowers, and some more dry decorating, December 27 through the 31st. Suggest clubs contact Float Decorating Coordinator Lion Ken Bell at 909-989-6461 or email at bellk@acm.org on the day your team wants to participate. Decorating time for Leos will be handled by Lion John Doogan. He can be reached at 714-3800422 or email at jdoogan@ods-plus.com.

Once again, thank you all for your dedication and commitment to your club, the district and LCI.

Have a very blessed and Happy Thanksgiving.

COME SAIL AWAY FOR AN ENSENADA VISITATION ABOARD THE



CARNIVAL PARADISE

FRIDAY, MARCH 4 TO MONDAY, MARCH 7, 2010

- Inside Cabin: 1st & 2nd Passenger \$393.87 per person
Based on double occupancy) Category 4C
- Outside Cabin: 1st & 2nd Passenger \$378.78 per person
Based on double occupancy) Category 6C
(4 cabins left at this price after new price will be \$428.87)

Note: if a fuel supplement is enacted the price could rise
by \$9 per day per person



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

Payment Schedule:

- The new deposit date (\$100 per person) has been extended until the remaining 4 cabins have been sold or until 12/29/10 whichever comes first.
- Final payment is due on or before DECEMBER 29th 2010. If paying by check DEC. 20th

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

Vamos a Ensenada!



1ST VICE DISTRICT GOVERNOR REPORT

KEN SHERWOOD

I walked on water as I entered (it was raining), the seas parted (actually, the hotel's automatic doors opened), the path was miraculously lighted (the power hadn't failed) and I seemingly floated in an aura (I was a little lightheaded from a hot flash). Those were the only signs of perfection exhibited at a recent visitation with our esteemed and beloved Governor. The evening exuded humor and camaraderie until it was my turn to speak. It definitely was NOT the Sermon on the Mount. In a failed attempt to continue the mood, I told some off color jokes best left to smaller and more intimate groups. I offer my abject apologies to this great club and any other clubs and members who were offended by suffering the same tired and unwelcome jokes (I've been told to get some new material). I was rightfully reprimanded by the Governor. The critiques have been taken to heart and corrections of my character defects have been undertaken. I am always open to suggestions and new ideas for positive change (the suggestion of bungee jumping with string is under consideration).

An administration operates on the efficiency of it's elected officers and appointees. The errors in judgment should not reflect on the message of service and growth proffered by the Chief. There is never any disrespect intended by the sidebars put forth in jest. Our Governor is doing an excellent job of organization and he is carrying out his duties with enthusiasm and dedication. Heed the word; forgive the delivery.

We approach mid-year with one new club approved; the university club at Western University of Health Sciences, School of Optometry. Governor Norm and three other Governors in MD-4 have been honored by International President Sid Scruggs with the First Light Award for starting a new club in the first quarter of the Lions year. This was riding on the momentum of last year's efforts by Norm MacKenzie as First Vice Governor. For their hard work and continuing efforts, kudos also go to guiding Lions and organizers Gil and Barbara Smith, Pomona Host Lions Richard Sugerman and Ray Maeda, membership chair Ken Myers and probably six or seven people I've missed. It takes many working in harmony to achieve our goals. The quest for success never rests.

Prepare for another visit by the GMT. In January, District 4-L4 will be the beneficiary of a visit and training session by the Global Membership Team. We will be training new guiding Lions and targeting the Foothill Region for expansion. We need new clubs in all regions, but I believe our greatest chances for success are in the Foothill areas of La Verne and San Dimas. No area needing expansion should be overlooked. Extension can benefit all regions and should be focused where there is a void and the best chance of filling the gap. Membership extension is everyone's job.



20010-2011 DISTRICT 4-L4



SECOND District 4-L4 Networking Meeting
(aka Cabinet Meeting)

Saturday, November 6th



"Clans Building the Next Generation of Lions"

Knott's Berry Farm Resort Hotel
7675 Crescent Avenue
Buena Park, CA 90620

Membership/Retention Workshop 8:30 – 9:30 a.m.
\$30 per person. Registration: 9 a.m., Meeting: 10 a.m.

First Timers will be Recognized

Clubs are asked to bring a raffle prize (approximately \$20 value)

Please send your reservations and checks by October 23rd to:
Lion Alice-Faye Peugh
20965 Rancherias Road, Apple Valley, CA 92307
Phone: 909-989-2232 (leave a msg) E-mail: lionalicefaye@yahoo.com

NAME OF CLUB: _____ NUMBER ATTENDING: _____
(Please include list of names on reverse side of this flyer or email.)

MAKE YOUR CHECK (s) OUT TO: District 4-L4

**"Faith is not about everything
turning out OK;
Faith is about being OK no
matter how things turn out."**

1st VDG REPORT (continued).....

When this issue hits the newsstand, the visitations with the Governor will be completed. It's been wonderful. Thanks to the great clubs of District 4-L4. We found value in all visitations. I have a couple of make-ups to do (Chinese American and Costa Rica Lions clubs) and many revisits for fun, fellowship and possibly flogging. I will come unannounced to keep attendance up. I promise new jokes (or no jokes) in better taste, but the message of service and growth will be renewed with vigor,

Sponsor a new member, share the fun, work a service project, attend a fundraiser and renew your commitment. The world needs Lions more every day in every way. TARGET SERVICE.

DON'T REFUSE



2ND VICE DISTRICT GOVERNOR REPORT

P.J. SMITH

I would like to say that things are slowing down a little but that would be a false sense of security. We as Lions, sometimes just don't know how to say no. The Governor and your leadership team will have visited all clubs in our district by November 4, 2010. This truly has been a rich and rewarding experience for me. District 4-L4 exemplifies our motto "We Serve".

The Pajama party has just mushroomed to unbelievable heights. La Habra Host Lions, at the District Network Meeting, will be sharing their special recognition award received for their efforts in collecting Pajamas. This is an opportunity for all clubs to join in and bring Pajamas on November 6. The pajamas have to be new, flame retardant items for children ranging in ages from infant to 17. A big thank you to PDG Elizabeth Warren for starting this Pajama Party a year ago. This event could turn into an approved district project. Keep those Pajamas coming.

The Rose Float merchandize sales are moving right along. Thanks to the many generous Lions and Clubs, I have exceeded my goal which was \$ 10,000.00 dollars in sales. The following Clubs have purchased Banner Patches this month - Laguna Niguel Lions, Pomona Breakfast Lions, Diamond Bar Breakfast Lions, Costa Mesa Newport Harbor Lions, Pomona Host Lions, Ontario Upland Lions, Buena Park Noon Lions, Newport Beach Hawaiian Lions, with Seal Beach Host Lions purchasing both a banner patch and Gary Lozaun Fellowship. If anyone needs float merchandize please call me at (714) 996-2950 or Email: eaglehills2@roadrunner.com to place an order. If any Lions Club has made a donation for a banner patch or fellowship to another member of the float committee that I'm not aware of, my apologizes for not listing your club.

Your leadership team had the opportunity to attended Harbor Mesa Lions' big fund raiser (Casino Night) on 10/22/10. Governor Norm, Ken, and I came looking for desperadoes but all we found was whiskey and wild women. Before the evening got started, we had to check are six shooters so there would be no gun fights at OK Corral. The attendance, entertainment, and food were over the top. Great job, Harbor Mesa.

Dates in November to remember:

11/2/10 Election Day, Every vote counts, I can attest to that when I was on the campaign trail.

11/11/10 Veterans Day, pay tribute to the men and woman serving our country and those that have made the ultimate sacrifice so we can enjoy the freedoms we have.

11/25/10 Thanksgiving Day, Happy Thanksgiving Day to everyone.



The days and weeks following the end of breast cancer treatment can stretch into years — a lifetime of vacations, family reunions, work routines and new experiences. Despite the passage of time, though, one lingering question often remains in the minds of survivors:

"Will I be OK"?

Now City of Hope is helping breast cancer survivors tackle that question with confidence, through the efforts of oncologists, nurse practitioners and other professionals at the new Breast Cancer Survivorship Clinic. The clinic is the second at City of Hope for survivors of adult cancers; a clinic for prostate cancer survivors opened in 2008. Patients can turn to these clinics within the Center for Breast Cancer Survivorship to gather answers to their questions, allay their fears and receive roadmaps to a healthy life. Opened to patients last summer, the Breast Cancer Survivorship Clinic provides specialized follow-up care focused on patients' unique health needs in a clinical research setting.

The program aims to keep each survivor as healthy as possible, preventing problems such as osteoporosis, weight gain and other issues common after breast cancer treatment, or catching problems early, when they are most easily treated. The clinic also provides a platform for research on the long-term effects of breast cancer treatment. Each patient is invited to participate in the clinic's research program, so future cancer survivors can benefit from the lessons learned.

To seek ongoing care through the Breast Cancer Survivorship Clinic, women must have had a diagnosis of breast cancer and received at least part of their treatment at City of Hope.

For other eligibility requirements and information about the Center for Cancer Survivorship and the breast and prostate cancer survivorship clinics, call 626-471-7341 or e-mail survivorship@coh.org.

2010 STUDENT SPEAKERS CONTEST TOPIC:

**"Enforcing our Borders:
State versus Federal Rights"**



Fantastic Foothill

**Region Chairman
Jack Tanaka**

As we closed the month of October, Governor Norm has two more clubs in the Foothill Region to visit. It is amazing to see how each Lions Club does certain things a little differently from each other like fundraisers, yet most are trying to do a lot of the same things like community service, tail twisting and having fun. All clubs should have sent in their RSVP's by now for the Second District 4-L4 Networking Meeting. It will be held on Saturday, November 6th at the Knott's Berry Farm Resort Hotel in Buena Park.

The Clubs in the Foothill Region have been busy with their activities. The **Ontario-Upland Lions** participated in the Youth Exchange Program. **Lion Bea Evans** was presented with her 25 year Chevron Pin.

The **Upland Host Lions** provided eye exams and new glasses for two Upland students and collected 198 used eye glasses. Club members participated in the City of Upland Family Fun Day at the Park.

The **Rancho Cucamonga Community Lions** continue to volunteer at the San Antonio Community Hospital. They work on the New Born floor and knit baby caps for newborns.

The **Pomona Host Lions** made visitations to the Walnut-Diamond Bar, Tustin Host, Ontario Upland, Orange Host and San Clemente Lions Clubs. **Lions Gil and Barbara Smith** continue to make presentations on **Earthquake Action Plan: The Seven Steps to Earthquake Safety**.

The **Brea Lions** made platelet donations at the City of Hope, had a beer and wine garden at the Brea Jazz Festival, helped the Orange Host Lions Club at their International Orange Street Fair and they visited the La Habra Host Lions Club. They also held their 38th Annual Peter Karagines Four Club Golf Tournament. The club newsletter, **"The Shaggy Mane"** has made a comeback.

The **Chino Valley Lions** made donations to Camp Teresita Pines, Wilderness Camp, American Red Cross and to Lions Float, Inc. They participated in White Cane Days and with the Chino Valley Leo Club.

The **Diamond Bar Breakfast Lions** collected 64 pairs of used eyeglasses and made a donation to the Inland Valley Humane Society. They participated in the Peace Poster Contest at Chaparral Middle School. They are also active with the Chaparral Middle School and Diamond Bar High School Leo Clubs. They made visitations to Ontario Host, Chino Valley, Pomona Breakfast and Upland Host Lions Clubs. They helped with the Orange Host fundraiser at the Orange International Street Fair and attended Harbor Mesa's Spaghetti Splash fundraiser. The Diamond Bar Breakfast Lions improved their public relations by marching in the parade with the Diamond Bar High School Leos on Diamond Bar Day at the Los Angeles County Fair. They also got published five times in the local newspapers last month.

ORANGE COUNTY CENTRAL LIONS CLUB Fun/Fund Raising Special



BUFFALO BILLS PRIMM & WHISKEY PETE'S TURN AROUND

**Saturday, November 13, 2010
\$35 per person**

7:30 AM	DEPARTURE TIME FROM CITY OF ORANGE-ACROSS FROM ST PAUL'S LUTHERAN CHURCH. REFRESHMENTS GAMES-PRIZES-RAFFLE-FUN ON THE BUS.
11:30AM	APPROXIMATE ARRIVAL TIME TO BUFFALO BILLS. FREE BUFFET UPON ARRIVAL. PRIMM & WHISKEY PETE'S ACCESSIBLE VIA THE TRAM
7:30PM	APPROXIMATE DEPARTURE TIME FROM STATE LINE
11:30PM	APPROXIMATE ARRIVAL TIME, HOME SWEET HOME

CONTACTS

**Don Wolf (714) 224-6044
Jack Perich (714) 914-8370**

**NO REFUNDS - Find your replacements - No one under 21
Please pay in Advance to assure your reservations**

Casinos have strict rules for gambling junkies that must be followed:
Must be over 21 years of age
No rooms for any guest from buses.
Anyone that does not adhere to these guidelines
will pay \$25 penalty fee to group leader upon departure.
Thanking you in advance for your cooperation!

**DON'T FORGET TO BRING./SEND
COLLECTED NEW PJ'S, NIGHTDRESSES,
& UNDERWEAR TO THE MEMBERSHIP
MEETING NOV 6TH.**

FABULOUS FOOTHILL (continued).....

The **Walnut-Diamond Bar Lions** collected 40 pairs of used eyeglasses. They participated with the Walnut High School Leo Club.

Many of the clubs in the Foothill Region have indicated that they will be participating in the Student Speaker Program. This year's topic is: **"Enforcing our Borders: State versus Federal Rights"**. As we celebrate Veteran's Day this year on November 11th, let us not forget our Veterans who have served in the United States Armed Forces. During the Thanksgiving Holiday later this month, let's say "Thank You" for our families, our Lions family and not forget our men and women in the military who are protecting our freedom every day.

Thank you to my Foothill Region Lions Clubs for participating and being involved with "Service". Keep up the good work.



SUPER SADDLEBACK

**REGION CHAIRMAN
JEFF CARROLL**

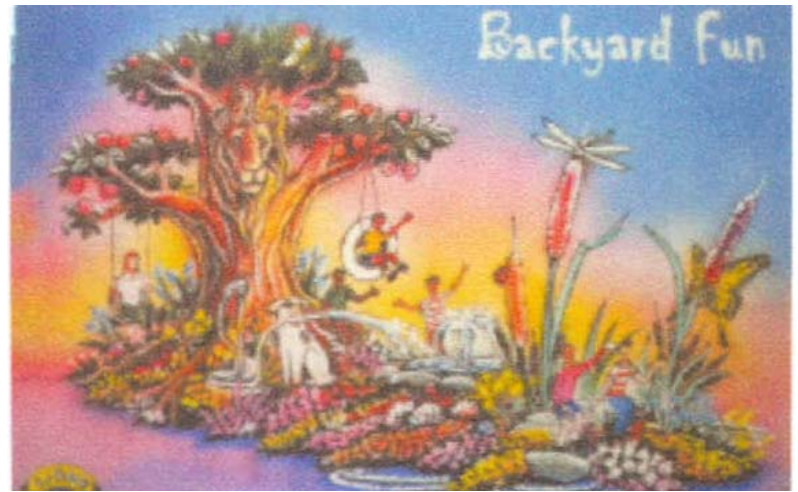
Another month gone and as we get ready to head into the every busy holiday times I would like to recap all the great events that were held this last month. As usual, there was a lot of partying in Saddleback!

Tustin Host had a doubly busy month with the Tustin Tiller days at the beginning of the month and their golf tournament at the end of the month. This kind of initiative is how we get out in the community and get others interested. Congrats on a job well done Tustin and keep up the good work!

Harbor Mesa also had an extremely busy month with their annual casino night with a Wild West theme. With a crowd of over 200 people they raised about \$9000. Their month was also filled with eight (that's right eight) visitations. These ladies are truly the definition of ambition Lions.

Huntington Beach Host also had two events this month with their annual Oktoberfest where a great time was had and a trip out to Laughlin at the end of the month. The Huntington Lions always know how to party!

Next month has our next District Networking meeting so I hope to see many of you there. Continue the service and activities in the name of Lions!



DISTRICT 4-L4 FLOAT DECORATION SCHEDULE

Sunday	December 5th 1-5PM Dry Flowers
Tuesday	December 28th 4-11 pm Fresh Flowers

For more information:

Lions: Ken Bell bellk@acm.org

Leos: John Doogan john@ods-plus.com
(714) 380-0433



SETTING THE STANDARD FOR FLOAT BUILDING

SUGGESTIONS FOR ALL DECORATORS

1. PLEASE DO NOT BRING RADIOS, WALKMENS, CAMERAS, HANDBAGS OR JEWELRY. BRING YOUR I.D. & MONEY ONLY. FANNY PACKS WORK GREAT.
2. WEAR OLD BUT WARM CLOTHING AND STURDY SHOES WITH CLOSED TOE AND HEEL. TIE BACK LONG HAIR.
3. FIRE LANE MUST BE KEPT OPEN AT ALL TIMES AND THE AREA AROUND THE FLOAT SHOULD BE KEPT CLEAN.
4. PLEASE DO NOT EXPECT TO USE THE OFFICE PHONES. THERE ARE PAY PHONES LOCATED OUTSIDE THE NORTH DOOR FOR YOUR USE. INCOMING CALLS WILL NOT BE ACCEPTED FOR WORKERS AND NO PAGING WILL BE ALLOWED FROM THE OFFICE. WE WILL TAKE EMERGENCY CALLS ONLY.
5. NO ONE IS ALLOWED INSIDE THE BUILDING DURING JUDGING. WHEN YOU ARE ASKED TO STEP OUTSIDE PLEASE DO SO PROMPTLY AND REMEMBER TO TAKE OUT ANY PERSONAL ITEMS WITH YOU.
6. ALL BREAKS ARE TO BE TAKEN OUTSIDE.
7. VOLUNTEERS ARE HERE TO WORK. THERE WILL BE SOME NOT-SO-GLAMOROUS JOBS THAT NEED TO BE DONE BESIDES DECORATING. IT ALL HAS TO BE DONE.
8. NO SMOKING IS ALLOWED IN THE BUILDINGS.
9. NO MORE THAN 3 PEOPLE ARE ALLOWED ON SCAFFOLDING AT A TIME.
10. DO NOT WEAR FLOWERS AT ANY TIME, EVEN AFTER THE FLOATS HAVE LEFT THE BUILDING.
11. PLEASE SIGN-IN WITH YOUR CREW CHIEF WHEN YOU ARRIVE AT YOUR FLOAT AND WHEN YOU LEAVE. SIGN-IN SHEETS ARE COLLECTED DAILY.
12. HAVE FUN!!

Mile Square Regional Park - Orange County

16801 Euclid Ave. Fountain Valley, CA

Walk-A-Thon

A Special Wheelchair for Claudia

NOVEMBER 13th 2010 - 9 AM - DONATION \$12.00

***REGISTER TO RECEIVE A T-SHIRT**

*All Participants Must Register Before the Day of the Event

(714) 933-1489 email: occlionsclub@yahoo.com

OCCR Lions



For every homeless person you see on the street, there are thousands more you don't see--men, women, teens, and children who struggle every day just to survive. **American Family Housing** gives them what they so desperately need -- the opportunity for a better life.

In 1985, founder Jim Miller began delivering food, blankets and clothing to those in need. Since then, AFH has grown to more than **330 units** of **emergency, transitional, and permanent housing**. On any given night, more than **1,000 clients** who would otherwise be homeless, now have a safe place to sleep, food to eat, and hope for a better tomorrow.

American Family Housing (AFH, also known as Shelter for the Homeless) is a nonprofit organization that provides Emergency, Transitional and Permanent Affordable Housing. AFH has operated in Los Angeles, Orange, and San Bernardino counties for over 23 years, expanding programs and properties each year to help more people.



AFH is more than just a shelter. They also offer compassion, counseling, education and other services necessary for homeless and low-income clients to become self-supporting members of society.



Administration costs are kept below 10%. This means that over **90% of ALL funding** goes directly to client programs.

American Family Housing partners with volunteers, churches, service groups, community organizations, and city, county, state and federal governments so clients can have the opportunity to transform their lives.



AFH has a unique integration of programs designed to enable clients to become self-sufficient.

- Emergency Shelter is available to unaccompanied adults for up to 120 days through ISN (Interfaith Shelter Network) and SHIP (Self-Help Interfaith Program).
- Transitional Housing for single mothers, families, and unaccompanied adults is an intermediate phase toward permanent housing. Clients may stay 12 months to two years while they save money and develop budgeting and life skills to help ensure their success when they leave our program.
- Permanent Affordable Housing is for clients who have achieved self-sufficiency. AFH makes every effort to place graduating transitional clients into our own affordable units when available.
- NEW!! Haven is a transitional supportive housing program for unaccompanied adults who would like assistance with substance abuse, mental health, or other challenges that prevent them from becoming self-sufficient. Felonies, lack of employment, or being on probation are not barriers to entering the Haven program.



Huntington Beach Lion Bob Murphy is the General Manager of American Family Housing. His wife, Lion Joyce is in charge of children's programs. Lion Bob will be the guest speaker at the upcoming Membership Meeting on November 6th. You will hear all about the wonderful work this non-profit organization does to improve the lives of those in need.



OUTSTANDING ORANGE REGION CHAIRMAN MARC POLI



Hearing & Speech Action News

Writing this article gives me an opportunity to review all that we do as Lions. Indeed, every month there is some big event that takes place; This month it happens to be Silverado Days organized by the Buena Park Lions. I understand that this is the largest private fair in California, and they have been running it for more than 50 years. What is impressive is that so many other charitable groups want to participate and work with the Lions.

On many aspects, fairs like this are the best P.R. vehicles for our endeavors because we are viewed as organizers and leaders of our community. People who have never heard of Lions ask us what we do. I personally worked this event, serving as Chairperson of the Fullerton Lions booth, and as such stayed all three days. Many times, I was asked about the Lions and our projects. Of course, the answers are delivered as fast as possible, within two of three sentences because others have to be served... That is when I regret having forgotten the club brochures again! I have devised a small card with a brief message and invitation to come to a meeting for this purpose, and will print them for next years event. Unless I forget again.

P.R. in a business sense takes many aspects, and our Governor Norm is very familiar with this subject since he was a marketing professional. I believe we all have a grasp of some aspects, but only people who actually run a business truly appreciate its value. I think Norm's legacy will rest on our understanding that we can, and should, integrate some business sense in our organization, not necessarily in raising money (we are a non-profit organization after all), but more so in a way to promote ourselves and the programs that we endorse. This all made sense as I was selling those unctuous deep-fried Snicker bars and promoting our eyesight related projects to people had never heard of us. By the way, you need to try those deep-fried candy bars, they are sooo good!

Looking forward to upcoming events, I hope to see you all at our District Networking meeting on November 6th, at Knott's Hotel and Resort. This will be a great session with a lot of district business brought to your attention. It's not too late to save a seat.

Along with to-may'to /to-mah'to, lets take a look at tinn'it-us/tinn-eye'tus. There are two ways to pronounce the "ringing-in-the-ears" affliction that can be so aggravating. Since 10-15% of adults worldwide experience this ringing, buzzing or roaring for which there are no drugs to cure, we might want to heed the article "Turn the Sound Down – Strategies that relieve TINNITUS", by Richard S. Tyler, PhD, University of Iowa professor and editor of *The Consumer Handbook on Tinnitus*. A quick look at Dr. Tyler's article...

"The most common cause of tinnitus is exposure to loud noise – hence the expression "it made my ears ring!" It can be the result of aging... a symptom of high blood pressure...nervous system disorders... middle ear infections...and sometimes depression. Treating the health condition may lessen the severity of the tinnitus. Low-volume background music causes masking, making the sound of tinnitus less noticeable.

Using a hearing aid also helps. It allows you to hear normal sounds more clearly, which diverts attention from tinnitus sounds. Between 70-80% of patients who work with professional counselors report a significant reduction in tinnitus-related stress. Recommendations might include:

- Progressive muscle relaxation - a series of "exercises" performed daily.
- Improving concentration skills – when reading or listening to others, take frequent breaks, ask questions, take notes.
- Better sleep – relax with muscle relaxation, deep breathing, use low-level sound.
- Change in medications – common culprits are aspirin, some antibiotics, diuretics, chemotherapy drugs.
- Ear protection – Loud noise, the main cause of tinnitus, also can increase the risk that existing tinnitus will get worse."

For more information on living with this incurable problem contact the American Tinnitus Association at www.ata.org. Membership in this outstanding organization provides access to about 2,500 titles and a quarterly magazine. And, if you need some expert advice or treatment, contact Lion Dr. Jeff Carroll, head of the Tinnitus Treatment Center at UCI Medical Center – 714-456-3083.

For any questions call me at 714-536-9813.

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



Dedicated to Bringing
Basic Eye Care & Eyeglasses
To a World of People in Need

WONDERING WHAT TO DO WITH THOSE BOXES OF USED EYEGASSES COLLECTED?

No Problem. Just bring tem to the next Network Meeting.
District 4-L4 Lions In Sight Chairman Diane Martin will take
them off yourhands and make sure they are transferreto the
Lions in Sight Warehouse.

For more information: (949) 770-2290

District 4-L4 Lions Get CERT Cards

by Lions Gil and Barbara Smith, District 4-L4 Disaster Preparedness and Relief Chairs

District 4-L4 Lions from Chino Valley, Cucamonga District Host, Diamond Bar Breakfast, Ontario Upland, Pomona Host, and Upland Host Clubs spent five hours on four consecutive Saturday mornings, October 2, 9, 16 and 23, earning their FEMA certification as Community Emergency Response Team (CERT) members. The CERT class, part of the District 4-L4 Disaster Preparedness and Relief Program, was organized by Chair Gil Smith and held at Western University of Health Sciences. Three certified instructors taught the class: Firefighter Cy Castellano of the Los Angeles County Fire Department; George Hunter, Emergency Preparedness Coordinator for the Pomona Unified School District; and Dr. Susan Mackintosh, Western University Professor and Director of Interprofessional Education.

Lions taking the class were: Frank Alvarez, Ken Bell, Jon Casteel, David Geyer, Martha Hebert, Anne Henderson, Steve King, Annie Ko, George Kopiloff, Tamara Martin, Barbara Smith, Gil Smith, and George Wong. Friends and family members of District 4-L4 Lions also participated. Completing the 38-person class roster were five students from Western University and six LA County Fire Department Explorer Scouts.

During the class, participants learned through both classroom instruction and hands-on practice. Among the skills learned were fire suppression, search and rescue, triage, emergency medical, and leveraging and cribbing.

Fire Suppression



Martha Hebert, President of the Ontario Upland Lions and Tamara Martin, President of the Cucamonga District Host Lions, don firefighting garb as they get ready to extinguish a fire. Both took turns acting as the lead of the team.



Gil Smith, Pomona Host Lions Immediate Past President, is the lead in a two-man fire-assault team. In CERT, people always use the buddy system to promote rescuer safety. One of the key rules of CERT is that the safety of the rescuer is paramount so the rescuer does not become another victim.



Pomona Host Lion Frank Alvarez leads the team toward the fire. The CERT class emphasizes the importance of having the right equipment for utility and protection. During the fire-fighting exercise, LA County Firemen and a fire truck were nearby.

Some of the Lions, Family and Friends at CERT Class



Front row: Dr. Ana Lorenz, Barbara Smith, Anne Henderson, Sophia Wong, Sheila Mendon, Tamara Martin, Martha Hebert, Frank Alvarez, Steve King

Back row: Jennie Fight, Donald Lorenz, Annie Ko, George Kopiloff, David Geyer, George Wong, Gil Smith, Ken Bell, Instructor George Hunter, Instructor Cy Castellano

CERT continued

Rescue



Chino Valley Lion Ken Bell and Pomona Host Lion Anne Henderson join other Lions in lifting a victim.



Diamond Bar Breakfast Lion George Wong and his wife Sophia demonstrate the fireman's rescue.



President Martha Hebert and President Tamara Martin practice a lift.



Pomona Host Lion George Kopiloff is "rescued" by the instructors.

Triage and Emergency Medical



Pomona Host Lion Anne Henderson checks breathing. Firefighter Cye Castellano assists.



Diamond Bar Breakfast Lions President Annie Ko and Sophia Wong learn triage as Pomona Host Lion Frank Alvarez watches.



David Geyer of the Cucamonga District Host Lions pretends to be a victim for triage practice.



Annie Ko, Diamond Bar Breakfast Lions President and Frank Alvarez of the Pomona Host Lions practice being victims.



Pomona Host Lions George Kopiloff, Steve King, Barbara Smith learn triage.



Cucamonga District Host Lions President Tamara Martin applies direct pressure to stop bleeding in the CERT simulation.



Lion George Kopiloff straps in Lion Steve King for a rescue.

Leveraging and Box Cribbing



Far Left and Left
District 4-L4 Lions learn to leverage and box crib. If a person is trapped beneath a heavy fallen object, rescuers can use blocks of wood and pry bars to lift the heavy item off the victim.

HARBOR MESA CASINO NIGHT



Hb LIONS ENJOY THE CRAPS TABLE



PDG BARBARA & HM LION MAUREEN PLAT A LITTLE BLACKJACK



CHECKING OUT THE SILENT AUCTION



HM LION ARLEEN ENJOYS THE GRUB WITH DG NORM AND JO



THE THREE AMIGOS – 1ST VDG KEN, DG NORM & 2ND VDG PJ



PDG's Elizabeth, Mike and Danny with Lion Lori & 2nd VDG PJ



Raffle Hat winner Bruce Mattern



Co-Chairmen Gina & Sue



Dancing the night away!



OFFICIAL REGISTRATION FORM
MD-4 Convention 2011
Primm Nevada February 4—6, 2011
Theme: "BUILDING OUR FUTURE"



EACH Lion, Lioness or Leo **MUST** complete a **SEPARATE** registration form. You must make your own hotel reservations by calling 1.800 FUN STOP (386.7867). Specify Group Code Number SCL0311 NLT January 24, 2011.

PLEASE PRINT OR TYPE ALL INFORMATION CLEARLY

Name: _____ Club Name: _____ District: _____

Address: _____ Phone: () _____
 Street City State Zip Cell: () _____

Name on Badge: _____ E-mail address: _____ Current office held: _____

ONLY ON-SITE REGISTRATION AND HOTEL RESERVATIONS WILL BE ACCEPTED AFTER JANUARY 24, 2011

EVENTS Must Be Registered to Attend	Received By 12.31.2010	Received After 01.01.2011	Amount Enclosed	For Official Use Only
SUPER-DUPER PACKAGE: Full Registration, Convention Pin, Leadership Luncheon, Friday Dinner/Entertainment, International President's Luncheon, Saturday Governor's Banquet/Entertainment, Sunday Brunch	\$170.00	\$190.00		
Registration <u>Required</u> (Included in Super-Duper Package)	\$ 35.00	\$ 45.00		
Convention Trading Pin (Included in Package)	\$ 4.00	\$ 4.00		
FRIDAY, FEBRUARY 4 Leadership Workshop (Free) Attending: Y _____ N _____	N/C	N/C		
Leadership Luncheon	\$ 25.00	\$ 30.00		
First-niters' Dinner/Fun/Entertainment	\$ 30.00	\$ 35.00		
SATURDAY, FEBRUARY 5 International Luncheon	\$ 28.00	\$ 32.00		
Governors' Banquet, Entertainment/Fun	\$ 35.00	\$ 40.00		
SUNDAY, FEBRUARY 6 Brunch/Speaker/Awards Presentation/Voting Results	\$ 20.00	\$ 22.00		
(NOT INCLUDED IN SUPER-DUPER PACKAGE) ↓				
GOLF—THURSDAY, FEBRUARY 3 10:00 AM	\$ 75.00	\$ 80.00		
TOTAL	*****	*****		

REFUND DEADLINE: JANUARY 7, 2011

Mail Registration Form with check payable to MD-4 Convention 2011 to:

MD-4 Convention 2011
 231 West Longacres Drive
 Henderson, NV 89015
 702.565.6664 e-mail: horizon120@msn.com

I prefer to charge \$ _____ to my:

_____ MasterCard _____ Visa Account: _____ Exp: _____
 MO YR

Authorized Signature: _____ Vegetarian Plate Required: _____

MD-4 CONVENTION 2010

CONVENTION HOUSING

Whether you choose to stay at Primm Valley Resort (Headquarters Hotel) or Buffalo Bill's, we're sure you'll be more than pleased. Both resorts are within walking distance from each other, or can be reached by monorail or shuttlebus, and provide the finest in deluxe rooms and suits.

Convention attendees must make their own hotel reservations by calling 1.800.386.7867 and specify the code number SCL0311 no later than January 4, 2011.

Primm Valley Resort

Sunday-Thursday \$39.95
Friday \$59.95
Saturday \$69.95

Buffalo Bill's

Sunday-Thursday \$34.95
Friday \$54.95
Saturday \$64.95

CONVENTION 2010 TENTATIVE SCHEDULE

THURSDAY, FEBRUARY 3

10:00 Golf Primm Valley Golf Club
 2:00 Early Registration, Certification, Lions Store & Pin Traders

FRIDAY, FEBRUARY 4

Breakfast on your own
 8:00 Registration, Certification, Lions Store & Pin Traders
 8:30 Leadership Seminar
 12:00 Leadership Luncheon
 2:00 Seminars
 4:00 Hospitality Rooms Open
 6:00 Social Hour/No-Host Cocktails
 7:00 First-Nighters' Dinner & Fabulous Entertainment

SATURDAY, FEBRUARY 5

Breakfast on your own
 8:00 Registration, Certification, Pin Traders
 8:30 Opening Ceremonies, Business Session, Memorial Service
 12:00 International Luncheon
 2:30 Seminars/Meetings
 4:00 District Caucuses
 6:00 Social Hour/No-Host Cocktails
 7:00 Governors' Banquet & Fabulous Entertainment

SUNDAY, FEBRUARY 6

7:00 Certification/Voting
 8:00 Breakfast Brunch
 Guest Speaker, Awards, Voting Results

DISTRICT 4-L4 CALENDAR

November 6	District Networking Meeting, Building the Next Generation of Lions, Orange Region
November 13	OC Costa Rica Walk-A-Thon
January 8, 2011	Melvin Jones Dinner, Costa Mesa Country Club
January 22,	District Networking Meeting, Recognition of PDGs, Saddleback Region
January 29	Rancho Cucamonga Comm. Lions Day at the Races
February 3-4	MD-4 Council of Governors Meeting, Primm NV
February 4-6	MD-4 Convention, Primm NV
February 18-20	Lions Flag Days
February 19	Teen Recognition Dinner
February 27	Diamond Bar Drumming for Kids
February 28	All Club Level Student Speakers Contests must be completed
March 4-7	Ensenada Cruise & Visitation
March 5-6	Hearing Days
March 12	Cucamonga District Host Sip for Sight Wine Tasting Dinner
March 12	Pomona Host Lions Bowl-a-thon
March 15	Orange Region Meeting
March 21	All Zone Level Student Speakers Contests must be completed
March 21	Saddleback Region Meeting
March 27	Huntington Beach Host Crabfest
March 27	Lions City of Hope Day
March 30	Foothill Region Meeting
April 2	Orphanages of Thailand Fundraiser
April 9	Rancho Cucamonga Comm. Lions Fashion Show
April 16	District Networking Meeting, Student Speakers Contest, Foothill Region
May 12-15	District 4-L4 Convention, Doral Resort, Palm Springs
June 3-5	MD-4 Council of Governors Meeting, San Jose
June 4	MD-4 Student Speakers Contest Final
July 4-8	Lions International Convention, Seattle WA
September 22-24	USA/Canada Forum, Anchorage AL

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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