

4-L4 FORUM

THE OFFICIAL PUBLICATION OF
CALIFORNIA LIONS
DISTRICT 4-L4

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DISTRICT GOVERNOR SHEILA CASTEEL

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The plane from Germany safely landed at LAX and I returned home a bona fide District Governor. The first District Meeting of the year was well attended and this year's District Officers were installed. Thank you to everyone who had a hand in planning and executing the meeting. Job well done! At this writing, I am (or at least I am supposed to be) packing for the trip to Walnut Creek for the August Council of Governor's Meeting. And so the year has indeed begun. Soon I will begin visiting all the clubs in the district. Be prepared to talk as well as to listen.

As I said in my last article, International President Barry Palmer's theme for this year is FOLLOW YOUR DREAM. He says that everyone should have a dream – a vision – a goal. What is your club's dream? He also talks about three R's - responsibility to our role as Lions, recognition of our Lions members, and our reach to the community. Keep the concepts of responsibility, recognition, and reach in your mind as you identify your dream and develop a plan to achieve that dream.

An extension of President Palmer's theme is "Service. It's More Than A Dream, It's Our Identity." The Global Service Action Campaign calls upon Lions to emphasize efforts in four specific areas – youth, vision, hunger and environment. Throughout August and September August Lions clubs are asked to engage our youth.

"Engaging Our Youth"

A growing number of studies show that youth who engage in meaningful service projects experience a host of positive outcomes. Lions have an incredible opportunity to engage youth by developing programs they can relate to, and by encouraging their input and participation in the planning process. Allowing youth to develop and lead a service project helps them learn valuable life skills while emphasizing the role of service.

Invite Leos and youth in your area to help organize and participate in a service project. Projects may include school or community facility cleanups or a visit to a home for senior citizens or a children's hospital. Allowing youth to develop and lead a service project enables them to learn skills while emphasizing the role of service.

From the Lions Club International website For more information go to

http://www.lionsclubs.org/EN/member-center/planning-projects/global-service-action-campaigns/index.php

Until next time, follow your dream and make the world a better place.

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GOVERNOR'S VISITATION SCHEDULE

Harbor Mesa 6:30 p.m.	Aug 5
Stanton 12:00 p.m.	Aug 14
Orange Coast Breakfast 7:00 a.m.	Aug 15
Anaheim 6:30 p.m.	Aug 15
Upland Host 7:30 a.m.	Aug 19
Tustin Host 12:15 p.m.	Aug 20
Buena Park Noon 6:30 p.m.	Aug 20
Laguna Niguel 12:00 p.m.	Aug 21
La Habra Host 7:00 p.m.	Aug 27
Garden Grove Host 12:00 p.m.	Aug 28
Mission Viejo 7:00 p.m.	Aug 28
Orange County Korean American 6:30 p.m.	Sept 10
Santa Ana Host 11:30 a.m.	Sept 12
Chino Valley 6:30 p.m.	Sept 12
Seal Beach Host 7:00 p.m.	Sept 18
Brea 7:00 p.m.	Sept 26
Costa Mesa Newport Harbor 6:45 p.m.	Oct 1
Walnut/Diamond Bar 6:00 p.m.	Oct 3
Diamond Bar Breakfast 7:00 a.m.	Oct 7
Ontario Host 12:15 p.m.	Oct 15
Orange 7:00 p.m.	Oct 16
Pomona Host 12:10 p.m.	Oct 17
Huntington Beach Host 7:00 p.m.	Oct 17
Newport Beach Hawaiian 6:30 p.m.	Nov 6
Fullerton Breakfast/Host 7:15 a.m.	Nov 7
Orange County Chinese American 6:30 p.m.	Nov 19
Western University	Nov 20

TBA Orange County Costa Rica 4:00 p.m. TBA Cucamonga District Host 6:00 p.m.

TBA UC Irvine 11:00 a.m.

TBA Westminster 7:00 p.m.

TBA Orange County Vietnamese American

TBA Ontario Upland 6:45 p.m.

2014 Student Speakers' Contest Topic:

"Community Service – What Does It Mean and Why Does It Matter?"



1ST Vice District Governor Gil Smith

What a great **LCI Convention** we had in Hamburg. Between the plenary sessions, parade, training opportunities and nominating committee, it was an exciting convention. The nominating committee was fascinating in the scripted series of nominated candidates withdrawing their names from nomination for the 2nd VP and ID positions leaving only the minimum number needed to be elected. We had a great position to view the parade and take an abundant number of pictures, as evidenced by the collage from Barbara. We also were able to see Larry Dicus and his wife, Jane, walk across the stage as our newly elected ID from MD4. Probably the most memorable moment was the last event – Governor Sheila Casteel being installed as our new DG.

The first **District Meeting** on July 27th was spirited between the roll call and door prize drawing. We definitely had an enthusiastic group of Lions. We also had a great group of "first timers", including two club presidents, who shared their inspirational reasons for joining Lions. The camaraderie gained from meeting your fellow Lions in District 4-L4 is invaluable for sharing ideas and gaining inspiration.

Modified CEP Program – LCI has modified the Club Excellence Process to include a CEP Pro and a CEP Lite program. Look for more information on this from 2VDG/GLT Coordinator Ken Myers in the coming months.

Membership – We were down by a handful of members at yearend so retention and growth will be crucial for our organization to deliver our primary product – SERVICE.

We have a talented group of District officers. Make use of them and let them help you have a truly outstanding year. Feel free to call if there is anything we can do to help.

STUDENT SPEAKERS

Please update your 2013-2014 District Directory on page 100 as the Student Speaker Trustee for 4 L4 I need to receive the checks for the different fellowships and all donations that your club or individuals donate.

Please do not send directly to the Lions Fourth District Foundation as listed in the Directory. I need to keep track of how much money our District is raising. So send all your donations to Lion Carol Linehan 4729 Rey Drive Huntington Beach CA 92649 (714-846-2478)

Any questions or if you would like me to come to your club and speak just email or call me.



2ND Vice District Governor Ken Myers

In this forum I will talk about two areas, Leadership and Diabetes.

John C. Maxwell in his book Leadership Gold talks about "the toughest person to lead is always yourself" and "The best leaders are Listeners". In our next Leadership course coming in October (date to be announced soon) we will cover his four points in self leadership.

- Learn Followership.
- Develop Self-Discipline
- Practice Patience
- Seek Accountability
- •

The positive benefits of being a good listener are much more valuable than we often recognize. John Maxwell talks about five areas in listening that we will also look at.

- Understanding People Precedes Leading Them.
- Listening Is the Best Way to Learn.
- Listening Can Keep Problems form Escalating.
- Listening Establishes Trust.
- Listening Can Improve the Organization.

Diabetes is a disease that affects all of us in one way or another. We all know someone with diabetes but what is it? Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

There are 3 major types of diabetes.

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes.

Type 1 Diabetes results from the body's failure to produce insulin.

Type 2 Diabetes results from insulin resistance (a condition in which the body fails to properly use insulin) Combined with relative insulin deficiency.

In the next Forum I will talk about Signs and Symptoms and what to do to help the Diabetic. If you are your club would like a talk on Diabetes contact me.



CABINET SECRETARY

JOAN PARKS

Well, we've made it through the first month of this Lions Year. The District Meeting went well, and I want to thank all of the clubs who not only attended, but got reservations in on time and helped with this process

I think all of you secretaries did a great job for the first month's reports and I was glad to help each one of you that needed my help. Never hesitate in calling me for help. We will learn this process together.

We have now started the Governor's visitations and I look forward to meeting with each club's secretary and discussing any items unique to your club. I will touch base with each secretary prior to the visitation and make sure we have a bit of time to talk. Later this month I will be getting the flyers out for the Region Meetings in September. It's not too early to plan, and it is helpful for the three Region Chairman for you get your club to participate and make reservations. Please, again, be mindful of the deadlines for these events.

Also, please make plans to attend the Governor's Fundraiser in early October. There is all the information here in the Forum. The Governor puts a great deal of time and effort into heading up our District and deserves our support.

"WE SERVE" TO "MAKE THE WORLD A BETTER PLACE"

Student Speaker Contest Packets

Order online today. It's easy.
Club Secretaries have the power and the responsibility!
http://www.md4lions.org/

Get Peace Poster Kits Now!

Give your young artists time to do an outstanding job!
Order your kits today! Why wait?
http://www.md4lions.org/



CABINET TREASURER

CAROL LINEHAN

The MD4 Office will be mailing out Invoices to each Lions Club the middle of August for Dues to MD4 and 4 L4. Please pay upon receipt of the bill the dues for your members. The District relies on each club paying their dues on time to run the District. Each club is billed twice a year.



The new numbers from LCIF were on my computer this am. The total donations for 4-L4 for 2012 -2013 are \$45,619.00.

This is amazing and I want to thank all of you for the donations from clubs and individuals that made this possible. It far exceeded the target of \$35,000 and made our district one of the top contributors to LCIF this year in MD-4.

I thank you on behalf of all the people throughout the world who will benefit from your generosity and care.

PDG Elizabeth Warren LCIF District 4-L4 Coordinator

STUDENT SPEAKERS

District Student Speaker Foundation would like to Thank Harbor Mesa and Huntington Beach Host Lions Clubs for their donation of used cell phones and ink cartridges. These used items go for 4 L4 overall yearly contribution to the Foundation.

Huntington Beach Host also made a \$200 donation for a Harry J Aslan.

District 4 L4 Clubs and Lions when deciding who to make donations to please consider the Student Speaker Foundation. Awards range in price from \$200 - \$500 for fellowships. Thank-you

Lion Carol Linehan

District 4 L4 2013-2014 Student Speaker Trustee



Fantastic Foothill Region

By Foothill Region Chair Barbara Smith

Now that Gil and I are back from the Lions Clubs International Convention in Hamburg and our subsequent adventurous Germany road trip, I am eager to start visiting many of your clubs.

Attending the Hamburg convention was fantastic! We learned so many things from the training seminars, from the plenary sessions and from listening to President Barry Palmer's inspirational words about his theme. "Follow Your Dream."

What impressed me with Palmer's theme is that is it not envisioned as a fuzzy, wishful daydream. Rather, it focuses on identifying what needs to be done, taking ownership of it, and making concrete plans to achieve it. Yes, we can reach beyond what we thought we could do, but it will take careful goal setting, planning, and hard work.

Now that we are making plans for our new Lions year, President Palmer's vision is especially appropriate. We need to assess the needs in our club and our community, develop our dreams, and collaboratively create strategic plans to achieve these dreams.

This year each region article in the *Forum* will focus on one or two clubs. That way we will get to know them in depth. In addition to this, however, I would encourage all clubs to submit their own articles and photos on their important events throughout the year to the Forum. Clubs are enriched by learning what other clubs do.

Zone A Chair Steve Lacey has written about our first featured club, the Cucamonga District Host Lions. Thank you, Steve, for an excellent write-up!

Featured Club: Cucamonga District Host Lions Club

For the past 65 years, the Cucamonga District Host Lions have served the community of what is now known as Rancho Cucamonga, located in the Inland Empire. With 38 members, including six new additions this past year and a goal of adding 10 new members in 2013-2014, they look back proudly at what they have already accomplished and dream and plan for what the future holds for them, just like our international symbol. Speaking of accomplishments, they are proud to be the home club of District Governor Sheila Casteel, and PDGs Jon Casteel and Norm MacKenzie, along with associate member, PDG Elizabeth Warren.

Under the direction of President Andy Megaw, and club secretary, Jamie Jimenez, a planning retreat led by PDG Norm MacKenzie has been recently held and perhaps the most ambitious year in recent history has been planned. The year will of course include their 'signature' fund raiser, Sip For Sight, an incredible evening of wine, dining and auctions held each year on the 2nd Saturday of March.



Join District Governor Sheila, Lions & friends for the Ensenada Cruise. March 14 - 17th, 2014 Saturday Is A Cruise Day With Games

Sunday March 16th District 4-L4 will join the Ensenada Lions At their Club House for Lunch. This is the 56th International Visitation between District 4-L4 & the Ensenada Lions.

Princess categories will be as follows:

- Category BD \$619 P.P. Balconies Deck 10 Caribe Deck (4 Cabins Left)
- Category OC \$519 P.P. Outside Deck 5 Plaza Deck (2 Cabins Left)
- Category OF \$519 p.p. Outside Deck 5 or 8 Plaza or Emerald Deck (2 Cabins Left)
 Category OW \$469 p.p. Outside Obstructed View Deck 8 Emerald Deck (4 Cabins Left)
- Category IB \$439 p.p. Inside(1 Cabin Left)
- Category IC \$429 p.p. Inside (1 Cabin Left

If you're past Princess Client price may be slightly lower. \$100 deposit per person is due now.

The remaining Inventory will be pulled on Oct 15th.

Final payment is due December 21, 2013. If paying by check Dec 14th.

Please call 714-846-2478 or email Lion Carol Linehan CADL8029@yahoo.com for questions and reservations.

Vamanos a Ensenada!

In terms of service, they once again this year will organize and host The Blind Buddies Golf Challenge at the Empire Lakes golf course. This event allows sight-impaired individuals to have a golf-experience with the help of guides and a professional golf

As with all Lions clubs, the number and variety of service projects and agencies and groups donated to is huge. Many of these are hands-on projects such as planting trees along the Pacific Trail, conducting and staffing eye clinics for California Lions Friends in Sight and their Reading Buddy Program with an adopted elementary school, Alta Loma Elementary. In addition, they are proud to be one of the largest collectors of eyeglasses in the district, having gathered 7,600 pairs this past year alone and to be active part of the Student Speaker's Contest. Groups that receive their financial support include the GAP food bank, Santa Claus Inc., Rising Stars Equestrian Therapy, the Lions Rose Float, and the Lions Camp at Teresita Pines along with scholarships to local high school students.

The CDH Lions, which meet on the 4th Wednesday (6:00 P.M.) of each month at Antonino's Restaurant in Rancho Cucamonga, is always glad to have visitors and visitations. They invite you to come and take part in their activities and watch as they make 'dreams come true' in the year ahead.

Support Your District Governor

Fundraiser

The Jack Luellen Memorial Governor's Fundraiser



To Benefit District Governor Sheila Casteel



Pete's Ponderosa Ranch

18103 E. Bastenchury Road, Yorba Linda CA 92886 (Ranch House on the Karagines Property)

Saloon Opens 6 PM Dinner at 6:30 PM

\$35.00 Per Person

Hawaiian Attire

Great Food catered by Lion Andrea & Scott Busby With lots of Fun, Fellowship, and No Host Bar

Terrific Entertainment Featuring "Last Chance Band"

Harbor Mesa Lions Swat Team will be proudly serving: Kendall Jackson Grand Reserve Chardonnay Blackstone Merlot Beringer White Zinfandal And Premium Spirits (Sorry - No 2 Buck Chuck)

> For Additional Information Contact: IPDG PJ Smith or Georgia Smith

Home Phone (714) 996-2950 or E-mail: eaglehills2@roadrunner.com Send Checks payable to: PJ Smith Mail to: PJ Smith 166 N. Starflower Brea, CA 92821

For planning purposes, we ask that you respond ASAP

Saturday, October 5, 2013

Dancing & Fun 7-10 PM

This piece measures: 35" × 35" The techniques used in it's creation are the same that Louis Tiffany used to create windows and lamps (copper foiling). This will be one of several, major raffle gifts for Sheila Casteels District Governor's Fundraiser.

This beautiful stained glass

window could be yours!

Raffle Tickets Sold Separately

\$ 100 a ticket / 25 tickets for \$ 2000 Value - \$ 1500 - \$ 1600

For tickets - PJ Smith (714) 996-2950 e-mail: caglehills2@roadrunner.com

COME CELEBRATE! IS TURNING November 24th Save the Date



VBA LEO CLUB **CHARTER** ELEBRATION

September 27, 2013

VILLAGE BIBLE ACADEMY

12671 Buaro St, Garden Grove

7:00 PM Dinner 8:00 PM Ceremony

\$15.00 Adults \$8.00 Kids

SPONSORED BY THE SEAL BEACH LIONS CLUB Please RSVP by 9/17/13

Reservations can be made online at www.sealbeachlions.com
Or mail form and payment to: Seal Beach Lions Club, 1198 Pacific Coast Highway, D305, Seal Beach CA 90740
Questions? Call or email Lion Chardy Lang, Leo Club Advisor at (562) 833-8817 chardylang@email.com

Name:	Telephone			
Number of Guests: # Adults #	Kids for a total of Guests			
Credit Card Type: Credit Card . Billing Address:	Number:,(City)	Sec	curity Code:	

The first District Meeting of 2013 -2014



The first District Meeting of 2013 -2014 Continued











SADDLEBACK REGION CHAIRMAN

STEVE CHRISTY

We have started the year with our first District Meeting Sat the July 27. The Saddleback Region was well represented .The next District meeting will be November 16 at David L Baker Golf Course . We will be trying a breakfast buffet. More info to follow. I would really like to see all the clubs in Saddleback Region there so please make the effort. We do need everyone's input to grow and improve. The First Region meeting will be next month Mon Sept 16th at the Old World German Restaurant. Doors open at 6 meeting will start at 7pm. Every club needs to bring a dish a potluck before the meeting please call be and let me know what you are bringing.

Ok how about a little business - our monthly reports. Each club is required to send in these reports and copy your zone and region chairs. To date I have only seen four reports so I am hoping it's just an oversight to coping us . So if your club has not turned in reports please do. If they have and just did not copy us please copy us so we know not to bother you. THANK YOU TO THE CLUBS TUNING IN REPORTS ON TIME.

Clubs upcoming events I can't talk about what I don't know so please let me know what is going on with your club.

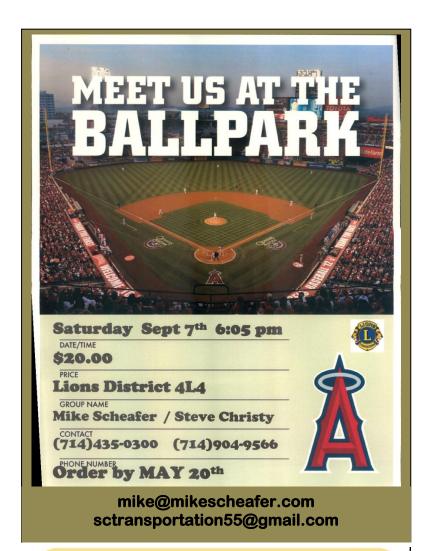
Harbor Mesa Lions always have something going on . Aug 17th they are having a Murder Mystery Dinner and soon after that another awesome Casino Night October 18th.

The Tustin Lions who are always active in Tustin have a large presence and would love to see other Lions out supporting them at Tustin Tiller Days Oct 5/6. The parade is Oct 5th our Zone B Chair Judy Barr would love to see other clubs come join in the parade please contact Judy or Myself if you are interested.

The Huntington Beach Lions are having another party Sept 19th at the Old Word German Restaurant. They will be hosting another OCTOBERFEST at 7pm. Come have fun with fellow lions and maybe have a beer?

Wish I had more to Report. Come on Saddleback Region, lets get things going if you have anything you would like us to cover at the Region Meeting please let me know.

Have you invited anyone to a Lion Meeting lately? Well If you have that's great if not why not just ask so we can share what we do and allow more people to have fun meeting new friends and help those in need.







By Larry Williams, Co-Chairman District 4L4 Friends in Sight Project

9,526 PEOPLE HAD THEIR VISION IMPROVED BY CLFIS

California Lions Friends in Sight just finished their third year by doing 24 vision screenings in southern California and 5 in northern Mexico. During the year, July 1, 2012 thru June 30, 2013 they helped to improve the vision of 9,526 people, of which 7,213 were in southern California and 2,313 in northern Mexico. This was a 36% increase over the 2011/12 Lion year. In southern California they traveled from Oxnard in the north to Bonita in the south and Blyth in the east. The largest vision screening was in Corona where they served 513 people and the smallest was in Moorpark with only 126 people.

Although CLFIS carries over 15,000 pairs of recycled eyeglasses with them, they had to make new eyeglasses for 476 individuals. CLFIS indentified 571 individuals with a medical or surgical need by their licensed volunteer optometrists and/or ophthalmologists. These individuals were advised of such and directed to seek care. If they have no access to care, CLFIS works to assist them in getting treatment. Forty nine Lions Clubs provided 1,326 volunteers, (up 27%) who worked at the vision screenings.

California Lions Friends in Sight is a 501 (C) (3) non-profit charitable all volunteer organization that is totally supported by funding from Lions Clubs and grants. As can be imagined, it cost CLFIS approximately \$1,000 every time a vision screening is provided. So when your club or organizations are setting their budgets or looking to see where your charitable dollars can best be spent remember California Lions Friends in Sight.

For more details on participating in the vision screenings and/or seeing the upcoming schedule go to the website *californialionsfriendsinsight.org*. There is always a need for volunteers to assist during the screenings.

A big THANK YOU again goes out to all the Lions Clubs who have continued their financial and volunteer support of California Lions Friends in Sight Vision Screens.



HARBOR HER LIONS GUB

THERE'S BEEN A MURDER AT
PAPA GG'S RISTORANTE ITALIANO
IN GARDEN GROVE AND WE NEED YOUR HELP TO SOLVE ITII
Garden Grove Lions Clubhouse
9860 Larson Ave., GG 92844



Saturday, August 17, 2013 6:00pm Make your reservations soon; space limited \$25 per person

Send your check to Lion Carol Van Holt 9650 Nightingale, Fountain Valley, CA 92708 or call 714-962-0265 DEADLINE, AUGUST 5, 2013



SEAL BEACH LIONS HELP AT A RECENT CLFIS SCREENING IN SAN DIEGO



DG Sheila Casteel Installed in Hamburg

by Barbara E. Smith, Foothill Region Chair

Sheila Casteel was officially installed as District 4-L4 Governor at the Final Plenary Session on July 9, 2013 at the 96th Lions International Convention in Hamburg. Her husband PDG Jon had the honor of removing her "Elect" ribbon, signifying that Sheila had officially assumed the office of district governor. Prior to the convention, Sheila completed several days of governors' training.

Representing our district, in addition to the Casteels, were First Vice District Governor Gil Smith and Foothill Region Chair Barbara Smith.

The MD4 California delegation—out in force to campaign for International Director Larry Dicus—consisted of 178 Lions. Approximately, 25,000 Lions from throughout the world attended the convention.

During non-stop, activity-packed days, we enjoyed campaign activities for Larry Dicus, the California breakfast, the international parade, outstanding entertainers, training seminars, receptions, plenary sessions and much more. Below are a few photos, representing some of the key activities.



LCI President Wayne Madden and his wife Linda lead the parade.



LCI First Vice President Barry Palmer and his wife Anne ride in the parade.



Larry and Jane Dicus march with the California delegation. Larry was later elected International Director.



California Lions wear red in the parade.



Sheila Casteel and Margaret Dunlevy have a great time.



Every parade needs dragons!

















More Parade

Hamburg continued



The U.S flag is waved during the Flag Ceremony. Our flag was next to last because Lions began in our country. The host country Germany was last.



President Madden thanks Laura Bush, who spoke on literacy at the First Plenary Session.



Barry Palmer is installed as President of Lions Clubs International.



After each country cheered for its own flag as it was presented, all countries joined together to sway in unison and sing "I'd Like to Teach the World to Sing in Perfect Harmony" -- a poignant moment for everyone.



PDG Jon removes the "Elect" ribbon from Sheila's governor's name badge.

Top right: Gil, Barbara, Jon and Sheila wait for a bus at the Hamburg Messe Convention Center. Bottom right: Sheila and Jon have fun on the bus.



DG Sheila happily shows the removed "Elect" ribbon.

Photographs by Giland Barbara Smith





PDG Jon, DG Sheila, Foothill Region Chair Barbara and 1VDG Gil after Sheila's installation



By PDG Norm MacKenzie District GMT Coordinator

Several Clubs have completed their Strategic Planning Workshops and are ready to Rock & Roll for the 2013-2014 year. The key element in a club's Plan of Action is its membership growth strategies. If you haven't developed one as yet, then I encourage you to visit LCI's website and download the New Member Recruiting Guide for Clubs, named Just Ask! The program is designed to guide your club through the process of recruiting new members and effectively managing club growth. The strength of your membership and the health of your club will determine your ability to do what all Lions love to do — serve. So keep in mind that more members mean more service.

Although the concept is simple – just ask community members to join – this guide will help you prepare an effective outreach plan so you are successful when you're ready to ask. *Just Ask!* will lead your club through a four-step process for recruiting new members:

- 1. Preparing your club
- 2. Creating your club's growth plan
- 3. Implementing your club's growth plan
- 4. Welcoming your new members

Everything your GMT has been teaching the past four years is in that brochure. You will recognize the steps and material as most of you have seen it before. The key is using it!!! The Recruiting Wheel is the key to helping members know where to look for possible new members. Every club should have a budget for inviting at least two possible new members per meeting. Then invite them to participate in one of your hands-on service projects. That usually convinces them to want to be part of the team. Every Club is this district should have a minimum goal of three new members. That would be 99 new members and would exceed the District Governor's Team Goal of 53. We need 68 in order to reach 1,250.

There are two clubs being formed in the Orange Region and the goal is 2, however we really would like three. If you have any ideas on individuals that would like to start a club, please pass that information to me so the Team can implement a plan to make it happen.

The 2013-2014 GMT members are:

PCC Ed Bordenkircher IPDG "PJ" Smith PDG Matt Hunyadi Lion Scott Newton Saddleback RC Steve Christie

Your GMT is here to help you achieve your goals. Use us!!

Special Note: My address in the directory is wrong. It should be 10333 La Vine Street, Rancho Cucamonga, CA 91701. The phone number is correct- 760-802-6018. Please make the correction in your directories.



On the weekend of August 16th thru 18th over 100,000 beach goers will have the chance to revel in enjoyment of professionally prepared BBQ treats, craft beers and ice cold watermelon in Huntington Beach.

American Family Housing (AFH) a **District 4L4 approved project** will be hosting their 2nd annual Ribs, Pigs and Watermelon Professional BBQ competition and Beer festival at the Huntington State Beach parking area of Pacific Coast Hwy and Beach Blvd. This is a KCBS (Kansas City BBQ Society) sanctioned event and competing for the \$10,000.00 purse will be the top west coast and some nationally ranked BBQ teams.

Under the main tent there will be free watermelon for all with watermelon carving demonstrations, watermelon eating contest, seed spitting for distance contest, and other interesting watermelon activities. On stage will be a virtually constant stream of professional entertainers enlivening the festivities with Rock, County and Jazz music, something for everyone. Ribs, Pigs and Watermelon Professional BBQ competition and Beer festival this year will feature over a dozen flavors of small lot craft beers from local and national suppliers for you to enjoy along with the flavorful BBQ meat under the hot August Sun.

This fantastic fun event is being held to help raise the needed funding to continue the work of the "Homeless to Hope to Home" shelter programs of American Family Housing. American Family Housing is a 27 year old non-profit specializing in the care of homeless families and individuals. AFH is one of the largest homeless service providers in the County. In combination with the affordable housing programs, AFH shelters over 1300 people per night. Our shelter programs provide a comprehensive wrap around service that includes, besides housing; counseling, job coaching, motivational classes, finance management, and 3 kids programs for pre-school, school aged and teenagers. The majority of the persons in our programs are under the age of 18, these are kids of the families who have found themselves homeless for a variety of reasons.

Please come and join in the fun at the Beach, and help our families go from "Homeless to Hope to Home".

We need volunteers to work this event. I would like to come speak to your club about the opportunity to serve the community through working at a fun event. Call me to schedule a meeting to present the work of the shelter and this event opportunity.

Lion Bob Murphy, 714 897 3221 x 109 Huntington Beach Host



HEARING & SPEECH ACTION NEWS

NOISY SURGERY - A recent study (Journal of the American College of Surgeons) finds that high levels of OR noise can have a disruptive effect on a surgeon's auditory processing abilities and can be a safety factor. The sound of loud surgical equipment, talkative team members or music can affect members of the operating team. A test of 15 surgeons with 1 to 30 years of experience using four different listening conditions typical of OR environments (quiet, noise filtered through a surgical mask, and background noise both with and without music). Subjects were tested in two situations: engaged in a specific surgical task and task free.

The study showed a significant decrease in speech comprehension with the presence of background noise. In addition, the surgeons demonstrated considerably poorer speech comprehension in the presence of music compared with a quiet environment or one with OR noise present. Further, the ability to understand what is being said becomes even more difficult when the conversations carry critical information that is unpredictable.

Read the full article at: http://ow.ly/16JYa.

Keith Campbell, Chairman, 4-L4 Hearing & Speech Action

kcampbell5@socal.rr.com





Fundraising Opportunity



2013 Chevy Cruze Opportunity Drawing Sponsored by Premier Chevrolet of Buena Park 6692 Auto Center Dr., Buena Park, CA 90621

Your organization can earn a lot of \$\$money\$\$ with opportunity drawing tickets!!

NO RISK, NO INVESTMENT, EASY FUNDRAISER!!

For your favorite group

- Youth Groups Boy & Girl Scouts
- Girls & Boys Clubs Sports Teams
- Non Profit Orgs
- Elementary Schools



THIS IS AN EXCEPTIONAL OPPORTUNITY!!!!! We have schools and organizations that average more than \$10,000 in profit each year!! You don't want to miss out on this EASY fundraising opportunity.

Tickets are available for sale RIGHT NOW and are due back September 30th, giving your club a full five months to make a stack of revenue bucks. The more tickets you sell the more serious dollars for your club. These tickets practically sell themselves. We can even arrange to bring the car to you to display at your event to help increase your ticket sales! Based on availability first come first served basis! Call me ASAP to reserve your date.

- First Prize: 2013 Chevy Cruze (Sponsored by Premier Chevrolet of Buena Park)
- Second Prize: Big Screen TV (Sponsored by Sunshine Check Cashing)
 Third Prize: Six (6) Admission Tickets to Knott's Berry Farm Amusement Park, plus dinner for six (6) at Knott's

- Chicken Dinner Restaurant (Sponsored by Knott's Berry Farm)

 Fourth Prize: Dinner for Six (6) at Sizzler (Sponsored by Sizzler Restaurant 7902 Orangethorpe, BP)

Besides a chance to win an awesome prize, each ticket holder receives valuable coupons valid now until 11/30/2013. besides a chaince of with an awasoning place, death cakes indused receives relatedire couplings with an awasoning place, death cakes industrial receivers a relatedire coupling of the coupling of the second of the coupling of the coupling

Drawing will be held on Sunday, October 20th at 9:00 P.M. on the Main Stage at Silverado Days at Peak Park

Winner need NOT be present to win!!

Contact Lorraine Raymond, Opportunity Drawing Chairman, at 714-376-3482 (cell), or send your questions via email to Iraymond@silveradodays.com







Please Join Us for the

18th Annual Celebration Open House and Appreciation Day At Camp Teresita Pines

> Saturday, September 7, 2013 10:00 a.m. to 3:00 p.m.

- Tour Teresita Pines and Wrightwood Camps via Shuttle
- Observe Camp Improvements Made by Your Donations
 - · Enjoy a Delicious Hosted Luncheon
 - Applaud Accomplishments at Awards Presentation and Recognition
 - Great Time to Meet New Members and Renew Old Friendships

RSVP by Calling Camp Managers John or Jim at 1 800 585-3245

Experience the Great Outdoors at YOUR Camp, Teresita

NEEDS YOUR HELP!!

THERE'S BEEN A MURDER AT PAPA GG'S RESTORANTE ITALIANO IN GARDEN GROVE



SAVE THE DATE SATURDAY, AUGUST 17, 2013 **DETAILS TO FOLLOW**

Costa Mesa Newport Harbor Lions Club 66th Annual Fish Fry May 31-June2













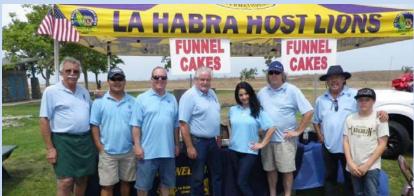


















Seal Beach Lions Club 69th Annual Fish Fry July 20 & 21 Brings in the Crowds



Big winners of the Car Raffle Ticket # 43 - Mr. & Mrs. Marshall Case of Brea





















































DISTRICT 4-L4 CALENDAR

2013

August 2-4 MD-4 Council of Governors Meeting, Pleasanton

August 2-4 La Habra Corn Festival

August 16-18 American Family Housing Ribs, Pigs & Watermelons Festival

August 17 Harbor Mesa Murder Mystery Dinner
September 7 Lions Camp at Teresita Pines Open House

September 19 Huntington Beach Host Oktoberfest
September 19-21 USA/Canada Forum, Overland Park KS

September 27 VBA Leo Club Charter Dinner
October 5 District Governor's Fundraiser
October 18 Harbor Mesa Casino Night
October 18-20 Buena Park Silverado Days

November 24 Huntington Beach Host Lions 75th Anniversary Party

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: meliebherr@verizon.net