



# 4-L4 FORUM

**THE OFFICIAL PUBLICATION OF  
CALIFORNIA LIONS  
DISTRICT 4-L4**

**Volume 92 Number 5 November 2013**



**DISTRICT GOVERNOR  
SHEILA CASTEEL**

**District Governor**  
Sheila Casteel (PDG Jon)  
9333 Monte Vista St.  
Alta Loma, CA 91701  
H (909) 483-3532  
C (951) 205-6998  
jandscasteel@hotmail.com

**1<sup>st</sup> VDG**  
Gil Smith (Lion Barbara)  
1120 Seneca Place  
Diamond Bar, CA 91765  
H (909) 860-6477  
C (909) 802-9915  
gilsmith@aol.com

**2<sup>nd</sup> VDG**  
Ken Myers (Denise)  
2131 N. Albright Ave.  
Upland, CA 91784  
H (909) 608-1938  
C (951) 712-1823  
Dnk381@aol.com

**Cabinet Secretary**  
Joan Parks (Mike)  
153 Quiet Bay Lane  
Costa Mesa, CA 9267  
C (949) 422-4133  
joanparks@hotmail.com

**Cabinet Treasurer**  
Carol Linehan (Lion Dewey)  
4729 Rey Drive,  
Huntington Beach, CA 92649  
H (714) 846-2478  
C (714) 716-9380  
Cadl8029@yahoo.com

**Immediate PDG**  
PJ Smith (Georgia)  
166 N. Starflower  
Brea, CA 92821  
H (714) 996-2950  
C (714) 686-8466  
eaglehills2@roadrunner.com

**District Newsletter Editor**  
PDG Ellen Liebherr (Lion Mike)  
616 17<sup>th</sup> St.  
Huntington Beach, CA 92648  
C (714) 458-3077  
meliebherr@verizon.net

Lions, Leos, and Friends,

My mother was fond of telling stories about me as small child. Actually, I think most mothers enjoy telling stories about their children. She loved to share the story of our neighbor lady who watched me for the afternoon. After spending an afternoon with me, the exhausted woman told my mother that I was busy all the time. She said to my mom. "No wonder she is so small! She is in constant motion. She doesn't sit still – even when she is stilling still!" So, I guess the handwriting was on the wall even then for me to be a District Governor for Lions Club International, the largest service organization in the world. (Also, that a drink called "Fireball" would be in my future.)

Goodness, gracious, great balls of fire, October has been busy! Club visitations continued on the first day of the month and by the first Saturday of the month, there was a Governor's fundraiser that blew me away. IPDG P.J. Smith put together a record breaking fundraiser for me that will be a highlight of my Governor year. To all who attended, participated, and/or contributed, THANK YOU!

The month also included my participation in White Cane Day celebrations, Harbor Mesa Casino Night, my own club's Reading Buddy program, Youth Exchange Training, the Bolsa Grande Leo Charter night, the Council of Governors Fall Meeting, and the induction of new Lions to the San Joaquin Valley College Ontario Branch Club.

I often hear that the secret to keeping kids out of trouble is to keep them BUSY, BUSY, BUSY. Under that philosophy, I think I should be very safe from getting into trouble.

Thanksgiving will soon be here, and with that the holiday season will begin. Celebratory meals and special food is a central part in much of our holiday merry making. We enjoy both the comfort of our traditions and the thrill of trying new tastes. Unfortunately, at a time when special food is plentiful, there are still far too many people in our communities who are hungry. In his program, International President Barry Palmer identifies three R's - *responsibility* to our role as Lions, *recognition* of our Lions members, and our *reach* to the community. Under *responsibility*, the *Global Service Action Campaign* calls upon Lions to emphasize efforts in four specific areas – youth, vision, hunger and environment. During December and January Lions clubs are asked to work towards *Relieving the Hunger*.

LCI encourages Lions to organize food drives and projects to feed the hungry. With the downturn in the global economy, many hunger relief organizations are finding it difficult to keep up with demand. Help alleviate hunger by planning events around the end and beginning of the calendar year to collect and distribute food.

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

Sheila

## 2013-2014 DISTRICT CABINET

### District Chaplain

PDG Barbara Hayward (Ron)  
3085 Fernheath Ln.  
Costa Mesa, Ca. 92626  
H (714) 545-6126  
[blhayward@sbcglobal.net](mailto:blhayward@sbcglobal.net)

### District Photographer

Loyce Mejias  
5205 San Bernardino St. #110A  
Montclair, CA 91763  
H (909) 988-7162  
C (909) 935-9112  
lmejias301@aol.com

### LCIF Coordinator

PDG Elizabeth Warren  
6636 Brighton Place  
Alta Loma CA 91737  
(909) 941-0604  
[dougalwest@aol.com](mailto:dougalwest@aol.com)

### Leo Advisor

PDG Judy Schnitzer (Lion George)  
13459 Verona  
Tustin CA 92782  
H (714) 838-4201  
C (714) 697-1697  
[jschnitzer@cox.net](mailto:jschnitzer@cox.net)

### Public Relations & Media Chair

Carol Van Holt (Keith)  
9650 Nightingale  
Fountain Valley, CA. 92708  
H (714) 962-0265  
C (714) 745-9567  
[Clion93@verizon.net](mailto:Clion93@verizon.net)

### Student Speaker Chairman

Marilyne Sherwood (PDG Ken)  
6666 Dakota Avenue  
Alta Loma CA 91737  
(909) 944-0359  
pchblsm@gmail.com

### Foothill Region Chair

Barbara Smith (1<sup>st</sup> VDG Gil)  
1120 Seneca Okace  
Diamond Bar CA 91765  
H (909) 860-6477  
C (909) 802-9915  
lionbarbesmith@gmail.com

### Foothill Zone "A" Chair

Steve Lacey (Susan)  
6438 Vineyard Avenue  
Alta Loma CA 91701  
H (909) 945-9985  
C (909) 921-6560  
Slacey54@gmail.com

### Foothill Zone "B" Chair

Michael Wirtes (Tracy)  
5838 Zapata Place  
Alta Loma CA 91737  
Michael.wirtes@yahoo.com

### Foothill Zone "C" Chair

David Stilwell (Lion Sung)  
4484 Los Serranos Blvd.  
Chino Hills CA 91709  
Mrdave51@aol.com  
(909) 393-2435

### Orange Region Chair

Roy Ramsland  
PO Box 2340  
La Habra CA 90632  
C (562) 260-3750  
royramsland@verizon.net

### Orange Zone "A" Chair

Larry Rottweiler (Cindy)  
10561 Dalmation Avenue  
Whittier CA 90604  
(323) 807-0195  
larryrott@aol.com

### Orange Zone "B" Chair

Robert Susaeta (Sharon)  
23968 Sanctuary Parkway  
Yorba Linda CA 92887  
H (714) 692-9118  
C (714) 606-9963  
Susaeta@sbcglobal.net

### Orange Zone "C" Chair

Dave Hubbard (Lion Gail)  
17701 Collie Lane  
Huntington Beach CA 9247  
H (714) 842-4256  
Dghubbard2@verizon.net

### Saddleback Region Chair

Steve Christy (Lion Debbie)  
21021 Lochlea Lane "A"  
Huntington Beach CA 92646  
H (714) 960-5611  
C (714) 904-9566  
Sctransportation55@gmail.com

### Saddleback Zone "A" Chair

Hank Lopez (Susan)  
491 Sturgeon Drive  
Costa Mesa CA 92626  
C (949) 689-9479  
lionhenryj@yahoo.com

### Saddleback Zone "B" Chair

Judy Barr (Lion Chris)  
7706 E. Wildflower Avenue  
Orange CA 92869  
C (714) 925-2558  
jusy@barrhomes.net

### Saddleback Zone "C" Chair

John Kasell  
2950 Airway Ave. Suite D-9  
Costa Mesa CA 92626  
H (714) 545-1400  
C (949) 278-7816

## GOVERNOR'S VISITATION SCHEDULE

Fullerton Breakfast/Host 7:15 a.m.	Nov 7
Ontario Upland 6:45 p.m.	Nov 16
Orange County Chinese American 6:30 p.m.	Nov 19
Western University	Nov 20
Newport Beach Hawaiian 6:30p.m.	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



## District 4-L4

*"We Serve"*  
to

*"Make the World a Better Place"*



Second District 4-L4 Meeting

SATURDAY, NOVEMBER 16, 2013

*"Dr. Aisha Simjee"*

David L. Baker Golf Course

10410 Edinger Ave, Fountain Valley, CA 92708

Cost: \$25 Per Person

Registration Starts 7:30 AM/Breakfast 8:00 AM

Meeting 9:15 AM Sharpe

~Clubs are asked to bring a raffle prize with a value of at least \$20.00~

Please send your reservation by November 8, 2013

Make checks Payable to District 4L4

(Note: Cost at the door with no reservation will increase to \$27 per person)

Club name: \_\_\_\_\_

Number attending: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Make checks payable to: District 4L4

Please send the names of those attending on the back of this form

Send completed payments to:

Cabinet Secretary Joan Parks, 153 Quiet Bay Lane, Costa Mesa, CA 92627

[joanrparks@hotmail.com](mailto:joanrparks@hotmail.com)



## **1<sup>ST</sup> Vice District Governor Gil Smith**

**Zone Meetings** – My compliments to the Zones that conducted their first two meetings this year. The feed back from the Zone Chairs has been great. Virtually every club who participated came away with useful information whether it be dealing with mutual challenges or new ideas on membership, fundraising, hands-on community service projects, etc.

**Comprehensive Membership Plans** – Your District team has started working with clubs who want a comprehensive membership plan. As we approach the holidays, now is a great time to develop that plan for the new year. If you want to grow your club, we are here to help. All you have to do is “Just Ask.”

**What Are Your Dreams and Where Can the District Help?** – These two questions are common themes in both the Governor’s visitations and club input for the club profiles. Here are some of the more common dreams/desires of the 4-L4 clubs. If your club wants assistance in any of these areas, contact your District leadership team.

- More members, so we can do more hands-on community service projects.
- How can we recruit younger members?
- How can we develop a comprehensive membership plan?
- More hands-on community service projects.
- Want to conduct a Community Needs Assessment.
- Want to engage in the Club Excellence Process.

**Club Profiles** – Thank you to the Zone and Region Chairs who have facilitated development of the club profiles. While club profiles can take effort to generate, they are an invaluable resource for assessing the health of clubs in the District. Both the club profile and input from clubs during the Governor’s visitations are helping the District team identify where its resources can best be applied.

Your District leadership team is excited and looks forward to working together with our clubs in any way we can. Please contact us if you would like support for your dreams. Let’s have a great year in 2013 - 2014.

To reward several Lions who read this full article, I will send a \$15 Olive Garden gift card to the first three Lions from different clubs who email me asking to receive the free gift card. Cabinet members and Lions who receive advance copies of the Forum are not eligible.



## **2<sup>ND</sup> Vice District Governor Ken Myers**

In this forum we will continue on our talk about Leadership.

We were talking about the course titled “How to be a leading lion” We reviewed several characteristics that are necessary for a leader to be successful and inspiring.

We must always remember that the best leaders are listeners, to think outside of yourself, and accomplish our goals with Fun, Fellowship and Fulfillment.

With that in mind another characteristic of leadership is Confidence. A leader must have confidence in his or her abilities to be able to inspire confidence in the people he or she is leading.

Along with confidence we must have compassion. A leader must be able to understand and empathize with other people’s feelings and concerns. You cannot hold yourself above the people you are leading. They need to feel that you do understand their hopes, dreams and concerns.

Lion Pete Badame replied, I feel that one of the most important, and most overlooked thing that we as Lions should do to welcome a new member is to provide a good mentor for the club, and to follow up to be sure that the mentor is staying in contact with the new person and answering questions, etc. .

While the intent seems to be there to see that new member is receiving mentorship, it may not always happen. I feel it is the duty of the club officers to stay on top of the situation by meeting with and providing guidance to the assigned mentor. Lion Pete also feels that, when it comes to selecting a mentor, the sponsor should be involved in the decision making process. The sponsor should be considered as becoming the mentor himself or herself, but also be agreeable to passing the duties on to a more experienced club member if the leadership feels that this would be beneficial.

Mentorship is an extremely valuable concept when it comes to grooming a new club and one that should be taken seriously and with the understanding that a mentor should become available to the new member for the first entire year of membership.

In the next forum we will continue with talking about Decisive, Opened Mind, Visionary, Caring, Integrity, Ethical, Courageous and Commitment. What I am asking is for you to think about these characteristics and e-mail your thoughts and I will add them to the next article.



## CABINET SECRETARY

**JOAN PARKS**

Hard to believe, but here we are right into the Holiday Season. Halloween is gone and here comes Thanksgiving. But, before we can enjoy our turkey dinner and family, we have the Second District Meeting. I hope many of you are planning to come and support Governor Sheila. I know it is an early one, but what a better way to start the day and weekend! I know that Region Chairman, Lion Steve Christy has put a lot of work into getting this event ready and make it a nice one. Please get your reservations in early, so that we can help Steve get the numbers in accurately to the caterer. Let's make a goal to get attendance from every club in the District. These meetings are a good way to network with the other clubs in the District. We are three Regions, but this is our chance to spend time with our Lion friends from the other Regions. Remember the deadline is November 8th. After that, the price goes up.

Again, I want to compliment the club secretaries for the great reporting work and content in each months reports. I have been keeping tack and we have many of the clubs really keeping the MMR and Activity Reports and Club Of The Year reports coming in. Some are not, but still reporting to International, and I am checking those reports each month also. There are those of you not reporting at all. I wonder why, and how may I help you? Please contact me via phone or e-mail and I'd like to help and do what I can.

Take care, Happy Thanksgiving!

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/>

## Environmental Photo Contest

takes place in February for the Multiple and the final contest with LCI's at the International Convention - Toronto in July. California is one of the most diverse and beautiful places on the planet, so please have your contests and send the District winners to the MD-4 Office. You Can Win!

## GARDEN GROVE LIONS CHARTER BOLSA GRANDE HIGH LEO CLUB

Twenty-seven charter members were inducted into the Bolsa Grande High school Leo Club at an event held at the Clubhouse of the sponsoring Garden Grove Host Lions Club.



District 4-L4 Leo Clubs Chair and PDG Judy Schnitzer performed the induction of the members while current District 4-L4 Governor



Sheila Eastee installed the Leo Club Officers and Board members.

Garden Grove Host Lions Club President Randy Bryan presented Leo Club President Cindy Duong with the Leo Club Banner and Charter Meeting Gavel.





## Fantastic Foothill Region

By Foothill Region Chair  
Barbara Smith

With every passing month, I realize even more how truly fantastic the people and clubs are in the Fantastic Foothill Region. The first and second quarter meetings for Zone A, B and C have been fun and very informative. The collective ideas and wisdom gathered from the discussions have demonstrated an impressive depth of knowledge and talent. We are learning a lot from each other! Thank you to the zone chairs, to the people who have hosted the meetings and to those who attended.

Visiting some of your meetings and projects is also creating some great memories. Neither Gil nor I will ever forget laughing almost non-stop with the Atria del Rey Senior Living Community Branch members at the Upland Host Fundraising Bunco event. Nor will we forget our misfortune that we arrived for a late breakfast at the Walnut Family Festival only to find that the Walnut-Diamond Bar Lions had sold out their pancake breakfasts in record time—great for them, but sad for us. A high point for us also occurred at the Pomona Host Lions Mini-Grant presentation when the Pomona Unified School District School teachers, whose proposals had been winners, explained the creative ways they spent their Mini-Grants to enrich the instruction for their students.

Below you will read about the stars in our district...OUR CLUBS! Thanks to everyone who sent me information, making my job so much easier.

The focus club this month is Upland Host. Zone A Chair Steve Lacey weaves a fascinating true story that all of you will enjoy.

### **FOCUS CLUB: The Upland Host Lions** by Zone A Chair Steve Lacey

It is a “daunting” task to try to properly describe a club, the caliber of Upland Host, in the format of a short newsletter article, but here goes.

Two “expressions” come to mind when I think of Upland Host...the first being “90 years young and still going strong.” Now, actually they are only 89 “and change” ...but you get the point. They are one of the oldest clubs in our District, in fact, in Lionism itself. Still, they are one of the most active, involved and dedicated service groups in Upland, touching most every aspect of community life. And they have no intention of stopping now.

The other “saying” that comes to mind is that “Upland Host is the club that family built.” What do I mean by that? How about the fact that current Lions President Tina Stewart is a 4th generation member of her family to be part of the club....dating all the way back to her great grandfather, Dewey Cable.

Then there is the fact that the club has three pairs of “parent/adult child” members...a father/daughter team, a father/son and a mother/daughter. To grow their club, they have had to go no farther than the family that surrounds them.

The third aspect of the “family” quote has to do with their “branch club” at Atria Del Rey. This came about when one of the Upland Host members had parents living at Atria Del Rey. In visiting “mom and dad,” it was found that Atria was filled with active seniors who wanted to be “involved in being part of helping their community.” Today the members at Atria pack Thanksgiving baskets, USO bags and crochet plastic mats for the homeless, just to name a few of their projects.

Upland Host is indeed a “model” club for others to follow and emulate. Their main fundraiser, coming up to its 60th year, is their Steak/Fish/Corn feed that originally started with members catching and frying the fish themselves.

They are also proud of the huge amount of eyeglasses they gather and recycle and more importantly the fact that nearly 50 “in-need” students of the Upland School District each year receive free eye exams and glasses, courtesy of the club.

### **ACTIVITIES FROM AROUND THE REGION**

#### CHINO VALLEY LIONS

The Chino Valley Lions Club was struck hard with the theft of its sales concession trailer, which is used to run the club’s two biggest projects, its Pumpkin Patch and Christmas Tree Lot. Club members are actively discussing alternate projects for fundraising since both of these projects had to be cancelled. As always, they continue to be active with their two high school Leo clubs.

#### CUCAMONGA DISTRICT HOST LIONS

The Cucamonga District Host Lions are finishing preparations for their signature project—the California Lions Friends in Sight Vision Screening—to be held on November 9 from 8:00 a.m. to 4:00 p.m. at the Rancho Cucamonga Lions Center. The club has been able to collect 980 pairs of glasses this month. Another highlight of the month is the club’s reading program, spearheaded by Steve and Susan Lacey, where members are reading to students at Alta Loma Elementary. The club is contacting businesses to raise additional funds to purchase needed books for the students.

#### DIAMOND BAR BREAKFAST LIONS

The Diamond Bar Breakfast Lions had a packed house at DG Sheila’s visitation. Besides the DBB Lions, seven cabinet members and Lions from Chino Valley, Ontario-Upland, Pomona Host, and La Habra Host attended. DG Sheila inducted one new member, Rosette Clippinger, and 2VDG Ken Myers presented a Sight and Hearing Life Time Member plaque for Lion Edward Quemada. The club collected 55 pairs of eyeglasses for recycling during the month and made a donation to the new Bolsa Grande Leo Club at its charter night. The DBB Lions Club continues to be very active with its two Leo clubs. The Diamond Bar High School Leo Club has 260 new members, and the Chaparral Middle School Leo Club has 95. During October, the Leos and Lions helped with the Pomona Library 3K Walkathon, the Diamond Bar Library costume judging, the Quail Summit Carnival, the Quail Summit Haunted House, the City of Diamond Bar Haunted House and the City Fall Fun Festival.

#### ONTARIO HOST LIONS

The Ontario Host Lions has had a huge success with its formation of a branch club at San Joaquin Valley College (SJVC). To introduce Lionism to the campus, branch organizer Ontario Host Lion Debi Nichols hosted an introductory program at four break times during the students’ day. During the event, the Ontario Host Lions served refreshments and led a spirited introduction to “What It Means to Be a Lion.” Later in the month, on October 29, District

Governor Sheila Casteel inducted new members of the SJVC Branch. With the thirty new branch members and several new main club members, Ontario Host has doubled its membership in one month! Ontario Host also made a donation to the Colony team, whose players will recognize Lions with a patch on their warm-up uniforms. The club continues its partnership with the *Inland Valley Daily Bulletin* "Newspapers in Education" program. To help promote Lionism, Lions Ed Bordenkrcher and Debi Nichols are joining the Ontario Chamber of Commerce.

#### **ONTARIO-UPLAND LIONS**

The Ontario-Upland Lions Club members continue to knit hats for new babies at San Antonio Community Hospital, and they are still selling tickets for the club's November 18<sup>th</sup> Steakhouse Fundraiser. They have made donations to the two newest Leo Clubs and \$200 to the "Traffick-Free Pomona" backpack program. They have visited three other clubs and have new editors for their newsletter.

#### **POMONA HOST LIONS**

During October, the Pomona Host Lions held its Teachers Mini-Grants Presentation, continued making sleeping mats for the homeless at its monthly PlarnFest, walked in the Friends of the Library 3K Walkathon, and held its annual California ShakeOut "Drop, Cover and Hold-On" drill (making the district governor and cabinet dive under the tables along with the club members). The club again had a large contingent attending the YMCA Celebrity Luncheon. The theme this year was "Action Heroes," and since the designated waiter, Frank Guzman, just opened an Army-Navy surplus store, the club chose "GI Joe," complete with camouflage decorations and costumes. For the entertainment of all, the Pomona club members paid \$75 to challenge their own Lion member Pomona Mayor Elliott Rothman to dance the Macarena, which he good-naturedly did. The club has also been assembling flags and stands for its upcoming Flag Days and continues to provide eyeglasses to children through its Pomona Lions Vision and Hearing Center and to adults through its LensCrafters program. Ten of the club's Golden Springs Leos volunteered at the Friends of the Library 3K Walkathon.

#### **UPLAND HOST LIONS**

The Upland Host Lions Club with its Atria Del Rey Branch Club hosted a Bunco event for the Atria administrative fund. The club helped provide candy for the city's annual Halloween "Scary Affaire," is beginning a recycling project for plastic bottle and aluminum cans, donated 80 eyeglasses, and had a program on CPR presented by 2VDG Ken Myers, a recently retired LA Fire Department paramedic and CPR instructor. The Upland Host Lions sponsored the second quarter Zone A meeting, which was an Ice Cream Social at Maniac Mike's. Six club members attended the Harbor Mesa Casino Night.

#### **WALNUT-DIAMOND BAR LIONS**

The Walnut-Diamond Bar Lions held a very successful pancake breakfast at the Walnut Family Festival in October. After obtaining donations, inventorying and purchasing needed supplies, the club spent about one hundred hours on the project. They served approximately 360 guests. The club also provided glasses for a third grade student and for a parent of a student. Congratulations to President Kirby Holte and Past President Dee Chambers who recently got married...yes to each other!

#### **WESTERNU LIONS**

The WesternU Lions gave vision screenings to 80 patients at the Palomares Community Center toward the end of September and have one or two screenings scheduled for November. The members held one fundraiser in September and one in October for World Sight Day. Some of the Lions again helped local children work with clay at an event at the American Museum of Ceramic Art in Pomona.



This National Diabetes Month, the National Diabetes Education Program & Its Partners Remind People that Diabetes is a Family Affair

Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. For people living with diabetes or at risk for type 2 diabetes, family support is critical to staying healthy.

In observance of National Diabetes Month 2013, the National Diabetes Education Program (NDEP) wants people to know that *Diabetes is a Family Affair*. NDEP and its partners are working with individuals, families and communities to take action and encourage simple, but important lifestyle changes to improve their health – particularly if they have diabetes or are at risk for the disease.

Diabetes is a challenging disease that affects the entire family in many ways. For people with diabetes and their families, it's important to work together to manage diabetes and prevent serious health problems such as heart disease, stroke, blindness, kidney disease, and nerve damage that can lead to amputation. People with diabetes who have a strong family support system are better able to cope with the day-to-day challenges associated with the disease.

Whether family means loved ones at home, school, work, place of worship, or in the community, having a support system is an important part of staying healthy. The NDEP has many resources to help people work together to improve their health to prevent diabetes and its complications.

It's also important to know that having a family history of diabetes, such as a mother, father, brother or sister with type 2 diabetes, puts you at greater risk for developing type 2 diabetes. The good news is that you – and your family – can take small, but important steps to delay or prevent type 2 diabetes.

This November, the NDEP wants to remind you that diabetes is a family affair and provide you with resources that you can use with individuals, families, and communities to take action in the fight against diabetes. Visit [www.YourDiabetesInfo.org/DiabetesMonth2013](http://www.YourDiabetesInfo.org/DiabetesMonth2013) to learn more.

*The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.*

From the Desk of Immediate Past District Governor - PJ Smith  
**Wow - Wow - Wow**

Our 2013 District Governor's Fundraiser for District Governor Sheila Casteel was a huge, mega success! There were 127 Lions and guests that responded to make this event a memorable affair. I want to personally thank everyone that helped and attended. A special thank you goes to Harbor Mesa "Swat Team" for the wonderful job of tending bar, Lions Jack and Wanda Tanaka for the table decorations, center pieces, and special guests leis, Lions Andrea & Scott Busby for catering the delicious dinner, and to every Lion who helped set up, tear down tables & chairs, sell raffle & drink tickets, and assisted in welcoming and checking in Lions and guests to the event. This fundraiser will definitely soften District Governor Sheila's financial journey throughout the 2013-2014 year. Thank you Lions and guests for your attendance and generosity as well as those of you who couldn't join us but made contributions to the cause.

Yours in Lionism  
IPDG PJ Smith

**THE HARBOR MESA LIONS CLUB SCHOOL BOX PROJECT CELEBRATES IT'S 14<sup>TH</sup> YEAR BY GIVING OUT 200 BOXES TO LOCAL SCHOOLS.**

Lions and Walmart:

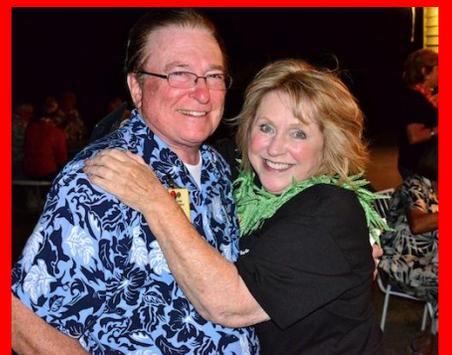
USA Eyeglass Collection



In the United States, Walmart stores with Vision Centers have LCI/Walmart co-branded eyeglass collection boxes to facilitate the ease of eyeglass donations from the public. Glasses collected at these locations are sent by Walmart to designated official Lions Eyeglass Recycling Centers.



# DISTRICT GOVERNOR SHEILA'S FUNDRAISER



# City Snippets

District City of Hope Chair, Lion Lorna Badame

For another installment of City Snippets, here is an article from City of Hope's EHope newsletter.

## ENDOCRINOLOGIST RAYNALD SAMOA ON DIABETES

City of Hope endocrinologist Raynald Samoa, M.D., has seen a lot of people struggle with their weight. His roots are in the South Pacific, a region that has eight of the ten countries with the highest prevalence of obesity in the world.



Raynald Samoa, a City of Hope endocrinologist says eating better and exercising can reduce the risk of type 2 diabetes. Now, as a physician, Dr. Samoa is committed to fighting obesity and its associated diseases, including diabetes. Here he offers insight into how certain lifestyle changes can make a dramatic difference in the lives of people with diabetes, whether young or old.

### WHAT IS AN ENDOCRINOLOGIST, AND WHO SHOULD SEE ONE?

An endocrinologist is a specialist who deals with hormonal issues and who is specifically trained to help patients with diabetes, thyroid disorders (including thyroid cancer), osteoporosis and many other hormonally based diseases.

### WHY IS THE PREVALENCE OF DIABETES RISING IN THE UNITED STATES, PARTICULARLY AMONG CHILDREN?

Type 2 diabetes prevalence is rising in the U.S., and many have associated the increase with the rise in obesity. Although the relationship between diabetes and obesity is not a direct one, they do share common causes, such as a high caloric intake and not enough exercise. As processed food has made food more accessible in the U.S., it has also made it easier to increase our caloric intake.

### WHAT CAN ONE DO TO PREVENT DIABETES?

To prevent diabetes, one must understand the different types of diabetes:

**TYPE 1** diabetes is caused by a destruction of the cells in the pancreas that secrete insulin, the main hormone that helps control blood sugar. The destruction of these insulin-producing cells are caused by one's own immune system. Although many preventive studies are being conducted, there has not been any consensus regarding the prevention of type 1 diabetes. There are some experts who propose that early feeding of cereal to infants may be a contributing factor.

**TYPE 2** diabetes is associated with weight gain. In type 2 diabetes, the body still secretes insulin but can't use it effectively. If one can still secrete enough insulin, then blood sugars can still be controlled. But when one's pancreas can't secrete enough insulin, then blood sugars start to rise. Several landmark studies show that modifying one's lifestyle via eating healthier and regular exercise is the best way to prevent type 2 diabetes. A medication called Metformin was also shown to prevent diabetes (*but not as well as lifestyle modification*) in high-risk patients.



## MYSTERY BALLS!

If you are wondering what the heck these are, it's "Plarn" – plastic bags wrapped up by the Harbor Mesa Lions and headed to the Pomona Host Lions Club to make mats for the homeless. Cudos to both clubs!

### CITY SNIPPETS (continued).....

It all starts with education. If people take simple steps like eating better and exercising, and make them a part of their routine for a lifetime, many can deter type 2 diabetes. They just need to know how. And in addition to our research, education is part of how City of Hope can help.

### HOW IS DIABETES TREATED? ARE THERE ANY NEW EMERGING THERAPIES OR TECHNIQUES?

The mainstay for treatment of type 1 diabetes is to replace insulin. This can be done through injections either with a syringe, pen or an insulin pump. Newer studies are looking at the utility of transplanting pancreatic cells into patients with diabetes as a form of treatment, and currently is being studied for patients with low blood-sugar awareness. Type 2 diabetes treatment revolves around making one more sensitive to the effects of insulin and giving more insulin to control blood sugars.

Both types of diabetes require a multidisciplinary team. Treatment plans should include dietary education and follow-up, glucometer use to check blood sugars, identification and treatment of low blood sugars, and medication assessment. With type 2 diabetes, oral medications have been used to both improve insulin resistance and/or provide more insulin to control blood sugars.

When asked why he chose this specialty, Dr. Samoa replied, "I chose this specialty because I am strongly interested in the hormonal pathways that cause these diseases. The epidemic of diabetes that is sweeping across our country motivates me to take the best of science to help patients find the best way for them to live healthier".

# Lions Float Decorating

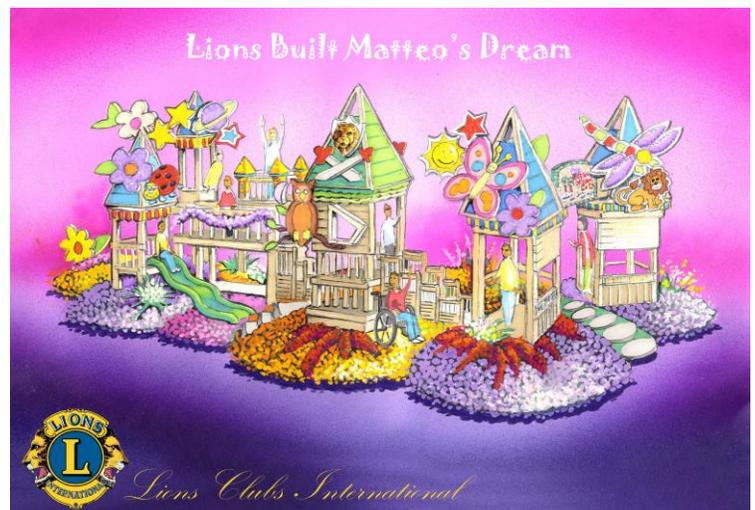
Yes, it's that time of the year again. The Lions float for the Rose Parade on January 1, 2014 needs to be decorated. Phoenix Decorating Company has designed and built the float. We will be decorating in the Rose Palace building at: 835 S. Raymond Avenue, Pasadena, California 91105.

I have been appointed by Governor Sheila Casteel to coordinate District 4-L4's decorating dates. This year's dates and times are on **Saturday, December 14th** (1:00 pm to 5:00 pm) and **Saturday, December 28th** there will be two shifts (8:00 am to 12:00 noon & 12:30 pm to 3:30 pm).

Please call or send me an e-mail message with the names of your decorators, club name and a contact phone number. All sign-ups are first come, first serve. I will also maintain a wait list too. Here are some instructions for all decorators.

1. Please do not bring radios, iPods, jewelry or purses. You need to hear instructions at all times. Bring your I.D. and money only. Fanny packs work great.
2. Wear old but warm clothing and sturdy shoes with closed toe and heel. Tie back long hair.
3. Fire lanes must be kept open at all times and the area around the float should be kept clean.
4. Please do not expect to use the office phones. Incoming calls will not be accepted for workers and no paging will be allowed from the office. Only emergency calls will be taken.
5. No one is allowed inside the building during judging. When you are asked to step outside, please do so promptly and remember to take out any personal items with you.
6. All breaks are to be taken outside.
7. Volunteers are here to work. There will be some not-so-glamorous jobs that need to be done besides decorating. It all has to be done.
8. No smoking is allowed in the buildings.
9. No more than 3 people are allowed on scaffolding at a time.
10. Do not wear flowers at any time, even after the floats have left the building.
11. Please sign-in with your coordinator when you arrive at your float and when you leave. Sign-in sheets are collected daily.
12. If you show up unannounced, you may not work on the Lions float.
13. Anyone observed working unsafely may be asked to leave.
14. Have fun!

**Jack Tanaka**  
**Lions Float Decorating Coordinator**  
jacwand@netzero.net  
(909) 861-0142



## ROSE FLOAT DONATIONS NEEDED

### CLUB BANNER PATCH

Ready to apply to your club  
banner to show your support!  
Only \$100.00.

Send checks to:

Norm MacKenzie, President, Lions Float Int.  
10333 La Vine Street, Rancho Cucamonga CA 91701

## Student Speaker Contest 2013-2014 Topic: "Community Service -- What Does It Mean and Why Does It Matter?"

### District Student Speaker Foundation

would like to say Thank-you. The used cell phones and ink cartridges that were mailed in to the Refund Factory provided out District with \$45.90. These donations help with our goal of the \$4,500 to the Foundation.

District 4 L4 Clubs and Lions when deciding who to make donations to please consider the Student Speaker Foundation. Fellowship awards range in price from \$200 - \$500 and a \$100 for a Supporter Patch.

Thank-you  
Lion Carol Linehan  
District 4 L4 2013-2014  
Student Speaker Trustee

# Lions in Action "Knights of the Blind" Project



4<sup>th</sup> Saturday Lions in Action tackled this property on Saturday, October 26, which has been blighted with over grown landscaping for some time.



A call went out to the community to partner with the lions and the result was an entire La Habra Little League Fall Baseball Team; The Rhode Dogs and 8 adults including coaches and team mom responded and showed up to help, plus neighbors came over to learn about what the Lions were doing in their neighborhood and bring refreshments. Shown, the volunteers are getting direction from Chairman Lion Randy McMillan



The backyard bank, about 80' high by 120' wide was overgrown with weeds and pine needle debris. The bank was cleared and over grown grass and plant beds were cured too.



Volunteers cleaned the front yard flower beds, trimmed bushes and trees, mowed the grass and added bark into the planters afterwards for a finishing touch



Lions, Leos and volunteers worked from 8am-Noon. Displayed is just 1/2 of the 100 trash bags that were filled up. Neighbors also rolled over their green waste cans to help gather trash.



Lions Alyce and Jessie with the amazing Leo's. There were 15 Leo's on site to help all day. All the windows in the house were cleaned as well.



At the end of the project Mr. Varney ventured out to thank everyone and was so grateful for the help. He has been disabled for two years due to a Brain Aneurism which caused blindness. Chairman Lion Randy McMillan thanks the club and volunteers for being honorary "Knights of the Blind" for the day.



La Habra Host Lions Club members, Leo's and volunteers that helped out. Great job everyone!

*Photo credit: Randy and Jeri McMillan*



## HEARING & SPEECH ACTION NEWS

## TINNITUS, WHAT'S THAT? GLAD YOU ASKED!

Tinnitus is a ringing or swishing that seems to originate in the ear or head and can arise in any of four sections of the ear: the outer ear, the middle ear, the inner ear and the brain. At least 50 million individuals in the US suffer from tinnitus; nearly one-third of them seek medical attention.

### Common causes:

- Age: around the age of 60, hearing tends to worsen, tinnitus becomes more common.
- Loud noise exposure: firearms; loud music, especially from head-phones; chain saws and other machinery.
- Unhealthy habits: Alcohol, cigarettes, certain foods, caffeinated beverages.
- Common ailments: anemia, allergies, high blood pressure, cardiovascular disease, circulatory problems.

### Treatment of tinnitus:

- No specific treatment for many cases. Use of niacin has shown no help and may cause skin flushing.
- Studies of gabapentin in high doses did not decrease the volume and was no better than placebos.
- A 2005 study in Brazil using acamprosate showed a nearly 87% rate of relief of symptoms; studies are ongoing in the United States.

For further information see [www.hearingconservation.org](http://www.hearingconservation.org)

Keith Campbell, Chairman, 4-L4 Hearing & Speech Action  
Kcampbell5@socal.rr.com



# LIONS CLUBS INTERNATIONAL 95TH ANNUAL MD-4 CONVENTION

DOUBLETREE by Hilton • Ontario, CA • February 14-16, 2014

Use one form for EACH Registrant • Please PRINT or TYPE • No Telephone Registrations Accepted

CLUB NAME \_\_\_\_\_ DISTRICT \_\_\_\_\_  
 CURRENT OFFICE IN CLUB / DISTRICT / INTERNATIONAL \_\_\_\_\_  
 NAME \_\_\_\_\_ NAME ON BADGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 PHONE (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ EMAIL \_\_\_\_\_

### 1 – Choose Your Package

#### Special Package Pricing

Full Registration, Friday Leadership Luncheon, Friday Dinner, Saturday International Dignitary Luncheon, Saturday Banquet, Sunday Breakfast plus all Entertainment, and one Convention Pin.

Postmarked Before 12/31/13	Postmarked After 12/31/13
<input type="checkbox"/> \$ 250.00	<input type="checkbox"/> \$ 320.00

#### À la Carte

Registration (required for ALL attendees, included in special package) . . . . .	\$ 65.00	<input type="checkbox"/>	\$ 75.00	<input type="checkbox"/>
Convention Pin . . . . .	\$ 5.00	<input type="checkbox"/>	\$ 5.00	<input type="checkbox"/>
Friday Leadership Luncheon . . . . .	\$ 31.00	<input type="checkbox"/>	\$ 50.00	<input type="checkbox"/>
Friday Dinner . . . . .	\$ 45.00	<input type="checkbox"/>	\$ 55.00	<input type="checkbox"/>
Saturday International Dignitary Luncheon . . . . .	\$ 40.00	<input type="checkbox"/>	\$ 50.00	<input type="checkbox"/>
Saturday Banquet . . . . .	\$ 45.00	<input type="checkbox"/>	\$ 55.00	<input type="checkbox"/>
Sunday Breakfast with Special Speaker . . . . .	\$ 28.00	<input type="checkbox"/>	\$ 38.00	<input type="checkbox"/>

#### TOTAL ENCLOSED

### 2 – Choose Your Meals

Friday Luncheon . . . . . Flat Iron Steak Salad	<input type="checkbox"/>	Grilled Vegetable Salad	<input type="checkbox"/>
Friday Dinner . . . . . Citrus Chicken	<input type="checkbox"/>	Mushroom Ravioli	<input type="checkbox"/>
Saturday International Dignitary Luncheon . . . . . Tagliatelle Pasta with Chicken	<input type="checkbox"/>	Tagliatelle Pasta	<input type="checkbox"/>
Saturday Governors' Banquet . . . . . Flat Iron Steak	<input type="checkbox"/>	Cajun Salmon	<input type="checkbox"/>
	<input type="checkbox"/>	Eggplant Rolotini	<input type="checkbox"/>

Special Dietary Needs Request \_\_\_\_\_

### 3 – Choose Your Payment

By CHECK — Make check payable to MD-4 Convention 2014

By Credit Card We accept VISA, MASTERCARD, and DISCOVER

Card Number

Expiration Month \_\_\_\_\_ Year \_\_\_\_\_ Security Code on Back \_\_\_\_\_

Authorized Signature \_\_\_\_\_

### 4 – Mail Registration Form and Check (if enclosed) to:

Ruthanne Christianson (909) 754-0004  
 22421 Barton Road #403 Registration Refund Deadline: Friday Jan. 10, 2014  
 Grand Terrace, CA 92313 lions2014md4@gmail.com

### 5 – Make Hotel Reservations

DoubleTree by Hilton Hotel  
 Ontario Airport  
 222 N Vineyard Ave  
 Ontario, CA 91764-4431

(909) 937-0900 • Group Code: LNS  
 www.OntarioAirport.DoubleTree.com  
 Reservation Deadline: Friday Jan. 10, 2014

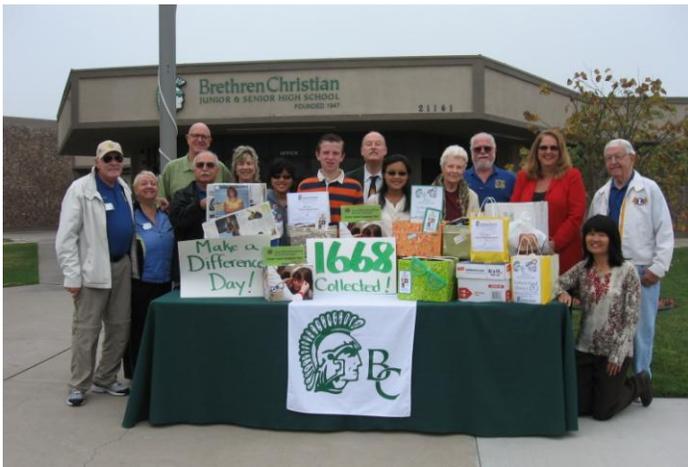


**Registrations are NOT Confirmed Until Payment Has Been Cleared by the Bank  
 Any Payment Not Honored Will Be Charged \$25.00**

# MAKE A DIFFERENCE DAY

Huntington Beach Host Lions and Brethren Christian Junior and Senior High School of Huntington Beach celebrated Make A Difference Day on October 26 under the chairmanship of Lion John Doogan.

The school collected a total of 1668 pairs of glasses. Fourteen year old twins Amanda & Carina Lee collected 337 of the overall total and Sam Karin center a 12 year old came in third with 73 pairs of glasses collected. This provided the student body to participate in "Make a Difference Day". The glasses will be shipped to Thailand for distribution to the Orphanage. Lions Dewey & Carol Linehan, Hank Lopez, John Doogan, Lou Stewart, Steve Christy and Keith Campbell pictured with the Students, their parents and the Director of the school at the presentation.



## Blind Children's Learning Center

### Fall Golf Classic 2013

It's FORE the kids!

Monday, November 4, 2013

11 AM Shotgun Start

El Niguel Country Club

23700 Club House Drive

Laguna Niguel, CA 92677



#### About the Tournament

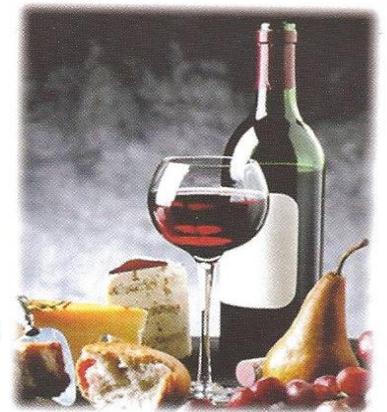
- Foursome \$1,100
- Individual \$300
- 18 Holes of Scramble Golf
- Complimentary Warm-Up on Driving Range
- Tee Package for Each Golfer
- Blindfold Putting Contest
- On-Course Lunch

**Post Tournament Special Event:  
"Tasting in the Dark"  
Spanish Wine and Cheese Tasting**

Includes:  
Silent Auction,  
Dinner and  
Awards  
Ceremony

\*Price: \$60

\*Included in  
Golf Registration  
Fee



## COME CELEBRATE!

HUNTINGTON BEACH HOST LIONS CLUB

## IS TURNING

# 75!

November 24<sup>th</sup>  
Save the Date

# AMERICAN FAMILY HOUSING

*"To help the poor, the homeless and low income families by offering housing and supportive services to build a stable home environment in which they may support themselves and their family."*

## THANKSGIVING PROGRAM



Donate a turkey, sponsor a dinner entrée, help cook the meal or volunteer to be a server. This will all help make the annual Thanksgiving dinner at the Westminster Senior Center where AFH feeds around 500 people a success. Join PDG Ellen in the kitchen where all the magic happens! Contact her if you can help. (714) 458-3077 [meliebherr@verizon.net](mailto:meliebherr@verizon.net)

### SPONSORSHIPS

\$50	Salad	\$100	Potatoes
\$50	Rolls & Bread	\$200	Fruit
\$50	Gravy	\$200	Vegetables
\$100	Disposables	\$300	Dessert

Make checks payable to American Family Housing and mail to 15161 Jackson Street, Midway City, CA 92655

## CHRISTMAS PROGRAM



Get wish lists at Target. Just ask for the American Family Housing registry. Make Christmas special for those who have so little. For more information contact Courtney at [clutkus@afhusa.org](mailto:clutkus@afhusa.org) or (714) 897-3221 X 107

Items always needed:

Canned Food	Diapers	Alarm Clocks
Household Goods	Baby Clothes	Blankets *
Appliances	Baby Lotion	Kitchen Towels
Toilette Paper	Baby Shampoo	Radios
Paper Towels	Strollers	Twin Bed Sheets *
Cleaning Supplies	Car Seats	Towels
Garbage Bags	Formula	Dishes
Shampoo/Conditioner	Baby Blankets*	Clothing
Soap	Baby Wipes	Shoes

\* new only please

**"FROM HOMELESS TO HOPE TO HOME"**



## 6<sup>th</sup> Annual Ensenada Visitation Cruise Carnival Inspiration



**Join District Governor Sheila, Lions & friends  
for the Ensenada Cruise.**

March 14 - 17<sup>th</sup>, 2014

Sunday is a Cruise Day with Games

Saturday March 15<sup>th</sup> District 4-L4 will join the Ensenada Lions At their Club House for Lunch. This is the 56<sup>th</sup> International Visitation between District 4-L4 & the Ensenada Lions. PDG Barbara Hayward is organizing the luncheon.

Princess categories are as follows: (this price includes taxes, port fee & pre-paid tips)

- Category 6E \$471.12 P.P. Upper Deck Middle Porthole (8 cabins)
- Category 6D \$461.12 PP Main deck forward of Aft Porthole (4 cabins)
- Category 6C \$441.12 PP forward of aft Main or Riviera Deck Porthole (4 cabins)
- Category 4D \$406.12 PP Upper Deck Inside Middle (3 cabins)
- Category 4C \$395.12 PP Lower deck forward or aft inside (3 cabins)
- Category 4B \$391.12 PP lower deck: Inside forward of aft (3 Cabin)
- Call for pricing of Mini Suite no balconies on this ship

\$100 deposit per person is due now.

The remaining inventory will be pulled on November 12<sup>th</sup>

You can still make reservations after that date at the prevailing rate.

Final payment is due January 3, 2014

Please call 714-846-2478 or email Lion Carol Linehan [CADL8029@yahoo.com](mailto:CADL8029@yahoo.com) for questions and reservations.

***Vamonos a Ensenada!***

## Lions Clubs International Century of Service Commemorative Coin Act signed into law!

In recognition of our 100th Anniversary in 2017, LCI led efforts to have 400,000 silver dollar commemorative coins minted by the U.S. Treasury. Sales of the coins will raise millions to support our global mission areas for the visually impaired, disabled, youth and those affected by disaster. Lions from all over the globe are exploring similar commemorative campaigns locally.

Through the hard work and grassroots advocacy of many Lions, the "Lions Clubs International Century of Service Commemorative Coin Act," S. 1299/H.R. 2139 achieved 295 sponsors and co-sponsors in the U.S. House of Representatives and 70 sponsors and co-sponsors in the U.S. Senate before its passage by Congress. President Barack Obama signed the Lions Clubs International Century of Service Commemorative Coin Act into law on October 5, 2012.

Once available, LCI Commemorative Coins can be purchased through the United States Mint in 2017. The U.S. Mint will begin working with LCI in 2015 on the design of the coin, and in 2016 the U.S. Mint will begin making plans for marketing the 2017 coin. As details such as the design and the date of sale become available, LCI will post to this page. Any inquiries about the LCI Century of Service Commemorative Coin can be sent to LCI government relations.

Commemorative coins are always in great demand among collectors. You can add your name to the coin waiting list, and you will be notified in advance of the sale.

## POMONA HOST GREETs DG SHEILA WITH AN "EARTHQUAKE"

By Barbara E. Smith, Foothill Region Chair

"EARTHQUAKE! EARTHQUAKE! DROP! COVER! HOLD ON!!" 32 people at the Pomona Host Lions Club on Thursday, October 17 meeting dived under the tables or down by the nearest wall. What a way to greet the district governor on her official visit!



Sheila's visit was the same date as the Great California ShakeOut, and since the club has participated in the ShakeOut every year since its inception in 2008, this year was to be no different..... official Governor's

visit or not. Sheila took it all in good humor as can be seen in the accompanying under-table photo.

Club and District Disaster Preparedness Chair Steve Storbakken led the "Drop, Cover and Hold On" drill and taught members the safest action to take in a major earthquake.



Pomona Host Lion Steve is especially well versed in the California ShakeOut. In fact, he was a member of the original team, which designed and began the ShakeOut. What began as a germinal concept of how to reduce death and destruction in the "Big One" has grown to become a worldwide phenomenon. 9.6 million Californians and 18.8 million people around the globe took part in the event on the 17<sup>th</sup>. Counting ShakeOut drills held on different dates, almost 25 million people have participated in 2013.



District 4-L4 can be proud that one of our own, Lion Steve Storbakken, was a part of creating this ShakeOut program, which will save lives around the world!



The Brea Lions welcome new Cubs Ann Sutton Herbert & Scott Hupp. Lion Cubbie Ann is sponsored by her proud Dad, Brea Lions President Lyle Sutton, whereas Lion Cubbie Scott is sponsored by our Lion Councilman Marty Simonoff.

## District 4-L4 Presents

### Melvin Jones Awards Dinner

Date Saturday - January 11, 2014  
Place Astor Classics Museum & Event Center  
1563 S. State College Boulevard  
Anaheim, CA 92806  
Time 6:00 PM Check In and Social  
7:00 PM Dinner and Program  
Cost \$55 per person  
Catered by: Richard Jones Pit BBQ  
RSVP IPDG PJ Smith PH: (714) 996-2950  
E-mail: eaglehills2@roadrunner.com  
Make checks payable to PJ Smith and mail to:  
166 N. Starflower Brea CA 92821  
Deadline: Monday, December 30, 2013



*Attire: Gangster Molly / Black Tie Optional*

*Out of the Past Comes Our Memories  
and Into the Future goes our Dreams*



**YOUR DISTRICT LEADERS REPRESENTED US WELL AT  
THE HALLOWEEN COUNCIL OF GOVERNOR'S MEETING!**

# 2013 Annual Lions Leadership Forum

Invest Your Day With The Leaders of Lionism !

Saturday, November 2, 2013 8:00 AM - 5:00 PM

Name: \_\_\_\_\_ Badge Name: \_\_\_\_\_ Office Held: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_ Club \_\_\_\_\_ District: \_\_\_\_\_

Events (Must be registered to attend)	Received by 10/15/13	After 10/15/13
Forum Only - All Lions and Friends	\$70	\$90
Optional - A La Carte Registration (Circle Items below)		
Friday, November 1 - Welcome Dinner	\$30	\$30
Saturday, November 2 - Farewell Dinner	\$40	\$40
Friday, November 1 - Holiday Inn Burbank	\$100	\$100
Saturday, November 2 - Holiday Inn Burbank	\$100	\$100
OPTIONAL - Full Package (INCLUDES 2 nights at Holiday Inn Burbank, Friday dinner, Saturday dinner)	\$340	\$360

Woodbury University  
7500 N Glenoaks Blvd  
Burbank, CA 91504

Print this form with check payable to "Lions Leadership Forum" and mail to:

Gary C. Wong, Forum Chair  
14 Glen Alpine Road  
Piedmont, CA 94611

Questions? Go to [www.lionsleadershipforum.org](http://www.lionsleadershipforum.org) or e-mail [garycwong@aol.com](mailto:garycwong@aol.com)



# Lions Leadership Forum



All Workshops  
and  
Breakfast & Lunch  
Included in \$70.00 Price  
[www.lionsleadershipforum.org](http://www.lionsleadershipforum.org)  
Questions?  
Email PDG Gary C. Wong at  
[garycwong@aol.com](mailto:garycwong@aol.com)  
(510) 219-9384

#### Lions Leadership Forum Faculty

PDG Paul Baker  
PDG Carl Burson  
PID Bill Crawford  
PCC Elizabeth Crooke  
ID Larry Dicus  
PDG Howard Hudson  
PCS John Kelly  
PDG Chris Ohrmund  
Lion Linda Pugliese  
PDG Jeff Roundy  
PDG Gary C. Wong

## Woodbury University In Burbank

### Keynote Presenter

Past International President  
Sid Scruggs

#### Lions Leadership Forum Topics

Reaching Tomorrow's Lions  
Through Today's Campus Clubs

Does our Community Know Our  
Lions Club By Our Service  
Project?

Why is Effective Leadership  
Critical in Growing Your Lions  
Club

Making A Good Lions Club  
Experience Even Better

Membership - An Intentional  
Mission. Not an Accident Waiting

Starting New Clubs Is The Real  
Answer To Membership Growth

Facebook, Twitter, LinkedIn -  
Oh My! - Can Social Media Help  
Our Clubs?

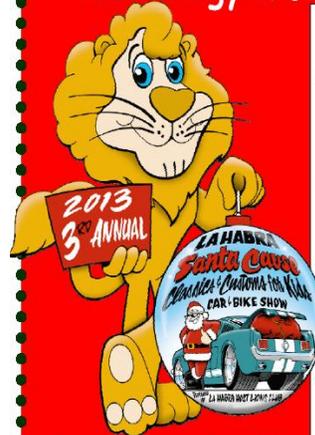
Do You Hate Speaking In Front  
Of People?

They Will Know Us By Our Lions  
Website; Blogging Anyone?

The Making of the Next  
Generation of Lions

Saturday - November 2, 2013 8:00 am - 5:00 pm  
Woodbury University 7500 N Glenoaks Blvd., Burbank, CA 91504

## Technology & Jammies Drive for Kids



La Habra Host Lions Club 2013 **Santa Cause** invites you to partner up for a **21st Century DRIVE for TECHNOLOGY**. All proceeds resulting from participants, sponsors, vendors, contests and other sales will be converted into iPad devices to be donated to La Habra City Schools to benefit students of grades 3-5. The gift of education is priceless and will give students access to technology that will help them meet common core standards by 2015. Pajamas will be donated to children taken to social service agencies to give them comfort and something that is just for them.

Support as a spectator (free admission) or as a car or motorcycle exhibitor participant \$20 plus a PJ or undergarment donation

Thank you for choosing to support kids and make their futures brighter during the season of giving.

- More details about the 2013 cause
- and downloadable registration flier

Available for your information on [LaHabraLions.com](http://LaHabraLions.com)

call or text Lion Liz @ 562- 665-5515

Sunday, December 8th

Location: CVS Distribution Center  
777 S. Harbor Blvd @ Lambert Rd. La Habra



Special Appearances by:



celebrity guests



Roll in 9am Show 10am Santa @ Noon Awards 1:30pm

Live Entertainment, Hot Boats Cackle Fest, Antique Engine Display, Novelty Cars, 50/50 & Opportunity Drawings, Lions Club Famous BBQ Lunch, 30 Best of Category Unique Hand Forged Awards, Back by Popular Demand- Santa Piggy, Get Your Holiday Shopping in at Santa's Market Place , Artist Demos & lots of fun. Bring the Kids! Kids Treasure Hunt, Uncle Jax Party Trax, Spectators Welcome -Free Admission





By Larry Williams, Co-Chairman 4L4 Eyeglass Collection Project

The California Lions Friends in Sight's vision screening trailers filled with examination equipment and 15,500 pairs of recycled eyeglasses covered a lot of miles doing eight vision screenings during the first quarter of the Lion year. They traveled from the mountains of Big Bear to the Coachella Valley desert town of Thermal and to Tecate in northern Mexico.

During this past 3 months CLFIS served the vision needs of 2,514 individuals with 2,316 of them leaving the vision screenings with recycled eyeglasses. This is a 29% increase in individuals seen and 31.5% increase in the number of recycled eyeglasses given out over the first three months of last year.

There were 180 individuals identified 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. CLFIS has also had a 32% increase in the number of Lion and non-Lion volunteers helping to man these vision screenings.

To see photos of these vision screenings go to the CLFIS facebook pages at: [facebook.com/CLFISweserve](https://www.facebook.com/CLFISweserve). For more details on participating in the vision screenings and/or seeing the upcoming schedule, go to their website [www.californialionsfriendsinsight.org](http://www.californialionsfriendsinsight.org). Consider volunteering to assist during the screenings.

California Lions Friends in Sight is a 501 (C) (3) non-profit charitable all volunteer organization supported by funding from Lions Organizations, individuals and grants. When your club or organization is setting budgets or looking for where their charitable dollars can best be spent consider California Lions Friends in Sight.

A big thank you again goes out to all the Lions Organizations and individuals who have continued their financial and volunteer support of California Lions Friends in Sight.



The Cucamonga District Host Lions Club is sponsoring a



<b>FREE VISION SCREENING</b> And <b>FREE RECYCLED EYE GLASSES</b>	<b>EXAMEN DE LOS OJOS GRATIS</b> Con <b>LENTES DE AUMENTO GRATIS</b>
---	--

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



<b>SHARE THIS WITH ANYONE YOU KNOW WHO CAN BENEFIT</b>	
<b>FIRST COME FIRST SERVE</b> <b>COME EARLY</b>	<b>NO SE REQUIERE CITA</b> <b>LLEGAR TEMPARNO</b>
<b>WHEN</b> SATURDAY – NOVEMBER 9, 2013 8:00 A.M. – 3:00 P.M.	<b>CUANDO</b> SABADO- 9 NOVEMBRE, 2013 8:00 A.M. – 3:00 P.M.
<b>WHERE / DONDE</b> LIONS CENTER EAST 9191 BASELINE RD RANCHO CUCAMONGA	
<b>WHO QUALIFIES</b> ALL AGES WELCOME!	<b>QUIEN CALIFICA</b> PARA TODAS LAS EDADES
<b>FREE Glucose SCREENING (Diabetes Awareness) available at this event!</b> Lions Ken Meyers and Scotty Barclay will administer procedure for first 200 participants.	

**IMPORTANT**  
Screening may close early, subject to attendance  
**We will be collecting any eyeglasses you are no longer using!**

For more information,  
Call **NORM MACKENZIE AT 760-802-6018 OR ANDY MEGAW 909-945-5888**  
email: [info@cucamongadistricthostlions.org](mailto:info@cucamongadistricthostlions.org)  
[www.cdhlions.org](http://www.cdhlions.org)

This vision screening is not meant to replace a comprehensive eye examination and refraction that you obtain through your eye doctors office. The vision screening is designed to assess for ocular health concerns and provide a useable pair of recycled eyeglasses until you can obtain the professional services and ophthalmic materials on your own.

\*This is not a school district-sponsored activity and this material was not prepared at district expense\*

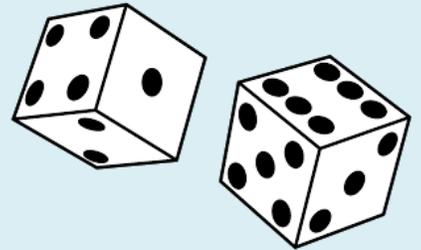
### UPCOMING CLFIS EYE SCREENINGS

- |               |                         |
|---------------|-------------------------|
| <b>NOV 9</b>  | <b>RANCHO CUCAMONGA</b> |
| <b>NOV 16</b> | <b>BARSTOW</b>          |
| <b>NOV 23</b> | <b>IMPERIAL</b>         |
| <b>DEC 7</b>  | <b>APPLE VALLEY</b>     |
| <b>DEC 28</b> | <b>PALM SPRINGS</b>     |
| <b>JAN 4</b>  | <b>BLYTHE</b>           |
| <b>JAN 8</b>  | <b>GRAND TERRACE</b>    |
| <b>JAN 25</b> | <b>TIJUANA</b>          |
| <b>FEB 8</b>  | <b>SANTA PAULA</b>      |
| <b>FEB 22</b> | <b>RIVERSIDE</b>        |
| <b>MAR 1</b>  | <b>CHULA VISTA</b>      |

**50/50 PRIZE**  
1st Prize 25%  
2nd Prize 15%  
3rd Prize 10%

**MORE INFORMATION**  
**COMING TO ALL CLUBS.**  
**OR CONTACT**  
**PDG MATT**  
**HUNYADI**  
**(714) 970-8206**  
**[matt.hunyadi@yahoo.com](mailto:matt.hunyadi@yahoo.com)**

# HARBOR MESA CASINO NIGHT CASHES IN



# DISTRICT 4-L4 CALENDAR

## 2013

November 9	California Lions Friends in Sight vision screening, Cucamonga
November 16	Cabinet Meeting
November 18	Ontario Upland Outback Steakhouse Fundraiser
November 24	Huntington Beach Host Lions 75 <sup>th</sup> Anniversary Party
December 6	Seal Beach Holiday Parade
December 8	La Habra Santa Cause Classic Car & Bike Show
December 14	District 4-L4 Float Decorating
December 28	District 4-L4 Float Decorating

## 2014

January 11	Melvin Jones Dinner
January 18	Seal Beach Lions 75 <sup>th</sup> Anniversary Party
February 14-16	California Leos Leadership Symposium Ontario
February 14-16	MD-4 Convention Ontario
March 8	Ontario Upland Bunco
March 8	Cucamonga District Host Sip for Sight Wine Tasting
March 14-17	Ensenada Visitation
May 10	Ontario Upland Tea
April 5	Orphanages of Thailand Fundraiser

## **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