



The Extra Mile



Extra MILE (Membership, Integrity, Leadership, Enduring)

Jocelyn M. Mina

District Governor ~ District 4-C4

"To care, to share ~ to need no more."

District 4-C4

Cabinet

For 2003-2004

District Governor

Governor Jocelyn Mina

Vice District Governor

VDG Ray Rosenthal

Secretary

Secretary Chester Ajero

Treasurer

Treasurer Al Lopez

Admin Assistant

Lion Elizabeth Yolo

Region One

Chairperson

Chair Rosie Jones

Zone Chairs

Z1 Chair Yvonne Lee

Z2 Chair Miriam Chaname

Z3 Chair Joe Farrah

Region Two

Chairperson

Chair Ken Ibarra

Zone Chairs

Z1 Chair Helen Olson

Z2 Chair Tom Cullina

Z3 Chair Judy Malfatti

Region Three

Chairperson

Chair Doris Grason

Zone Chairs

Z1 Chair Michael Giusto

Z2 Chair Kurt Tomlinson

Z3 Chair Jun Madrinan

Immediate Past

District Governor

IPDG Michelle Jester

Newsletter Editor

Lion Emil Kantola
650 Manor Drive
Pacifica, CA 94044
(650) 355-3526

District Governor's Message for March 2004

Dear Fellow Lions:

What did I say about the month of February? Did I say it has been historic? Well fellow Lions, it has not abated an iota even through the month of March!

Let me backtrack to a "feel-good" news. Our So. California neighbors who suffered in the devastating fire send their thanks to our district and to five (5) clubs, through DG's of 4-L5, DG Hugh Grant and of 4-L6 John Kirk. A donation of \$2000 from our district (motion presented by PDG Ray Kliewer and approved by the body); club donations of \$1000 from Pacifica, \$200 from San Francisco Host, \$200 from So. SF Golden Gate, \$200 San Carlos, and \$100 from Redwood City Sunrise were divided equally between 4L5 and 4-L6. On behalf of their respective districts, the DG's want to let us know how grateful they are to 4-C4.

As I've promised in February, the following is a report on the MD4 Convention in Primm. On a personal note, let me tell you that there is indeed a price to pay when fun is had, though not all the time. I came back to my home turf with an asthma attack and bronchitis. It is not hard to figure out why. Smoke-filled air abounds everywhere even in so-called non-smoking rooms in hotels.

At any rate, it was gratifying to see many Lions from 4-C4 in attendance; Lions from Burlingame, SF Chinatown, Daly City Gateway, Foster City, So. SF Golden Gate, Ocean Ingleside, San Carlos, San Francisco Host, and Sunset (I hope not to have missed anyone, if I did, please advise.) were among the 1167 lions and guests at the Convention. Out of 630 certified delegates, 561 actually voted. Two (2) major amendments to the MD4 Constitution and nine (9) amendments to the By-Laws--partly housekeeping changes were ratified. Fresno was voted as the venue for the 2007 MD4 Convention. Quite a number of Lions received Presidential Awards, Leadership Medals, and International

President Certificates of Appreciation. Please attend our Annual Convention in May to find out who the 4-C4 awardees are--the recipients don't know either--and to congratulate them for the highly-deserved recognition of their commitment to Lionism.

The eight-and-one-half hours drive one-way to Primm was no sweat for me. Thanks to Cabinet Secretary Lion Chester and Lion Thelma Ajero for giving me a ride to and from Primm. We covered 530 miles of beautiful California terrain and a few miles of remains of wintry-look along Nevada.

Two (2) weeks after returning from the MD4 Convention, I took off for Cayucos, CA upon the invitation of DG George Stewart of 4-A3 and his wife Lynn, as guest of their 3rd Cabinet Meeting. On the following week, I was at 4-C6 3rd Cabinet Meeting in San Jose, as guest of DG Steve Brown and his wife Sandy. VDG Ray Rosenthal and Christina were guests of VDG Larry Hidalgo and wife Martie. Our administrative assistant Lion Beth Yulo drove and I was the navigator for both out-of-district trips. Fellow Lions, this is one of the "perks" of being the current DG or VDG. We invite each other to our cabinet meetings or conventions. This experience provides an avenue for sharing of ideas, exchange of innovative projects to expand and improve our service to those in need, in addition to having fun in the process because we get to meet Lions from other districts.

The Student Speakers Contest had been underway; club levels would have been completed by February 23rd and zone levels will have been completed by March 15th; by April 12th is the completion date for region levels; May 3rd is that of the district level; for area level competition with districts C2, C3, and C6 completion date is by May 24th. MD4 Final competition will be on June 5th in Visalia, CA during a Council of Governors Meeting. We applaud clubs that have been participating and are participating this year. This Program

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VDG's Message for March 2004

My Dear Fellow Lions:

This is going to be a year of challenge and hard work and lots of fun as well. We face the challenge of restoring clubs and membership in our District. We can only do this through the teamwork that I have faith that each of you has in Lionism and in each other. We must take our shared knowledge and respect and abilities to build more Lions. That is what I want to do. I want to expand our district in numbers and in productivity. It is more than a number to see another Lion come into the Lion family. To me, I am welcoming a new brother or sister. It is important that we all help care for that person and make them feel welcome. It is important that we teach them about Lionism and shows them the way Lions really are.

This is where the fun comes in. When you get together as Lions, we are like a large family, we have a grand time, and we truly enjoy each other's company. We have built a friendship and a mutual respect for each other by working side by side as Lions.

One of the things that I want to see more of this coming year is clubs working together and getting to know each other. This not only will strengthen the District but it will also strengthen each Lion. Each member of this District is very important, not only to his or her Club but also to the District. By working together more closely between the clubs we will build those ties of friendship and respect for each other and we will build our clubs.

I am willing to take all of the training and background I have in Lionism and in business and give it to District 4-C4 to be used to help our District grow. I share this dedication with so many of you. This makes me very proud. This is Lionism at work.

My Motto for the Year is: **WORKING TOGETHER TO BUILD A BETTER WORLD.** Let us draw on this and learn from it and build on it. Sometimes we forget and think the people and things we see on a daily basis limit our world. One of the great gifts of Lionism is that it reminds us that our world does not have a boundary and that we are not limited unless we want to be. Lions in this District do not want to be limited.

Our goal, when we have finished this year will be to continue building on this knowledge and sharing the strength that we shall have gained. Being a Lion is a special gift and that is why we give back. We want others to share in this community and benefit from it, as each of us has been so fortunate to do.

Membership drives shall be a major focus of my year. I want to help clubs increase their members and I want to build more clubs. This is vital and we must encourage all of our people to help bring in more new Lions and more new clubs and the best way that we can do this is by setting a good example ourselves. I will also make sure that all the tools you need in training and support are there for you. You need the right tools to do a good job.

You are the building materials, my Lions, and you are the tools. When we put this all together then you can build a better, stronger group of clubs.

Yours in Lionism,
Lion Ray Rosenthal
Vice District Governor

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provides an opportunity for the youth to become good citizens and to perform a civic duty of actively ensuring a peaceful world. A total of \$20,500 in scholarship for the overall winner is at stake at district, area, and MD4 levels.

Organizational meetings of the new San Mateo Lions Club is ongoing. Additional officers were elected: Robert Ross as First VP; Ken Ingram as Membership Chair; Grandpa Loveridge as Tail Twister; Jim Cravalho as Lion Tamer. Other officers elected were Pat Hughes as Club Bulletin, Patricia Kiish as Project Chair, and Ben Ocon as Program Chair. April 18th is their Charter Night at the San Mateo Marriott. Invitations will soon be out. I am taking this opportunity to remind all our 36 existing clubs of an age-old tradition in welcoming new clubs into our 4C4 Family. Donations are pledged or presented at their Charter Night. Monetary contributions are encouraged. This is to help them get a good head start. The district is donating the club banner, while San Carlos Lions Club--the sponsoring club--is donating bell and gavel. Lions of 4-C4, let us welcome our newest member of the family: be there for them at their Charter Night.

By the time this edition of "THE EXTRA MILE" comes out, I would have completed visitations on the 8th of March on a visit with San Francisco Host. Four (4) new members of the club would have been inducted, as well. Heads up for upcoming events such as the SF Council of Lions Police and Firefighters Awards Night on March 20 and the Peninsula Council of Lions on the 26th. Flyers announcing these events went out. Let us all support these events as a means of showing our appreciation to our Police and Firefighters and their families. Let us recognize them for putting their lives on the line to keep us safe and our lives and property protected. Another important event I am attending is the dinner with our International President Dr. T.S. Lee on March 19 at PID Dr. Bill Iannaccone's residence in Walnut Creek. Hoping to see some of you there representing 4C4. The Walnut Creek Host Lions Club is celebrating their 80th anniversary next day. Congratulations, Lions of Walnut Creek Host!

I could go on and on, but I won't. Just a little reminder: by April 15, each club should have elected their officers and reported via the PU 101's to LCI and Cabinet Secretary Lion Chester Ajero by April 30, 2004. Please adhere to these timelines as dictated by our Constitution and By-Laws. The late William Shakespeare once said: "Brevity is the soul of wit." Fellow Lions, I am no William Shakespeare!

Until next issue . . . take care all.
Jocelyn M. Mina
District Governor

WARNING - WARNING - WARNING - DATES IN CALENDAR ARE CLOSER THAN THEY APPEAR

Brisbane Lions Club are planning an outing at Bay Meadows on May 16th. Club members will be going to the bank on May 17th to deposit their winnings.

Burlingame Lions Club will be having their 75th Club Anniversary Celebration on June 26th. Call President Toni Nava for more information.

Chinatown Lions Club is sponsoring the Miss Teen Chinatown Charity Gala on Saturday, April 17th at the Westin St. Francis Hotel in San Francisco. Contact rgw Chinatown Lions for more information, advertising and reservations.

Foster City Lions Club is having an Easter Brunch and Easter Egg Hunt on April 11th. Call Lion Jim Traceski for details.

Foster City Lions Club is having a live silent auction on April 27th at the Foster City recreation on Shell Street at 6:30 pm. For more information please call Lion Carolyn Cox.

Foster City Lions Club is involved in blood drives at the Foster City Recreation Center. Donations may be given on April 10, June 12, August 14, October 8 and December 11. Times are 8:00 to 1:00. Call Lion Fred Kelly for more information.

Millbrae Lions Club is sponsoring the **Rocky's Wine Tasting** at the Machinist Hall in Burlingame on April 25, 2004 from 2:00 to 6:00. The hall can hold 600-700 people. The wine tasting is for the support of the Lions Eye Foundation of California-Nevada. Advance reservations are \$35 and at the door are \$45. Call PDG Don Stanaway or PDG Rocky Lombardi for reservations.

Nikkei Lions Club is having a golf tournament on June 4th, 2004. The tournament will be at Sharp Park Golf Course. All are welcome to come and play. Call Lion Don Fung or the club president for more information.

Ocean Ingleside Lions Club and the West O'Twin Peaks Lions will be holding a joint fundraising Crab and Spaghetti Feast on March 27th from 2:00 to 7:00. The cost is \$25 per person. The event is for the benefit of the Lions Eye Foundation. Call Lion Tessie for reservations.

Pacifica Lions Club is selling chances on a pin vest for \$10 a ticket. Only 100 tickets per vest will be sold. The winner will receive the vest of lions pins and a Helen Keller Fellow with the Lions Eye Foundation. Next time you see Lion Emil Kantola, ask him for a ticket.

Pacifica Lions Club is sponsoring a Caribbean Cruise out of New Orleans for the first week of October 2004. The cost of the cruise is \$1,100 for an inside cabin, \$1,250 for a window cabin, and \$1,400 for a balcony cabin. All prices are per person and include air out of San Francisco. There will be a drawing for a Helen Keller Fellow for the Lions Eye Foundation. All proceeds will be for the benefit of the Lions Eye Foundation. Call Lion Kathy Dedini at (650) 355-5110 for reservations.

Palo Alto Lions Club is holding the Concourse D'Elegance (Classic Car Event) on June 27th. Much more

will come. If your club would like to participate, contact the Palo Alto Lions Club president.

San Carlos Lions Children's Easter Egg hunt will be at the City Hall Park on April 10th.

San Carlos Lions Club installation will be held at the Radisson Villa Hotel on June 12th. Call Lion Sam Nervino for reservations.

San Mateo Lions Club will be holding their first installation of officers dinner on April 18, 2004. The charter president will be Vhangee Mesa. Please set the date aside for the charter night installation. It would be nice if all clubs in the district would send a representative from their club to welcome the new club in our district. The installation will be at the Marriott Hotel, 1770 S Amphlett Blvd, San Mateo, CA. at 6:30 for dinner. Cocktails are at 5:30. Cost is \$45 per person. RSVP to Pat Hughes by 4/9/04.

Peninsula Council of Lions will be holding the Police and Fire Awards Banquet on March 26, 2004 at the Crown Plaza Hotel, 1121 Chess Drive, Foster City. Tom Sinkovitz of KRON-TV will be the MC this year. Set the date aside and come and honor your local policemen and firefighters. Last year's event had an attendance of 400 people so get your reservations in early. Call Lion Jack Van Eaton that you will be attending

Peninsula Council of Lions will be holding the May 24th meeting at the Hou Nan Gardens. The meeting is being hosted by the Palo Alto Host Lions Club.

Peninsula Council of Lions will be holding their installation of officers on August 22nd. Lion Kris Bakshi will be the incoming president. More to come.

San Francisco Council of Lions Police and Fire Awards are on March 20th at 6:30 PM at El Patio Espanol, 2850 Alemany Blvd. SF \$40 each, RSVP by March 5th to Treasurer Lion Woody Howard, 270-026th Ave, SF 94121 or to Council Secretary Lion Gail Wood.

District 4-C4 eyeglass collection will be held on Saturday, March 27, 2004, from 10:00 AM to 4:00 PM at the residence of our Cabinet Secretary Lion Chester Ajero which is in Daly City.

District 4-C4 district YCA ticket drawing will be held on Saturday April 3rd at the Union Espanola de California (Patio Espanol) 2850 Alemany Blvd. San Francisco. Cocktails from 6:00 to 7:00, Dinner at 7:00 and the Raffle at 8:00 P.M. \$30.00 Per Person. RSVP on or before Sunday March 28, 2004 to Lions: Chair Lillian Alfaro-Khan or 1st V-Chair Frank Rescino. This is a wonderful opportunity to invite new Lions and prospect Lions. They can see Lions in action!

District 4-C4 district convention will be at the Red Lion Sacramento Inn on May 69. Contact your convention coordinator or PDG Elma Loreda for more details. Don't miss the 4th cabinet meeting, the fun, the food, the old/new friends and all the rest.

District 4-C4 will be holding the Cabinet Installation

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Dinner at Green Hills Country Club on July 18th. More Details will follow but please set the date aside.

Lions Clubs International will have the international convention in Detroit Michigan on July 5-10, 2004. Next year the International convention will be held in Hong Kong on June 27-July 1, 2005.

Lions Clubs International - The USA Canada Forum will be held in Reno Nevada on September 9-12, 2004. The Forum will be held in Peoria, IL on September 21-24, 2005.

~ WE SERVE ~

If you want your wife to listen and pay undivided attention to every word you say, talk in your sleep.

When you put the two words "The" and "IRS" together, it spells "Theirs".

Editors note: For those IRS auditors out there, I did not think the last one was funny either.

A Caribbean Cruise

The Pacifica Lions Club is sponsoring a seven day Caribbean cruise out of New Orleans. This cruise is for the benefit of the Lions Eye Foundation.

Carnival Conquest

October 3rd to October 10th ~ 2004

Oct 3	Sunday	New Orleans
Oct 4	Monday	Fun day at sea
Oct 5	Tuesday	Fun day at sea
Oct 6	Wednesday	Montego Bay - Jamaica
Oct 7	Thursday	Grand Cayman
Oct 8	Friday	Cozumel
Oct 9	Saturday	Fun day at sea
Oct 10	Sunday	New Orleans

The trip is being booked through Henderson Travel in Pacifica. Please call Lion Kathy Dedini at Henderson Travel for reservations or more information. Her phone number is 650 355-5110. Book soon as we are limited on time for matching funds from Carnival Cruise Lines. The cost of the cruise is:

Inside cabin	\$1,100 per person
Outside cabin	\$1,250 per person
Balcony cabin	\$1,400 per person

The prices include the cruise, all taxes and air out of San Francisco. Insurance, personal items and gratuities are extra.

For each 16 cabins sold, one person will receive a Helen Keller Fellow from the Lions Eye Foundation. The balance of the funds will go towards the Lions Eye Foundation building fund. Come and join us for a fun filled seven days and help the Lions Eye Foundation at the same time.

ROCKY'S WINE TASTING

and

Hors D'oeuvre Extravaganza

Sponsored by the Millbrae Lions Club

For the benefit of
The Lions Eye Foundation
California/Nevada, Inc.

April 25th 2004
(2:00 pm to 6:00 pm)

Machinist & Aerospace Worker's Hall
1411 Rollings Road
Burlingame CA

\$35 Advance

~ \$45 at the door ~

Question: Is beer or wine bad for me?

Answer: It goes to the point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral, and vegetable. We all know that beer and wine are not animal, and they are not on the periodic table of elements, so that only leaves one thing, vegetables.

My advice: Have a burger and a beer and enjoy your liquid vegetables.

WANTED

ALL OF YOUR COLLECTED USED EYE GLASSES

The district's eyeglass collection schedule will be held on Saturday, March 27th, from 10:00 AM to 4:00 PM at the residence of our Cabinet Secretary Lion Chester Ajero which is in Daly City, Ca

Now is the time to gather all of your glasses for the
Eyeglass Collection Program

Lions Eye Glass recycling Chairperson

Lion William Balza

For information on providing
Used eyeglasses

LIONS DISTRICT 4C4 CONVENTION 2004

Ready to ROAR, have some good, clean fun and celebrate? Well, it's time to do just that and join hundreds of fellow Lions from District 4C4 at the upcoming Lions District 4C4 Convention.

For those who have already experienced our Lions Convention, this is what we've all been waiting for, right? And for those of you who have yet to experience a Lions Convention, this event is where hundreds of truly good people from the various Lions clubs in the district (California & Nevada) come together to share ideas and laughter; where goodness and goodwill abound; where positive energy soars...

The Lions District 4C4 Convention is a **MUST EXPERIENCE!** So bring yourselves, bring your families. All Lions that have attended before will happily "swear" to it!

Convention Dates: May 5-9, 2004
Theme: Unity in Cultural Diversity
Colors: Black & White

AGENDA

May 6th (Thu) - Golf Tournament
May 7th (Fri) - Barbershop Quartet Contest
Costume Contest
Amateur Talent Show
May 8th (Sat) - Tail Twister Contest
International Food Square
Costume Ball

Register by April 1st & receive \$5.00 discount off the package cost. Please call your club convention Chair or Convention Housing Char PDG Art Pignati if you need a registration form or have any questions.

Important Notes:

Foster City Lion & Vice District Governor Ray Rosenthal will be elected as the District Governor of Lions District 4C4 at this Convention. Chinatown's Lion Eugene Chan will be elected as Vice District Governor. Truly a reason to be proud and celebrate.

You need not attend all days. If you have a full-time job or your weekdays are booked, plan on just attending all Saturday with your fellow Lions. It's worth the trip!

Date for Special Occasions:

Pen Council Police and Fire Awards	Mar 26
Lions City of Hope Day	Mar 28
YCA Ticket Raffle	Apr 3
SF Council Police and Fire Awards	Apr 17
Eye Foundation Wine Tasting	Apr 25
District 4-C4 Convention	May 6-9
Council of Governors meeting (Visalia)	Jun 4-6
International Convention (Detroit/Ontario)	Jul 5-10
Council of Gov meeting (Walnut Creek)	Aug 6-8
USA Canada Forum (Reno)	Sep 9-12

Dear Lions,

To any of you who might be interested, this would be a very good Club project.

The American Cancer Society is having a relay and needs walking teams and committee people who don't have to be walkers. The money raised, through pledges, all goes to help many forms of cancer. E-mail Kate for more information or to have her come speak to your club if you are interested.

Kate Reynolds
Manager, Special Events
kate.reynolds@cancer.org

Castro was very enthusiastic about this project. It could be a good project for your club also.

*"Dream as if you are going to live forever,
Live as if you are going to die tomorrow,
Because you just don't know."*

From a poem by Alisa Lewis
University of California Women's
Basketball player who died of meningitis.

District 5-C4 Youth and Community Activity Ticket Sale Drawing

Date: Saturday April 3, 2004

Place: Union Espanola de California (Patio Espanol)
2850 Alemany Blvd.
San Francisco, CA 94112
Tel: 415- 587- 5117

Time: 6:00 to 7:00 No Host Cocktails
Dinner 7:00 P.M.
Raffle: 8:00 P.M.

Cost: \$30.00 Per Person

RSVP: by Sunday March 28, 2004 to Lions:
Chair Lillian Alfaro-Khan
1st V-Chair Frank Rescino

This is a wonderful opportunity to invite new Lions and prospect Lions. They can see Lions in action!

If there are any Lions in your club that have passed on during the period, June, 2003 through April, 2004, please email the information to Lion Rich at rpicchi@comcast.net. We need this info for the memorial service at the upcoming convention for District 4-C4.

Thank you,
Lion Rich

Lions, Leos, and Community Youth Leaders:

The Youth Outreach Committee for the Lion's Multiple District Four is holding the Fourth Annual Youth Symposium. This Symposium is open to youth in California and Nevada. You do not have to be affiliated with a Lions or Leo Club.

This year the symposium is being held in Oakland, California on Saturday, 3 April 2004 at the Lions Blind Center. For more details, see the attached registration form.

We will be starting the day with a major service project of sorting and cleaning used eyeglasses. If you have any used eyeglasses, bring them. As Lions, we also are in need of eyeglasses and especially children's. Everyone who participates will receive a certificate that provides proof of hours spent on the community project.

The afternoon will consist of leadership seminars and guest speakers relating to topics of interest to our young people and their sponsors. The day will end with casual dinner dance. All functions will be held at the Lions Blind Center.

Located two (2) miles from the Lions Blind Center is a Courtyard by Marriott Emeryville at 5555 Shellmound Street, Emeryville.

We are looking forward to your attendance at this Youth Symposium. Please feel free to forward this letter and flyer to any groups that you feel may be interested in participating.

Yours in Lionism,
 MULTIPLE DISTRICT FOUR
 YOUTH OUTREACH COMMITTEE

Linda
 LINDA P GRIFFIN, PDG
 CHAIRMAN

LIONS BLIND CENTER OF OAKLAND

3834 Opal Street
 Oakland, Ca 94609

8:30 AM REGISTRATION
 9:00—11:30 EYEGLASS CLEANING

A MAJOR SERVICE PROJECT

GOAL: TO CLEAN AND SORT 50,000 PAIR OF GLASSES FOR SHIPMENT TO DEVELOPING COUNTRIES. GET CREDIT FOR COMMUNITY SERVICE HOURS.

NOON LUNCH
 1:30—4:30 PM LEADERSHIP FOR THE FUTURE SEMINARS
 5—9 PM DINNER/DANCE

Cost: \$10.00

E-mail or mail registration to:
 Linda P Griffin, PDG

Make checks payable to: MULTIPLE DISTRICT FOUR

Notes on life:

The early worm gets eaten by the bird, so sleep late.
 When everything's coming your way, you're in the wrong lane.
 Birthdays are good for you; the more you have, the longer you live.
 Ever notice that the people who are late are often much jollier than the people who have to wait for them?
 If ignorance is bliss, why aren't more people happy?
 You may be only one person in the world, but you may also be the world to one person.
 Some mistakes are too much fun to make only once.
 Don't cry because it's over; smile because it happened.
 We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.
 A truly happy person is one who can enjoy the scenery on a detour.
 Happiness comes through doors you didn't even know you left open.

Recipe for Happiness

Take : 2 heaping cups of patience
 1 heart full of love
 2 hands full of generosity
 A dash of laughter
 2 handfuls of understanding
 Sprinkle: generosity with kindness
 Add: Plenty of faith and hope
 Mix well: Spread over a period of a lifetime
 Serve: generously to everyone you meet.

Editors note: Sometimes a dash of laughter is not enough. Feel free to add to taste.

Ever told your child, "We'll do it tomorrow."
 And in your haste, not see his sorrow?
 Ever lost touch? Let a good friendship die?
 Just call to say "Hi"?
 When you worry and hurry through your day,
 It is like an unopened gift... thrown away...
 Life is not a race. Take it slower.
 Hear the music, before the song is over.

Editors note: Sorry, I do not know who the author was, I was too busy to stop and ask.