



4-L4 FORUM

THE OFFICIAL PUBLICATION OF
CALIFORNIA LIONS
DISTRICT 4-L4

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Lions, Leos, and Friends,

As I write, we have officially completed the first quarter of the Lions Year. Time really does fly when you are having fun! The month of September has been a busy one. It started with a visit to Lions Camp at Terisita Pines in the morning and then an Angels Baseball Game, *which was organized by Mike Schaefer and Steve Christy*, in the evening. In between the many club visits, I attended the USA/Canada Forum in Overland Park Kansas, participated in the Fullerton Host Putting Tournament, welcomed a new Leo Club into our district, and attended three Region Meetings.

Each event brought with it the opportunity to appreciate all that this Lions District offers. As I have frequently said, ours is an extremely generous district. Numerous Lions Clubs in our district were recognized as supporters of Lions Camp at Terisita Pines. Later that same day, I was filled with pride to see the Lions of District 4-L4 welcomed in bright lights at Angels Stadium. At least for a time, baseball fans knew that Lions are alive and well in their midst.

At the USA/Canada Forum I took several opportunities to share how we do things in "*my district*". Back at home the clubs have shared their dreams with me. I am so proud to be associated with all of you! The Region Meetings were all just amazing. The programs demonstrated that Saddleback Region "loves a parade", Orange promotes involvement with Chambers of Commerce, and Foothill is enthusiastic about membership growth.

The number of Leos and Leo Clubs continues to grow at breakneck speed. At the rate we are going, Leos will outnumber Lions in short order. And that is just fine with me! As IP Barry Palmer says, "Leos are not our future, they are our **present!**"

Somewhere along the way, I decide to join the Fullerton Host Putting Tournament. What a fun afternoon that was! Between that and Region Chair Steve Christy's talk of a possible golf game after the November District Meeting, there may be hope yet for me to learn to play golf ... any takers for the teaching job?

I am truly overwhelmed by the support and hospitality that has been extended to me. Thank you to all of you who are part of our MIGHTY DISTRICT!

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

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GOVERNOR'S VISITATION SCHEDULE

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
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

Support Your District Governor

Fundraiser

The Jack Luellen

Memorial Governor's Fundraiser



To Benefit
District Governor
Sheila Casteel



Saturday, October 5, 2013

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

Dancing & Fun 7-10 PM
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 Zinfandel
And Premium Spirits
(Sorry - No 2 Buck Chuck)

For Additional Information

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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



1ST Vice District Governor Gil Smith

We have a Plan to help any club increase its membership. All you have to do is “Just Ask.”

In her club visitations, DG Sheila has asked each club, “What are your dreams?” The most often given answer is “More members”... “more members to help provide more hands-on service to the community.”

To help meet these dreams, the District has developed a program to help clubs create a comprehensive, long term membership recruitment and activation plan. The process utilizes LCI best proven practices that have successfully worked throughout the United States and the world.

The club’s development of its membership plan will be facilitated by District 4-L4 team leaders. The lead facilitator will be a trained Certified Guiding Lion and/or Club Excellence Process facilitator.

The process of developing a membership plan will include the following:

- Club board appoints the membership committee composed of 4-7 members who represent most constituencies in the club.
- Membership committee members thoroughly acquaint themselves with the LCI publication “Just Ask” prior to its first meeting with the facilitators. “Just Ask” is a recent LCI publication that brings together many best practices for recruiting and activating new members.
- The membership committee will develop a comprehensive written membership plan for approval by the club board of directors.
- The process will take 3-4 membership committee meetings over a two-month period.
- The membership plan should be a dynamic document to be reviewed and revised annually by the club, as needed.

The club selects the lead facilitator it wishes from the list of trained district facilitators. Currently, the lead facilitators are: DG Sheila Casteel, PDG Jon Casteel, 1VDG Gil Smith, Foothill RC Barbara Smith, 2VDG Ken Myers, PDG & GMT Coordinator Norm MacKenzie, PDG PJ Smith, Public Relations Chair Carol Van Holt and PZC Carol Proctor. The second and third facilitator team members are the club’s zone and region chairpersons.

There are about five clubs who have expressed a definite interest in developing a comprehensive membership plan. Every club in the District is encouraged to take advantage of this opportunity to grow and better serve your local community.

Please contact 1VDG Gil Smith with any questions and to start your club on the path to develop a comprehensive membership plan.



2ND Vice District Governor Ken Myers

In this forum we will talk about Leadership and Diet and Exercises for Diabetes.

At the US/Canada forum I heard two phases that stuck in my mind. The first one is “think outside of yourself”. When we serve it is not what we want but what we need to do to serve others. When an article is written about a given project and photos are taken, the photos should be of those we serve and not of the Lions who are working.

The second one is the question is not “what we do as Lions” but “Why we do what we do as Lions”. When answering a question are writing a article about a given project somewhere we need to state why we are doing the project and not just the funds are going for ____ .

In one of the course at the forum titled “How to be a leading lion” We reviewed several characteristics that are necessary for the leader to be successful in inspiring people to achieve at a level not reached before and to make people believe that the designated goals can be accomplished. In the next article we will talk about Confidence, Compassion, Decisive, Opened Mind, Visionary, Caring, Mentor, 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.

The phases most diabetics do not want to hear are DIET & EXERCISES (I know because I am a Diabetic). What we eat does make a big difference. When comes to eating we need to have lots of fruit and vegetables. The use of non starchy vegetables such as spinach, carrots, broccoli and green beans are advised by several dieticians. Also the use of whole wheat grains like brown rice, and whole wheat spaghetti (truth is after my 4th glass of wine it tasted ok). Other foods that are good for us are kidney, pinto & lentils beans. Fish is also recommended to have at least 2 to 3 times a week. When it comes eating meats, lean meats such as sirloin and pork loin are advised. The use of non- dairy cheese and drinking lots of water is what we should be doing. Physical activity can lower your blood glucose, blood pressure and cholesterol, also reduces your risk of heart diseases, stroke and stress. Regular activity helps insulin work well, improves blood circulation and keeps joints flexible.

Types of exercise we need to be doing are aerobic, strength and flexibility. Aerobic exercise increases heart rate, works your muscles and raises the breathing rate. Walking swimming and riding a bike are easy aerobic exercises. Strength training helps build bones and muscles. Muscle use burns calories. Flexibility exercise is gentle stretching for 5 to 10 minutes helps keeps your joints flexible and reduces your chances or injury during other activities.



CABINET SECRETARY

JOAN PARKS

I am so pleased to say we have had some of the best Region Meeting I can remember in a long time. Thank you and congratulations to Region Chairmen, Steve, Roy and Barbara. They really worked hard to make these meetings interesting and energetic. There was an average of 55 attending each of the meetings. That is great! And, almost every club was represented. NICE! The Zone Chairmen did such a great job selling lots of raffle tickets and collecting Tail Twisting \$\$\$. They were a huge help all the way around. I want to thank the presidents and secretaries that got the reservations in on time. You guys are getting it. I know I can be a stickler, but it helps the Region Chairmen so much for their planning when they have a good idea of the number attending.

Our next District Meeting will be on Saturday, November 16th in the Saddleback Region. Chairmen Steve Christy has already set up the place and time. It will be at the David L. Baker Golf Course in Fountain Valley at 8AM for a breakfast meeting. Yes, 8AM! The flyer will go out soon, and maybe even in this Forum. Save the date, put it on your calendar and make sure your club knows about it well in advance. Please be aware of the deadline and please comply with it. Late fines will apply again for this District Meeting.

We have about 15 clubs that are sending in reports consistently and several more reporting to International, but there are some of the club secretaries that are not doing either. Please, I or your Zone Chairmen will be glad to help you. We just need you to communicate with us. We are here to help you. Happy Fall. Happy Halloween.

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



CABINET TREASURER

CAROL LINEHAN

District 4 L4 Lions Clubs, the MD4 Office has mailed out Invoices to each Lions Club in our District. It was sent to the Email or personal home address of your clubs Treasure. These dues are a combination of dues for MD4 and 4 L4. Please pay upon receipt of the bill the dues for your members. The District and MD4 relies on each club paying their dues on time to run the District and Multiple District. Each Lions club is billed twice a year. In November I will start calling clubs who have not paid their dues, so please pay so I don't have to call and ask "Show Me the Money". Any questions about your Clubs dues please don't hesitate to call or email me.

“Community Service – What Does it Mean and Why Does it Matter?”

The topic of the 77 Student Speaker Contest sounds very thought provoking and interesting. We will have to see which direction the students will go in preparing their speeches. Eighteen Clubs in our 4 L4 District have ordered their packets, which will be mailed out sometime in October.

So if your Lions Club is considering participating in the Student Speaker Contest you must have your Club Secretary or Club Student Speaker Chairperson order your packet. .

It is easy to do go to: MD4Lions.org in the middle of the page left under the picture of ID Larry Dicus is a link.

After the October 1st deadline all request received by MD4 Office will still be processed with a \$15 charge for postage.

Any questions please call 714-846-2478 or email Lion Carol Linehan CADL8029@yahoo.com

In concurrence with Lion Marilyne Sherwood 4 L4 Student Speaker Chairperson

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/>**

7 Lions from 4-L4 Attend USA-Canada Leadership Forum

by Barbara Smith, Foothill Region Chair



International President Barry Palmer presents a Dream Achiever Award to our District Governor Sheila Casteel.



2VDG Ken Myers, Foothill Region Chair Barbara Smith and 1VDG Gil Smith stand in front of the displayed flags.



The camera catches Sheila with her fellow governors as she turns to see why Gil is calling her name.



International President Barry Palmer motivates the Lions at the Forum.



2VDG Ken is whisked from the table during the Puerto Rica Forum promotion.



Multi-talented, blind Patrick Henry Hughes autographs his book.

District Governor Sheila Casteel, Past District Governor Jon Casteel, First Vice District Governor Gil Smith, Second Vice District Governor Ken Myers, Foothill Region Chair Barbara Smith, Pomona Host President Dr. Richard Sugerman, and Pomona Host Secretary Beverly Sugerman attended the USA-Canada Lions Leadership Forum in Overland Park, Kansas from September 19-21.

According to the Forum Registrar, just over 2,000 Lions attended from throughout the United States, its territories and Canada. Interestingly, reflecting an international trend, very few Lions wore the yellow vests. Most wore Lions blazers or Lions shirts.

The theme of the Forum was taken from the *The Wizard of Oz*. Kansas Lions actors dressed as Oz characters, and even some seminar titles reflected the Oz theme. Sometimes, we didn't quite know what the actual topics were of Oz-themed seminars, such as "There's No Place Like Home," "...and Toto, Too," "Here Come the Flying Monkeys," or "Don't Forget Your Ruby Slippers," but we soon learned to look at the back of the Forum book for the seminar descriptions.

We had the opportunity to attend seven seminars, all of which were very interesting and helpful. For every seminar session, we had nine choices. It was often difficult to choose when two or three seminars in the same time slot sounded like they were "must attends." Some of the seminar topics targeted a wide Lions audience, such as Lions mentoring, conflict resolution, Lions online learning, growing the club, tail twisting, social media, the need for transparency, project visibility, growth as a Lion, public speaking, motivation, activation and retention, Lions and the law, time management, LCI emergency grants, preparing Lions leaders, and effective meetings. Other topics were for specific groups, such as the governors, the vice district governors, clubs supporting Leos, council chairs, zone/region chairs, club presidents, club vice presidents, club secretaries, club treasurers, and campus clubs.

Each of the two lunches and dinners at the Forum featured inspirational speakers. Saturday lunch was a special treat with International President Barry Palmer giving a very motivating and informative speech. Another favorite was Patrick Henry Hughes, a 25-year old man who was born without eyes and without the ability to straighten his arms and legs. Not able to see or walk, Patrick was still able to accomplish remarkable things. With the help of his father and mother and with the local Lions who supplied him with necessary equipment, he became an accomplished pianist (started playing tunes at nine months), vocalist, trumpet player, a member of the University of Louisville Marching Band (pushed in wheelchair by his dad), a *Magna cum Laude* college graduate, a public speaker, a popular television guest, book author (*I Am Potential*) and producer of two CDs. A movie on his life will be released in 2014. His speech and performance was so powerful that at the close of the meeting, Lions lined up around the ballroom to buy his book and CDs and to get an autograph and a hug.

If you have not attended a Forum yet, you should try to in the future. Many Lions go back time after time. The next USA-Canada Forum will be held in San Juan, Puerto Rico from September 11-13, 2014.



Fantastic Foothill Region

By Foothill Region Chair
Barbara Smith

What a whirlwind of Lions activities we have had over the past month! It was great seeing many of you at the Foothill Region Meeting! Thank you to Caterer Lion Andie Busby for the delicious food, to WesternU for the facilities arrangements, to Zone chairs Steve Lacey, Michael Wirtes and David Stilwell for ably completing all the assigned tasks, to my husband 1VDG Gil for helping with the program, to Presidents Vicky Sasser and Tina Stewart for the fun Tail Twisting, to Dr. Sugerma for the benediction, to Cabinet Secretary Joan Parks and Cabinet Treasurer Carol Linehan for registration and the raffle, and most of all to the clubs who participated!

In September, Zone B held its quarterly meeting, which was graciously hosted by Ontario Host President Valerie Johnson. Zone B Chair Michael Wirtes did an excellent job leading the meeting. I always enjoy the zone meetings because they provide an opportunity for clubs to share their genuine concerns and great ideas for success. It's also fun getting to know everyone better in a small group setting. Now that we have completed all three Quarter One Zone meetings, we are getting for the round of Quarter Two meetings in October.

Gil and I had a wonderful time at the USA-Canada Forum in Overland Park, Kansas during September. Along with DG Sheila Casteel and PDG Jon Casteel, 2VDG Ken Myers, Pomona Host Lions President Dr. Richard Sugerma and Lion Beverly Sugerma, we enjoyed motivational speakers, instructional Lions seminars, the inspiration of International President Barry Palmer and the incredible synergy of 2,000 Lions from throughout the United States, its territories and Canada.

In September, as you will see below, all of the Foothill Region clubs have actively worked for the betterment of their communities. I am so proud of all of you!!

The featured club this month is the Chino Valley Lions. In his feature below, Zone C Chair David Stilwell gives you a view of this fantastic club. Thank you, David, for a great write-up!

Featured Club: Chino Valley Lions Club

The Chino Valley Lions Club was chartered in December 1998. Currently there are 21 members in the club. The President is Vicky Sasser, and the Secretary is Drew Sasser. They meet on the second and fourth Thursday of each month at the McCoy Equestrian Center Barn, in the City of Chino Hills.

It is a dinner club, which starts at 6:30 pm. Each member signs up to provide for one dinner per year. They either prepare a dinner of their choice or arrange dinner from a restaurant. Club members are reimbursed for their expenses in providing dinner. Dinners are always great and exciting and different each meeting.

The club's biggest signature project was the purchase of a 16-foot wide by 34-foot long mobile stage, show trailer for the city of Chino Hills, in 2002. The stage has one Lions International logo on each end of the Show Trailer with Chino Valley Lions Club's name surrounding the logo. The logo is approximately 5 feet in diameter. It is quite a sight when driving behind the show trailer as it travels around the city. The trailer is utilized for the annual "Concert in the Park" series, Fourth of July Family Picnic, Fire Department Christmas toy give-away, and other special events around the city.

The club's largest community service project is providing eyeglasses for the school children, whose parents cannot provide glasses for their children. The letters from the children expressing their thanks, to be able to see the chalkboard or read their books for the first time, is heartwarming.

Their largest fundraisers are the Pumpkin Patch, Christmas Tree Lot and Opportunity Calendars. This has enabled the club to donate money each year to approximately 45 groups or programs within Lions International and our local community. The club also supports two Leo Club sponsorships in Chino Hills.

September Activities around the Region

100% of the clubs in Fantastic Foothill Region provided information for this column! You are indeed fantastic!

Chino Valley Lions – President Vicky Sasser, Secretary Drew Sasser

The Chino Valley Lions are preparing for their annual Pumpkin Patch, which is one of its two biggest fundraisers of the year. Money from this project goes to many local and LCI charities. The club also continues providing eyeglasses for children who cannot afford vision correction.

Cucamonga District Host – President Andy Megaw, Secretary Jamie Jimenez

The members of Cucamonga District Host Lions are busily doing extensive preparations for the club's California Lions Friends in Sight Screening on November 9. This is a huge project that benefits hundreds! In September, they participated in the 2013 Rancho Cucamonga Service Fair at Central Park promoting Lions, and club members have sold 125 calendar draw tickets for the October drawing. Their club also collected an incredible 1,700 pairs of used eyeglasses in September alone. At the club's recent awards ceremony, Steve Lacey was named 2013 CDHL Lion of the Year and Immediate Past President David Geyer was honored with a Past President's Award. Congratulations to both! Finally, two members attended the USA-Canada Forum.

Diamond Bar Breakfast Lions – President Jack Tanaka, Secretary Karen Eubanks

The Diamond Bar Breakfast Lions and Leos marched in the Diamond Bar Day at the Los Angeles County Fair. Diamond Bar High School Leo Atharshna Singarajah was the Fair's "Youth Hero," representing Diamond Bar. Diamond Bar members attended the Orange Lions Club "Picnic for Veterans" and the Huntington Beach Lions Oktoberfest Fundraiser. Members also attended the Sight and Hearing Foundation of Southern California fundraiser, made a donation to the new Village Bible

Continued on page 7

FABULOUS FOOTHILL (continued)

Academy Leo Club, and collected 31 pairs of used eyeglasses for recycling. The club added a new member during September. The club will run the Peace Poster Contest at Chaparral Middle School. Both of Diamond Bar Breakfast's Leo Clubs are in the middle of membership recruitment campaigns. The Diamond Bar High School Leos just received the "Excellence" award.

Ontario Host Lions - President Valerie Johnson, Secretary Debi Nichols

The Ontario Host Lions is forming a branch club at San Joaquin Valley College in Ontario. It will be comprised of both faculty and students. Lion Debi Nichols, a division manager and instructor at SJVC, is leading the extension. The Ontario Host Club was awarded a Special Recognition plaque at the recent Camp Teresita Pines Open House. They also were recognized for a Silver contribution by the Inland Valley Daily Bulletin for their participation in the Newspaper in Education program. The club hosted the Zone B meeting.

Ontario-Upland Lions - President Ken Sherwood, Secretary Marilyne Sherwood

During September, the Ontario-Upland Lions members have been selling tickets for its Outback Steakhouse Fundraiser on November 18. They have also joined with other Foothill Region Clubs in a calendar fundraiser with daily drawings through the month of October. They continue to collect pajamas for the "Pajama Party," used eyeglasses and pull-tabs for the Ronald McDonald House.

Pomona Host Lions - President Richard Sugerman, Secretary Beverly Sugerman

During September, the Pomona Host Lions marched in the Pomona Day Parade at the Los Angeles County Fair. President Richard and other club dignitaries rode in a white convertible as other members walked. The club ended its food and eyeglasses collection at the Summer Concert Band Performance by showing concert-goers how to make plarn (plastic yarn). The club's monthly PlarnFests continue with club members and others from the community cutting and tying strips of plastic, which will then be crocheted into homeless ground mats. The club put on a hearing screening at a health fair at Palomares Park Community Center, where they screened 55 people. The club also sent representatives to the Camp Teresita Pines Open House. Four members attended the USA-Canada Forum.

Upland Host Lions - President Kristina Stewart, Secretary Keith Krumwiede

Upland Host Lions Club continues to actively collaborate with its branch club at the Atria Del Rey Senior Living Home. They have made plarn (plastic yarn) from recycled plastic bags and crocheted it into sleeping ground mats for the homeless. The Atria Del Rey members knit caps for cancer patients and for service personnel passing through the Ontario USO. Upland Host members collect pajamas for the "Pajama Party," collected 254 eyeglasses, provided maintenance on the District Sight and Hearing Van, attended the Orange Lions Barbecue for Veterans, and one member went to the USA-Canada Forum.



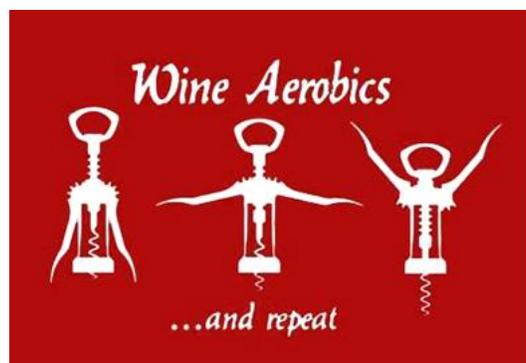
ROSE FLOAT DONATIONS NEEDED

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



FABULOUS FOOTHILL (continued)

Walnut-Diamond Bar Lions - President Kirby Holte, Secretary Karen Hormuth

Walnut-Diamond Bar collected 280 pairs of used glasses during September, and the club's work with the food bank continued. Currently they are doing inventory, shopping and other preparations for the upcoming Family Festival. In September, the club provided a pair of eyeglasses to one adult and one child.

WesternU Lions - President Edwin Endo, Secretary Angela Wang

The WesternU Lions have held two service projects and one fundraiser this month. On September 14, they helped at the American Museum of Ceramics Arts (AMOCA) Family Day, where Lions helped children make bowl and clay pieces. On September 21, they held a health screening and saw about 55 patients and referred 30 for medical care. They are planning another AMOCA Day and health screening for next month. To raise money, the WesternU Lions held a food sale, selling Japanese curry.



Orange Region Meeting

September 24, 2013



Orange Region Chair Roy Ramsland leads meeting.



DG Sheila Casteel motivates the Lions.



1VDG Gil Smith encourages membership growth.



DG Sheila and RC Roy welcome everyone to the meeting.



2VDG Ken Meyers promotes the LCI float.



Zone A Chair Larry Rottweiler Tail Twists.



Zone B Chair Bob Susaeta gives zone report.



PDG Elizabeth Warren chats with PDG Dave Stewart.



Sheila, Carol, Joan Shout, "Short Chicks Rule"...and Gil!



Zone C Chair Dave Hubbard gives his zone report, which highlights the clubs' activities.



Lions line up for the buffet at the region meeting at the Westridge Golf Club.

Orange Region Lions Enjoy the Meeting





Saddleback Region Meeting

September 23, 2013



Saddleback Region Chair Steve Christy leads the region meeting.



DG Sheila Casteel speaks to the Saddleback Lions.



Newport Beach Hawaiian Lions had the most members in attendance.



IPDG PJ Smith talks about the Governor's Fundraiser.



1VDG Gil Smith speaks about developing a club membership plan.



Saddleback RC Steve Christy with 2VDG Ken Myers



Cabinet Secretary and PR Chair Carol Van Holt add frivolity to the meeting.



Saddleback Region Lions gather at the Old World German Restaurant in Huntington Beach.



Lions applaud during the meeting.



DG Sheila gives "hands-on" Lions service.



Lions visit with new and old friends.



Doris and Jim North listen at the region meeting.



PDG Mike Scheafer and Mike McIlroy



PRC Pete and Lorna Badame at the meeting



Chris and Judy Barr smile for the camera.



Lions hold a conversation.



PDG Elizabeth promotes the "Pajama Party."



Saddleback Lions gather for business and fun.





Foothill Region Meeting

September 30, 2013



*Foothill Region Chair
Barbara Smith*



*DG Sheila Casteel
speaks to the Lions.*



*1VDG Gil Smith talks
about membership.*



*Tail Twisters Vicky Sasser and
Kristina Stewart collect lots of money.*



Lions gather at Western University for Foothill Region meeting.



*RC Barbara Smith and DG
Sheila Casteel*



*ZC Michael Wirtes and
ZC David Stillwell*



IPDG PJ Smith



2VDG Ken Meyers



Cucamonga District Host Lions



Ontario-Upland Lions



Walnut-Diamond Bar Lions



Ontario Host Lions



Diamond Bar Breakfast Lions



Jack and Wanda Tanaka



Pomona Host Lions



Upland Host Lions



Chino Valley Lions



*ZC Steve Lacey, Biggest
Prize Winner*

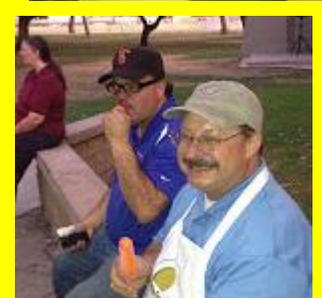


Registration Desk



Ontario Upland 59th Annual Fish/Steak Fry

The Ontario Upland Lions Club had a successful Fish/Steak Fry at Upland Memorial Park. 49 Sponsors came through and 405 tickets were sold grossing an income of \$9737.00 that will be donated to local charities and programs.



Huntington Beach Host & Friends Hoop-It-Up at Oktoberfest



White Cane Safety Day **October 15**



Tustin Host Lions Club sponsors
White Cane Safety Day - **OCTOBER 15th**
Tustin Library Courtyard 3:00 to 6:00PM

Please join us at The Tustin Library Courtyard, 345 E. Main Street, Tustin to support sight impaired individuals in our community. We will be offering information, have demonstrations and members from Blind Children's Learning Center will be there to answer questions. Snacks provided.

For more information please contact
Lynn Cherrill Gady 714-227-1751

COME CELEBRATE!

HUNTOINTON BEACH HOST LIONS CLUB

IS TURNING

75!

November 24th
Save the Date

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

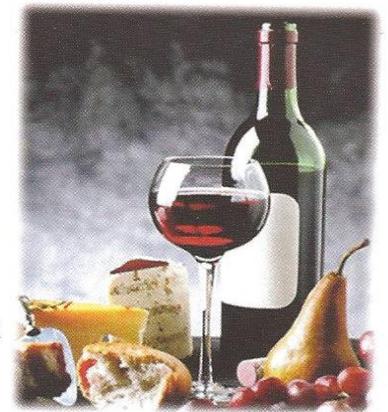
- Foursome \$1,100
- Individual \$300
- 18 Holes of Scramble Golf
- Complimentary Warm-Up on Driving Range
- Tee Package for Each Golfer
- Blindfold Putting Contest
- On-Course Lunch

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



Bolsa Grande High School Leo Club

Charter Celebration



October 21, 2013

Garden Grove Host Lions Clubhouse

9860 Larson Avenue, Garden Grove

6:00 pm Reception & Dinner

7:00 pm Ceremony

\$20.00 Adults \$10.00 Leos/Kids

SPONSORED BY THE GARDEN GROVE HOST LIONS CLUB

Please RSVP by 10/14/2013

Reservations can be made to chuckjulielake@aol.com

Or mail form and payment to: Garden Grove Host Lions Club, P.O. Box 351, Garden Grove, CA 92842

Questions? Call or email Lion Chuck Lake, Leo Club Advisor, at 714-292-8170 or chuckjulielake@aol.com

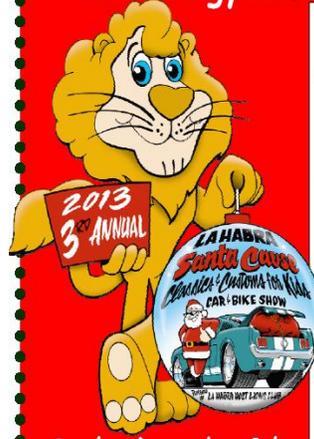
Name: _____ Telephone: _____

Email: _____

Number of Guests: Adults: _____ Leos/Kids: _____ Total: _____ Payment \$ _____ (Check)

Payment May be Made at the Door

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

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:

ZERLINA!

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 Tax Party Trax, Spectators Welcome-Free Admission



WELCOME VBA LEO CLUB

Abou100 people were on hand to welcome the new Village Bible Academy Leo Club in Garden Grove. This Leos Club is made up of a group of home-schooled teenagers and was sponsored by the Seal Beach Lions Club.





from the Newport Beach Hawaiian Lions Club

The Newport Beach Hawaiian Lions Club donated 30 pairs of Pajamas to the District 4-L4 Pajama Party. The Pajamas were given to PDG Elizabeth Warren "Pajama Queen" at the Saddleback Region Meeting on September 23, 2013 where 13 members from our club enjoyed a fun evening with District Governor Sheila and other Lions in our district. Two of our members Lions Marissa and Robin were big winners in the 50/50 drawing! Lions Beth and Deb also donated a box of approx. 25 cartridges for the Student Speakers Foundation!



Lions John Kasell and Cher Mitchell have been coordinating an ongoing collection of clothing from our members and the community that will be given to the homeless every three months from our club. Two truck loads of clothing were collected for the month of September!

The Newport Beach Hawaiian Lions Club also had a great time when eight of our members attended Lions Camp at Teresita Pines Open House on Saturday, September 7, 2013.



Fourteen members of the Newport Beach Hawaiian Lions Club came together to support American Family Housing on August 18, 2013 at the Ribs, Pigs and Watermelons Beer Festival and Pro BBQ Competition which provides housing and supportive services to homeless individuals and families. A fun day was had by everyone as we worked the Beer Garden!



Bruce Levine, Joan Siegal, and the HB Host Lions Shamelessly Present

Worst Night at The Movies 9



Good Movies End All Too Soon – Bad Movies Go On Forever



New York street gangs
do Greek Tragedy —
Oy vey!

A shy introverted man
brings home a girl-
friend who's a real doll

Food and drink will be provided to comply with humane laws

Suggested Donation \$15.00

All proceeds will be donated to the **Orange County Food Bank**

These movie makers suffered for their art! Now it's your turn!

Saturday October 19, 2013

Doors open at 5 pm. The trouble begins 6 pm.
618 17th St, Huntington Beach, CA 714-960-2593
R.S.V.P



Buena Park Noon Lions 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
- High Schools
- Jr. High Schools
- Elementary Schools



We are bringing back, by popular demand, the highly successful Opportunity Drawing for a **BRAND NEW 2013 CHEVY CRUZE**. Your organization can earn some substantial **\$\$\$ DOLLARS \$\$\$** by helping the Buena Park Lions Club in pre-selling tickets to your members, family, neighbors, friends, business associates, etc. Opportunity drawing tickets will sell for \$2.00 each. For each ticket sold by your club, your group keeps \$1.00 for your fund raising efforts.

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 Orangehorpe, BP)

Besides a chance to win an awesome prize, each ticket holder receives valuable coupons valid now until 11/30/2013, which can be used right away. \$20 off Adult Admission to Knott's Berry Farm, Buy One Get One FREE Big Mac, McDonald's @ 91 Hwy and Knott, Buy one get one FREE Chili Dog at Weinerschnitzel at Western and Orangehorpe, and \$10.95 Oil Change with complimentary Deluxe Car Wash and Multi-point Inspection at Premier Chevrolet of Buena Park.

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 lraymond@silveradoday.com

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 or e-mail garycwong@aol.com



Lions Leadership Forum



All Workshops
and
Breakfast & Lunch
Included in \$70.00 Price
www.lionsleadershipforum.org

Questions?
Email PDG Gary C Wong at
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



HARBOR MESA LIONS



18TH ANNUAL "WILD WEST" CASINO NIGHT



Strike It Rich!

FRIDAY, OCTOBER 18, 2013

7 p.m. to 11 p.m.

Costa Mesa Neighborhood Community Center
1845 Park Avenue, Costa Mesa

\$40 Per Person, includes \$100 in gamblin' scrip, delicious NEWPORT RIB CO. buffet dinner, hoedown dancin' AND fun, fun, fun!
Games of chance include: blackjack, craps, Let-it-ride, roulette
WIN GREAT RAFFLE GIFT CARDS; FANTASTIC SILENT AUCTION!
THREE GRAND PRIZES WILL BE DRAWN FROM YOUR TICKET STUB!

ADVANCE TICKETS ONLY! PURCHASE BY OCTOBER 11, 2013

MAKE YOUR CHECK OUT TO **HARBOR MESA LIONS**

MAIL TO: Lion Marianne Hahn
204 Loyola Road, Costa Mesa, CA 92626

FURTHER INFORMATION CALL: Lion Carol Proctor at (714) 292.2422
or Lion Eileen Jensen at (949) 394.4294

Proceeds go to local charities and Lions Sight & Hearing Foundation



MUSEUM SHOWS HISTORY IN LA HABRA

By Christine Perera
Published in the La Habra Journal

Docent's Joey Graham and Merrill Evans welcome guests. Joey's husband Bill was a past president.



This year marks the 66th year of the La Habra Lions Club. To commemorate this, the La Habra Historical Museum is featuring an exhibit, "La Habra Lions: 66 Years and Still Making a Difference." The focus of this exhibit will be on the Lions work with the annual Corn Festival.

Seeing as the Corn Festival runs from August 2-4 at El Centro Lions Park off of La Habra Blvd and Cypress St., the museum exhibit will open the Corn Festival weekend and will run through October 5. There will be different museum hours over the Corn Festival weekend, which will be on Saturday from noon-6 p.m. After the Corn Festival weekend, the museum hours will remain the same, which are Saturdays from noon-4 p.m.

The La Habra Historical Museum will display the Lions Club history and their involvement in the community and in the world. As we look back at the Lions Club history, we remember the first Corn Festival, which was in 1949. All of the proceeds of this festival went to building the basketball court that is now in El Centro Lions Park and to fund the building of a swimming pool.

The new exhibit at the La Habra Historical Museum will illustrate the Lions Club history with pictures, scans from the old La Habra Star and the Daily Star Progress. The exhibit will also have a very special piece, which is the cover of the newspaper of the very first Corn Festival in 1949. They will even have pictures of the former queens and princesses of the La Habra Corn Festival. They will have a big section on the Corn Festival itself. Lion's members will often be on hand to answer questions and provide greater details of the exhibit.

The museum will have a few life books of Lions members on exhibition. Their books are quite large and contain a numerous amount of pages. One of the life books actually has a wooden cover while another one is leather bound.

The public will be permitted to look at them. Also, there will be tons of Lions pins from former years and from around the country. A notable piece will be the tiara from the only Lions Queen to have ever graced La Habra, Kathy Felix.

Museum Director Suzette Eschberger explained the long relationship between the community and the Lions' Corn Festival is extremely important. "Without the Corn Festival, you wouldn't have all these people coming to La Habra and learning about what a neat place it really is," she said. The Corn Festival brings in many people and the Lions Club is able to convert all the proceeds they make into something beneficial to the local and global communities. They divide the proceeds to go to HBIC, the Boys and Girls Club, the Gary Center, the Ronald McDonald Fund and even to the local high schools.

Lion Vanna Sharp organized the collection of memorabilia to be displayed. Photo credit: Lion Liz Steves



Appeal dedicated to Past President Clyde Wanless



Collections of club photos dating back to 1947



Docent Joey explains some of the items on exhibit



Docent Joey with a throwback Lion wearing Corn Festival apparel

NAME: _____ ADDRESS: _____ PHONE: _____ CLUB: _____ DIST. **2500**

LIONS CAMPS AT TERESITA PINES

"SPLIT THE POT" FUNDRAISER

PRIZES
CAMPERS 50% 25% 15% 10%

\$100 DONATION

DRAWING WILL BE FEBRUARY 16, 2014 AT MD-4 CONVENTION IN ONTARIO, CA

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**

**BREA LIONS CLUB 4-CLUB GOLF TOURNEY
41ST ANNUAL PETER KARAGINES MEMORIAL**



**BUENA PARK NOON LIONS
SILVERADO DAYS**



**WILLIAM PEAK PARK
OCTOBER 18-20**

Friday: 5:00 p.m. – Midnight
Saturday: 10:00 a.m. – Midnight
Sunday: 8:00 a.m. – 10:00 p.m.

Cleaning Fruit - Chemical-free and EASY!



FARMER'S PAL

Fill sink with **water**, add 1 Cup of **Vinegar**, and Stir. Add all fruit, and Soak for 10 minutes. Water will be dirty, and fruit will sparkle with no wax, or dirty film. Great for Berries too, as it keeps them from molding. Do this with strawberries, and they last for weeks!

It doesn't matter if the glass is half empty or half full. There is clearly room for more wine.



COVE



HEARING & SPEECH ACTION NEWS

Last month's subject was Books about Hearing Loss, and today, here are excerpts from just such a book:

A Guide to Your Child's Hearing

by Dr. Judith Grauel, Children's Hospital of Philadelphia, PA.

Milestones Of Communication - Most babies are born with normal hearing, and at about five months, begin to seek the sound source. During the first year, a baby's ability to locate a sound is refined, and your baby should look for the sources of common sounds. By nine months babies understand simple words (mommy, daddy, no, bye-bye). By 12 months, one or more recognizable words emerge. By 24 months a toddler's spoken vocabulary should be 200-300 words, coupled with the ability to sit and listen to read-aloud storybooks.

Signs Of Hearing Problems - Warning signs include: Family member or teacher concern regarding hearing ability; not responding to someone talking out-of-view; using "what?" or "huh?" frequently; Intently watching the faces of speakers; difficulty understanding speech in background noise; Increasing TV, etc. volume to unreasonably loud level. The single most important sign of hearing loss is the delay or failure of development of spoken language. If you are concerned, tell your child's primary care provider immediately.

Testing Your Child's Hearing - Comprehensive hearing assessment can be completed at any age if a hearing problem is suspected. Even a slight or mild loss during critical years for language and speech development may cause a delay in normal communication skills. An audiologic evaluation can determine if a loss exists in one or both ears at frequencies (pitches) that are critical to normal speech and language development. A physician determines whether medical or surgical treatment is required based on audiometric findings and otologic examination.

Some Common Problems in Children - Wax in the ear canal may spontaneously leave, be irrigated out or removed by a physician. Cotton swabs should never be used by parents; wax may be pushed deeper or a punctured eardrum may result. Similarly, small objects can impede sound, damage the ear canal lining or rupture the eardrum. "Swimmer's ear", an external ear canal infection, may be painful and cause the ear canal to swell shut. Develops in an ear canal that remains wet after bathing or swimming.

Next month: Otitis Media, the most common cause of hearing loss in children; Assistive Devices; Cochlear implants; Federal Legislation and Children - birth to age 21.

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



6th Annual Ensenada Visitation Cruise Sapphire Princess (not Carnival)



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.
PDG Barbara Hayward is organizing the luncheon.

Princess categories are as follows: (this price includes taxes & port fee)

- Category BD \$619 p.p. Balconies Deck 10 Caribe Deck (2 Cabins Left)
- Category OC \$519 p.p. Outside Deck 5 Plaza Deck (1 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 (1 Cabins Left)
- Category IB \$439 p.p. Inside (1 Cabin Left)
- Category IC \$429 p.p. Inside (2 Cabin Left)

Additional \$34.50 per person for pre-paid tips.

\$100 deposit per person is due now. If Balcony then \$110

The remaining Inventory will be pulled on Oct 15th

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

Final payment is due December 21, 2013.

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

Vamos a Ensenada!

STUDENT SPEAKER FOUNDATION

District Student Speaker Foundation would like to thank the following clubs Harbor Mesa, La Habra Host, Newport Beach Hawaiian and Ontario Upland for donating and bringing their used cell phones and ink cartridges to the 1st Region Meetings. 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

DISTRICT 4-L4 CALENDAR

2013

October 5 District Governor's Fundraiser
October 18 Harbor Mesa Casino Night
October 18-20 Buena Park Silverado Days
November 9 California Lions Friends in Sight vision screening
November 16 Cabinet Meeting
November 18 Ontario Upland Outback Steakhouse Fundraiser
November 24 Huntington Beach Host Lions 75th Anniversary Party
December 8 La Habra Santa Cause Classic Car & Bike Show

2014

January 11 Melvin Jones Dinner
January 18 Seal Beach Lions 75th Anniversary Party
February 14-16 California Leos Leadership Symposium 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
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(714) 458-3077 EMAIL: meliebherr@verizon.net