

The 4-L4 Forum

THE OFFICIAL PUBLICATION OF CALIFORNIA LIONS DISTRICT 4-L4

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THE VIEW FROM THE TOP

Over three million trees planted worldwide. Are Lions making a difference?

Conserving, Recycling And Planting; Lions are the world's greatest service organization providing endurable humanitarian service by enhancing the environment. When we give the "gift of sight" with glasses, corneal transplants, cataract surgeries and corrective lazic procedures, we, as Lions, are demonstrating our "vision". Through our tree planting program we are giving the gift of extended life with cleaner air; we are enhancing the lives of millions with the aesthetic beauty of trees; we are gaining respect and admiration for our environmental concern. As Lions clean, enhance and beautify our environment, those who gain renewed sight will have more on our planet worth seeing.

TREES- Some of our clubs are having problems finding planting space. Those clubs that have an abundance of growth areas but fewer resources can help the planting efforts of neighboring clubs by notifying Environmental Chairman Lion Joe Rodehaver of space available. Clubs will get credit for planting trees anywhere in our district, whether or not in their own city. The important thing is getting the trees in the ground.

Among the many treasured gifts presented to me by clubs along the visitation trail, Orange Lions gave me a tree -an orange tree. Not only will it provide soil conservation, shade and oxygen, I get the benefit of my favorite fruit- oranges. And in the Spring, the delightful aroma of orange blossoms. It is a sensory cornucopia of health.

District 4-L4 is closing in on 22 straight months of positive membership growth. A new member induction is one of my favorite Lions duties and pleasures. In twos and threes they join and serve and bring in more friends to help achieve our goals. Achieving a goal, however, is not an end point, but rather a checkpoint to measure our progress. Seal Beach Host Lions Club, at 171, is closing in on being the #1 club in MD-4. They won't stop there. They set another goal. Western U School of Optometry Lions Club in Pomona is poised to add twenty new members, bringing them up to 68. They are less than a year old! More hands to give eye exams; more "vision" to identify and solve world problems; more ideas for service. Every new member is a "bullseye" for Lions. Go president Jennifer Buell!

Publicize your planting. As you dig and plant and fertilize, you must also publicize. Share the "vision". Give others the opportunity to to help the environment in a significant and lasting way. People want to be involved in beneficial service. Ask for their help by asking them to join.

Lion president Carol Proctor of Harbor Mesa Lions Club, informed me of two tree plantings planned in cooperation with Costa Mesa-Newport Harbor Lions Club.

Continued on page 2

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2011-2012 DISTRICT 4-L4

SECOND District 4-L4 Cabinet Meeting
Saturday, November 5, 2011
"TARGET SERVICE"
PROGRAM: MEDIC ALERT: PDG FRANCIS BOGNUDA



Pomona Valley Mining Company 1777 Gillette Road Pomona, CA 91766 Cost: \$25 per person Registration: 8:30 a.m., Meeting: 10:00 a.m. Clubs are asked to bring a raffle prize (approximately \$20 valu

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

Please send your reservations and checks by Oct 22, 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:

THE VIEW FROM THE TOP (continued).....

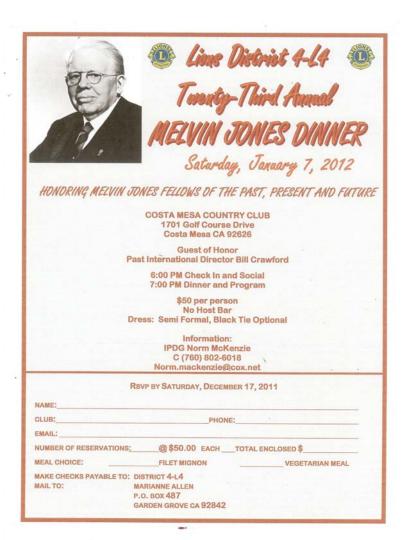
Working with the cities of Fountain Valley and Costa Mesa, these Lions are starting with 20 trees. All of the elements of a great Lions project are present; teamwork between clubs, public venue for location, hands on service, high visibility and media coverage for publicity. As Lion Carol says, "Life is a Garden: Dig It". Thanks for the great news Lion Carol and Harbor

Two clubs, so far, have garnered the "Golden Arrow" award by planting at least one tree per member, Garden Grove Host and Chino Valley. Not all clubs may earn the "Golden Arrow' by planting one or more trees per member, but hitting the "service target" by planting one or more trees per club will keep us from getting the shaft. We can all score a bullseye. Let your arrow fly and whatever you hit becomes the target. But take the shot. No shot, no score.

Dates on the calendar are closer than they appear. Get your registration in for the MD-4 convention, February 3,4 & 5, 2012. We're at the Double Tree Hotel in Ontario. Registration information can be found online at the MD-4 website= (admin@md4office.org). We have four candidates for International Director endorsement which means lots of hospitality and fun. Stay Saturday night and enjoy the Super Bowl party on Sunday with your Lion friends. Experience the fun of the state conventions with Lions from all over California.

Remember our acronym for service: Conserve, Recycle And Plant - CRAP Spread the word.





<u>District Governor Ken Sherwood's</u> <u>Visitation Schedule</u>

<u>Date</u> <u>Day</u> <u>Time</u> <u>Club</u>

2-Nov	Wed	call	Westminster
3-Nov	Thu	7:00 PM	Huntington Beach Host
10-Nov	Thu	6:45 PM	Ontario Upland

OC Vietnamese American



CABINET SECRETARY MARIANNE ALLEN'S REPORT

For Club Secretaries, please remember to submit your monthly reports by the end of each month. Once you file online with International, you must still submit copies to your District Governor, 1st and 2nd Vice District Governors, Cabinet Secretary, and your Region and Zone Chairpersons. You may email the reports to them or mail copies whichever is easiest for you. However, I prefer to receive the reports by e-mail. You can email me at sarahcait@sbcglobal.net.

A couple of things I need to let you know. One is the **Peace Poster Contest Deadline is November 15, 2011**. You can order Peace Poster Kits through the International Website. We do not have a Peace Poster Chair this year so the entries must be given directly to District Governor Ken Sherwood. The other is the Student Speakers Contest. This year's topic is "What Could the America of YesterdayTeach the America of Tomorrow". MD4 will be sending out information to the Clubs in October. Please let every club participate in this year's contest. We will be having training done at the next Cabinet meeting on Saturday, November 5, 2011 from 9:00am-10:00am by Lion Sandi Richmond.

By the time you read this, the 2nd Cabinet meeting will be a thing of the past. I encourage all members to attend this very informative meetings.

The 3rd Cabinet meeting will be held on Saturday, January 21, 2012 at the Meadowlark Country Club in Huntington Beach. Please get your reservations in early. We will be honoring all of the Past District Governors.

The other important thing happening in January will be the Melvin Jones Dinner on January 7, 2012. This is always an exciting event.

Flyers for both of these events are in this month's forum.

This does promise to be a very exciting year for District 4L-4 with District Governor Ken Sherwood at the helm. Let's all do our best to make this a rewarding and exciting year. Working as a team, we can do it. Let's remember District Governor Ken's motto "Target Service" and theme this year to plant as many trees as possible.



1ST VICE DISTRICT **GOVERNOR REPORT PJ SMITH**

November, Wow, summer is gone and fall has arrived. Fall was always a special season growing up. The autumn changes in upstate New York were so vibrant, Halloween, Thanksgiving and then into the Christmas Holidays. For your cabinet and all Lions in our district October has been shake, rattle and roll.

We started out with the Governor's fundraiser at Pete's Ranch. The event was well attended with great food, live entertainment and many opportunity gifts given away. The purpose was to raise monies to help Governor Ken augment some of his expenses during the year. Mission accomplished! Governor Ken and the Cabinet thank everyone for attending and your generous support.

Our Governor's visitations are moving along smoothly with thirteen completed in the month of October. We are on the downhill side of our visits. All the Governor's visits have been power packed with all of us sharing and learning from one another.

I have had the opportunity to attend several Club fundraisers. Fullerton Lions had their annual golf putting event. My putter had eyes on it, shooting a 58 to win second place. Governor Ken would have been very pleased. Fullerton Lion used the environment green canvas bags for their goodie bags. The Silverado Days was a first for me. This three day event was so well organized with many hours and lions making this such a successful fundraiser. Great job Buena Park Noon Lions. Harbor Mesa Lions you are over the top with your "Wild West Casino Night"! The food alone was worth the price of admission. Thanks for the invitation and it was truly a great evening.

I had mentioned earlier that we are shake, rattle and rolling literally. On October 20th we experienced the "Great California Shake Out". Just remember the three things to do if we experience an earthquake, DROP-COVER-HOLD ON. If any Lions participated in the training exercise please let Lions Gil and Barbara Smith know the number of participants.

Governor Ken, 1st VDG, PJ and 2nd VDG, Sheila will be attending the Council of Governors' Meeting in Redding, Ca. October 27, 28, 29. The hot topics will be Global Membership, Leadership, MD4 Convention and several other concerns.

November is the month for thanksgiving. Our District project, American Family Housing will be feeding many less fortunate folks this Thanksgiving at the Thanksgiving Soup-Kitchen Dinner. PDG Chef Ellen will be cooking and coordinating this event with the help of many Lions. Chef Ellen has limited ovens to cook over 50 turkeys. If anyone can cook a turkey and bring it to American Family Housing on November 23 at 4:00 PM, they will have Lions ready to carve the turkeys. There are many other ways to help such as Sponsorship Donations, Turkeys, cash, food, and many,



The Cucamonga District Host Lions Club is sponsoring a



FREE VISION SCREENING

FREE RECYCLED EYE/GLASSES

EXAMEN DE LOS OJOS GRATIS Con LENTES DE AUMENTO GRATIS

Screening shall be Conducted by De selección se llevará a cabo por



FREE Hearing Screening sponsored by Upland Host Lions Club

FIRST COME FIRST SERVE NO SE REQUIERE CITA COME EARLY LLEGAR TEMPARNO CUANDO WHEN Saturday, December 3rd, 2011 Sábado, 03 de diciembre de 2011 8:00 AM - 3:00 PM 8:00 - 3:00 PM WHERE / DONDE Lions Center East – Thomas room 9191 Baseline Road, Rancho Cucamonga WHO QUALIFIES **QUIEN CALIFICA** AGES WELCOME PARA TODAS LAS EDADES

IMPORTANT

Screening may close earlier, subject to attendance. We will be collecting used eye glasses and hearing aids during this event.

For more information

Call Dave Geyer at 909-980-3201 or Email: info@cucamonaa www.cucamongadistricthostilions.org

1ST VICE DISTRICT GOVERNOR (continued).....

many loving hands to help. Please contact PDG Chef Ellen for any other information at (714) 583-077 or e-mail ellen@creativecateringhb.com

The pajama party collection is well over 1400 and growing. I picked up 74 pairs from Seal Beach Lions at the District Governors Visitation. They will soon be distributed. If any clubs have pajamas please bring them to the cabinet or region meetings.

The last several weeks my heart has been heavy with sadness. The terrible and horrific tragedy that occurred in the small close knit community of Seal Beach has affected all of us. We as a family of Lions were hit hard as Michelle Fast, the mother of Leo Vice President Lisa Fast and past Leos Laura and Patrick, was killed it that horrible event. Many Seal Beach Lions knew the families of many of the victims. Please keep all these families and friends in your thoughts and prays. Let's take a moment of silence and pray for all. Thank you.

Please check the Forum for many upcoming activities.



2ND VICE DISTRICT GOVERNOR REPORT

SHEILA CASTEEL

This month I would like to discuss the Club Excellence Process, otherwise known as CEP. This is a process for clubs to improve the way they function. The program focuses on becoming more effective in serving our communities, communicating about Lions, increasing membership and retaining membership.

CEP is an active process that asks all members to envision the future and write down their thoughts about community needs. In addition to community needs, leadership and club operations are key points in CEP. A trained facilitator leads the club through four steps. Each step builds on the other. Step 1 addresses community needs. Step 2 addresses club needs and the characteristics of an excellent club. Steps 3 and 4 address how to use the tools presented in the program to develop goals and an action plan for individual club excellence.

Participation in the CEP is voluntary. All club members are asked to work as a club to fulfill goals. Every club has the potential to be excellent (or even more excellent), and CEP encourages each club to reach excellence.

Lion Gill Smith will be presenting CEP at the January Cabinet Meeting. If you want to learn more now, an overview of CEP can be found on the Lions International Website, www.lionsclubs.org. To get CEP started at your club, simply ask the District GMT Coordinator, IPDG Norm MacKenzie, District GLT Coordinator, Gil Smith, or any member of the District Governor Team. Be the best you can be.



CANINE COMPANIONS FOR INDEPENDENCE GRADUATION SCHEDULED FOR NOV. 12



Join us on SATURDAY, November 12, 2011 to honor the newest recipients of Canine Companions assistance dogs in the Southwest Region.

Graduation begins at NOON at the Serra Center at the Mission San Luis Rey Parish at 4070 Mission Avenue in Oceanside, California. Graduations are open to the public with free admission.

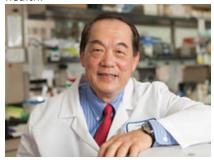


For another installment of City Snippets, here is an article from City of Hope's EHope newsletter that will show where some of our research dollar donations are utilized.

District City of Hope Chair, Lion Lorna Badame

RESEARCHERS LOOK FOR BREAST CANCER-CAUSING CHEMICALS IN THE ENVIRONMENT By Darrin S. Joy

They might lurk in the garden, in a plastic bottle or in a tub of laundry. Swirling in the air around us and in the water we drink, environmental chemicals could pose a significant threat to women's health.



Shiuan Chen is identifying cancer-promoting chemicals in the environment thanks to a California Breast Cancer Research Program grant.

Fortunately, Shiuan Chen, Ph.D., is working to bring these potentially cancer-boosting agents to light. Chen, director of City of Hope's Division of Tumor Cell Biology, is combing the environment for chemicals that may increase women's risk of breast cancer or spur on existing disease. Supported by a new, \$1.5 million grant from the California Breast Cancer Research Program, Chen will lead a team to identify chemicals in the environment that can mimic hormones and stimulate breast cancer cells.

Scientists have known for decades that some chemicals, including certain industrial pollutants, pesticides and detergents, can act like hormones and disrupt normal bodily processes. These "endocrine disruptors" may have significant health effects. The U.S. Environmental Protection Agency has been studying them since the mid-1990s through its Endocrine Disruptor Screening Program.

Still, many questions remain, including which environmental chemicals, if any, affect breast cancer risk — and to what degree. "Although extensive efforts have been made by many outstanding researchers worldwide, a definitive conclusion regarding the impact of such chemicals in breast cancer has not been established," Chen said, "Our goal is to develop screening assays to identify and test chemicals we suspect may cause hormone-dependent breast cancer."

Most breast cancers need hormones to grow. These breast cancers feature certain proteins that respond to hormones like estrogen. Chen and his colleagues will focus on three proteins: The estrogen receptor, which couples with estrogen and stimulates growth the estrogen-related receptor alpha, which acts like the estrogen receptor but doesn't need estrogen and aromatase, an enzyme that helps turn other hormones into estrogen.



The Harbor Mesa Lions Club is busy doing eye and hearing exams in the Newport Mesa School District. This project will continue through December. The Costa Mesa Lions are "driving Miss Daisy" (aka the Sight and Hearing Van) for them.

If your Club would like to schedule use of the 4-L4 Sight and Hearing Van contact:

Lion Roy Ramsland P.O. Box 2340 La Habra CA 90632 Email: rramsland@cs.com Cell (562) 260-3750

CITY OF HOPE (CONTINUED).....

Chen's team aims to create an automated way to quickly test chemicals to see if they stimulate cancer cells that feature these proteins. If they turn up any suspicious chemicals, they'll run more tests to see if the chemicals affect any genes related to breast cancer. They'll also look for completely new clues that show how environmental chemicals affect breast cancer. Dr. Chen hopes the work will help patients understand the role of environmental chemicals in breast cancer.

"Information about the risk of these chemicals on breast cancer is uncertain and can be very confusing to patients and advocates," Chen said, "The tools we develop could help alleviate the confusion and empower patients and their supporters to make good decisions about disease management."



Fantastic Foothill

Region Chairman Gil Smith

It's been a good year for the Fabulous Foothill. The Foothill Region clubs are growing and becoming more actively involved with serving their communities. The following clubs are submitting new members this month or next: Ontario Host – two, Pomona Host – two, and WesternU – 20 (that will bring them to 68 members). Also Chino Valley has added two in the last two months

I have conducted eight membership plan workshops this year. The workshops stimulate discussion on where to find members, how to bring them in and how to keep them. The Orange and Saddleback Region Chairs have observed and/or received the materials and are ready to bring these presentations to their regions. Materials also include how to canvass for new members.

All Lions in leadership positions within the local clubs are encouraged to register for the MD4 annual convention February 3-5, 2012 and at least attend the leadership and important subject area workshops traditionally held on Friday. The upcoming convention is in our back yard at the Doubletree in Ontario and the cost of registration is modest. Take the opportunity to network, gain some valuable training and hear ideas from other clubs throughout the state.

To insure that Foothill Region clubs receive timely coverage in the Forum, it would be appreciated if all club secretaries could deliver their monthly VAD, MMR and Service Activities reports and club bulletin to the district officers by the 20th of the month. The reason for this timeline is that Forum Editor PDG Ellen Liebherr needs articles not later than the 25th of the month. The Zone Chairs will then use the latest available information to prepare the narrative included in each month's article.

Zone A – Tamara Martin

Cucamonga District Host Lions: The club is busy stirring up community service with the following projects: Friends in Sight Eye Clinic on Dec. 3rd from 8:00 a.m. to 3:00 p.m., buddied up with the Upland Host and RCCC Club's Hearing Van. Volunteer tour guides for the historic Rains House Christmas tour December 3rd from 3:00 – 8:00 p.m. Continuing the Santa Claus Inc. Gift Giving Dec.10-12 from 8:00 a.m. to 4:00 p.m. The annual Gift Wrapping event at Barnes & Noble Bookstore for the benefit of the GAP Food Bank. Lastly, the annual Rose Parade float decorating.

Ontario Upland Lions Club: Ontario Upland just completed its calendar sales, nuts and candies sales and Oodles of Noodles. Oodles of Noodles should clear close to \$1,000. A portion of the proceeds from Oodles of Noodles will go to Santa Claus Inc. and the Upland Fireman's Foundation. The club donated monies to Sova, a faith based group to buy food for the poor. Member Loyce Mejias continues to join Governor Ken in his official visitations to every club in the District, except one.

Rancho Cucamonga Community Lions Club: The RCC Lions Club was active this month in support of other Lions clubs and other organizations through visitations to Pacific Lifeline (gave them \$300), Ronald McDonald House, Ontario Upland Lions Oodles of Noodles and the Harbor Mesa casino night. Community service activities included 55+ hours at San Antonio Community Hospital. The club also has a prospective new member. Lastly, Queen Elizabeth, alongside PDG Barbara Hayward, did an outstanding job as bartender at the Governor's Fundraiser.

Upland Host Lions Club: Upland Host continues its active community service through: participated in the Diabetic Walk at Knott's Berry Farm, volunteered at San Antonio Community Hospital, took part in a food bank distribution and collected 200 pair of used eyeglasses. The club also provided eye exams and eyeglasses to three Upland school children.

Zone B - Andrea Busby

Ontario Host Lions Club: The club is working with the City of Ontario and planting trees on November 5th and November 11th. Ontario Host recognized eight students of the month for outstanding achievement at their respective high school in the Ontario School District. The club is also planning a new years eve party this year at the Double Tree Hotel in Claremont. If any clubs are interested in participating in this event, please contact the club president or secretary for details. Ontario Host is also very happy to have added two new enthusiastic members this month, Lion Valerie Wells and Lion Mike Shaw.

Western U Lions Club: The club participated in the CARE NOW L.A., an annual event at the LA Convention center on October 20-23 where they did eye exams for many residents in need. The Club has also added 20 new members this month, mostly 1st and 2nd year optometry students. On November 3rd a number of the students will participate in the 3rd annual Vietnamese Diabetes Seminar and Health Fair. WesternU has the goal of doing one service project per month during the school year.

Pomona Host Lions Club: The Pomona Host Lions Literacy project has begun for the school year, and the Lions have been assigned to classes at Yorba and Pueblo Elementary Schools, where they will tutor in reading and math. During the Veterans Day week, Lions will visit first grade classrooms, give flags to the children, read a book on our flag and give the class a stuffed Lion and the book. For Disaster Preparedness, 29 people took part in the club's Drop, Cover and Hold On Drill. Also the club has begun a Lion-2-Lion "Secure Our Homes" project. Two fundraisers are in full-swing—its Hawaii Vacation Opportunity drawing and the Sight for Success campaign. The club is also holding two orientations for its six new members this year. Pomona Host had a very busy visitation schedule. Zone C – Drew Sasser

Walnut Diamond Bar Lions Club: The club received the Governor's Visitation and learned about plans for our district. Walnut Diamond Bar worked hard at the annual Family

HARBOR MESA LETS THE FUN ROLL AT WESTERN CASINO NIGHT













FOOTHILL REGION REPORT (Continued).....

Funday. They did a Pancake breakfast in the morning with 18Leos and over one-third of their members participating, then cleaned the grills and went on to do Italian sausage and corn on the cob to finish out a day of great fun and fundraising. The club also collected bread for the local food bank and 25 pair of glasses to go for recycling.

The Diamond Bar Breakfast Lions Club: The club had the Governor's Visitation on October 3rd, and visitations from Pomona Host and Norco Lions Club on the 17th. They recycled 70 pairs of eyeglasses in October. DB Breakfast did their own visitations at the Upland Host Lions Club and Cucamonga District Host Lions Club. On October 28th they will be getting together to work on White Canes which will be sold on Nov. 12th and 13th. The Leos continue to be very active through working at the Ronald McDonald House, Quail Summit Fall Festival, City of Diamond Bar Haunted House, Library Super Hero, Azusa Pacific Institute Leadership Seminar, fundraiser at the Soup Plantation, etc. Chaparral Middle School recruited 69 new members, and Diamond Bar High School recruited 376 members.

Chino Valley Lions Club: Chino Valley was busy as they prepared for the Pumpkin Patch at Grand Ave and Peyton Drive with over half the club and a dozen Leos helping to get ready for this event. The club's community service and charities activities for the month included: donated money to the Scouts Troop 220 and the Chino Hills Library; collected over 50 pair of used eyeglasses; planted one tree for every member of the club in a Chino Hills Park which generated an article in the local newspaper; and participated in the blood drive which raised over 131 pints for the City of Hope in support of the Sasser's Daughter-in-Law, Kristen, who is suffering from Hodgkins Lymphoma. Chino Valley is also working on chartering a new Leo Club from Chino Hills High School and hopes to bring it online in November or December. The club has added three new members in the last two months. Members visited the Buena Park Noon Lions their Silverado Days.







ORGANIC ORANGE

Orange Region Chairman RENEE SCHULTE

Yo ho, yo ho a Lions life for me. WE SERVE and share, we plant and weed, and sail about the sea. All of our efforts are channeled worldwide; designed to prevent blindness with every stride. Our wish simply put is just that many more may see. (license taken but not given). SAIL, really?? That is my segway to this month's article. Periodically, I will deviate from bragging about all of our Regions' accomplishments, charities served, monies earned and distributed and stop to take some space and brag about the multitude of worthwhile service projects that exist.

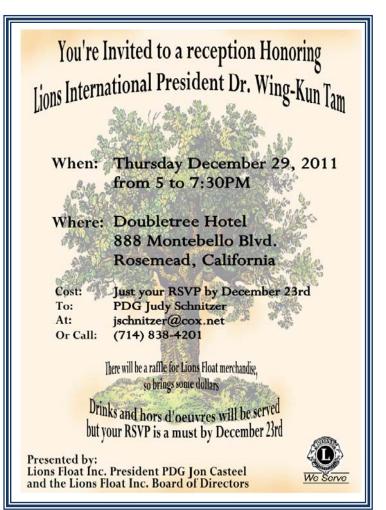
This is one of those times and "Sail for the Blind and Visually Impaired" is just one of those service projects. Many years ago, Seal Beach Lion Dave Hubbard invited me and others to assist those visually impaired on a journey many had not taken before: sailing. This project is sponsored by the Women's Ocean Racing Sailing Association (WORSA) and hosted by the American Legion Post 291 Family in Newport Beach. Twenty-eleven marks their 22nd year with this inspiring event. An all day experience, it starts out with breakfast and finishes with entertainment and an opportunity drawing; sailing and lunch are sandwiched inbetween.

Volunteers may enjoy a breakfast before embarking upon the designated tasks which include some administrative duties, parking cars, food preparation and delivery (breakfast and/or lunch); clean up of both and most importantly, escorting each sight impaired "Guest" to the focus of the event: meeting their skipper and boarding the predetermined sailing vessel to sail for approximately two hours.

Although the majority of these special visually impaired could not appreciate, fully, the sights of the harbor, they could hear the sounds of the birds and lapping of the waves against their vessel, the feel of the movement of the boat, the wind in their hair and the sun on their cheeks.

Our very own Orange Lions Scott and Diane Quinlan were seen cruising along in their vessel. We even have photo documentation of Lion Scott at the helm!! Scary!!

What did your Orange Region Chair do??? I played outside with the dogs!!! Almost all of the "Guests" arrive accompanied by their guide dogs and they stay with them until they board their vessel. At that time, volunteers escort their dogs to a fenced in grassy area outside where they can play and reconnect with their dog friends from previous years. What fun!! Once the harness is removed from their backs, they know they are off duty!! It was my self-appointed responsibility to make sure the dogs had plenty of water in their small wading pools and water bowls (though the difference



ORGANIC ORANGE (continued).....

between water bowls and wading pools was lost to most). They thoroughly soaked me and all within range. It was so fulfilling to see them run, play ball, fetch and dig in and fight me for the water.

At the end of the day, it was back to work and it was shower and dryer time for me. WE SERVE, community service and giving back takes on many definitions in Lionism. Assisting the visually impaired in this way is truly rewarding. This event will take place again next year; get involved if you can, you will be moved.

In closing, I would like to share a few simple rules of courtesy:

- Do not think of me as a blind person. . .I am a person who happens to be blind
- Don't avoid words like "see"; I'm use them too. I am always glad to see you
- Please ask me first if you can pet my dog
- I will discuss the blindness with you if you are curious, but it's an old story to me. I have many other interests as do you.

Thank you for reading this to its end and remember plant trees and weed weeds.

Disaster Preparedness and Relief

By District 4-L4 Disaster Preparedness & Relief Chairs Gil and Barbara Smith gilfsmith@aol.com barbesmith@aol.com
H: 909-860-6477 C: 909-802-9915

Lions Participate in the Great California ShakeOut

Thank you to the clubs and members who participated in the 2011 Great California ShakeOut "Drop, Cover and Hold On!" drill. If you have not yet sent your earthquake drill reports to Chairs Gil and Barbara Smith, please do so right away. Let us know how many participated from your club, either at a meeting or elsewhere. So far we have heard from Diamond Bar Breakfast with nine club members and five guests participating and Pomona Host Lions with 29 people taking part in the drill. Also, Martha Hebert reports that she participated. We want to submit the final number of participants to the ShakeOut website.





What did Lions in their 20s and 90s, male and female, priest and candidate for international director all have in common? They dived under tables with other Lions for the 2011 Great California ShakeOut "Drop, Cover and Hold On" Drill on October 20.

Statewide, over 8.6 million Californians took part in the ShakeOut drills. Similar drills were held or will be held in Nevada, Oregon, Central United States, British Columbia, Guam and New Zealand.

Lion-2-Lion: Secure Our Homes

District 4-L4 Disaster Preparedness and Relief is introducing a new preparedness program, called "Lion-2-Lion: Secure Our Homes." One of the most important earthquake preparations we can undertake is securing our household belongings. In areas with good earthquake codes like California, most earthquake injuries will be from flying and falling objects.

Following the concept of LCI's Lion-2-Lion, where Lions volunteer to help other Lions, we ask that Lions in your club form "Secure Our Homes" teams, mixing members with handyman skills with those without. Most securing tasks require more than one person so having a team is important. Making your house or apartment secure is easier and more fun if it becomes a "Secure Our Homes" party!

Right now, as soon as you finish reading the FORUM, inventory your home. Make a checklist of those items that need to be secured so they won't fly or tip in an earthquake. Begin with bookshelves, curio and china cabinets, computers, televisions, file cabinets, water heaters, wall pictures and hangings, breakables, flammable items in the garage, cabinets, etc. See why you need a team!

All the equipment you need, including QuakeHold or Museum Wax, heavy Velcro straps, cabinet latches, labyrinth earthquake picture hooks, braces, stud finders, etc. are readily available at Home Depot, Lowe's or other hardware stores. For step-by-step instructions and illustrations, go to *daretoprepare.org* online. This website should provide you with everything you need to know.

The Pomona Host Lions Club, under Chair Dr. Richard Sugerman and Assistant Chair Steve King, is creating a pilot program, and Richard and Steve are developing their "Secure Our Homes" expertise. The accompanying photos are from their practice day when they secured the Sugermans' home.







Lions Richard
Sugerman and Steve
King use Museum
Wax to anchor a
breakable. Then they
secure the television,
using special Velcro
straps.

GOVERNOR'S FUNDRAISER

The October 1st District Governor's Fundraiser brought about 75 Lions to Pete's Ponderosa to support Governor Ken. There were loads of raffle prizes, a silent auction, live auction, great music by the Five Star Band, and tasty food catered by Zone Chairman Andrea Busby. Anytime Governor Ken gets to dress like a cowboy, he's a happy camper.



GOVERNOR KEN & MARILYNE ENJOY THE EVENING



IPDG NORM AND JO OUTBID EVERYONE ON THE PINS



VDG P.J., REGION CHAIR RENEE, ZONE CHAIR BRUCE, GOV. KEN & ID CANDIDATE LARRY



VDG P.J. AND CAROL VAN HOLT CONDUCT THE RAFFLE



VDG SHEILA, BARBARA SMITH & MARIANNE ALLEN



PDG'S ELIZABETH & BARBARA TENDED THE



CABINET TREASURER JOANNE WALTMAN & SANDI RICHMOND



DAVE MEYER AND NANCY HERBERT SHARE A DANCE



SEAL BEACH LIONS DAVE, ALLYN, MIKE. MARCIA, BRUCE & RENEE



RC GILL SMITH, DAVE MEYER, TAMARA MARTIN, BARBARA SMITH & LOYCE MEJIAS



PDG MATT, DEWEY LINEHAN & VDG PJ



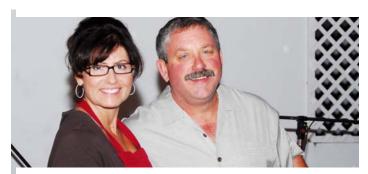
JACK & JOANIE LIGHTFOOT TAKE TO THE DANCE FLOOR



JOYCE JONES & LORI MAYER SELL TICKET



LA HABRA LIONS PETE, LORNA, PDG CHUCK & JUNE



PDG DANNY THANKS CATERER ZC ANDREA BUSBY



THE FOOD LINE MOVES ALONG



WANDA & JACK TANAKA & KAREN EUBANKS



HB LIONS BERTHA & TOM HOLLISTER & PDG JIM NORTH



SUPER SADDLEBACK

REGION CHAIRMAN KEN HENDERSON

October was a fun and very busy month for activities in our Saddleback Region, both with Fund Raisers and Service Projects. Thank you to the clubs who sent me your reports, the information will be included in this article. To the other clubs, please send me your reports so we can include it in these newsletters. We all really are interested in knowing what other clubs in our region are doing to serve their communities. I'm planning to attend at least one Saddleback Region Club event every month. This month my wife, Kristi, Cherrill & her husband Tom Cady attended Harbor Mesa's Casino Night. I think everyone there had so much fun! The event was very well attended. We had Great food, Drinks, Prizes & TONS of fun at the tables. It really was a great time! A BIG Thanks for Your Hospitality goes out to those Harbor-Mesa Lions! You sure know how to throw fun parties!

Harbor Mesa:

Planted 10 Trees in Mile Square Park in Fountain Valley

(2) Fund Raisers in October: Dining for Dollars and Casino Night

Visitations: 3

Total number of Lion volunteer hours worked 55 Funds Donated: \$350 to purchase 10 Trees

Huntington Beach:

Oktoberfest Fund Raiser

Huntington Beach Green Expo – Manned booth @ city event to provide general information on conservation & promote Lionism 17 Hrs.

Huntington Beach Museum Event 30 Hrs. Donated Blood Platelets –

Tom Hollister 6 Hrs.

New Member: Stephanie J. Louison

Laguna Niguel:

October Fund Raiser La Dolce Vita Italian Festival Planning Event

Meetings 30 Hrs.

Working the actual Event 95 Hrs.

(dollar amount raised has not been reported yet)

Mission Viejo:

Shipped 576 pairs of used Eyeglasses to LIS

Donated: \$200 to Lions Rose Float

Donated: \$500 to Mission Viejo Marines & Sailors Adoption Committee

Tustin Host:

Blind Children's Learning Center Blindfold Lunch 18 Hrs.

Boys & Girls Club of Tustin 8 Hrs.

Pop Top Tab Collection2 Hrs.

Tree Planting Project 6 Hrs.

Assisted Orange Lions @ the Orange International Street Fair 15 Hrs (serving BRATS to several hungry patrons)

8 members attended Region Meeting

Tiller Days Beer Booth in October and the results haven't been completely tabulated at this time (both volunteered hours and money raised)





HEARING & SPEECH ACTION NEWS

Have You Heard About the ESTEEM?

Take a look into the future! In late 2010 the FDA approved a new hearing device called the Envoy Esteem, a fully implantable hearing aid with an external remote control. It is implanted via an outpatient surgical procedure in a manner similar to a pacemaker. A sensor is attached to the bones of the middle ear and the eardrum acts as the microphone. The sound processor is programmable to match the patient's needs and battery life is up to nine years. Changing the battery is done by a simple outpatient procedure.

Patients are allowed to heal for about eight weeks after surgery and then the device is activated. Usually a few postoperative appointments are done in the first six months to maximize the gains of the device. Most patients report significant gains in word recognition and hearing and some have later gone on to have surgery in the contralateral ear.

The surgical procedure is technically demanding and the overall plan is to have 10 to 20 centers of excellence in the United States. Dr. Sam Marzo of Loyola University Health System has successfully implanted several patients since December 2010. So, are you sitting down? — at present the total cost for the device, with surgical, anesthesia and surgery center fees is about \$30,000. So you thought hearing aids are expensive now? Better get yours while they last.

questions call me at 714-536-9813. Keith Campbell, Chairman 4-L4 Hearing & Speech Action kcampbell5@socal.rr.com

WESTERNU LIONS EXPERIENCING MANY FIRSTS

By Guiding Lions Gil and Barbara Smith

As a club chartered March 1, 2011, WesternU is experiencing many firsts. On Wednesday, October 19th, they had their first official District Governor's Visitation with DG Ken Sherwood, 2VDG Sheila Casteel, Foothill Region Chair Gil Smith and IPDG Norm MacKenzie as special guests.



FOOTHILL REGION CHAIR
GIL SMITH, WESTERNU
PRESIDENT JEN BUELL,
DISTRICT GOVERNOR KEN
SHERWOOD, 2VDG
SHEILA CASTEEL;
ROW 2 - WESTERNU VICE
PRESIDENT HAMSA AZAR
AND WESTERNU
TREASURER KATIE
DUGAN.

The visitation went smoothly until WesternU President Jen Buell exclaimed, "Not again!!!" She was referring to the stealthy pilfering of her gavel by parties unknown. Unfortunately for her, this was NOT A FIRST. Her gavel was taken the first time at the WesternU charter celebration. At least, gavel stealing is not something unexpected to Jen, as one of her early childhood memories is looking into the refrigerator and seeing a gavel in a block of green jello—ah the wonders of growing up in a Lions household!

The WesternU Lions Club is accumulating other firsts as well. Its first post-charter membership drive netted 20 new members, and soon it will conduct its first post-charter induction of new members. The WesternU Lions now have 68 members.

Before long, because all clubs at the university are on a January to January cycle, WesternU will hold its first post-charter election of new officers.

All the WesternU Lions are to be congratulated for an excellent launch of their new club. They are excelling in membership, service projects, and involvement. Come visit sometime to experience their enthusiasm!



L-R GOVERNOR KEN, WESTERNU VICE PRESIDENT HAMSA AZAR, TREASURER KATIE DUGAN, PRESIDENT JEN

POMONA HOST LIONS CLUB PRESENTS TEACHER MINI-GRANTS

For the eighth consecutive year, the Pomona Host Lions Club has presented \$5,000 in mini-grants to classroom teachers of the Pomona Unified School District. On Wednesday, October 19th, teacher recipients and Lions gathered at the Associated Pomona Teachers office, where the club presented checks to each mini-grant winner. Each recipient told the group what the mini-grant had purchased and how it was used to enrich classroom instruction.



Individual teachers were eligible for grants up to \$250, and groups could receive up to \$500. The competition was particularly rigorous this year with only 18 applications selected out of 52 received.

Lions Mini-Grant Chair Morgan Brown is especially qualified to lead the project since he is both Lions Club Community Service Director and the Executive Director of the Associate Pomona Teachers.

Second Life



DO YOU HAVE USED OR OBSOLETE HEARING AIDS IN A DRAWER JUST TSKING UP SPACE?

GIVE THEM A SECOND LIFE.

DONATE THEM TO
THE LIONS DISTRICT 4-L4 HEARING AID BANK



MAIL TO: LIONS HEARING AID BANK 8121 RIDGEFIELD DRIVE HUNTINGTON BEACH CA 92646 OR CALL (714) 536-9813

\$30,000 Raised for Salon Shooting Victims at October 30 Cut-A-Thon

Armed with haircutting shears, tattoo needles, donations and determination, scores of people gathered in Seal Beach on Sund afternoon to raise money for victims of the Oct. 12 Salon Merital massacre. For many, it was a step toward healing. They have endured the violent shock of that day, the pain of burying eig people, and now had a chance to take action, to use generosity and togetherness to push back against the darkness and pain.

"It was nice for us to have closure," said Seal Beach Lion Climember Nikki Illingworth, who helped organize the Cut-A-Thiand silent auction with Lion Linda Palutzke, owner of Essentia Salon. "It was positive and upbeat." In just eight hours, voluntee helped to raise about \$30,000 for victims' families. For many, was a deeply personal day.





ORGANIZERS LINDA AND NIKKI

Lion Linda Palutzke said she helped organize the fundraiser, in part, because the tragedy struck so close to home. Like many Seal Beach stylists, she had connections to the victims, and, on the day of the shooting, her phone rang nonstop with friends, clients and loved ones wanting to make sure she wasn't one the victims in the salon shooting they saw on the news.

"At some point, you stop answering the phone any more because you feel a little bit guilty that it's not you who died," she said. "I mean, how do you bask in that truth? We were all getting those calls, and we all really wanted to do something to be able to help the families. Every donation we received came with a story. Every person who got a haircut has a story of how this tragedy affected them. It's beautiful to see how everyone came together today to help."

Many Seal Beach Lions knew victims personally and some of those victims were close to the Lions family. One of those tragedies was the loss of Michelle Fast whose children were part of the Seal Beach Leo program. Michelle was one of those "Leo Moms" who knew the importance of community service and encouraged her kids to be Leos. Patrick graduated a few years back, Laura last year and Lisa is currently the Leo VP.

In addition to the Cut-A-Thon and Auction, a large number of Seal Beach Lions helped at memorial services, boxed groceries at the local Pavilions for donations, and collected food for the victims' families. Where ever and whenever they could, Lions were there.

HARBOR MESA LIONS HEIRLOOM QUILT RAFFLE



This brand new beautiful hand made quilt can be yours!

Measures 80" by 100" - perfect for your full sized bed.

Raffle Tickets - \$5.00 each

Drawing for winning ticket will be held at the District Cabinet Meeting on January 21, 2012. Winner need not be present.

To order tickets, please send your check and self addressed stamped envelope to:

Lion Gina Stansbury 15412 Cottonwood Huntington Beach, CA 92647

Your ticket stub will be placed in the drawing for you. You can also contact any of our members to enter the drawing.

Funds raised will be donated to local charities.

2011-2012 STUDENT SPEAKER TOPIC

'WHAT COULD THE AMERICA OF YESTERDAY TEACH THE AMERICA OF TOMORROW?

\$700,000,000



LCIF has awarded more than US\$700 million in grants to fund more than 10,000 projects since it was founded in 1968. These humanitarian efforts are a direct result of generous support from Lions around the world.

Ed Note: portions taken from the Los Alamitos-Seal Beach Patch

If you have any trouble completing or sending this form by e-mail, please contact Lion Ron Raines ronraines@gmail.com



OFFICIAL REGISTRATION FORM

93rd MD-4 Convention 2012 Ontario, California February 3, 4 & 5, 2012 Theme: "LIONS EXPANDING COMMUNITY SERVICE"



CONVENTION HOTEL - DoubleTree Hotel Ontario Airport, 222 North Vineyard Ave, Ontario, California 91764-4431 Telephone: 909-937-0900 Use Convention Registration Code: **LIO** for discount and attendee rooms together.

EACH Lion, Lioness, Leo or Guest MUST complete a SEPARATE registration form.

« select » Name:		dge Name:	Office Held:					
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	EVENTS							
Mus				y Received at 1 Dec 31, 20		Official Use Only		
• SUPER-DUPER PACK	xcept Golf Tournament	\$235	\$27			1		
• Registration Required	of all Lions and Guests		\$40	\$5	0 \$6	\$0.00		
	in (Super-Duper may orde	r extra pins here)	Extra Tradir	ng Pins @ \$	\$5	\$0.00		
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• FRIDAY, FEB. 3 - Lead		\$30	\$3	5 \$4	0 \$0.00			
• FRIDAY, FEB. 3 - First	-Niter's Dinner (fun & ente	ertainment)	\$45	\$5	0 \$5	55 \$0.00		
• SATURDAY, FEB. 4 - L		\$35	\$4					
• SATURDAY, FEB. 4 - "		\$55	\$6					
• SUNDAY, FEB. 5 - Bru Speaker / Awards Pres		\$25	\$30			 		
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• THURSDAY, FEB. 2 - 0		\$50	\$6	5 \$7	5 \$0.00			
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Contact: 949-458-3710 or lio	ondmayer@cox.net ike@mikescheafer.com							

AMERICAN FAMILY HOUSING THANKSGIVING SOUP-KITCHEN DINNER



It's not too late to help

On Thanksgiving Day PDG Ellen Liebherr will put on her chef's hat to run the American Family Housing Thanksgiving Dinner for the homeless and less fortunate. A repeat of last year, about 300-400 people are expected at the Westminster Community Center.

The dinner is traditional fare – turkey, mashed potatoes, gravy, dressing, cranberry sauce, green beans, salad and dessert.

Last year there was great support from local Lions and friends. We think that since this is now a District approved project that more Lions would like to get involved. Here are a number of ways:

•	\$50.00 \$50.00	sponsorship of all disposable dinnerware sponsorship of cranberry sauce
•	\$75.00	sponsorship of crudités (vegetable appetizers)
•	\$100.00	sponsorship of mashed potatoes & gravy
•	\$100.00	sponsorship of dressing
•	\$100.00	sponsorship of green bean casserole
•	\$100.00	sponsorship of green salad
•	\$200.00	sponsorship of dessert

We are also in need of turkeys – about 50 of them! Usually stores have great values during the holidays so picking up an extra one while shopping is a minimal expense.

Because oven space is a major obstacle, how about baking it for us? It can be delivered to American Family Housing on Wednesday, November 23 carved or un-carved.

If you are handy with the knife, there is a turkey carving party starting at 4:00 on Wednesday at AFH. A light snack is provided for all the chefs!

If you or your club is interested in participating, please email or call PDG Ellen – ellen@creaticecateringhb.com or 714/458-3077.

Last year was a big success. Let's show our support for this great program again this year. Your early response to this request would be appreciated.

Trees Planted 5,213,587



India 5.3 million
Philippines 202,474
Brazil 162,544
New Zealand 113,044
U.S. 147,589

COME SAIL AWAY FOR AN ENSENADA VISITATION

ABOARD THE



Friday, March 2, 2012 - Monday, March 5, 2012

21 CABINS SOLD 42 LIONS AND GUESTS SAILING
6C OUSIDE AND 4C INIDE PLEASE CALL FOR PRICING
6B OUTSIDE MID & AFT – 16 CABINES STILL AVAILABLE AT \$402.63 PER PERSON
DOUBLE OCCUPANCY UNTIL NOVEMBER 2NS THEN INVENTORY IS RECALLED

Note: a fuel supplement of \$9 per day per person may apply





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

Payment Schedule:

- Payment Schedule \$100 per person must be paid by 11/1/11
- Final payment by 12/29/11 by CC or 12/20/11 by check.
 3rd person and single supplement call for pricing.

For Reservations & more information contact Lion Carol Linehan 714-846-2478 or cell 714-716-9380

email: carol_linehan@yahoo.com

Vamanos a Ensenada!

DISTRICT 4-L4 CALENDAR

у

November 5 Cabinet Meeting

November 12 Canine Companions for Independence Graduation, Oceanside

November 24 American Family Housing Thanksgiving Dinner
December 3 CA Friends in Sight Screening, Rancho Cucamonga

January 7 Melvin Jones Dinner
January 21 Cabinet Meeting

January 28 Rancho Cucamonga Community Lions Day at the Races

February 1-2 Council of Governors' Meeting Ontario

February 3-5 MD-4 Convention Ontario

February 17-19 Lions Flag Days

February 21 Deadline Club Level Student Speakers Contest

February 26 Teen Recognition Dinner

March 1 – May 1 Rancho Cucamonga District Host Santa Claus Inc Toy Drive

March 2-5 Ensenada Visitation and Cruise

March 10 Cucamonga District Host Sip for Sight Gourmet Wine Tasting Fundraiser Dinner

March 12 Saddleback Region Meeting

March 12 Zone Level Deadline Student Speakers Contest

March 13 Orange Region Meeting March 14 Foothill Region Meeting

March 5-6 Hearing Days

March 15 Lions Day at City of Hope

March 30 Region Level Deadline Student Speakers Contest

April 14 Cabinet Meeting

April 21 Rancho Cucamonga Community Lions Fashion Show May 16-20 District Convention, Four Points Sheraton, Ventura May 31-June 3 Council of Governors' Meeting Sacramento

June 2 MD-4 Student Speakers Finals

June 22-26 Lions Clubs International Convention Busan Korea

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
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