



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 January 2004

Dear Fellow Lions:

We welcome the new year with renewed enthusiasm to continue unfinished endeavors and with new hopes for the year 2004. We hope that you all had wonderful Christmas with family, loved ones, and friends; that you enjoyed your New Year celebrations, and cheered and greeted 2004 with positive resolutions for yourselves and new goals as Lions, as well. On behalf of 4-C4, we wish each and every one peace, love, health, and joy, for the New Year.

The district has some news to share and upcoming events to announce. Daly City Host Lions Club sponsored the winning entry to the Peace Poster Contest. The "Create a Brighter Tomorrow" 4-C4 awardee is Kristoffer Pareja, a 13-year-old student from Fernando Rivera Middle School. Kristoffer with his parent or guardian, Mr. Manuel Lim, a photographer for Philippine News, will be at the Third Cabinet Meeting to receive the award. Peace Poster Contest district chairperson, Lion Bob Goodwin did such an outstanding job (as usual) promoting the contest resulting in eight (8) clubs participating. We thank the following clubs: Daly City Host, Foster City, Marina No. Beach, Nikkei, Pacifica, Redwood City Sunrise, San Bruno, and San Carlos.

The district is starting the new year with a bang! My January calendar shows January 8th for a second Region One Advisory Meeting and SF Council of Coordinating Lions' sponsored Orientation Meeting for new members and for those who would like to attend a "refresher course, as well. We hope to see you all at the Far East Cafe in Chinatown, from 6:30 PM to 900 PM .

On January 10th, Certified Guiding Lion certification/training will be held at Burlingame Hall, from 9:00 AM to 2:00 PM. It is open for 40 candidates.

January 14th has been marked for another organizational meeting for the New San Mateo Lions Club and possibly the last step before a charter night.

There are four (4) more clubs to visit in January and my visitations will be over. But this does not preclude me from requesting to visit with all of you, once again, before June 30, 2004. We enjoyed the one-on-one visit with the clubs. The best part was that we learned from each other.

January 17th is the day to remember LCI founder, Melvin Jones. We are celebrating his birthday this year, quietly. But it is significant to note that to date, 4-C4 has two (2) additional Progressive Melvin Jones Fellows since July, 2003. We owe it to his vision, insight, and wisdom that we have this opportunity to serve humanity, collectively with fellow Lions. PDG Rudy Loreda actively promoted the project, first at the District Installation and the second, at the Second Cabinet Meeting.

A second announcement: the Third Cabinet Meeting is an event we should not miss. It will be held on January 31st at the W. E. Walker Recreation Center at 650 Shell Blvd. in Foster City. Enjoy the Saturday with us garbed in your cowboy outfits, as our theme for the event is "Country Western". We will have guests from the All-Blind USA Paralympics Judo Team. And the candidates for the position of district governor and vice district governor will be presented at this meeting. Yes, it is that time when these outstanding Lions will officially make their intentions known, share their goals, and ask for your support.

Another second announcement: on February 6-8, the Multiple District Four Convention will be held in Primm, Nevada. Please find the flyer in this newsletter and make your reservations now. We will have fun and we will learn a lot, as well, as there will be seminars and forums available for all conventioners

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The Peninsula Habitat Daly City seven home ground breaking ceremony was completed on November 6th at noontime and we participated as a co-sponsor for the "Wheel Chair Assessable" handicapped home with Wells Fargo Bank. We are sponsoring the Laquinadam Family and I want to provide you some of the information on the family we are sponsoring.

Rosalinda and Ramon Laquinadam are the parents who will be living in the new handicapped home with their 20 year old daughter Joan and 13 year old son Ramond. Roslinda mother Juanita will also be living in the home when completed. Rosalinda is a mail carrier for the U.S. Postal Service and her husband Ramon is disabled and performs cooking and cares for the home. The daughter Joan is studying to be a nurse at San Francisco State and the son Raymond is a student at a local middle school. They have many relatives in the area who will be helping with their 500 hours of sweat equity to qualify for the new home.

Between now and spring Peninsula Habitat will be constructing the foundations and in the spring there will be a "Raise the Roofs" accelerated build to frame the homes. This is when the Lions and others will be able to participate in volunteer construction and continued work after the accelerated build.

The family was very nice to talk with at the ground breaking and is really looking forward to the new home and was very thankful for our sponsorship assistance.

Jim Bigelow, District 4-C4 Habitat Project Chair



This is a picture of the handicapped family for the house sponsored currently by Wells Fargo Bank and District 4-C4 Lions. The picture includes the family, Daly City Host Lions, DG Jocelyn Mina and Gina Tse from Wells Fargo Home Mortgage at the Daly City Peninsula Habitat building site 11/06/03 at the end of the ceremonies

Council of Governors Meetings - anyone is welcome to attend all council of governors meetings. If you are thinking of running for district governor someday, attending a meeting is a must. For information and reservation package, call the MD-4 office.

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In a few months, on the first week of May through Mothers' Day weekend, is our district convention in Sacramento. PDG Elma Loreda has started to coordinate this upcoming event. May we have the honor and the pleasure of seeing you, your family, your friends in attendance?

Again, we hope for the best for every one, in 2004. For our district, we hope to continue to grow much healthier by growing membership and better retention of those we have; by mentoring/developing quality leaders; by chartering new clubs where Lionism is not represented; by continuing to be innovative in rendering community service.

A stanza from one of Emily Dickinson's poems defines Hope:

'Hope' is the thing with feathers
That perches in the soul --
And sings the tune without words
And never stops -- at all.

Sincerely, in Lionism,
Jocelyn M. Mina,
District Governor

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.

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

Brisbane Lions Club will be holding a Monte Carlo Night on January 31, 2004. Don't go to the casinos to lose your money, come to the Monte Carlo Night at the Mission Blue in Brisbane. Call Lion Frank Martin for more information.

Burlingame Lions Club will be having a Cream Puff Dinner and Dance on January 24th. Call Lion President Toni Nava if you would like to attend.

Burlingame Lions Club will be holding their Student Speaker Contest on February 5th at their luncheon meeting. Call Lion President Toni Nava if you would like to attend.

Burlingame Lions Club will be having their 75th anniversary on June 26th, 2004.

Foster City Lions Club Crab feed will be held on February 28th. The Foster City Newsletter asked us to contact Lion Ron Cox for more details. More to come.

Foster City Lions Club is involved in blood drives at the Foster City Recreation Center. Donations may be given on February 14, 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.

Menlo Park Host Lions Club will be holding the student speaker contest on February 11th at the Menlo Park Chamber of Commerce. This years topic is "Democracy - is it for everyone". Call Larry Bunn for more information.

Millbrae Lions Club is holding a Crab feed on January 24th at St Dunstan's, 1133 Broadway, Millbrae. Cost is \$35.50. Call Lion Mike Simonini.

Millbrae Lions Club is sponsoring the **Wine Tasting** at the Machinist Hall in Burlingame on April 25, 2004. The hall can hold 600-700 people. This is the Rocky's big wine tasting that is for the support of the Lions Eye Foundation of California-Nevada. More to come, but set the date aside for now.

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.

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 proceed will be for the benefit of the Lions Eye Foundation. Call Lion

Kathy Dedini at (650) 355-5110 for reservations.

San Carlos Lions Club will be holding their 6th annual crab feed at the Mahaney Hall. Cocktails at 5 and dinner at 7. Call Chairman Lion Kevin Clay if you would like to attend.

South San Francisco Lions Club will be holding their second annual initiation meeting/dinner on January 27th at the Garden Club, 1144 Mission Road, SSF at 6:00. Contact Lion President Tom Fourie for more details.

Peninsula Council of Lions will be holding their January Meeting at the Doubletree Hotel, 835 Airport Blvd, Burlingame on January 26, 2004. Please RSVP to Lion Jack Van Eaton.

Peninsula Council of Lions will be holding the February 23rd meeting at the Copenhagen Danish Restaurant at 256 Woodside Plaza in Redwood City. The cost is \$25. The meeting is being sponsored by the San Carlos Lions Club. Please RSVP to Lion Jack Van Eaton that you are attending.

Peninsula Council of Lions will be holding the Police and Fire Awards Banquet on March 26, 2004 at the Crown Plaza Hotel in Foster City. 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 are attending

San Francisco Council of Lions is having their January 28th meeting at 3435 Taraval; Street in San Francisco. The meeting is sponsored by the Sunset Lions Club. RSVP Lion Larry Mao for reservations.

San Francisco Council of Lions is having the Police and Fire Awards at the El Patio Espanola Restaurant, 2850 Alemany Blvd, SF at 6:30. Dinner is \$40 per person. RSVP to Lion Woody Howard at 415 931-1972.

District 4-C4 will be holding the third cabinet meeting at the Foster City Recreation Center on January 31, 2004. Please RSVP to Lion Doris Grason by January 26th. All clubs should be represented at this meeting as the District Governor and Vice District Governor candidates will be nominated at this meeting.

District 4-C4 - CONVENTION TIME IS HERE AGAIN— The District convention will be held in Sacramento. More information will be provided at the 3rd Cabinet Meeting in Foster City.

Multiple District 4 will be having their annual convention this year in Prim Nevada on February 6-8. All club presidents should have received an application package from MD-4. Please provide the information to your members to determine if they would like to attend. If you have not received a package yet, call Dianne Howe of MD4.

Lions Clubs International will have the international

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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 ~

Lions Flag Day Program

By Shellie Sakamoto, District Flag Day Chair

Each year, Lions Clubs throughout the United States celebrate the American flag by visiting local elementary schools, and promoting patriotism and respect for the American flag. Many Lions visit schools to promote the flag on or near the 3rd Friday in February, but any month can be a suitable month for the Flag day program.

So what happens at a Flag Day? A successful flag day includes distributing small flags to the school children and giving a brief talk on the importance of the American flag. In the past, our club has talked to individual classrooms as well as given presentations to larger groups in school auditoriums. Balloons, patriotic hats and colors, music – all can add to the festivity of the day. Pictures, books, and slides of famous events with the American flag can also add to the depth of the discussion. Of course, the most important element is your sincerity, enthusiasm and honesty.

Below is a brief outline of a flag day presentation. Feel free to use it if you'd like. In addition, if you are interested in obtaining a copy of the trivia questions, please contact me. Best wishes for a fun Flag Day!

Flag Day Presentation Outline

Today we are here to talk about our American flag

- its purpose
- why the flag important
- the flag's history

Each country around the world has a flag. We live in the United States of America and this is our flag.

What is the purpose of the flag?

The flag is a symbol of our country – the place we live in. The flag is an important symbol and it represents our whole nation, our people, our traditions, and our unity together.

Why is the flag important?

The flag is important because it is a symbol of our country and it is a physical thing that we can wave or display or fly on a flagpole. So if we are proud of our country or want to express our togetherness as a nation, we can show our flag.

CAN YOU SHOW ME YOUR FLAG? LET'S WAVE OUR FLAGS TOGETHER!

By the way, there are many rules about the flag. The biggest rule is that we always treat the flag with respect and dignity.

What was the beginning of our American flag?

Well, as I said, every nation around the world has a flag. And when our new nation was started, the Continental Congress in 1777 decided it wanted to establish an official flag for our new nation. At that time, there were 13 states.

“Resolved that the flag of the United States be made of thirteen stripes, alternate red and white, that the union be thirteen stars, white in a blue field, representing a new Constellation.”

What do the stars and stripes stand for?

The stars represent a new constellation, referring to the nations of earth as stars, and they represent the states collectively not individually (meaning that no particular stars stands for any particular state). The stripes represent the 13 original states. Red and white were colors we inherited from Great Britain. (The United States started out as colonies of Great Britain).

The original flag had 13 stars. How many stars are on our current flag?

Yes, 50 stars. As states entered the Union and became part of the United States, one star was added to represent one additional state.

Our current U.S. Flag, which includes 50 stars, was adopted on July 4, 1960. The 50th star was added for Hawaii, which entered the Union on August 21, 1959.

I've been talking a lot – so let me ask you some questions...

We see flags in a lot of places now. Can you tell me where you have seen a flag recently?

Yes, there are many places where you can display the flag.

Trivia Questions

I've asked you lots of questions. Now it's your turn. What questions do you have?

(take 3-4 questions).

Thank you for being such good listeners and a good audience.

So remember, be proud of our American flag!

Be proud to be an American!

And wear or wave your flag proudly!

Former Lion Lillian Smith passed away on December 31, 2003. Her funeral services were at the Paradise Church on Thursday, Jan. 8, 2004. Ms. Smith was an active member of the Ocean-Ingleside Lions Club until her resignation because of illness.

LCIF GRANTS - Your club (and District 4-C4) can apply

What type of grant should we apply for?

It depends on the type of project. Districts can apply for a standard grant, a Core 4 grant, an emergency grant and an international assistance grant. Districts also can seek a major catastrophe grant, a designated grant and a SightFirst grant (upon working with a SightFirst technical adviser). Click here for information on the various types of grants.

When should a grant application be filed?

Applications must be in completed form at least 60 days before an LCIF Board of Trustees meeting. The board meets three times a year - October/November, March/April and June/July. Applications are reviewed as they are received.

How much are grants for?

That depends on the type of grant. Standard grants cover up to 50 percent of a project's total cost and can be as much as \$75,000. International assistance grants are between \$5,000 and \$10,000. Click here for information.

What is a typical project covered by a grant?

Again, that varies depending on the type of grant. Typical standard grant projects include mobile health units, hospices, nursing homes, medical units, street children's homes, blind and disabled centers, eye clinics, research centers and schools in developing countries. Click here for information on the various types of grants.

What qualities does LCIF look for to approve a grant application?

For standard grants, for example, the budget must show ample funding from local Lions' organizations, have a strong Lions' identity and involvement, be endorsed by the district cabinet and involve at least two to three clubs. Furthermore, the project must address an important humanitarian need, serve a relatively large population, be cost effective and be beyond local fund-raising capability.

Is there grant money available for my individual club?

Most grants require the participation of a district, either single, sub or multiple. But the **International Assistance Grant (IAG)** allows a sponsoring Lions club or district to partner with a host club or district in the country where the project will take place. Note that even though grants to individual clubs are limited, a club can participate in any number of service projects funded by grants. One such example is building homes in coordination with Habitat for Humanity. For information, contact LCIF at 630/571-5466, ext. 580 or e-mail us at lcif@lionsclubs.org.

What is the relationship between LCIF and my local Lions' foundation?

Both provide valuable services to communities. The difference is that LCIF is the only Lions' foundation to serve the entire world community. Because of our size, we can initiate more ambitious projects than a local foundation.

How are the LCIF grant programs funded?

Grants are made possible by donations from Lions

clubs and individual members worldwide. Interest on investments, gifts from corporations and the general public are also funding sources. LCIF does not receive any portion of Lions membership dues.

How are operating expenses paid?

By ruling of the board of trustees, all administrative and promotional expenses must be paid from interest on investments. Donated funds are never used to cover these costs. Administrative and promotional expenses average about 9 percent per year--much lower than for most charitable foundations.

Does LCIF make grants directly to an individual?

No, there is no program for making grants to an individual; instead, LCIF grants are made to Lions districts, multiple districts and clubs

Editors note:

LCIF Grants for District 4-C4 for 2001-2002
HABITAT-HOME - REDWOOD CITY \$40,000
Contributions to LCIF for 3002-2003
Total new Melvin Jones Fellows: 12

WANTED

ALL OF YOUR COLLECTED USED EYE GLASSES

WHY??

*Currently Lions in Sight has the following
permanent clinics:*

Mexico 35, Peru 5 and Sri Lanka 1

*Each of these clinics are distributing
an average of 1000 glasses per month.*

*As more new Clinics are established
the need for used eyeglasses become more URGENT!*

**Please contact your
Lions Eye Glass recycling Chairperson**

Lion William Balza at

408 887-3129

For information on providing

Used eyeglasses

Lion Colleen Bedrosian was awarded "A Success Story" in Adult Education by the State of California. Colleen also gave a speech to the South San Francisco School Board. Only 16, out of hundreds of applicants, won this award in the state of California. Lion Colleen Bedrosian is an active member if the South San Francisco Lions Club and is currently the Club Secretary

Lion Richard Noftsgger was awarded "Man of the Year" by the Italian/American Citizens Club. Assemblyman Gene Mullin and South San Francisco Mayor Karyl Matsumoto also spoke in Lion Richard Noftsgger's behalf. Lion Richard is the treasure of the South San Francisco Lions Club. Congratulations to Lion Richard.

Date for Special Occasions:

District 4-C4 3rd Cabinet Meeting	Jan 31
Council of Governors meeting (Prim)	Feb 5
MD4 Convention (Prim NV)	Feb 6-8
Flag Day	Feb 14-16
Hearing Days	Mar 6-7
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

How Important Is Mentoring?

By Lion Gary Cordova, Zone B Chairperson, 4-L2

The retention of Lions members is the elusive necessity Lionism desperately needs. The session at the USA/Canada Leadership Forum in Portland, Oregon on mentoring was the best, most meaningful and interesting. The reality of it all is that we are recruiting a healthy number of new Lions annually, but the stats show that 53.1% of new members drop out within five years of joining. That number by itself suggests we lose half of the Lions we induct before their sixth year of service. And that doesn't account for the plus 6-year member who leaves for reasons not related to non-payment of dues or moving. At this rate a downward spiral in club size will continue.

BUT, with the new "Mentoring Program", a four-step course, a new Lion can grow through the levels.

Level One: Responsibility - Focus is on a proper orientation devoted to developing an understanding of who the Lions are, their vision of humanitarian service, the traditions, the organizational structure and the responsibility of being a Lion member. The association's history along with knowledge about programs and services offered by the association is also addressed. Level One should be complete in the first 3 months of the protégé's membership.

Level Two: Relationships—The requirements at this mentoring phase are to develop relationships and organizational skills in preparation for leadership at the club level. Here the protégé Lion and the mentoring Lion will meet the objectives of the Proud Lion/Proud Sponsor program. Together, they have five goals designed to increase the involvement and understanding of the club. Completion of this level is expected within the first six months of the protégé Lion's membership.

Level Three: Results—Concentrates on developing leadership and management skills. The protégé Lion will learn to demonstrate not only what and how, but why they can provide useful and needed humanitarian service. Completion of this level will provide a stepping stone for the Emerging Lions Leadership Institute and for accepting a leadership role within the club. The emphasis of Level Three is upon developing accountability for results.

Level Four: Replication—This is the final level of the Lions Mentoring Program and will concentrate on the protégé Lion's role in developing leaders who will provide ongoing growth for the association and for humanitarian service. Level Four ensures long-range growth and can serve as a basis for leadership within the district structure and for participation in the Senior Lions Leadership Institute. This phase can be augmented with additional training at district level and at area forums.

I truly believe this new Lions International approved four level program will allow a new Lion member to reach that state of Lionism which allows him or her to find the power to remain an active server of the community and overcome the unfortunate obstacles or personal concerns about retaining membership.

Memorial services were held for Lion Bob Ross on January 11th at the Herbst Theater. Many of you received the copy of the Obit from the SF Chronicle on Bob Ross, deceased 12/12/03, a Lion from April 1985 in Castro, Life time Member, a large moving force in the San Francisco community and especially in the gay community. He was also Emperor VII of SF, San Mateo and Marin Counties. Lion Bob will be missed by all that had the pleasure of meeting him.

Lion Hazel Guidry, of the S.F. Ocean-Ingleside Lions Club lost her daughter on December 13th. Hazel's daughter's name was Barbara Taylor. Our prayers are with her family.

**District 4-C4
Third Cabinet Meeting
Saturday - January 31, 2004**

Foster City Recreation Center

8:00 AM - Registration and Continental Breakfast

9:00 AM - Start of Business Meeting

Guest Speaker: Wily Cahil

Mr. Cahil is the head coach of the USA Paralympics Judo Team for the 2004 World Games in Athens

Nominations

for District Governor and Vice District Governor will be made at this meeting.

Theme: Country Western

\$18 per Person - \$9 per child
Continental Breakfast
and lunch will be served

Please RSVP

to Region Chair Doris Grason
By January 26, 2004

What you believe in does not make any difference.
It is what you do with those beliefs, that that makes a difference.