



The 4-L4 Forum

The Official Publication of
California Lions District 4-L4

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Hard to Believe that the 2010-2011 term is 61 days to conclusion. The District thus far has posted a phenomenal year in which we will all celebrate at the convention in Cathedral City May 12-15. Convention Chair PDG Jon Casteel has assured me that you all will have a fantastic time and that there will be a few surprises to stimulate the event.

Convention Notes

We'll kick-off the weekend with a golf tourney Thursday, May 12 with the First Nighters and Governor's "Thank You" dinner that evening.

Friday morning there will be Highland Games until lunch. Following lunch the first Business Session will convene the Convention and the highlight will be the Parade of Banners as the Club Presidents are introduced. In late afternoon there will be the Candidates Hospitality time to tote their worthiness of your vote. Then it will be dinner and Talent Night. My sources have informed me that there are seven performances scheduled at this time and more by the time we arrive.

Saturday morning is Business Session II, elections, lunch featuring International Director Jerry Smith, followed by Business Session III and election results. After a few hospitality visits, preparation begins for the Governor's Ball and Grand March at 7:00 p.m. At this event the Lion-of-the-Year, Club-of-the-Year, President-of-the-Year, and Secretary-of-the-Year will be presented. All other recognition awards will be presented during the Business Sessions.

Sunday morning will be the last Business Session and remarks from International Director Jerry Smith and newly elected leaders of the District.

Club Excellence Award

There has been some confusion about President Excellence Award which comes from LCI. Presidents receive a Club Excellence Pin when Club Excellence Award is presented. To qualify for the award, clubs must excel in community service, membership growth, communication and organizational management to receive the prestigious Excellence Award. In order to be considered for an Excellence Award, clubs are asked to complete the award application and submit to me for signature by no later than August 1st and I'll forward to LCI.

Application can be downloaded from LCI website. Enter "Club Excellence Award" in search box and when list comes up select DA-1.

Continued on page 2

2010-2011 DISTRICT CABINET

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DISTRICT GOVERNOR REPORT (Continued).....

Club Officers Training

If you want to have a successful year and grow your club, you don't want to miss Club Officers Training on Saturday, June 18th at the Costa Mesa Community Center.

If you want your club to qualify for the Club Excellence Award, this training is a must in order to comply with the requirements. Clubs should make this training mandatory for President, Vice President, Membership Director, Secretary and Treasurer. This District builds leaders for success by providing training and information on how to access all of LCI's training materials. We have talented leaders volunteering their time to pass on their experience and knowledge for your success. I encourage all Lions desiring to move up in Lions Leadership to attend scheduled training sessions.

This District's success this year is attributed to those who attended last year's training sessions, cabinet and then officers, and implemented what they learned. I am truly grateful for all of your efforts that gave the District notoriety as #3 in North America and #1 in the Multiple as of March 31st. I'll present new figures at the convention.

Develop Strategic Plan for 2011-2012

Newly elected club officers should plan a BBQ for bonding and developing a strategic plan for their year. You can't go anywhere without some sort of direction that is measurable. A Plan of Action with time lines and accountability is essential for success. A membership growth element is a must in that plan. Under the new organization structure of the GLT (Global Leadership Team) and GMT (Global Membership Team) your District coordinators are PDG Mike Scheafer, GLT and yours truly for GMT. Please utilize the District Leadership Team's experience and knowledge to help you grow and promote the Lions motto "We Serve".

DISTRICT 4-L4
REGION AND ZONE CHAIRS TRAINING



WHEN: SATURDAY, MAY 21, 2011
WHERE: GARDEN GROVE LIONS CLUBHOUSE
9860 Larson Garden Grove
TIME: 9:00AM-12:00PM
Coffee and rolls will be served

R.S.V.P: Marianne Allen, Cabinet Secretary
Email: sarahcait@sbcglobal.net or
phone (714) 658-2232



1ST VICE DISTRICT GOVERNOR REPORT

KEN SHERWOOD WHO'S ON FIRST?

Show your pride in your club. Inform the district of your fundraiser. Congratulate your Lion of the Year or your 100% secretary. Advertise your business. Praise your grandchild. Tell the world of Lionism that you're proud to be a Lion.

Fundraiser ads; service project ads; business ads; personals. There are hundreds of reasons to do it - ADVERTISE! District 4-L4 directory ads are inexpensive, last for a full year, reach every club in the district and every district in the Multiple. Show you talent and creativity.

BUSINESS CARD SIZE OR 1/4 PAGE @ \$25; HALF PAGE @ \$50; FULL PAGE @ \$100. A ONE OF A KIND, FULL COLOR, BACK COVER EXTRAVAGANZA for \$375. You may email black and white, photo ready copy to Lion Ken Sherwood-sherwood2@verizon.net You may send hard copy to Lion Ken - 6666 Dakota Ave., Alta Loma, CA 91737 OR 259 S. East End Ave., Pomona, CA 91766. The advertising deadline is June 15, 2011. The directory will be in the hands of every club president, secretary, district committee chair, PDG, district officer and every district governor and vice governor in Multiple District Four. DO IT NOW!
Don't refuse to do what you can do.

Time is VERY short to make your plans for Seattle. Coffee and clam chowder are the area specialties and the International Convention is the event. DON'T WAIT.

September will see hundreds of Lions in Anchorage, Alaska for the USA/CANADA FORUM. A line up of 64 seminars from which to choose (you have time for about seven) covering everything in Lionism. Many attendees say it's better than an International convention. The best test is to attend both and do your own comparison. And it's all in ENGLISH. See Norm or Ken for brochures to sign up and plan the seminars from which you would get the most benefit. There's even pin trading and a Lions store you will not believe with clothes and gifts that are not available at the LCI goods store online. Most Lions in attendance make more than one trip to this mega-store (I went three times). Even though we are in Alaska, I am reliably informed that the food at the planned meals will not be frozen. Did I mention the entertainment?
FABULOUS!

See you at the Doral in Palm Springs (or close). That's where it all hits the fan and the fun.

DON'T REFUSE

21st CAR OPPORTUNITY DRAWING
SEAL BEACH LIONS CLUB

2011 Ford Edge-SE
FULLY EQUIPPED
- 3.5L TI-VCT V6 Engine
- Automatic Transmission
- Air conditioned
- AM/FM CD-MP3 Stereo
- 17" Aluminum Wheels
- AND MORE !!

Ken Grody

In Cooperation With: (and thanks to) 6211 Beach Blvd - Buena Park, CA (866) 604-7223

2nd Prize

55" Vizio LCD HD TV
Model E551VL (or equivalent)

3rd prize

Apple iPad
With Wi-Fi and 3G

Winners need not be present to win. Tax and License not included.
Only 600 tickets offered

Get your tickets early - The last 20 years drawings were sold out!!
\$100.00 donation - Includes dinner for two
Lions 67th Annual Fish Fry July 16 & 17, 2011
Drawing will be held at the Lions Fish Fry: July 17, 2011 - 4:30pm - Seal Beach Pier
Proceeds to benefit the sight and hearing impaired, local community projects and other charitable organizations.

For information or tickets call Jim: (562) 596-6600 or Lee (714) 325-6790 or mail in the bottom portion of this flyer.
501C3 non profit organization - ID #95-6133601 / C2540594

Seal Beach Lions Club 21st Annual Opportunity Drawing
Make Checks Payable to the Seal Beach Lions Club

Number of Tickets _____ X \$100.00 = \$ _____ Mail to:

Name _____
Address _____ Seal Beach Lions Club
City _____ Zip _____ 1198 Pacific Coast Hwy. D-305
Phone # _____ Seal Beach, CA 90740

Method of Payment Check Mastercard Visa

Credit Card # _____ Expiration Date: _____
Month _____ Year _____ #1

Signature: _____ (Required on all credit card orders)

Reserve the
Date ~
Tickets
Available
Now!

Ontario-Upland Lion's

Spring Tea Party

*Come join us for Tea, Food,
Desserts & lots of fun.*

Bring the whole family & Men and children welcome

Your Charitable Donation \$20.00
Children (Under 12 years old) \$10.00

Saturday May 7, 2011
Ontario Masonic Lodge
1025 N. Vine Avenue, Ontario, CA 91764
Noon (sitting start at 12:30)

Raffles and a Chance to Win Prizes!

Contact person: Martha Alvarez • Cell: 909 240-9842 • E-Mail: malva15501@aol.com



2ND VICE DISTRICT GOVERNOR REPORT

P.J. SMITH

Wow, whoever said, "Time sure flies when one is having fun" wasn't kidding. We ended March and began April with two great club fundraisers. It was just incredible how well organized the Huntington Beach Crabfest and Orphanages of Thailand Restaurant events were presented to a large number of participants. The entertainment and food was fantastic and if you left hungry it was your own fault. The Leos played a major, major part in making these fundraisers happen. Thank you Leos for serving us and the wonderful job that you do. Leos truly are the future Lions of our organization. These events were a first for me and definitely will not be a last.

On April 16, we had our last "District Networking

Meeting" for a while. I believe Governor Elect Ken will be calling them District Cabinet Meetings again in the future. Thank you to all the Lions that attended. We were all treated to three fantastic student speakers with incredible presentation abilities. After our District Networking Meeting we had the honor of celebrating the chartering of our newest Lions Club, WesternU. The excitement and enthusiasm level was so high you could just see and hear it throughout the room and entire evening. Congratulations to WesternU and all of our new Lions.

May and our Convention will be here very soon. If you have not registered there is still time. Convention gives us the opportunity to celebrate our accomplishments as a District and honor District Governor Norm. Every Lion in our district should be part of this experience and involved in the electing of your new leadership team.

As to the generosity of our District and fellow Lions, words cannot describe. It is the epitome of "Service from the Heart". The Japan relief fund has generated over \$ 18,000.00 with monies still coming in.

The "Pajama Party" continues to grow with 197 pairs donated at our last cabinet meeting. I can only image how comforting these PJ'S are to the children that receive them.

There are lots of activities and fundraisers coming in May so check the Forum calendar for future events happening in our great 4-L4 District.

Area 4 Student Speaker Contest

THE AREA 4 STUDENT SPEAKER CONTEST WILL BE HELD ON SATURDAY MAY 7TH AT 1 PM. DISTRICT 4L5 IS THE HOSTING DISTRICT THIS YEAR. IT WILL BE HELD AT MT SHADOW MIDDLE SCHOOL 30401 RESERVOIR AVE NUEVO, CALIFORNIA 92567

PLEASE COME AND CHEER ON DISTRICT 4L4 STUDENT SPEAKER PRANAY YETURU FROM CLAREMONT HIGH SCHOOL. HIS SPONSORING LIONS CLUB IS UPLAND HOST.

"ENFORCING OUR BORDERS; STATE VS. FEDERAL RIGHTS" HAS HAD THE FOUR STUDENTS (REPRESENTING DISTRICTS 4L2, 4L4, 4L5 AND 4L6) DO A LOT OF RESEARCH TO ALLOW THEM THE OPPORTUNITY TO COMPETE AT THE AREA CONTEST. THEY HAVE ALL WORKED SO HARD ON THE WRITING AND DELIVERY OF THEIR SPEECH. EACH AND EVERY TIME I'VE HEARD THEM SPEAK I KEEP LEARNING SOMETHING NEW ON THE TOPIC.

THANKS LION CAROL LINEHAN
AREA 4 STUDENT SPEAKER COMMITTEE CHAIRMAN

Before the Fall College Season Begins...

Before the Pros Put on The Pads...

Get Your Football Fix by Going To...

ORANGE COUNTY'S FINEST PREP CLASSIC

52nd Annual

NORTH SOUTH

All Star Football Game

Friday, July 15, 2011

Orange Coast College • LeBar Stadium

Tickets: \$10 Pre-Sale • \$11 At the Gate

Gates Open: 6:00 p.m. • Kickoff 7:15 p.m.

For More Information or to Buy Tickets

714-978-0333 • 949-855-1556

714-532-8330

Presented by
The Brea Lions Club • Orange County Youth Foundation

Benefitting:
PADRE Foundation • Western Youth Services • Orange County Youth Foundation





HARBOR-MESA LIONS CLUB'S ANNUAL GARAGE SALE

Saturday, May 7, 2011 - 7am-Noon

PDG Barbara's House
3085 Fernheath Lane, Costa Mesa

COME AND SEE WHAT TREASURES

AWAIT YOU AT A

PRE-MOTHER'S

DAY GARAGE SALE

ANOTHER WONDERFUL SHOPPING

OPPORTUNITY FROM

HARBOR-MESA LIONS CLUB



AT THE APRIL DISTRICT NETWORKING MEETING, LION WANDA TANAKA WAS GIVEN THE "GEARY LOZOUN FELLOWSHIP AWARD" FROM LIONS FLOAT, INC. BY PDG CHUCK OVERBEY AND PDG JON CASTEEL.

American Family Housing

SHELTER FOR THE HOMELESS

A District 4-L4 Approved Project

SATURDAY JUNE 11, 2011

DINNER GALA

6:00 pm – 10:00 pm

Dinner, Entertainment & Silent Auction

Meadowlark Golf Club Grand Ball Room

16782 Graham Street, Huntington Beach



SUNDAY JUNE 12, 2011

8TH ANNUAL CHARITY GOLF TOURNAMENT

11:30 a.m. check in 1:30 p.m. shotgun start

Meadowlark Golf Course

16782 Graham Street, Huntington Beach

- \$75.00 INDIVIDUAL GALA DINNER ONLY**
- \$195.00 INDIVIDUAL GALA DINNER & GOLF**
- \$700.00 GROUP RATE DINNER & FOURSOME**
- \$125.00 INDIVIDUAL GOLF ONLY**

Register on line with Pay Pal at:

For questions and registration by phone:

Bob Murphy 714.897.3221 x 109

Judy Kampman 714.897.3221 x 110

REGISTER NOW AND HELP US ACHIEVE OUR CRUSADE TO HELP REACH OUR GOAL OF \$40,000 TO BETTER SERVE OUR HOMELESS POPULATION. WE NEED YOU!



Fun – Food – Flicks

District 4-L4 Youth Exchange Program

FUNDRAISER

Bar-b-que, Swim and Movie

(Pool and Sauna will be heated)

DATE: Saturday, July 10, 2010

TIME: 5:00 pm

PLACE: Ken & Denise Myers' Home

2131 Albright
Upland, CA 91784

COST: Adults - \$15.00

Children (Under 10) - \$5.00

For Information call

Ken Myers – (909) 608-1938

Martha Hebert – (909) 624-8670

Come join us for a bar-b-que and an evening at the movies, with popcorn, Milk Duds, etc., all the things you enjoy at the movies and support the District Youth Exchange Program.



CONGRATULATIONS TO OUR NEWEST LIONS CLUB - WESTERNU LIONS





VisionWalk

A CURE IS IN SIGHT

Foundation Fighting Blindness

Invites you to join

VisionWalk

Sunday, June 5, 2011
California State Fullerton
9:00 A.M. Registration
10:00 A.M. Walk Begins

The Foundation Fighting Blindness (FFB) is pounding the pavement nationwide to increase awareness and research dollars through VisionWalk, FFB's signature fundraising event. VisionWalk will raise money to support cutting-edge research to find the preventions, treatments and cures for retinal degenerative diseases.

WALK WITH US!

VisionWalk is a 5K (3.1 miles) walk designed to raise awareness and dollars for the fight against retinal degenerative diseases. All walk routes are wheelchair and stroller accessible.

How can you help?

- ✚ Form a Team with family, friends, co-workers, neighbors
- ✚ Walk as an Individual
- ✚ Volunteer at the Walk
- ✚ Become a Sponsor of the Walk
- ✚ Make a Donation to a Walker
- ✚ Visit www.VisionWalk.org for more information



Since its inception, FFB has raised over \$380 million for retinal disease research, more than any other non-governmental agency. FFB invests in cutting-edge research in promising areas such as genetics, gene therapy, retinal cell transplantation, artificial retinal implants and pharmaceutical and nutritional therapies.

For more information, please contact PDG Barbara Hayward at (714) 545-6126 or blhayward@sbcglobal.net, PDG Dan Mayer at (949) 458-3710 or liondmayer@cox.net, or Donna Cohen, Events Manager at (310) 207-2089 or DCohen@FightBlindness.org

HARBOR MESA NEEDS PARTICIPANTS FOR VISIONWALK, PLEASE HELP!

VisionWalk is an annual fund raiser for Foundation Fighting Blindness that has been adopted as a District Project for all clubs to participate in. Harbor Mesa Lions have joined in for the past five years and formed a team call "Paws for the Cause" to do the very easy 5K walk on the campus of Cal State Fullerton. We have always had from eight to twelve walkers but this year, due to conflicts and inabilities we are down to only two members who can walk with the pride.

Other members, along with the Mission Viejo Lions, are manning the entry, refreshments, t-shirts (which are free for walkers,) etc. There's music, refreshments, hand-outs and fresh air! We are asking for members from other clubs to be there so the Lions are well-represented in the walk. You don't even have to do the whole walk and many don't. All ages are welcomed as are dogs. You can wear your club shirts to represent your club and location. Many organizations are there with a huge number of walkers and we really want the Lions to be outstanding and noticeable. "SPREAD THE WORD, JOIN THE HERD, WALK FOR THE BLIND, SHOW WE ARE KIND.....LIONS ROAR!!!!

The date of the event is Sunday, June 5, 2011, and is held at Cal State Fullerton. Registration is at 8 a.m., walk at 9 a.m. You can find all information on the website - fightblindness.org. Go to the VisionWalk site for Orange County, CA. You can also make a donation by going on the "Paws for the Cause" team's site.

Please let our chair, Lion Lisa Knowles, know that you will participate. You can contact her at: 949-631-5523 or e-mail: drkay2@sbcglobal.net.

MARRIED LIFE



A WOMAN SITTING AT HOME ON THE VERANDA WITH HER HUSBAND SAYS, "I LOVE YOU."

HE ASKS, "IS THAT YOU OR THE WINE TALKING?"

SHE REPLIES, "IT'S ME..... TALKING TO *THE WINE*"

CLUB BANNERS

WANTED!

ALL CLUBS WITH DELEGATES TO THE ANNUAL DISTRICT 4-L4 CONVENTION IN PALM SPRINGS MAY 12-15 SHOULD INSURE THAT YOUR CLUB BANNER IS IN LINE FOR THE PARADE OF BANNERS AT THE OPENING SESSION ON FRIDAY AFTERNOON MAY 13TH AND BRING A STAND FOR POSTING IN THE BALLROOM.

THE FORMATION WILL BE FOOTHILL REGION ZONE A, B, C; ORANGE REGION ZONE A, B, C; AND SADDLEBACK REGION ZONE A, B, C.

IF THE PRESIDENT IS NOT ATTENDING ON FRIDAY PLEASE INSURE THAT A DELEGATE CARRIES YOUR BANNER. THIS HAS BEEN A GREAT YEAR AND ALL THE CLUBS NEED TO BE HONORED FOR A JOB "WELL DONE".



Fantastic Foothill

Region Chairman Jack Tanaka

This article will be for two months. I wanted to donate my space for Pomona Host Lions Club's 90th Anniversary story and pictures. Congratulations again! What a special celebration it was! Now this issue will include activities for the last two months. These months have really been busy in the Fantastic Foothill Region. The first is the chartering of a new Lions club in our District and in our own Foothill Region. The **Pomona Host Lions Club** sponsored the new **WesternU Lions Club** who held their charter event on April 16th, shortly after the end of the fourth and final District Networking Meeting for the year, hosted by the Foothill Region.

Prior to the District Networking Meeting on April 16th District Student Speaker Chairperson Ken Henderson conducted the District Student Speaker Contest. There were speakers from each of the three Regions, Foothill, Orange and Saddleback. The winner was Pranay Yeturu from Claremont High School and sponsored by Upland Host Lions Club.

At the Networking Meeting the Peace Poster winner plaque was presented to the Fullerton Lions Club and several California Eagle Medals were presented by Governor Norm. 1VDG Ken recognized the single "first timer" of a Networking Meeting, Lion Stephen Kim from the **Diamond Bar Breakfast Lions Club**. All of the Clubs from the Foothill Region were represented except for the Pomona Breakfast Lions who were busy preparing for their annual Stampede fundraiser.

PDG Chuck Overbey, Fellowship Chairman for Lions Float, Inc., made a special presentation to Zone Chair Wanda Tanaka with a **Garry Lozaun Fellowship**, recognizing her 17 years of helping decorate the Lions float entry in the Rose Parade and bringing hundreds of Leo Club members to help.

After a presentation by visiting District 4-L5 Governor Bill Windham, a motion to make the California Friends in Sight a District Project was made and passed unanimously. There were many committee reports given and ended with an announcement by Sheila Casteel from Upland Host, that she is a candidate for 2nd Vice District Governor. Lunch was a delicious Chicken Picatta with fresh garden vegetables and roasted red potatoes.

After lunch, there were a few other committee reports, Club announcements and an opportunity drawing Thank you to the Cabinet members who helped and a special "thank you" to Orange Region Zone Chairs Joe Rodehaver and Gary Denni for helping sell tickets too.

The **Cucamonga District Host Lions** held their 5th Annual "Sip for Sight" wine tasting fundraiser dinner raising \$7,100 to donate to charities. They donated to LCIF/Japan earthquake relief, collected used eyeglasses, donated blood platelets and aphaeresis blood donations, help Boy Scout Troop 607, volunteered at a church, Friends in Sight, Veteran's golf, Blind Golf Tournament, Rising Stars,

annual toy drive and Chamber golf tournament. Their members attended the Zone and Region meetings.

The **Upland Host Lions** prepared and delivered dinner to Foothill Family Shelter, provided eye exams and glasses for Upland school children and collected 200 pairs of glasses. They donated to the recently chartered Loara High School Leo Club and to LCIF/Japan earthquake relief. Their Club members attended both the Zone and Region meetings. They participated in the Student Speaker Program and the Lions Float, Inc. meeting. Congratulations to PDG Jon Casteel for being elected as President of Lions Float, Inc.

The **Pomona Host Lions** organized and hosted a bunco party raising \$350 for the Claremont/West End Auxiliary of Children's Fund and crocheted beanies for the deployed military.

The **Chino Valley Lions** participated in the Student Speaker Contest and the Chino Valley Leo Club. Their Club members attended both the Zone and Region meetings.

The **Brea Lions** made donations to the Lions Student Speaker Foundation, Brea Jr. High Spelling Bee, Pomona Leo Club, LCIF/Japan relief and to the Ensenada Lions Club. They participated in the Student Speaker Contest.

The **Diamond Bar Breakfast Lions** completed their major fundraiser, "Drumming for Kids" drum concert. The groups that performed this year were the Diamond Bar High School Percussion Ensemble, S.W. Lion Troupe, Big Bamboo Steel Band and Kishin Daiko. They helped the Diamond Bar High School Leo Club members and Los Angeles Country Fair Junior Fair Board members in planning, organizing and hosting the "Aye Chihuahua" dog walk. It was a project to raise awareness of the importance of spaying or neutering your pets. They raised \$570 to donate to the Inland Valley Humane Society. The Lions donated to the Diamond Bar Children's Library, Lions Project for Canine Companions for Independence, Lions Camp at Teresita Pines, Ronald McDonald House in Orange County, Teen Recognition Program, LCIF/Japan earthquake relief, Student Speaker Foundation, Orphanages of Thailand, Boys and Girls Club of Pomona Valley, Pacific Crest Youth Arts Program, Youth Exchange Program, Diamond Bar YMCA, Inland Valley Humane Society, Pediatric Ward at City of Hope, Orange County Korean American Leo Club, Loara High School Leo Club and the American Cancer Society Relay for Life. They participated in the Student Speaker Contest, Leo Club programs at Chaparral Middle School and at Diamond Bar High School, LCIF/Japan Relief, Melvin Jones Fellowship and Wanda Tanaka donated to LCIF for a Melvin Jones Progressive Award. Their Club members attended both the Zone and Region meetings.

The **Walnut-Diamond Bar Lions** collected 200 pairs of used eyeglasses. They made a donation to LCIF/Japan earthquake relief and participated in the Student Speaker contest. Their Club members attended both the Zone and Region meeting.

Thank you to all the Lions Clubs and its members for all you do to make your communities and the world a better place.



SUPER SADDLEBACK

REGION CHAIRMAN JEFF CARROLL

Hello Fellow Lions. I would like to apologize for my absence from the Forum as life has been beyond what I would call 'hectic'. I have no complaints, though, and feel fortunate to be this busy. Convention is just around the corner and I hope to see and party with as many of you as I can!

I would like to highlight some of the activities in our Region over the past couple months.

The ladies of Harbor Mesa have been their usual busy selves. Six of their members joined in on the fun and made the cruise to Ensenada to make the visitation to the Lions Club. They presented \$100, plus took a supply of school supplies, weighing 50 pounds, for the school project the Ensenada Lions work on. They welcomed two new members, a transfer member from Mission Viejo Lions Club, Pierrette Rizco and a new inductee, Lion Kate Renadli. Their annual Lucy and Ethyl Bingo Parlor event was held with a large crowd and many visitors. Keep up the great work!

The Orange Lions had their annual Spaghetti Night and Bingo. They also prepared meals at the Ronald McDonald house monthly, provided eye exams and glasses for the Orange Unified School District and hosted the Sight and Hearing Van at Holy Family Cathedral in Orange. I hope the merger is going well! It sure sounds like it!

To everyone else, don't forget that the Sight and Hearing van is ready and available for your club's use.

Huntington Host had a busy March with their annual "All You Can Eat" Crabfest. They hosted an almost sold out crowd with good food and great entertainment. 50 Leos from Huntington Beach and Seal Beach served and helped with cleanup. In April they inducted two new members. In May, they will be serving a meal at the Ronald McDonald House and have their annual "Pre-Mother's Day Pancake" breakfast to be held on May 7.

Mission Viejo shipped 564 pair of used eyeglasses and 115 cases to LIS and had a great time on the Ensenada visitation.

The UCI Lions are planning their annual event on Saturday June 18 and this year are opening the event to other clubs who would like to have a booth, so if your club is interested, please let me know ASAP. The format this year will be more of a festival as opposed to our casino night in the past, but expect great food and entertainment!

I hope that catches us up. See you at Convention!



ORANGE COUNTY CENTRAL LIONS CLUB
26TH ANNUAL CHARITY *
GOLF TOURNAMENT



Western Hills Golf & Country Club
1800 Carbon Canyon Road
Chino Hills, CA 91709

MONDAY, MAY 2, 2011 – 11 A.M. CHECK IN – 12:30 P.M. TEE TIME

Your registration includes golf & cart, barbecue lunch, fee range balls, goodie bag, free beverages on the course, \$5,000 hole-in-one contest, dinner, awards, raffle prizes, and a silent auction. Tournament format: shot gun start, 4 person scramble.

REGISTRATION FORM

Single or Team Contact: _____
first name last name
Address: _____
street city zip code
Phone: _____
e-mail

I would like to support the Orange County Central Lions Club Charity Golf Tournament at the following level:

- \$900 Corporate sponsor (includes golf & dinner for 4, banner, and tee sign)
 \$150 hole-in-one sponsor \$75 tee sign sponsor I will donate a raffle prize

To enter your team, please complete below:

player #1 _____ player #2 _____
player #3 _____ player #4 _____

Individual Golfer Fee: \$125 – Dinner Only: \$40

EARLY BIRD ENTRIES RECEIVED BY MARCH 25TH \$110

Corporate Sponsor \$ _____
Hole-in-one Sponsor \$ _____
Tee Sponsor \$ _____
Individual Golfer (s) \$ _____
Dinner only \$ _____
Total amount enclosed \$ _____

Select Method of Payment:



Check, made payable to the Orange County Central Lions Club

Credit Card _____
name on card credit card account number expiration date security code

Mail completed registration form to: OCC Lions Club, P.O. Box 6592, Orange CA 92613-6592

for additional information contact: Ron Finseth @ (714) 854-1754 or Larry Young @ (562) 698-5022

*100% of all net proceeds of the tournament benefit our Lions Club Charities



"SPRING SHOPPING EXTRAVAGANZA!"



MONDAY, MAY 2

6:30 p.m.

**COSTA MESA COUNTRY CLUB
1701 GOLF COURSE DRIVE
COSTA MESA**

Dinner - \$20 per person - Shopping Experience - Free

ENJOY THE EVENING WITH MEMBERS AND GUESTS, PLUS HAVE THE OPPORTUNITY TO PURCHASE UNIQUE ITEMS.

**For information or reservations (by April 25 please) call:
Lion Arlene Schafer at 714-546-1429**

**Mail your checks to her at: 292 Bucknell Road,
Costa Mesa, Ca 92626**

All proceeds go to local charities and those in need. Vendors will donate a percentage of their profits to our club.





**OUTSTANDING
ORANGE
REGION CHAIRMAN
MARC POLI**



**HEARING &
SPEECH ACTION
NEWS**

You know the Lion year is winding down when the next big event is the District convention. It's a big party that celebrates the achievements of the past 12 months, and boy, there is much to celebrate! More on that in my final column, next month.

By now your clubs have held their election of new officers. Remember to fill out your PU-101 forms to notify LCI of your future leadership. Also, don't forget to file your taxes with the IRS, even if you collect less than \$25,000 in gross receipts. This is an often overlooked obligation. Enough for housekeeping!

I had the pleasure of attending the 9th annual Dinner for Scleroderma, sponsored by the La Habra host Lions. Kudos to the entire membership, you guys are so well organized. Kudos to Thom Fleury, who once again cooked a tasty tri-tip dinner. The band provided a Western ambience that invited the attendees to dance and be merry. We had a great time raising money toward finding the cure from such as devastating disease. The only drawback was that attendance was moderate, and this was because two other major events were held at the same time.

One event was the Leo District Talent Show which was extremely successful, even though the venue was moved at the last moment from Stanton to Garden grove. It was won by a piano act by Troy HS and a Band from Sunny Hills HS took second. By all accounts, this was a great event.

I will see you all at the convention, and then bid you farewell in the next Forum.

I finally figured out..

AS I WAS CONDITIONING MY HAIR IN THE SHOWER THIS MORNING, I TOOK TIME TO READ MY SHAMPOO BOTTLE.

I AM IN SHOCK! THE SHAMPOO I USE IN THE SHOWER THAT RUNS DOWN MY ENTIRE BODY SAYS "FOR EXTRA VOLUME AND BODY"!

SERIOUSLY, WHY HAVE I NOT NOTICED THIS BEFORE? TOMORROW I AM GOING TO START USING "DAWN" DISH SOAP!

IT SAYS RIGHT ON THE BOTTLE, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE".

IT PAYS TO READ THE WARNING LABELS, MY FRIENDS!

May is Better Hearing and Speech Month. Yes, again! Have you had your hearing checked during the past year? Maybe as a New Year's Resolution? (This is MAY!)

The Better Hearing Institute's online hearing test lets individuals quickly and confidentially determine if they need a hearing check by a hearing professional. (www.hearingcheck.org) By walking through a 15-question self-screener, anyone can easily take the first step in addressing hearing loss.

"Research shows that hearing health affects everything from job performance and income to personal relationships," says Sergei Kochkin, PhD. "Unaddressed hearing loss can erode the individual's quality of life, creeping into every aspect of daily living. Research shows a correlation between hearing loss and other conditions including diabetes, heart disease, chronic kidney disease, and Alzheimer's."

The signs of hearing loss can be subtle. Symptoms include not being able to hear well in a crowded room or restaurant, having trouble hearing children and women, keeping the television turned up to a high volume, or asking friends to repeat what they're saying.

Often overlooked are the financial dangers of leaving hearing loss unaddressed. People with untreated hearing loss lose as much as \$30,000 in income annually. The use of hearing aids has been shown to reduce the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss..

"Too many people wait years before getting treatment because they're either unaware of the extent of their hearing loss or afraid to confront it." Kochkin continues. "That's why we're encouraging people to take the *Across America Hearing Check Challenge*. It enables individuals to take that critical first step in the comfort and privacy of their own homes. We hope that many will visit www.hearingcheck.org during Better Hearing and Speech Month to reclaim their hearing and quality of life."

Advances in digital technology have dramatically improved hearing aids in recent years, making them smaller with better sound quality. Designs are modern, sleek, and discreet. Clarity, greater directionality, better speech audibility in a variety of environments, better cell phone compatibility, less whistling and feedback than hearing aids of the past, and greater ruggedness for active lifestyles are common features.

SEAL BEACH LIONS ROAR FOR AUTISM



With April being Autism Awareness Month, the Seal Beach Lions offered their community a great day for adults and kids living with the disorder.

After attending their first Club Orientation Meeting Lions Kathrine, Megan and Teri suggested that the Seal Beach club get involved with Autism Awareness. On April 23, ROAR FOR AUTISM came to be.

The day involved a number of interesting projects:

- Puzzles, books
- Song Center
fellow lion Gary Snow playing the guitar to the tunes of some of our favorite childhood songs
- Shaving Cream Table
Shaving cream was sprayed on a table and the children played in it with their hands. This is a great sensory activity. Autism is a very sensory affected disorder and these children sometimes need that sensation to regulate themselves. To better explain it- imagine your self when you have a headache and all you want is someone to rub your head to make it feel better, this is the kind of regulation they are looking for.
- Arts and crafts
Kids made craft to take home with them as a souvenir of the event. It was both Lions and autism awareness oriented.
- Relay race
Lions escorted the children along the race. All receive an award.
- Free Lunch
- Guest Speaker
- Awards Ceremony

Congratulations to these new, young Lions for taking the initiative to get involved and pulling off a great new service project that the Seal Beach Lions hope to continue for years to come.

This column was written for the Seal Beach Sun by the recently elected Seal Beach Leo President for 2011-2012. His name is Justin Khalil; a 4 year Leo, a junior at Los Alamitos HS, had two siblings before him in the Leo program club. The kid is brilliant, pulling a 5.0 grade point average and as you will see, he is quite articulate.

A LEO'S PERSPECTIVE

By Justin Khalil

Each member of the Leo Club has a unique interpretation of what the club means to him/her. For some, the Leo Club is a series of casual weekends by the beach where they can relax with friends and food. For others, the Leo Club is a serious commitment, a vocation where they get paid in community service hours instead of money. Regardless of how the Leo Program has affected him/her, each of its members would agree that it represents far more than just the three values its name denotes: leadership, experience, and opportunity.

The Leo Club goes one step beyond leadership by teaching its members tolerance. The word "leadership" implies that someone reigns superior over someone else, but in the Leo Club, this is not the case. Though political rankings exist within the program, such as president and treasurer, all Leos treat each other with the same amount of respect. For instance, when a new Leo introduces them self at their first meeting, veteran Leos quickly respond with questions and support to show interest and ease the otherwise nerve-racking introductory process. On the opposite end of the spectrum, newer Leos lend suggestions and encouragement to vice presidents when they are asked to lead meetings in the absence of their president. Bonded together like a family, the Leo Club resembles a community, much like the one they aim to serve.

In describing what each member gains from the Leos, experience would be a vague understatement. It is easy and superficial to merely acknowledge that the program offers experience to its members; what is important is to classify the types of experience Leos attain. Flipping patties, preparing buns, grilling bratwursts and serving lemonade are more than just examples of culinary experience. Though it is undeniable that it takes a certain set of skills to properly prepare a hamburger – a skill that I am still refining – the true skill set lies in the mindset of the Leo who is operating the grill. Upon realizing that they are doing more than just feeding their community, Leos begin to acknowledge the most important value of their work: selflessness. When Leos learn that their proceeds are donated to charity - more importantly, that they, the Leos themselves, retain the responsibility of dividing the money among the charities of their choice - they begin to grasp the various types of experience, from ethical to economic, that the program has to offer.

Not only is the Leo Club an opportunity for kids to gain leadership experience, but it is also a chance for kids to become cornerstones in their community. By joining the Leo club, kids become more than members of their community, they become molders of their community. At first, it may seem surprising that such young citizens are granted the responsibility of such important decisions. However, after witnessing the diligence and dedication of the Leos, the community trusts its youth to organize its future. This environment of trust and responsibility fosters mature Leos who are concerned with their community and its well being. People often begin their Leo Club career with the intention of getting free food, shirts and community service hours, but somewhere along the way a transformation occurs. By the end of their career, as they breach the threshold of adulthood, after organizing and participating in multiple projects, Leos contract Peter Pan Syndrome, wishing to preserve their youth forever because they know that the Leo Club is not meant for adults.

In analyzing the LEO acronym, it is important to remember that the values gleaned from the program by its members transcend those which its name implies. What is important is not to consider revisions for the title of the program, but rather, to comprehend the significance of the program, and why so many kids join. The reasons for which kids become Leos are as unique as the contributions each Leo eventually makes to the club, evincing why the club is so diverse and dynamic.



District 4-L4 2011 Convention
Doral Desert Princess Resort Palm Springs
May 12 - 15, 2011



THE HIGHLAND GAMES

Registration Form

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

CLANSMAN and TRAVELLER COSTS

	Thursday Early Bird Dinner	\$38.00
Clan "A"	Friday Dinner, Saturday Lunch and Dinner, Sunday Breakfast	\$190.00
Clan "B"	Saturday Lunch and Dinner, Sunday Breakfast	\$130.00
Traveller	Individual Meals & Entertainment:	
	Friday Dinner	\$55.00
	Saturday Lunch	\$35.00
Traveller	Saturday Dinner	\$70.00
Traveller	Sunday Breakfast	\$40.00

NAME (one name per line, please)	First Convention	Clan "A" or "B" Traveller	Clan or Traveller Cost	Registration \$20.00 per person	Additional \$20.00 late fee after 4/X	TOTAL COST

Make Checks Payable to: District 4-L4 Convention
Mail to: Joanne Waltman, P.O. Box 575, Rancho Cucamonga, CA 91729-0575

DEADLINE FOR REGISTRATION: APRIL 1, 2011

Hotel Reservations: Doral Desert Princess Resort Palm Springs
Rooms \$129 67967 Vista Chino Road, Cathedral City, CA 92234
Reserve rooms by APRIL 1, 2011 1-760-322-7000

FOR SPECIAL DIETARY NEEDS CONTACT CONVENTION CHAIRS, JON OR SHEILA CASTEEL

PDG Jon & Sheila Casteel, Chairman 909-483-3532
Joanne & Frank Waltman, Treasurer 909-946-3557
Pete & Lorna Badame, Hotel Reservations 562-697-4343
Hank & Susan Lopez, Golf 714-751-6213
Ken & Denise Myers, Hospitality 909-608-1938



**District Governor, Norm MacKenzie
Wants you TO SHOW HIM THE TALENT!**

**BROUGHT TO YOU BY DG NORM MAC KENZIE,
A TALENT COMPETITION TO END ALL OTHERS!!!**

THE SHOW STARTS AT 7:00 P.M. FRIDAY, MAY 13

**DG Norm seeks talent:
SINGING ~ DANCING ~ COMEDY
ANY TALENT YOU CAN THINK OF.**

JUDGES AND AUDIENCE VOTE FOR THE WINNER!

PRIZES, PRIZES, PRIZES

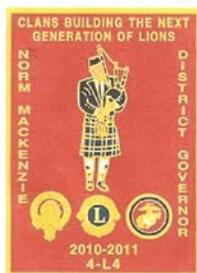
Submit your "ACT" to:
Pete Badame
210 N. Mariane St, La Habra, CA 90631
562-697-4343

2011 District 4-L4 Convention CABINET APPRECIATION & EARLY BIRD THURSDAY NIGHT BUFFET DINNER

~ Featuring ~

CABINET RECOGNITION AND GOOD FOOD

Three types of salad, Greek gyros, chicken-fried steak, potatoes,
vegetables, corn bread, peach cobbler, ice cream and beverage.



**DORAL PRINCESS RESORT HOTEL
THURSDAY, MAY 12 @ 6:00 PM
\$38.00 per person**

RSVP to PDG Jon Casteel by May 5, 2010 - checks payable to District 4-L4

District 4-L4 2011 Convention ~ Golf Tournament

Desert Princess Country Club
28555 Landau Blvd, Cathedral City (adjacent to Doral Resort)
760-322-2280

Thursday May 12, 2011

Check-in and Hamburger or Hot Dog 11:00 AM

Tee Time 12:10 PM



Fee: \$55 includes golf, cart, lunch, range balls and prizes

Hank Lopez, Convention Golf Chairman
491 Sturgeon Drive, Costa Mesa, CA 92626
714-751-6213

Send this portion by **May 5th** and your check payable to District 4-L4

To: Hank Lopez, 491 Sturgeon Drive, Costa Mesa, CA 92626

NAME	CLUB



City Lights

by Lion Lorna Badame

ILLUMINATING A NEW PATH TO TREATING RESISTANT BREAST CANCERS

By Darrin S. Joy

Breast cancer researchers are nothing if not persistent. Despite the disease's ability to find new ways of surviving, these scientists maintain an unwavering commitment to regaining the upper hand.

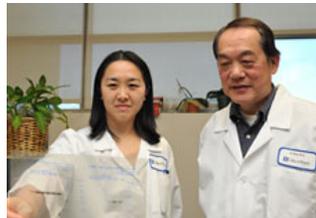
Take the case of aromatase, for instance. Aromatase is an enzyme that helps make the hormone estrogen, which most breast cancers love. In fact, they need it to grow and thrive. So these breast cancers produce a lot of aromatase and make their own endless supply of estrogen.

But scientists caught on to this trick and targeted aromatase with new drugs, aiming to choke off this supply of estrogen and starve breast cancer cells. The tactic has been fairly successful. Currently, three aromatase-inhibiting drugs are approved by the U.S. Food and Drug Administration.

But the drugs haven't been perfect. Many breast cancers become resistant to aromatase inhibitors over time, which enables the cancer to return and spread. And some other breast cancers arise with drug resistance already built in. So researchers found a new angle that might fight these resistant cancers.

Shiuan Chen, Director of City of Hope's Division of Tumor Cell Biology, Cynthia Wong, a student in the Irell & Manella Graduate School of Biological Sciences at City of Hope, turned their sights to a possible new drug target called Heat Shock Protein 90, or HSP90. A so-called "chaperone" protein, HSP90 helps other proteins fold themselves into the correct three-dimensional shape they need to function. HSP90 interacts with quite a few proteins that breast cancer cells need to thrive, according to Wong. "Blocking HSP90 would prevent proper folding of those other proteins and weaken the cancer cells."

CHEN, RIGHT, AND CYNTHIE WONG MAY HAVE FOUND A NEW WAY TO KNOCK DOWN SOME THERAPY-RESISTANT BREAST CANCERS. (PHOTO BY DARRIN S. JOY)



To find if they were on the right track, the scientists went to the lab and grew breast cancer cells that they knew could resist aromatase inhibitors. Then, they added an experimental drug that inhibits HSP90. It seemed to work. The drug prevented the cells from growing.

Next, they tried exposing those resistant cells to an aromatase inhibitor and the HSP90 inhibitor together. The results were encouraging: The drugs appeared to work together synergistically. That is, the combined anticancer effect was actually greater than expected from simply adding together each drug's cancer-fighting power.

"Our study demonstrates that HSP90 inhibitors can be used in conjunction with aromatase-inhibitor therapy, which could both extend the treatment period for these patients before the cells develop resistance as well as potentially treating drug-resistant tumors," Chen said. The researchers are continuing their efforts to block HSP90 in hopes of moving the therapy to clinical trials.

ANNUAL LIONS WORK WEEK-END AT CAMP TERESITA PINES



MAY 28TH – 29TH

Please come and join us in helping with many different jobs around the camp. What better way to do a Club Service Project and enjoy Fellowship with Lions from around the several districts of our Multiple. We are sure we can offer everyone a 'job' to your liking!

FYI – You can arrive evening of May 27th (dinner on your own) or come to work only one day

*Free food and lodgings
Bring a sleeping bag, pillow, toiletries, etc.
that's all you need!*

Listed are some of the projects that the Camp Board has selected to be worked on:

- 1) Painting – inside and outside of the cabins
- 2) Organizing parts and materials – shelving
- 3) Repairing split rail fencing
- 4) Landscaping – Raking – Tree trimming
- 5) Electrical work
- 6) Concrete work
- 7) Splitting wood – hauling logs – chipping
- 8) Trail improvements
- 9) Housekeeping – window washing, etc.

Contact Camp Manager, John Bauer, to let him know which project/projects you/your Club will be interested in helping on at 1-800-585-3245.

Call your reservations into camp as soon as possible at the above number! This will give us time to make the schedule for supplies that will be needed. And most importantly the number of Lions you expect to come to camp, and tentative arrival time, so we can order the meals for Saturday and Sunday, and the special extras, that is being planned for Saturday evening!

We look forward to seeing everyone and having a great time...but we can only do this by having YOU in attendance!

Fiosta

OPEN TO ALL GOLFERS

Seal Lions Mini TOUR

Check In 12:00 NO

REFRESHMENT ON COURSE
AWARDS BANQUET FOLLOWS

LONGEST DRIVE
CLOSEST TO PIN

INFO
NANCY F
(562) 43

LIONS IN SIGHT
of California and Nevada

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

HAVE USED EYEGLASSES? BRING THEM TO THE CABINET MEET AND WE WILL SHIP THEM TO LIONS IN SIGHT

COSTA MESA - NEWPORT HARBOR

LIONS 63RD ANNUAL

FISH FRY

AT LIONS PARK

JUNE 4TH & 5TH, 2011

2011-2012 DISTRICT 4-L4

FIRST District 4-L4 Cabinet Meeting
"Installation of New Officers"
Saturday, July 30, 2011
"TARGET SERVICE"

Costa Mesa Country Club
11701 Golf Course Drive
Costa Mesa, CA 92626
Cost: \$25 per person
Registration: 8:00 a.m., Meeting: 9:00 a.m.
Clubs are asked to bring a raffle prize (approximately \$20 value)

Please send your reservations and checks by July 23, 2011 to:
Lion Marianne Allen
P.O. Box 487 Garden Grove, CA 92842
Phone: 714-658-2232 (leave a message) E-mail: sarahcait@sbcglobal.net

NAME OF CLUB: _____

NUMBER ATTENDING: _____
(****Please include list of names on reverse side of this filer or email.)
MAKE YOUR CHECK (s) OUT TO: District 4-L4

DISTRICT 4-L4 CALENDAR

May 2	Orange County Central Lions Club Golf Tournament
May 5	Seal Beach Golf Tournament
May 7	Harbor Mesa Garage Sale
May 7	Ontario Upland Spring Tea
May 12-15	District 4-L4 Convention, Doral Resort, Palm Springs
May 19	Ontario Host Lions Golf Tournament
May 21	District Region & Zone Chairmen Training
May 28	Work Weekend at Terrisita Pines
June 3-5	MD-4 Council of Governors Meeting, San Jose
June 4 & 5	Costa Mesa Fish Fry
June 5	Vision Walk 2011
June 4	MD-4 Student Speakers Contest Final
June 11	American Family Housing Gala Dinner
June 12	American Family Housing Charity Golf Tournament
July 4-8	Lions International Convention, Seattle WA
July 10	District 4-L4 Youth Exchange Program Fundraiser
July 15	Brea Lions North South Football Game
July 16 & 17	Seal Beach Fish Fry
July 30	District Cabinet Meeting, Costa Mesa Country Club
August 5-7	La Habra Host Corn Festival
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

**EDITOR PDG ELLEN LIEBHERR
616 17TH STREET, HUNTINGTON BEACH CA 92648
(714) 458-3077 EMAIL: ellen@creativecateringhb.com**