



4-L4 FORUM

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

Volume 92 Number 8 February 2014



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SHEILA CASTEEL**

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Lions, Leos, and Friends,

It is hard to believe that I am in the second half of my governor year. The state of the District is pretty good.

- We are at a “plus” in membership.
- Our annual Melvin Jones Dinner was spectacular, honoring some 26 Melvin Jones Fellows.
- Our giving to LCIF this year is already \$27,564. We are just shy of our \$30,000 District goal.
- Three new Leo clubs have been chartered this year.
 - Village Bible Academy
 - Fountain Valley High School II
 - Bolsa Grande High School
- International President Barry Palmer made a special visit to our District during his brief time in Southern California.
- Thirteen posters were submitted for the 2013-2014 Peace Poster Contest, “Our World, Our Future.”
- The winning poster “Our future will be bright if we work together”, created by Megan Hall and sponsored by Tustin Host Lions went on to win the MD4 contest!
- **Thousands** of community service hours were provided by the Lions of District 4-L4.
- **Thousands** of dollars were given to a multitude of charitable organizations and needy individuals.
- **Thousands** of hours of fun and fellowship were had by the Lions of District 4-L4.

And this is just a sample of what we do as “we serve” to “make the world a better place”. I am so incredibly proud of our collective accomplishments!

What we can do in the second half of the year? Well, there are already a number of things that are on the calendar. A visit across the border to our extended Lions Family in Ensenada will take place in March. There are numerous major fundraisers in the near future. The MD4 Convention is in our own backyard Valentine’s Weekend. Our own District Convention is just around the corner.

April showers might bring May flowers, but it can also bring more Lions. April is Lions Family and Friends Month. Invite your friends and family to a Lions event. Lions Worldwide Induction Day is April 26. This worldwide event celebrates new members and gives Lions the opportunity to inspire membership growth and increase public awareness about what we do. Start planning now for one or even both! Think of what we could do in the second half of the year if we had the hands and hearts of more Lions.

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

Sheila

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THE HUNTINGTON BEACH HOST LIONS CLUB PRESENTS




CRABFEST 2014



"All You Can Eat Crab Feast"

- CRAB
- BREAD
- SALAD
- CHOWDER
- NO-HOST BAR

TO BE HELD AT

Old World German Restaurant

7561 CENTER AVE. • HUNTINGTON BEACH

Sunday, March 30, 2014
Doors Open at 4:00 PM.

\$50.00 per person

TICKETS ARE PRESALE ONLY
NONE SOLD AT THE DOOR.
DEADLINE FOR PURCHASE
IS MARCH 17, 2014

LIVE MUSIC

Silent Auction and Opportunity Drawings

For information: www.hblionscrabfest.com or www.hbhions.org or call (714) 846-2478

NOTE: Reservations will be confirmed via email. No tickets will be mailed

Please reserve _____ tickets at \$50.00 each. Enclosed is my check for \$ _____

Visa/MC # _____ Expires _____

Name: _____ Email: _____

Address: _____ Telephone: _____

For Group Seating - Name of Seating Party _____ Print names of group members below: _____

Make check payable to:
Huntington Beach Host Lions Club

Mail check and this form to:
Carol Linehan - 714-846-2478
4729 Rey Drive,
Huntington Beach CA 92649

ORANGE LIONS CLUB 29TH ANNUAL CHARITY GOLF TOURNAMENT



Hmm... Check out what's goin' on with the Orange Lions

WHEN?
APRIL 21ST, 2014
11:00 A.M. CHECK-IN
12:30 P.M. T-TIME

WHERE?
WESTERN HILLS GOLF AND COUNTRY CLUB
1800 CARBON CANYON ROAD
CHINO HILLS, CA 91709

WHAT'S INCLUDED?
YOUR REGISTRATION INCLUDES GOLF AND A CART, BARBEQUE LUNCH, FREE RANGE BALLS, GOODIE BAG, AND FREE BEVERAGES ON THE COURSE, \$5,000 HOLE-IN-ONE CONTEST, DINNER, AWARDS, RAFFLE PRIZES AND A SILENT AUCTION.

TOURNAMENT FORMAT - SHOT GUN START - 4 PERSON SCRAMBLE

REGISTRATION FORM

SINGLE OR TEAM CONTACT: _____

PHONE/EMAIL ADDRESS: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

I WOULD LIKE TO SUPPORT THE ORANGE LIONS CLUB CHARITY GOLF TOURNAMENT AT THE FOLLOWING LEVEL

\$900. CORPORATE SPONSOR (INCLUDES GOLF & DINNER FOR 4, BANNER AND TEE SIGN)

\$150. HOLE-IN-ONE SPONSOR \$75. TEE SIGN SPONSOR I WILL DONATE A RAFFLE PRIZE

TO ENTER YOUR TEAM PLEASE COMPLETE BELOW:

PLAYER #1 _____ PLAYER #2 _____

PLAYER #3 _____ PLAYER #4 _____

INDIVIDUAL GOLFER FEE: \$ 140 - DINNER ONLY \$ 40

EARLY BIRD ENTRIES RECEIVED BY MARCH 21ST, 2014 ONLY PAY \$125

SELECT METHOD OF PAYMENT:

CHECK, MADE PAYABLE TO THE ORANGE LIONS CLUB

CREDIT CARD

NAME AS IT APPEARS ON THE CREDIT CARD _____ ACCOUNT NUMBER _____ EXPIRATION _____ CVV _____

Mail completed registration form to: Orange Lions Club, P.O. Box 6592, Orange, CA 92613-6592
For additional information contact Ron Finseth @ 714-267-0786 or Larry Young @ 714-698-5022
100% of all net proceeds of the tournament benefit our Lion Club Charities



1ST Vice District Governor Gil Smith

The Rewards of Being a Lion

When you joined Lions was it because a friend or business associate asked you, because you want to promote your business, or because of your desire to give something back to your community? Initially we all join for different reasons, and that is okay.

What is more important is when you truly in your heart KNEW you were a Lion. This is not usually when you joined but when you had that special moment of knowing you made a positive difference in the lives of others, when you knew the heart-felt meaning of "WE SERVE."

The moment you KNEW you were a Lion was also when you discovered the rich rewards of being a Lion. You quickly learned that the Lions' reward is certainly not money. Instead, it comes in different forms.

First and most powerfully, your reward is that warm glow and sense that your work matters, that others' lives are better because of what you and your fellow Lions have done. When we were in Concord, visiting Matteo's Dream, the playground for children of all abilities, I could only imagine the feeling the Lions, who built it, must have had when they first saw a handicapped child in a wheelchair play on the park's equipment. Wow! The reward of seeing the delight of that child cannot even be measured.

Other deep rewards of being a Lion are the friendships we build with fellow Lions. Working side by side with others who have the same heart for service creates a lasting bond.

Another reward we, as Lions, need to remember is the appreciation we show to others for the work they have done. The positive reinforcement by your own club, while not as deep as the heart rewards, is still very important. This reward can be simply an "Atta-boy/girl!" or it can be a certificate, a gift or a plaque. This reward becomes even more powerful when it is given in front of fellow Lions.

Positively recognizing contributing Lions is at the core of our Lions Code of Ethics, which in part reads, "To be careful with my criticism and liberal with my praise." If all of us remember to praise others publicly whenever possible and to criticize only privately and only whenever it is really needed for the betterment of Lions, our clubs would become stronger, larger, happier and most importantly, more focused on our Lions motto, "We Serve."

Seal Beach Lions Club

75th Anniversary Party

Saturday * March 8, 2014 * 6:00 pm

Dinner & Karaoke

Seal Beach Marina Center
151 Marina Drive, Seal Beach

\$35.00 per person

DEADLINE FOR RESERVATIONS: MARCH 1, 2014
For more information or questions: Ellen Liebherr (714) 458-3077 meliebherr@verizon.net

ONLINE REGISTRATION AVAILABLE THROUGH THE LION'S WEEKLY ROAR OR FILL OUT FORM BELOW, MAIL OR GIVE TO SECRETARY CAMILLE ROMANO

NAME: _____	TELEPHONE: _____	EMAIL: _____
MEMBER(S) @ \$28.00 PER PERSON	\$ _____	Credit Card Information Type: _____ Card Number: _____ Expiration Date: _____ Security Code: _____ Bill to address & Zip: _____
GUEST(S) @ \$35.00 PER PERSON	\$ _____	
TOTAL:	\$ _____	
MAKE CHECK PAYABLE TO: SEAL BEACH LIONS MAIL: 1198 PACIFIC COAST HIGHWAY, SUITE D305 SEAL BEACH CA 90740		

1ST VDG's MESSAGE (CONTINUED).....

EVERY LION HAS SOMETHING TO CONTRIBUTE

Lions come with different skills, time availability, finances, interests and desires. All Lions have something they can contribute whether it be hands-on service, charities fundraising, mentoring of new or younger Lions, donating to a charities fundraiser, or basically giving of their time to the extent available in whatever capacity they can. Let's encourage the best out of every Lion by valuing what each Lion has to offer.

A SWEET REWARD

To those who take the time to read this article I have three See's one-pound gift certificates waiting to be claimed. All you have to do receive a gift certificate is be one of the first three Lions from different clubs who emails me the answer to the following question: "What was your special moment when you realized why you were a Lion?" As before, Cabinet members, Lions who receive advance copies of the Forum and prior winners (including family members) are not eligible. Prior winners include: Jack Tanaka, Dewey Linehan, Pete Bedame, Cathy Waters, Carol Proctor, Karen Eubanks, Debi Nichols, and Diane Quinlan.

VSP CERTIFICATES

Reminder - I still have some VSP certificates for children and adults who qualify. If you have someone who needs an eye examination and eyeglasses but cannot afford it, we may be able to help IF they can meet all of the criteria covered in the last Forum.

Let's have a great 2014!



2ND Vice District Governor Ken Myers

In this forum we will continue our talk about Leadership.

Remember, leadership is for all Lions not just the club officers. With good leadership skill (such as being able to Listen, not just hear; and to consider other views) we can really show the communities that we are leaders in our home towns.

A good leader must have a good team. Characteristics of effective teams are: interaction, accountable, commitment to goals and shared planning and decision making. A leader must also be able to assess the talent, knowledge and skill level of their team members. A successful team is an enthusiastic team.

There are 11 Commandments for an enthusiastic team (written by Ian Percy)

- Help each other be right – not wrong.
- Look for ways to make ideas work – not for reasons they will not.
- If in doubt – check it out! Don't make negative assumptions about each other.
- Help each other win and take pride in each other's victories.
- Speak positively about each other and about the organization at every opportunity..
- Maintain a positive mental attitude no matter what the circumstances.
- Act with initiative and courage as if it all depends on you.
- Do everything with enthusiasm - It's contagious.
- Whatever you want – give it away.
- Don't lose faith – never give up.
- Have fun.
-

The following Lions completed the MD4 Leadership Course in January

Pete Badame:	District Chaplain/ La Habra Host
Susan McIntosh:	Secretary/Treasurer Tustin Host
Ken Myers:	2VDG/Upland host
Ricardo Ortiz:	Pomona Host
Bob Susaeta	Orange Zone "B" Chair/ Orange Lions

Do you want to improve your leadership skills and create a cohesive, successful team? Join us in May and June for our Leadership Academy and the Guiding Lion Training. Information will be coming soon.



AS SEEN IN THE FEBRUARY 2014 ISSUE OF THE LION MAGAZINE. CONGRATULATIONS PDG ELIZABETH ON THE WORK YOU DO AND LION CAROL VAN HOLT FOR GETTING HER RECOGNIZED.

California Lion Elizabeth Warren didn't set out to be the "Pajama Queen" of District 4 L 4, but that's how she's now known for her enthusiastic collection of sleepwear for kids. After reading about a similar project in Texas featured in LION Magazine, Warren, a past district governor, wanted to collect pajamas for local children placed in Child Protective Services because of trouble at home. "I am convinced Lions have the biggest hearts," she says.

Harbor Mesa Lion Carol Van Holt explains, "She thought of how traumatized these children are by suddenly being taken from their home or school to be placed in a safer, healthier environment, but sleeping in a strange bed. To have a new pair of pajamas would be so comforting to them."

Warren approached other members of her Rancho-Cucamonga Community Lions Club and they planned a "pajama party" collection that is now an approved district project. When that club disbanded, she was happy to find that members of the Ontario-Upland Lions Club she then joined were equally supportive.

The project is now ongoing in two counties and involves three organizations that help homeless and destitute families. Sleepwear ranging in size from infant to teen has been collected and distributed to more than 2,000 children in need. "These kids will have safe and comfy sleep, many for the first time in their lives, and Lions will have a part in that," says Warren. "Clubs have spread the news in their own communities through newspaper articles and are now taking donations from the public and then bringing them to our district and region meetings," she says. "Some, like La Habra and Pomona Host, are distributing the collections themselves. Occasionally I take donations of money, and the pajamas are then purchased by a 'super shopper' in my club and added to the collection."

The spirit of giving has spread throughout the district, Van Holt reveals. "When the young grandson of a Lion heard about the project, he decided to ask his birthday guests to bring new children's pajamas for the collection instead of gifts for him. His request resulted in a total of 39 pairs for the cause," she says.



CABINET SECRETARY

JOAN PARKS

The first month of the New year has come and gone. Where does the time go? To service for all of us Lions.

Again, good work from most of you Club Secretaries. I appreciate your hard work on the month reports, and your timely reporting. Our third District Meeting was a success and very well attended. It was nice to see the many president's and PDGs receive their acknowledgements.

Next up are the three Region Meetings, which means the Region Student Speaker's Contests. This is a wonderful contest and project and we would hope many of you will continue to attend at this level, even if you club student didn't go this far. All of these kids need our full support. It is much nicer for them to speak in front of a larger crowd. Encourage your club to attend and get your reservations in ASAP. Region Meeting dates are; Foothill on March 24th, Orange Region on March 25th and Saddleback Region on March 26th. Flyers will be out very soon. Watch for them. Our next District Meeting will be on April 12th in the Foothill Region. This will be a luncheon meeting.

There are lots of important events coming up throughout the district in the next few months. Don't miss out, but remember how important it is for clubs to attend and be represented at the Zone, Region and District Meetings.



CABINET TREASURER

CAROL LINEHAN

Thank you to the twenty-seven (27) Clubs of District 4 L4 who have paid their first 6 months dues to MD4 on time. This is the money that is used to operate the District.

I will be calling/contacting six clubs (6) who are delinquent over 90 Days in their dues to explain the importance of paying their dues on time.

Your Clubs should be receiving or have received invoices for the remaining six months which covers January – June 2014. Some important reasons for paying your Dues to MD4 is the District needs it to operate on, to be eligible to hold a Student Speaker Contest, to vote at MD4 Convention which is coming up in February & 4L4 Convention in May.



I ♥ A PARADE!

INTERESTED IN JOINING A PARADE? WANT TO "REPRESENT" YOUR LIONS CLUB? 2014 COULD BE THE YEAR TO SHOW OFF OUR CLUBS AND LET THE WORLD SEE WHY LIONS CLUBS ARE THE BEST!



HERE'S AN OPPORTUNITY TO CARRY YOUR CLUB BANNER, WEAR YOUR LIONS GEAR, MARCH IN A PARADE, AND ENJOY THE COMMRADERIE OF THE CLUBS IN OUR DISTRICT! THERE ARE THREE POTENTIAL PARADES WE CAN PARTICIPATE IN: HUNTINGTON BEACH IN JULY, LA HABRA CORNFEST IN AUGUST, AND TUSTIN TILLER DAYS IN OCTOBER. IMAGINE ALL OF THE PARADE VIEWERS SEEING OUR CLUBS MARCH AND HAVING A GREAT TIME.



PLEASE TALK TO REGION CHAIR STEVE CHRISTY (714) 904-9566 IF YOU THINK YOUR CLUB WOULD BE INTERESTED.

Orange Lions Club
Annual Charity Spaghetti Dinner & Bingo



Each meal ticket enters you in a chance to win the door prize

We will have a Silent AND Live Auction
Hotel stays, event tickets and more

Saturday, March 22, 2014

Garden Grove Lions Den
9860 Larson Avenue
Garden Grove, CA 92842

Dinner from 5:30 to 7:00pm
Adults: \$15.00
Children: \$8.00 (10 & under)

Bingo from 7:15 to 9:00pm
10 Game 4-game Pack: \$12.00

For Tickets or Information Contact:
Judy Schnitzer @ 714-838-4201 (jschnitzer@cox.net) or
Brenda Donahue @ 714-673-6391 (huedon@yahoo.com)

Join the fun with Good people & Good food for a Great cause!



District 4-L4
 "We Serve"
 to
 "Make the World a Better Place"



FOOTHILL Region Meeting
MONDAY, MARCH 24, 2014

"Region Level Student Speaker Contest"

Banfield Hall, Western University of Health Sciences
 611 E. Second Street, Pomona, CA

Map attached

Cost: \$18 Per Person
 Registration 6:00PM / Dinner and Program 6:30PM

50/50 RAFFLE
 Clubs will make reports and/or announcements

Please send your reservation by March 20, 2014

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

joanparks@hotmail.com



District 4-L4
 "We Serve"
 to
 "Make the World a Better Place"



Orange Region Meeting
TUESDAY, MARCH 25, 2014
Region Level Student Speaker Contest

Westridge Golf Course
 1400 S. La Habra Hills Drive
 La Habra, CA 90631

From the 5 or 91 Freeway
 Exit Beach Blvd., head North. Make a right onto Imperial Highway, heading East. Make a
 right onto South La Habra Hills Dr.

From the 57 Freeway
 Exit Imperial Highway, head West. Go 4 miles, make a left onto South La Habra Hills Dr.

Cost: \$20 Per Person
 Cocktails 6:00PM / Meeting, Dinner 7:00PM

50/50 RAFFLE
 Clubs will make reports and/or announcements

Please send your reservation by March 20, 2014

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

joanparks@hotmail.com



District 4-L4
 "We Serve"
 to
 "Make the World a Better Place"



Saddleback Region Meeting
WEDNESDAY, MARCH 26, 2014

"Region Level Student Speaker Contest"

Citrus Cafe
 1481 Edinger Ave, Tustin

Cost: \$25 Per Person
 Registration 5:30PM / Dinner and Program 6:00PM
 50/50 RAFFLE

Clubs will make reports and/or announcements

Please send your reservation by March 20, 2014

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

joanparks@hotmail.com

**HARBOR MESA LIONS ANNUAL
 GARAGE SALE**

**** Saturday --April 19th ****

7am to Noon

**271 PRINCETON DRIVE,
 COSTA MESA**





Fantastic Foothill Region

By Foothill Region Chair
Barbara Smith

Every year I look forward to January because it is time for the elegant and very special Melvin Jones Fellow Dinner. This year's event was extraordinary! It was so enjoyable watching the many outstanding Lions receive their awards. The venue was incredible too. Have you ever seen so many classic old cars and antique radios and phonographs, and what about that Victrola with its dog Nipper?

The Student Speakers Contests will soon begin, first in the zones, then the regions and then district. I love going to the contests in all the regions so I get to hear all the speakers before the district finals. We have such talented students!

The Foothill Zone Speakers Contests are as follows:

- Zone A is Tuesday, March 4th at the Lions Community Center East at 9191 Baseline Road in Alta Loma. For further information, call Zone A Chair Steve Lacey at 909-921-6560.
- Zone B is Wednesday, March 5th. The location is still being finalized. For further information, call Zone B Chair Michael Wirtes at 909-638-8021.
- Zone C is Monday, March 10th at the McCoy Equestrian Center, 14276 Peyton Dr., Chino Hills, CA 91709. For further information, call Zone C Chair David Stilwell at 909-393-2435.

I encourage as many people as can from your club to attend. The zone meetings are always lots of fun.

The Foothill Region Meeting with its Student Speakers Contest will be held on Monday, March 24 at Banfield Hall at Western University of Health Sciences in Pomona. Region contests are always highly competitive and enjoyable.

A touch of sweetness for your thoughts: Elsewhere in this district Forum someone has offered a certificate for a pound of See's candy to the first three people who email him/her the correct answer to his/her question. As an added incentive for reading the Forum cover to cover, we are adding an extra prize. The first person (no restrictions other than not the same winner this month through the other candy offer) to send to my email address the answer to the question in the other candy offer will also receive a certificate for one pound of See's. I encourage everyone in your club to read the Forum. Editor Ellen Liebherr always produces an excellent publication, which contains a wealth of information about Lions, the clubs, and their activities. Enjoy!!

Thank you to Zone A Chair David Stilwell for the nice focus club of the month!

FOCUS CLUB OF THE MONTH - WALNUT – DIAMOND BAR LIONS

Kirby Holte is president with Karen Hormuth as secretary. The Club meets on the 1st and 3rd Thursday of the month at 6:00 pm, at the Misora Japanese Restaurant, in Diamond Bar.

The club recently put on a fundraiser pancake breakfast at the City of Walnut "Family Festival" event. They raised \$1,000.00 dollars. The club deserves a very big "shout out," for adding five new members in the month of December. HIP, HIP, HOORAY!

The club held one of their December meetings at the Huntington Beach VFW Lodge, with an excellent dinner and a fantastic dock view of the annual Huntington Beach Boat Parade. Before the parade a gift exchange game was performed. I must say that that all who attended had a great time. I personally look forward to next year's event.

Activities around the Foothill Region:

DIAMOND BAR BREAKFAST LIONS plunged whole-heartedly into the winter season with activities at the Diamond Bar Winter SnowFest on January 18. The Lions club sold pizzas, and their Leos had multiple booths, consisting of two games, face painting and tattoos. Six members attended the Melvin Jones Fellow Dinner. The club also recycled 80 pairs of eyeglasses. Diamond Bar Breakfast's next fundraisers will be at Bob's Big Boy on February 26th and March 26th, 5:00 p.m. to closing. As always, the club is fully immersed in the meetings and activities of its Leo groups.

ONTARIO HOST LIONS had several wonderful holiday activities. First, on December 3, the club put on a Lunch with Santa for Lincoln School, a school for children with special needs. The students were busily writing their letters to Santa. Then the Ontario Host Lions hosted the lunch, and Jim Garbo was Santa, distributing all of the gifts to the children. See the accompanying photos. Then on December 21, the club distributed 207 baskets to local families in need. Each basket had approximately 53 items, including a fresh chicken, milk and fruit. During the week, the SJVC Ontario Lions Branch Club, SJVC Enactus members and Chaffey High School Leos helped sort all of the cans that were donated. Lion Dave Flatten was instrumental in making this event happen, and generously provided warehouse space for the sorting and packing. While many families picked up their baskets, the Club delivered 75 of them.

POMONA HOST LIONS had three hands-on service projects during January. At the club's monthly PlarnFest on January 8th, members cut plastic bags into strips and tied the strips into plastic yarn (plarn), which will then be crocheted into sleeping mats for the homeless. On the 17th, the club held a flag day for two first grade classrooms at Allison Elementary School. Club members read a book on the flag to the students, gave a small American flag on a wood base to each child and a stuffed, patriotically dressed lion and the flag book to the class. Then on the 28th, Pomona Host Lions gathered at a local church to make 110 sack lunches for the "Meals for the Homeless" program. The club finished its Sight for Success campaign, which made enough money to purchase 32 pairs of glasses, and members are actively preparing for the club's charities Bowl-a-thon. The club also had six members attend the Melvin Jones Fellow Dinner to celebrate our club's recipient Anne Henderson.

The **ONTARIO-UPLAND LIONS** Club members continued their ongoing project of knitting hats for newborn and preemie babies. They are also knitting helmet liners for the military, and they continue collecting eyeglasses. They have had their Student Speakers competition, and they are getting ready for their annual Bunco fundraiser.



During January the **UPLAND HOST LIONS** delivered boxes and bags of toys and clothing to Mercy House to be distributed to the homeless and needy individuals in the community. Club members also made and delivered 60 hygiene bags to the USO. The Upland Host Club continues to have activities with their Atria del Rey Branch Club.



WALNUT-DIAMOND BAR LIONS have been extremely busy as usual with their food bank distribution activities. They have also been collecting eyeglasses from the City of Pomona and the Walnut Senior Citizens Center. The club is getting ready for its Student Speaker Contest. In addition, plans are in place with the City of Walnut for the Walnut-Diamond Bar Lions Club 38th Annual Easter Hunt and Pancake Breakfast.

A group of **WESTERNU LIONS** spent a recent weekend in Tijuana, Mexico, helping with vision testing at the California Lions Friends in Sight clinic. The club is also actively planning a multi-discipline health fair on February 22 from 9:00 a.m. to 3:00 p.m. at Fremont Academy, 725 W. Franklin Avenue, Pomona. There will be free health screening for vision, dental, feet, diabetes, grip, and body mass index. General health information will also be available. All district Lions are invited to attend and be screened if they desire. The WesternU Lions Club continues to expand its membership into formerly non-represented colleges on campus. The club elected new officers in January, as is required by the university. The new president is Kenneth (Ken) Van. The 2014 Board has members from the Colleges of Optometry, Dental and Pharmacy.



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

In the second quarter of the 2013/14 Lion year the California Lions Friends in Sight Vision Screening Team traveled to nine sites. In these sites, they served the vision needs of 2,848 individuals with 90% of them leaving with vision improving recycled eyeglasses. The top two vision screenings done, during the quarter, was where the Team was able to serve the vision needs of over 416 individuals in Oxnard then on down close to the Mexican border in Imperial where in a day and a half the Team was able see over 700 individuals with 672 of them leaving with their vision improving recycled eyeglasses.

This brings the CLFIS Vision Screening Teams year-to-date numbers up to 5,362 individuals seen versus only 4,572 over the same period last year. If this year's numbers continue to grow at the same rate, this year's total will be 10,724 or a 6% increase over last year's 9,526 which is coming off a 36% increase in individuals seen totally last fiscal Lions year.

As has been pointed out before, the Team could not provide these vision screenings without the help of the many volunteers that come to help. This first half of the year the CLFIS Vision Screening Team had 755 volunteers working right along beside them in the 17 vision screenings done this fiscal year. These volunteers came from 45 different Lions Clubs representing numerous MD4 Districts across central and Southern California, and including several Leo clubs and many outside organizations and non-Lions.

If you would like to help during the second half of this fiscal year go to the CLFIS website:

californialionsfriendsinsight.org

to see the upcoming schedule of vision screenings. The CLFIS Vision Screening Team needs many more volunteers to continue to maintain the same excellent services. So when they are in your area come out and volunteer your help.

A big thank you again goes out to all the Lions Clubs who continue their financial and volunteer support of these California Lions Friends in Sight vision screenings.





**By PDG Norm MacKenzie
District GMT Coordinator**

CONGRATULATIONS TO THE 13 CLUBS THAT HAVE ACHIEVED NET PLUS FOR THEIR CLUBS THUS FAR INTO THE 2013-2014 YEAR

At the end of the second quarter the District is a plus 26 with 1,208 members. We are 13 less than we were at the end of the first quarter. We need 42 more members and that's the two clubs the team is working on that will get us to the infamous 1,250. I want to congratulate the 13 clubs that have a positive net growth for the year thus far. They are: Seal Beach Host with 39; Cucamonga District Host with 7; La Habra Host with 5; Ontario Host 5; Newport Beach Hawaiian 4; Brea 3; Buena Park Noon 3; Harbor Mesa 3; Laguna Niguel 3; Diamond Bar Breakfast, Garden Grove Host and Pomona Host at 1 each. That leaves 20 clubs that could use a little help from the GLT/GMT Team to gain more hands so that you can embellish your hands-on service projects.

Now that the holidays are over, all clubs need to review their goals for the year and make whatever changes are needed to stay on track. If you haven't already done it, I encourage all clubs to download LCI's New Member Recruiting Guide named "Just Ask" and create a club growth plan for the rest of the 2013-2014 year. The program is designed to guide your club through the process of recruiting new members and effectively managing club growth. The strength of your membership and the health of your club will determine your ability to do what all Lions love to do – serve. So keep in mind that more members mean more service.

How challenging is it to ask a person "How would you like to join a group of Loving Individuals Offering Needed Service?" or attend a club meeting? Let your invited guest know that Lions are Loving Individuals Offering Needed Service in the local community and is a great way to network your business. The Recruiting Wheel is the key to helping members know where to look for possible new members. It is imperative that you have a club brochure that outlines the activities and major accomplishments. Every club should have a budget for inviting at least two possible new members per meeting. Then invite them to participate in one of your hands-on service projects. That usually convinces them to want to be part of the team.

I challenge every Club to set a minimum goal of two new members by June 1st. That would be approximately 66 new members and would exceed the District Governor's 2013-2014 Team Goal of 53.

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

Your GLT/GMT Team is here to help you achieve your goals. Use us!! I am available at your request to help build your club. Call me at 760-802-6018.



CONGRATULATIONS TO THE 5 LIONS FROM DISTRICT 4-L4 WHO ATTENDED AND GRADUATED FROM THE MD4 LIONS LEADERSHIP INSTITUTE

- VDG KEN MYERS (UPLAND HOST)**
- ZONE CHAIR BOB SUSAETA (ORANGE)**
- CLUB SECRETARY SUSIE MACINTOSH (TUSTIN HOST)**
- ASSOC. CHAPLAIN PETE BADAME (LAHABRA HOST)**
- LION RICARDO ORTIZ (POMONA HOST)**



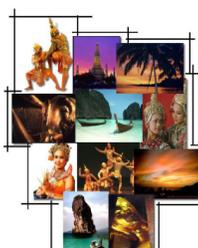
Annual Leo District 4-L4

Orphanages of Thailand Restaurant Fundraiser

Join us for a social gathering to interact with Leos and Lions throughout the District! There will be outstanding Thai food and entertainment available for your enjoyment.

Encourage your friends and family members to join as well!

Proceeds from this event will benefit the Orphanages of Thailand!



Date: Saturday, April 19, 2014

Time: 12 pm to 3 pm (Lunch served 12:30-1:30)

Location: Rachada Thai Restaurant
13416 E. Imperial Hwy.
Santa Fe Springs, CA 90670

Tickets: Adults - \$20 per person
18 and under - \$15 per person

For information, to RSVP, and to purchase tickets, contact:

Lion John Doogan

Phone: (714) 241-1800

Cell: (714) 380-0433

Email: jdoogan@socal.rr.com

**Mailing Address: Orphanages of Thailand
P.O. Box 287
Stanton, CA 90680-0287**



3RD DISTRICT MEETING HIGHLIGHTS



All is quiet ... until RC Roy calls the 3rd District Meeting to order



"First Timers"



Leos are recognized



Presidents are recognized



PDG Norm is recognized



Past District Governors are honored



Daine Martin, June Overbey & DG Sheila



PDG Mike Scheafer



Visiting VDG Dr. Freddy Perez & 2nd VDG Ken



PDG Elizabeth & ZC David

For another installment of City Snippets, here is the first article from City of Hope's EHope newsletter on the subject of New Year's Resolutions. The plan is to add two more articles, one in each of the next two issues of the 4L-Forum.

NEW YEAR'S RESOLUTIONS: TIPS ON EATING BETTER, EXERCISING MORE
by H. Chung So

Along with the midnight toast and the Times Square ball drop, New Year's resolutions are an annual tradition at the changing of the year. But for many who've resolved to lead a healthier life in 2014 through mindful eating and regular exercising, sticking with these promises for the rest of year and beyond is another matter.



When making New Year's resolutions, stick with steady, incremental improvements in your diet and physical activity rather than one drastic change, experts say. Drastic changes, like going on a diet that eliminates entire food categories or suddenly engaging in rigorous exercise routines, can backfire, according to Peggy Mancini, M.S., R.D., a clinical dietitian at City of Hope, and Jeanette DePatie, a certified fitness instructor. Not only are these changes difficult to stick with, they can be downright harmful, these experts say. "Really long and intense workouts after being sedentary for a while ... are a recipe for pain and injury. That is why the sports medicine guys are so busy in February," DePatie says. "Any diet that restricts a food group results in a loss of nutrients unique to that group. The lost weight is unlikely to be kept off if it's not an eating plan you can stick with," she says. Instead, Mancini and DePatie offer these tips to resolution-makers so they can keep their promises for better health this year:

- **Plan for incremental changes.** Both Mancini and DePatie say that changes to diet and activity should be steady and gradual so they can be lifelong, sustainable habits. These small changes can include eating an extra serving of fruit or vegetable a day, switching from full-fat to low or non-fat dairy products, and forgoing sweetened beverages. For exercise, DePatie says, weekly improvements should be no more than ten percent per week (e.g. if you can comfortably break a sweat walking 10,000 steps today, do not aim for more than 11,000 steps by next week.)
- **Find activities you enjoy.** "If your exercise routine is boring, painful or just not fun, the TV will win every time," DePatie says. She encourages people to go "fitness dating" and try a wide variety of activities until they find something they enjoy. And they should continue to mix it up to avoid falling into a humdrum routine.



6th Annual Ensenada Visitation Cruise
Carnival Inspiration



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

March 14 - 17th, 2014

Sunday is a Cruise Day with Games & Cocktail Party

Saturday March 15th 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 & transportation to the Club House.

Carnival categories are as follows:

- Category 6E. Empress Deck Middle Porthole
- Category 6C forward of aft Main or Riviera Deck Porthole
- Category 4D Upper Deck Inside Middle
- Category 4B Lower deck forward or aft inside
- Category 4A Main deck. Inside forward of aft
- Mini Suite with balcony

CALL FOR PRICING

You can still make reservations up until two days prior to the sail date at the prevailing rate.

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

Vamonos a Ensenada!

- **Keep a journal.** Keeping tally of your food intake and activity — either in a physical journal, online website or a mobile app — is a great way for resolution-makers to maintain awareness and build progress by letting them "review and decide what they want to improve upon," according to Mancini. Additionally, journaling helps one create an actionable plan with concrete goals ahead of time.
-
- **Focus on intrinsic rewards.** Both Mancini and DePatie advocate looking beyond external measures, such as a number on the scale, when engaging in healthy habits. "Changes in how you feel can occur after just a few minutes of exercise," DePatie says. Likewise, Mancini says people should see their resolutions as a "lifelong investment in themselves, their loved ones and others around them who will be inspired by their healthy habits."

Mancini and DePatie agree that resolutions — reasonable ones you can commit to — have tangible and lasting benefits. "In the short term, exercise lifts your mood, helps you cope with stress, clears your mind, strengthens your memory, helps you feel better, helps you sleep and helps you have a better sex life," DePatie says. And for the long haul, Mancini says, a healthy diet and exercise regimen "reduces the risk of diabetes, many types of cancer, heart disease and hypertension."

NEXT MONTH'S NEW YEARS RESOLUTION SUBJECT: "Tips on How to Quit Smoking"

District City of Hope Chair, Lion Lorna Badame



HEARING & SPEECH ACTION NEWS



Lions Clubs International FOUNDATION

Congratulations to our newest Melvin Jones Recipients

The following is from a Hearing Health Foundation article:

“A cure for hearing loss and tinnitus is at hand. Scientists in our Hearing Restoration Project (HRP) are gaining momentum every day in finding a cure for hearing loss and tinnitus (ringing in the ears). We know birds, and most non-mammals, can spontaneously regenerate their inner ear hair cells and restore their hearing. Our team of HP researchers are identifying how we translate this to people like you and me. But we can’t do it alone. This is why we are urging you to commit yourself to HHF and make your contribution to our 2014 Annual Fund Campaign.

Through multiple national and international HRP research projects, our HRP scientists work together, sharing unpublished data and tools, and refining the Strategic Research Plan. This helps eliminate repetitive work, saving time and money and accelerating the timetable to a cure. We will soon launch a new bioinformatics database providing a way to analyze and compare large sets of data. Also, we will be launching a new national public education campaign about our cutting edge research that holds the key to a cure and will bring us closer to the day when hearing loss and tinnitus are a thing of the past.

Thank you for your support.”

This is a project that would fit nicely into Lions “We Serve” policy.

Keith Campbell, Chairman
4-L4 Hearing & Speech Action
kcampbell5@socal.rr.com

- Phil Anton
- Steve Fifield
- Dr. Bill Wewer
- Jack Tanaka
- Wanda Tanaka
- Debbie Karlson
- Ann McIlroy
- Carol Linehan
- Lou Steward
- Frank Felix
- Quan Lee
- Randy McMillan
- Allan Wasch
- Diana Bean
- Gary Bean
- Tom Duszynski
- Laura Ellsworth
- Bruce Gormley
- Renee Gormley
- Marcia Haley
- Jim Klisanin
- PDG Ellen Liebherr
- Ray Longoria
- Ryan Ziegenbusch
- Judy Barr
- Ann Henderson

- Brea Lions Club
- Buena Park Noon LC
- Buena Park Noon LC
- Diamond Bar Breakfast LC
- Diamond Bar Breakfast LC
- Harbor Mesa Lions Club
- Harbor Mesa Lions Club
- Huntington Beach Host LC
- Huntington Beach Host LC
- La Habra Host Lions Club
- La Habra Host Lions Club
- La Habra Host Lions Club
- Orange Host Lions Club
- Seal Beach Lions Club
- Tustin Host Lions Club
- Tustin Host Lions Club

MD4 STUDENT SPEAKERS FOUNDATION

The Foundation would like to Thank Brea Lions Club for their \$200 monetary donation for a Harry J Aslan Fellow. Thank you to the following Clubs who donated used Cell Phones & Ink Cartridges Diamond Bar Breakfast, Laguna Niguel, Ontario Host and Ontario-Upland,

All these donations go toward District 4 L4 annual goal of \$4,500 which pays for the Scholarships at the District, Area and Final Student Speaker Contests.

The Annual Student Speaker Foundation Meeting will be held Saturday February 15, 2:15 pm at the MD4 Convention. Everyone is welcome.

Please remember to bring all your used cell phones and ink cartridges to the upcoming Region Student Speaker Contests in March.

Thank you
District 4 L4 Trustee Lion Carol Linehan

Timberline Lions Club

Please Join Us in Celebrating
Our 60th Anniversary
At the beautiful
Teresita Pines Lions Camp
22800 Big Pines Highway
Wrightwood, CA 92397

60 Years

Saturday, May 31, 2014, 5:00P.M.
Dinner 6:00 P.M.
Contest, raffles, prizes, dancing & more
Your choice of Steak or Chicken \$18.00.
Accommodations available for those who prefer to spend the night \$32.00.
Includes Breakfast
(Please bring sleeping bags)
For Reservations - Please mail to
Maria Bogaars
P.O. Box 1643, Wrightwood, CA
Before April 30, 2014
For more info. call (909) 268-2269
Make checks payable to Timberline Lions Club
Check, Mastercard or Visa Accepted



Convention 2014

May 15th - 18th 2014



Registration Form

Please Print

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

HOSPITALITY BOOKS – Please purchase by April 25 (avoid late fee)

	Thursday Night Event (for those who arrive early)	TBD
Book #A	Friday Dinner, Saturday Lunch & Dinner, Sunday Breakfast	\$230.00
Book #B	Saturday Lunch & Dinner, Sunday Breakfast	\$165.00
Ind.	Individual Meals & Entertainment:	
	Friday Dinner	\$75
	Saturday Lunch	\$35
	Saturday Dinner	\$80
	Sunday Breakfast	\$35

Vegetarian options requested for _____ (please show names)

NAME: Please use a separate line for each person registering	Is this your first convention?	Book # (A,B,or Ind.)	Book/Meal Cost	Registration \$25.00 per person	Additional \$20 late fee after 4/30/14	Total Costs

ARRIVING EARLY & WANT TO JOIN US FOR DINNER ON THURSDAY? Yes _____ No _____
Check yes and we will contact you with information

Make Checks Payable to: District 4-L4 Convention

Mail to: Joanne Waltman, P.O. Box 575, Rancho Cucamonga, CA 91729-0575

OR USE A CREDIT CARD – Name on Credit Card _____

Visa ___ MasterCard ___ Discover ___ Credit Card # _____

3 digit Code _____ Expiration Date: Month _____ Year _____

Deadline for Room Registration: April 14, 2014

Hotel reservations 800 227-6963 Group Name: Lions Club District 4L4	Crown Plaza Mission Valley 2270 Hotel Circle North San Diego, CA 92108	Room Rate \$99 reserve by April 14 th
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CONVENTION COMMITTEE

- Chairman PDG Mike & Sandi Scheafer(714)435-0300
- Joanne Waltman(909) 1230-3520
- Mike & Ann McIlroy.....(714) 641-0664
- Ron & Terry Finseth.....(714) 267-0786
- Chris & Judy Barr.....(714) 544-2558

DISTRICT 4L4 CONVENTION
Convention Highlights

GOLF
on Thursday



Early arrivals Thursday Night
caravan to a local restaurant



"HE SAID"  **"SHE SAID"** *Join us Friday Morning 10:30 in the court yard across from pool*



Friday Night Dinner & Dancing
Costume Contest
for Lions, Tigers & Cougars



Saturday Night  **Governors Banquet**

Sunday Breakfast - Inspirational Speaker
Sunday Breakfast - Inspirational Speaker

JOIN US IN SAN DIEGO!!!

DISTRICT 4L4 CONVENTION



GOLF TOURNAMENT

Balboa Park Golf Course
2600 Golf Course Drive
San Diego, CA 92102

Thursday
May 15th 2014
11:00 a.m.



FEE: \$70 includes Golf - Cart - Box Lunch

Mail by May 7th to: Ron Finseth, Convention Golf Chairman
 7205 E. Grovewood Ln.
 Orange, CA 92869
 Phone: (714) 267-0786



Name:

Club:

_____	_____
_____	_____
_____	_____
_____	_____

Send this portion by May 7th along with your check payable to District 4-L4 Convention To: Ron Finseth, Convention Golf Chairman, 7205 E. Grovewood Ln. Orange, CA 92869

HARBOR MESA LIONS CLUB
ANNUAL FASHION SHOW,
LUNCHEON AND BOUTIQUE



SATURDAY, JUNE 7, 2014
11:30AM

FASHIONS BY THE DRESS BARN

Shop till you drop opportunity
Vendors with Clothing, jewelry, accessories, and more!
Chinese Auction

AT THE COSTA MESA COUNTRY CLUB
 1701 GOLF COURSE DRIVE
 COSTA MESA, CA 92626

\$30.00 PER PERSON
(No Tickets will be sold at the Door)

MAIL CHECKS TO
(In this case, tickets will be held at the door)
LION ARLENE SCHAFER
 702 RUCKMILL ROAD

SAVE THE DATE!
APRIL 23, 2014



TUSTIN LIONS PRESENT...

THE VIC GORHAM MEMORIAL
GOLF TOURNAMENT

When: April 23, 2014

SPONSORSHIPS AVAILABLE!!

LAKER GIRLS!!

8AM SHOTGUN START!!

LIONS YOUTH EXCHANGE PROGRAM

Website: ye.md4lions.org

Open to anyone between 15 ½ - 21 years old

4 – 5 week program during our summer --

Live with a host family or families in a country of your choosing

Experience a country as no tour can show you.

Live like a native.

Make lasting friendships

Come home more well rounded, mature and worldly.

Appreciate the differences and similarities in all of us.

Have travel on application for university enrollment as a plus for admission.

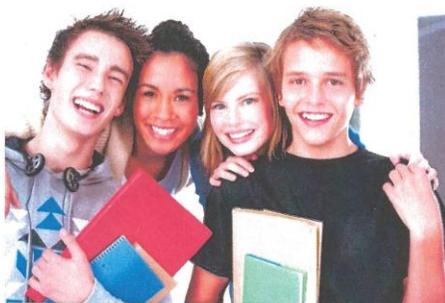


**HEY CLUBS WANT TO HELP OUR YOUTH EXCHANGE
HAVE A GOOD TIME? CONTACT DIANE QUINLAN 714-623-1439
PICTURE THIS: WHALE WATCHING SPONSORED BY ORANGE LIONS
SPONSOR AN ENTIRE EVENT FOR CREDIT ON YOUR VAD
DONATIONS NEEDED BEFORE 07/01/2014**

Event	Cost Per Student	Total # of 4L4 Students	Cost For Event	Comments
Trip to Hollywood on the Train plus Lunch	\$45.00	10	\$450.00	Train to Union Station, Subway to Hollywood and lunch
Disneyland	\$100.00	10	\$1000.00	ticket to Disneyland only
Whale Watching	\$20.00	10	\$200.00	\$5 extra fee for binoculars
Universal Studios	\$80.00	10	\$800.00	Ticket to Universal Studios
Kayaking	\$	10	\$ 25.00	No charge for Kayaking - cost is lunch
Nixon Museum & Farrell's	\$ 40.00	10	\$400.00	Tour of Nixon Museum and Ice Cream at Farrell's
Palm Springs Ariel Tram	\$25.00	10	\$250	Ariel Tram up and back plus lunch
Living Desert	\$20.00	10	\$200.00	Tour of the Living Desert
Bus Tour of Hollywood	\$50.00	10	500.00	Hollywood Trolley or Double Decker Bus Tour
Total Cost to YEP per student	\$380.00		\$3800.00	

This is for Students ONLY does not include host families. Host Families incur cost for themselves
All donations in excess of \$100 will receive banner patch.
All donations in excess of \$200 and under \$500 will receive Judy Schnitzer Fellowship
All donations in excess of \$500 will receive Charlie St. John Fellowship
We are working on a YEP Pin and a Barbara Abramovitz Fellowship

District 4-L4 Lions Teen Recognition Awards Program



Come experience the Youth of Today in a positive program. Three individuals will be honored for leading a drug, alcohol and tobacco free life and encouraging their peers to do the same.

Join us for the Teen Recognition Program

Dessert and Awards

SUNDAY, FEBRUARY 23, 2013

2:00pm

Garden Grove Lions Clubhouse

9860 Larson Avenue, Garden Grove, CA 92866

Jackie Maloney calgaljm@aol.com (562)431-6092



Garden Grove Host Lions Club 2014 Charity Golf Tournament

Friday, March 21, 2014 ♦ Willowick Golf Course
3017 W. 5th Street, Santa Ana CA 92703, (714) 554-4408

SUPPORTING

- Lions Eyeless Recycling Programs
- Seeing Eye Guide Dogs
- GGUSD Student Eye Exam Program
- Boys and Girls Club of Garden Grove
- H.O.P.E.
- Garden Grove Neighborhood Association
- Garden Grove Police Explorer Post

Schedule of Events

9:30 a.m. Check-In
10:30 a.m. Tournament Begins Scramble Format
5:00 p.m. Awards Dinner & Program
At the Garden Grove Lions Club House
9860 Larson Avenue, Garden Grove
Awards Presentation ♦ Raffle Prizes

\$100 Tournament Fee Includes
Green Fee & Cart ♦ Driving Range ♦ Tee Gifts
Dinner & Awards Program

Tournament Prizes

Team Awards
Closest to the Pin
Longest Drive

Sponsorship Opportunities

Tee Signs \$50



Make checks payable to: **Garden Grove Lions Club** ♦ P.O. Box 351 ♦ Garden Grove, CA 92842
Please submit this Registration Form by Mail to above address, Fax (714) 963-0364, or Email to chuckjuilelake@aol.com

Registration/Sign Up	Additional Players in Group	Phone #
Name: _____	_____	_____
Organization: _____	_____	_____
Address: _____	_____	_____
City: _____ Zip: _____	Single Player\$100\$	_____
Daytime Phone: _____	Foursome\$400\$	_____
Fax: _____	Dinner & Auction (no golf)\$ 35\$	_____
Email: _____	Tee Sign (Provide Business Card)\$ 50\$	_____

For further information, please call: Co-Chairs – Chuck Lake (714) 963-8077 (Work) or (714) 292-8170 (Cell)
Ric Lerma (714) 784-0733 (Work) or (714) 925-8923 (Cell)
Ron Pierce (714) 757-5400 (Work)



The La Habra Host Lions Club

proudly presents the

4th ANNUAL PASTA FEST

When: Saturday, February 8, 2014

Where: La Habra Community Center

101 W. La Habra Blvd. La Habra, CA 90631



Enjoy a traditional Italian pasta dinner cooked and prepared by **THE LA HABRA HOST LIONS** and **THE SONS OF ITALY**

Dance to the music of **The Marie Alcantar Band**

only \$20 per person

No Host Bar 6:30 p.m. Dinner Served at 7 p.m.

All event proceeds benefit the Senior Lunch Program and Senior Activities provided by the La Habra Community Services Department. These programs help to enhance the health and well-being of the elderly population. Participation in programs such as those provided by the La Habra Senior Center can help to alleviate feelings of loneliness, depression and anxiety among seniors. Seniors can also enjoy a nutritious lunch at the Community Center which helps to remedy poor nutrition, a problem that is found to be especially prevalent among those who live alone and/or on a limited income.

For further event information, please contact Pasta Fest Co-Chairs Lion Vanna Sharp at

(714)322-6587 or vannas@verizon.net or Linda Milano at (562)708-3538 or Lindamilano123@gmail.com

PLEASE RSVP for you and your guests by January 25, 2014

Please complete this portion to make your reservations, detach and mail to

La Habra Host Lions Club PO Box 248 La Habra, CA 90633-0248 attention: Pasta Fest

Please make check payable to: La Habra Host Lions Club.

I would like to attend. Please reserve

Tickets @ \$20.00 each \$ _____

I would like to support the senior programs by one of the following:

- Please accept my donation of \$ _____ to benefit La Habra Senior Services \$ _____

- I want to sponsor a table for 10 seniors to enjoy the festivities @ \$200.00 per table. \$ _____

(Your name will appear on the table) \$ _____

- I would like to be a Pasta Fest Sponsor (Gold Sponsor \$1000, Silver Sponsor \$500) \$ _____

Your donation is a tax deductible charitable contribution. All donor names will be featured at Total \$ _____

www.LaHabraLion.com and on all publicity at the event.

Name: _____

Address: _____ City: _____ Zip: _____

Phone () _____ - _____ Email: _____

Pomona Host Lions Club presents our annual

BOWL-A-THON

Saturday, February 22, 2014

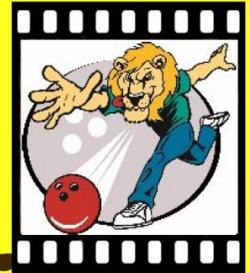
at Oak Tree Lanes in Diamond Bar @ 4:30pm.

All funds raised go to support Lions Club charities, such as:

Eyeglasses for needy Pomona school children, Eye Exams for Pomona school children, weekly bus trips to the Los Angeles Braille Institute to serve the blind and mini grants for Pomona teachers, just to name a few. We need your help!! Join us!!

100% goes to charity with no administrative cost.

Oak Tree Lanes
990 N. Diamond Bar Blvd.
Diamond Bar (909) 860-3558



Want to have a team? Want to be a sponsor? We need your help! For further information or to get involved, please contact: KRIS GEORGESEN at (909) 469-5236 or at krisgeorgeson@yahoo.com. Join us in making a difference in our community.



DISTRICT 4-L4 CALENDAR

2014

- February 8 La Habra Host Pasta Dinner & Bingo
- February 14-16 California Leos Leadership Symposium Ontario
- February 14-16 MD-4 Convention Ontario
- February 22 Pomona Host Lions Bowl-A-Thon
- February 23 Club Level Student Speaker deadline
- February 23 Lions Teen Recognition Awards
- March 8 Ontario Upland Bunco
- March 8 Seal Beach Lions 75th Anniversary Party
- March 8 Cucamonga District Host Sip for Sight Wine Tasting
- March 14-17 Ensenada Visitation
- March 16 Zone Level Student Speaker deadline
- March 22 Orange Lions Spaghetti Feed
- March 24 Foothill Region Meeting
- March 25 Orange Region Meeting
- March 26 Saddleback Region Meeting
- April 6 Region Level Student Speaker deadline
- April 19 Harbor Mesa Garage Sale
- April 19 Orphanages of Thailand Fundraiser
- April 21 Orange Lions Golf Tournament
- April 23 Tustin Host Lions Golf Tournament
- May 4 District Student Speaker deadline