

November 2003



***LIONS DISTRICT 4-A3
NEWSLETTER***

November 2003

DATES TO REMEMBER

October 31, November 1, 2-
Council of Governors Modesto

November 14 & 15
District Cabinet Meeting-Oxnard

2004

February 6-8, 2004, Council of
Governors Primm, Nevada
(Convention)

February 20-21, District Cabinet
Meeting - Cayucos

April 30, MAY 1 & 2
4A3 District Convention -Buellton

June 4-6
Council of Governors-Visalia

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Future Int'l Conventions

JULY 5 – 10, 2004
DETROIT, MI / ONTARIO
CANADA

JUNE 27 – JULY 1, 2005
HONK KONG, CHINA

JULY 3 – 7, 2006
NEW ORLEANS, LA
JULY 2 – 6, 2007
CHICAGO, IL



Fiesta Time!
DG George Stewart

April 30
May 1&2, 2004

Rancho-Santa Barbara
Marriott Hotel
Buellton, California

**The Oxnard Noontimers Lions Club
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Our
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50 Years Of
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Noontimers
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Time: 6:00PM

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Rick Smith

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Cost is \$40.00 Per Person (if reserved by October 24th)

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Dark Chocolate Chimney, Macadamia Mousse, Fresh

Berries Complementary Wine Glass

with Bottle of Red & White per Table

Followed by our evenings entertainment

& Lots of Raffle Prizes

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November 2003

District Governor George Stewart



Here we are ready to hold the second District/Cabinet meeting of the year. The first meeting went well and ended with a wonderful cabinet installation by PDG Dana Biggs. All zones have held their first zone meetings and several of us attend the USA/Canada Forum in Portland. What a great opportunity to attend such seminars as "The Quest program", LCIF, "Membership-Growth Opportunities for the Future", and many other topics that were presented. The motivational speakers were fan-

tastic once again. At the Saturday night dinner we heard Wally Amos speak and entertain us. What a great opportunity for us to learn how to be a better Lion. I encourage each of you to attend next year's forum in Reno.

During the past several months I have inducted numerous new Lions as I made my club visits, what a pleasure and joy to see so many new Lions who have the desire to serve their communities. The increase in membership is encouraging; however let's work harder and bring in new hands to expand the service within our district. My goal is to increase the district membership by a net of two hundred and I need every Lions' help to accomplish this. We are also working towards establishing new clubs with members who are dedicated to service and who are willing to put forth an effort to make their communities a better place. We also need to focus on the youth by expanding our Leos' program, getting involved in youth exchange, and sponsoring various youth activities. Let's be innovative and look at new approaches to old programs so that we can attract the young people to get involved with us. These are the years when we can help develop their interest in giving something back to their communities through service. At the August District meeting we had a presentation on "Child Abuse Prevention", even though this was not an endorsed charity it focused on one of President Lee's programs, "Children at Risk." We need to get involved in our efforts to help children at risk, whether it is through an organized community program or a program initiated at the club level. This is one area for expansion of our involvement in our community. Our involvement presents the opportunity to inform our community that we are here and are making a difference. Our active involvement is a source of letting the community know who Lions are. Access the needs of your community and find where we as Lions may provide the best service. Expand your service by increasing your club membership. Keep members involved in club and community activities and let's have fun along the way. Let our dreams become reality and our visions our guiding light toward building a better tomorrow. Remember "the first step – get involved."

Vice District Governor Ron Hurd



Lion Ron Hurd
Vice District Governor

Message from the VDG

A lot has happened in the past three months since DG George took office. We are now over two-thirds of the way done with the DG's official visitations, completed the first district meeting in Arroyo Grande and are preparing for the second which will be held in Oxnard in November. A "Well Done" to the Arroyo Grande Lions for their excellent hospitality and well run meeting.

On August 31st, Jennifer and I attended the Mobile Medical Screening sponsored by the Simi Valley Lions, Santa Su Lions (4-A3), Global Lions(4-L1) and Corregidor, Mabuhay, and Northstar Lions(4-L3). Attendees were offered free medical, vision, hearing, diabetes, oral exams and chiropractic screening. Good work by Lion Elvie Marfil pulling this multi-district project together.

We completed a MERL (Membership, Extension, Retention, Leadership) training session on September 27th which will be used to develop a blueprint for increasing our club strength and membership. I would urge all zone and region officers to be present in Oxnard during the second district meeting so that the plan can be discussed and implemented. That way, you won't get a diluted version.



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November 2003

GET THE WORD OUT!

Getting information published about your Lions Club events is easy if your officers follow the five simple steps:

1. Get newspaper contacts
2. Keep it brief, but tell the story
3. Take some action photos
4. Publicly thank sponsor via a letter to the editor
5. Use paid advertising for larger events

First step: find out who should get information about club activities. Ideally, find out who is in charge of the community calendar portion of your local newspaper and ask them how they prefer to get submissions. A few newspapers will refuse anything from anyone not a reporter, while most papers have submission guidelines. Some papers will only accept submissions, such as calendar listings, via e-mail, while others prefer faxes or hard copies. Also find out what their submission deadlines are so you can make sure your submissions are sent directly to the right person and they arrive early.

Once you have identified your contact person, invite them, the managing editor and/or publisher to speak at an upcoming meeting. This has two advantages: it puts a face with the names on both sides, so the newspaper people will recognize your club members when they send or drop something off, and by (hopefully) creating a positive experience for both people, might make it easier for you to get your stuff in print. If you are good, friendly and lucky, you just might add a new member or two, too.

When you make your invitation, don't forget to invite an ad sales person. These guys are always looking for clients, which they might find in your members. While advertising and editorial staffs are traditionally inter-office rivals, most do talk to each other. Some advertising people will pass on information about upcoming events, while reports will mention possible new clients.

Step two: keep your initial information about upcoming events brief and to the point. The first paragraph should be less than 40 words and contain the basics: what kind of event is taking place (like a pancake breakfast), who is invited (generally, the public), the time, date and location of the event (8 a.m.-noon Saturday, Dec. 6 at the community center), and who to contact for details on the event. Your succeeding paragraphs should mention more details about what is taking place and any fees involved (like \$5 admission for adults, \$3 for children and senior citizens).

CONTINUED
SEE WORD on Page 9

www.lions4a3.org



Special

Thanks

to 4A3 Secretaries!

Thank You!

On behalf of District Governor George, thank you to the clubs who paid their International and MD4 dues already. The timely payment of amounts owed reflects very positively on our District and the memberships.

For those clubs who have not yet paid, please send your payments as soon as possible. If you cannot find your billing from International or from MD4, please contact them directly. If you prefer, you can contact me, and I will help you anyway I can (except to pay the bill for you). Remember, the payment to MD4 includes our District's dues.

Yours in Lionism,

Tony Manuel
District Treasurer

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November 2003

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Santa Maria Host Lions Club

Dick Medley
President

P O Box 1904
Santa Maria, CA 93486

Res: (805) 922-7153
email: rmedley615@aol.com

WORD from page 6

Most importantly, explain to the readers why they should attend. Give the public reasons why they should support your event. If the event warrants it, provide the newspaper with someone they can interview. For example, if your club is sponsoring a guide dog for a blind local resident, put the paper in touch with both the person getting the dog and a member of the club who can explain how the club made the selection and the services Lions clubs offer for people with vision impairments.

Step three: During the event, take plenty of photos then pick two or three of the very best shots and submit them to the paper. Be sure to have people doing something, not staring at the camera. In the newspaper world, photos of people looking at a camera are called “grip and grins” and considered extremely boring shots. Also provide names and 1-2 sentence summary of what took place.

Step four: If your event was sponsored by local businesses, write a letter to the editor and thank the sponsors publicly. This lets the community know these businesses cared enough to help and it will help when you want make similar requests later.

Step five: If your club is holding a large event and you want to attract a lot of people, consider paying for an advertisement or two. Ask your contacts at the paper what their non-profit rates are, then consider spending the cash. If you are lucky, some papers may even give you a larger ad or an extra run because of your non-profit status. Taking this step also tells the paper’s management that while you would like free coverage for most events, you have no problem paying for some, too.

Take these five easy steps to get your information out to the public. For more information, call me at 805-693-1150 or e-mail your questions to Lion Dave Reynolds at syveditor@earthlink.net.

EDITOR’S NOTE: Reynolds is the managing editor of the twice-weekly Santa Ynez Valley News in Solvang.

“The First Step – Get Involved!”

November 2003

Eye Mobile Screening By: Lion Elvie Marfil

It was the weekend of Labor Day, August 31, 2003, Sunday when clubs from Districts Four A3, L1 and L3 assemble at the parking area of Saint Peter Claver Church in Simi Valley, California.

Yours truly was first in the scene, and then came Lion Caesar of Mabuhay, members of Pleasant Valley, Oxnard Noontimers, Santa Barbara Host, Carpenteria, Northstar and Simi Valley Lions.

The Eye Mobile Unit arrived driven by Lion Chuck Kesterson of Gardena Valley Lions. We had a minor problem with the Unit, but thanks to our Lions (talking about working together as one...) Monsignor Gary offered a prayer. We started setting up the tents, tables and chairs. Thanks to the muscles of the Pleasant Valley Boys, PDG Howard Hudson, VDG Ron Hurd, Region Chair Rich Smith, Zone Chair Mark Laufbaum, President Bobby Ruiz, Jack Hauck and Douglas Gibson.

Lion Kathy Strange of Santa Su and Fil-Am Lions manned the registration desk. Refreshment table was set-up by members of Simi Valley. Lions Robert Parochua of Northstar, Judy Howell of Simi Valley and Vangie Willis of Fil-Am positioned to do the blood pressure and pulse check. Corridor Lions Club took the vision (E Chart) exam while Dr. Gary Asano and Emily Saenz took care of the glaucoma screening. Mabuhay members continued giving away flyers and invited everyone to have a free screening. Patients were then directed to the Diabetes Testing table performed by Juana Guevaro, Jose Lumbreras and Long Le, MT from the office of Peng Thim Fan, M.D. The next, stopped was the oral testing performed by Dr. Tran a local dentist here at Simi Valley. Dr. Angie Welikala from Divine Family Chiropractic also offered her services for free.

DG Mandy Francisco, PDG Don and Kathleen Chinery of L3; VDG Lita Guidotti, PDG Dounde Wysbeek, PDG Ray and Region Chair Eleanor Szada of L1; and PDG Don and Marjorie Synder of A3 was also present to lend moral support.

We screened a total of 98 patients with two needed referral. The Eye Mobile closed its door at exactly 2:00 p.m.

I would like take this opportunity to thank the clubs from three Districts, Auxiliaries Lynn Hudson, Jennifer Hurd, Edie Gibson, Sara Gibson, Sandra Ahara, Albertson, Trader Joe's and Vons for contributing their time and means to make this event possible.

Certificate of Appreciation from the office of Senatorial District Tom McClintock was presented to all clubs that participated.

Everyone agrees it was well worth spending the part of the LABOR DAY weekend to serve our community. If I forget to mention anyone whose assistance was indispensable I humbly offer my sincere apology.

www.lions4a3.org

**DISTRICT GOVERNOR GEORGE
THANKS THE FOLLOWING LIONS and CLUBS
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HAVE A GREAT YEAR, GEORGE


PDG HOWARD HUDSON



November 2003

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Best Wishes Governor George & Lynn

November 2003

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Have a wonderful year, DG George and
First Lady Lynn.



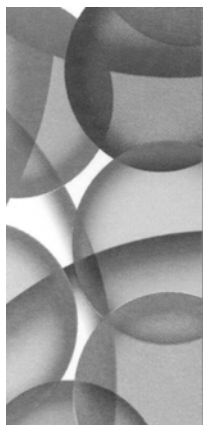
Your friends,
PDG Diane, our
Sturdy Oak Ryan
and.....

Chelsie

Tony Manuel

**District Lion of the Year
2002 – 2003**

Congratulations District Governor George
Working with you for a successful year.



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S.B. HOST LIONS

November 2003

Around The District

REGION O

We are a busy group. Zone 5 had their Zone Meeting at Cody's in Goleta; they had a good turn out. PDG Howard was the program and the discussion was on Membership. Lion Bob is going to work on getting a new Leos Club and a Campus Club and maybe with the help of Sylvia Redding another club. Goleta is busy getting ready for the Lemon Festival and White Cane Days, and also a golf tournament. Carpinteria is busy with the Avocado Festival and getting ready for White Cane Days.

Zone 6 had their Zone Meeting at the Elks Lodge in Ventura. A real good turn out with visitors from Pleasant Valley Lions. PDG Diane and PDG Howard was the program and the discussion was on Membership. We shared ideas on how we may be able to accomplish this. There will be follow up at the next Zone meeting. Meiners Oaks Lions fed 800 pancake breakfasts the first morning of school. Ojai is still in the process of getting their Installation ready. Ventura Breakfast had a successful yard sale, participated in the Fair Parking and getting ready for White Cane Days. Ventura Downtown Lions were very successful with their Bingo at the Fair. They have a spaghetti dinner planned in October. Ventura East just finished with a successful yard sale, participated in the Fair Parking and is getting ready for White Cane Days.

As you can see Region is busy. I am hoping the two Zone Chairs will add to this report. Both are very enthusiastic with membership.

I would like to mention to Governor George that I thought it was GREAT having the Zone Reports given at the Saturday Cabinet Meeting. I heard several positive comments to this. Not everyone can come on Saturday night and they have been missing these reports. This is the best way to let the entire District know what is going on; great move Governor George.

Everyone take care. Tom and I are on our way to Europe. See you when we get back.

www.lions4a3.org

Lions International District 4A3 Meeting

November 14th & 15th, 2003

Oxnard Noontimers Lions Club

Please complete this form and mail with your check to:

Oxnard Noontimers Lions

2175 Goodyear Ave. #117

Ventura, CA 93003



The district meeting will be hosted by the Oxnard Noontimers Lions Club at their regular meeting place on November 14th & 15th 2003 at the Residence Inn.

The Residence Inn, 2101 Vineyard Ave. Oxnard, CA 93003 (805) 278-2200

The Inn is offering Lions a discount if you reserve before **Oct. 24th**. Mention **“Lions Club Conference”** and the room rates will be **\$99.00** for a Studio Suite (down from \$149) and **\$129.00** for an Executive Suite with a Loft.(down from \$179-189) The Executive Suite has a private upstairs room and bath and can accommodate up to 5 persons. Each suite comes with a full kitchen, stove, refrigerator, microwave, and coffee maker among other things and includes a deluxe continental breakfast. We only have a few suites reserved so call early. Additional rooms will be available at the Radisson Oxnard. Also remember that golfing is available on the adjacent River Ridge Golf Club. \$27.00 for 18 holes on Friday. Book early to schedule your tee times. (805) 983-4563.

Name:	Guest:
Address:	City/State
Club:	Phone:
Email:	

Meals: Reserve early for discount price By:	Oct 24	Nov 3rd	Nov14th	#	Amount
Friday Dinner: Boun Giorno Italia Buffet Pasta Salad, Lasagna, Pesce & More!	\$20.00	\$22.50	\$25.00		
Saturday Buffet Lunch: Salad, Calistoga Chicken, Spinach Tortellini, Rice Medley, Vegetables, Black Forrest Chocolate Cake.	\$20.00	\$21.00	\$22.00		
Saturday Dinner: Fall Salad, Filet Mignon or Salmon, Rosemary Potatoes, Fresh Vegetables Gourmet Dessert, Red & White Wine.	\$40.00	\$42.50	\$45.00		
Totals:					

November 2003

LIONS REMEMBER AND HONOR OUR VETERANS!

I think you have responded in true Lions fashion to an idea submitted by Joe Woodruff. Joe asked for \$1,850 for materials to build the disabled Vets garden at the VA hospital. You gave \$2,050. And Joe is making it come together with the help of other service organizations. Congratulations Joe, for leading the way to another successful project. Also, thanks to PDG Howard, DG George, and all the other Lions involved with this.

A special thanks from Joe goes to the clubs who donated money: Goleta (\$500), Simi Valley (\$50), Santa Maria Host (\$150), Atascadero (\$50), Santa Maria Valley (\$50), Carpinteria (\$50), Pleasant Valley (\$500), Ventura Downtown (\$300), Ventura East (\$50), Arroyo Grande (\$100), Santa Barbara Host (\$200), and Orcutt Lions (\$50).

Tony Manuel
District Treasurer

The Shannon Campout

The Shannon Valley Lions Club announced the dates for the 2004 campout at the Camatti Ranch. The dates are April 3 & 4, 2004.

Lion Leonard will provide more information in the next Newsletter. Mark your Calendars!

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DISTRICT REPORTS

FROM LION DISTRICT SECRETARY JOHN MCINERNEY

First, I would like to thank all the Secretaries who have submitted their MMR's and Activity reports in a timely manner. I realize that it has been frustrating using the Internet to submit them. Hopefully the problems will soon be resolved.

I would appreciate it if the Zone Chairs would send me a copy of the signup sheets from their Zone meetings.

I would also ask that any Lion giving a report at the next Cabinet Meeting submit a written or typed copy of it to me.

Thanks Lion John

Arroyo Grande Lions



Home Club Of District Governor George Stewart



November 2003

BILL CRAWFORD FOR INTERNATIONAL DIRECTOR FUND RAISER

For just \$100 per ticket, you can have the opportunity to win one of 18 awards in the reverse drawing that will be held at our District Convention. There will be 12 Student Speaker Awards, 4 LPCCI Awards, a Western Lions Ear Life Membership, and the final award will be a Melvin Jones Fellowship.

PCC Bill Crawford from the West Covina Lions Club, is running for International Director for the 2004-06 years. He needs our help to get him elected. Half of the money raised would go to his campaign. The other half of the money will go to our endorsed charities.

This is a win-win drawing for everyone. You can win a membership in our endorsed charities, your Club could win an award for someone, our endorsed charities make money and Lion Bill will be helped.

Send me a check for \$100, tell me what number between 1 and 100 you want for your ticket and be ready to win in May.

Nancy Keyte, PDG



Treat your self to a real pioneer cookout;
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Good luck to all Lions in 4-A3

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ZONE REPORTS

Zone 2

ARROYO GRANDE:

The Arroyo Grand Lions Club has no new members as yet this year. We lost one member, Art Mesquit due to his death in July. Lion Art was our Club's charter president; he was a member for 54 years, he will be missed. Three Arroyo Grande Lions Club members attended the International Convention in Denver. We hosted the 4A3 Cabinet Meeting in August. We Provided Friday dinner, Saturday breakfast, lunch and dinner.

The Arroyo Grande Lions Club recently did a BBQ for a Realty group of 85. At the end of September we will have a booth at Arroyo Grande's Harvest Festival where we will serve tri-tip steak sandwiches.

The Arroyo Grande Lions Club has accompanied District Governor George on 28 visitations. We look forward to making new friends while visiting the rest of the clubs in this District.

SAN LUIS OBISPO:

The San Luis Obispo Lions recently donated \$1400 to the Hope ranch facility and \$800 to purchase a special bicycle. Hope Ranch is a facility developed to allow city children the chance to experience farm life. Each year hundreds of children come to spend time close to nature. For many it is such an enjoyable experience that will be long remembered. Lions involvement will make the experience a reality for several children.

An \$800 tricycle was also purchased by the Lions to help meet the special needs of handicapped children at Chris Jespersen School. Both projects will bring great joy and excitement to many disadvantaged children. San Luis Obispo Lions are always there when the community has an unmet special need.

While the club has only 37 members they make a big impact in the lives of those less fortunate. It's great to be a Lion.

CONTINUED ON PAGE 22

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November 2003

ZONE REPORTS CONTINUED FROM 22

CAYUCOS LIONS CLUB:

The Cayucos Lions Club had a very busy summer.....During June the Club awarded over\$13,000.00 in scholarships to local high school students headed for college. This total set a record for the Club.....

The Cayucos Lions Club working with the SLO Parks Dept. contributed over \$4,000.00 to provide free swimming for the community and its kids at the local swimming pool.....

The summer art program for the kids of Cayucos was again headed dby Lion Al Musso and members of the Cayucos Art Association.....

The Club has added seven new members to our count since July 2003 for a grand total of 91

ZONE REPORTS CONTINUED ON PAGE 25

New letter articles are welcomed

Articles for the next edition of the Newsletter can be emailed to FLFreitasCPA@yahoo.com or mailed to the editor at the return



www.lions4a3.org



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the eldest club in
your district

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November 2003

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ZONE REPORTS CONTINUED FROM PAGE 22

Zone 5 Goleta Lions Club:

Long time member Ralph Elwin was formally presented with his Life Membership Award. Lion Frank indicated that Lion Ralph was a former banana owner, which wasn't very appealing. Lion Frank did embellish a little by indicating that Ralph flew 56 successful combat missions in World War II. He was shot only once, but fortunately he never saw that copilot again. Lion Ralph and wife, Marie, moved up to the community in 1982, when Lion Ralph retired as a pharmacist. As Lion Ralph put it, "regretfully the first person I met in the community was a Goleta Lion and that's how I became a Goleta Lion." He then humbly thanked the members for considering him for Life Membership and he indicated that some of his best and long-time friends came from the Goleta Lions.

DISTRICT REPORTS

Student Speakers Contests

This years Student Speakers topic is "Democracy: is it for everyone?" This should be a hot topic with students given current world events.

Contact your local schools, churches, YMCA, Scouts and other youth groups now to get the students starting to prepare for your club contest.

Let's have one hundred percent participation from our clubs this year in hosting a Student Speakers Contest.

At the October 11th Lions Institute there will be a session for your Student Speakers Chairperson. Some rules have changed over the years, so get your chairperson to attend, no matter how many contests they have conducted in the past. It would be a terrible crime if your student were disqualified because the contest was declared invalid.

Let's have a great year, and have a District 4-A3 student win all the marbles at the Multiple District level contest. That's over \$20,000.00 in scholarship money. Send your card into MD-4 immediately to let them know your club is participating. They will send you back the necessary materials to conduct your contest.

If you have any questions, give us a call.

Your District Student Speakers Committee

Joel Keyte, Chair

Bill Redding, Trustee

Elvie Marfil, Member

November 2003

Editors View

Things are moving fast. Lion District Governor George is on the move. By the time this is published he will have nearly completed his club visits. Having attended many of those visits with DG George, I have witnessed his long hours and hard work on behalf of Lionism.

Thank you, to each and every hard working Lion in District 4A3, for you have taken the **first step**, you got involved!

Corrections to the District Roster

Page 18, Vandenberg Village Time change 6:30 PM; Page 20, Meiners Oaks should be under Zone 6; Page 21, Ojai now meets on the 1st & 3rd Mondays; Page 23, Channel Islands the restaurant is Leslie's; Page 46, PDG Ray Culp is a member of the Oxnard Channel Islands Lions, his addresses are, 10461 Corvallis Ct., Ventura, CA 93004, (805) 672-0170, and 106 Laguna Lane, Boulder City, NV 89005, (702) 293-5553.

Also the dates for the Student Speakers contest are incorrect.

THE CORRECT DATES:

Club level contests must be completed by February 23, 2004
Zone level contests must be completed by March 5, 2004
Region level contests must be completed by April 12, 2004
District level contests must be completed by May 3, 2004
Area level contests must be completed by May 24, 2004
MD-4 Final contest must be completed on June 5, 2004

New Meeting time and location:

Vandenberg Village now meets at **6:30PM at Denny's**

New address for

Zone Chair
Lion Joan Fletcher
3936 Berwyn Drive
Santa Maria, Calif. 93455
(805) 937 9516 Cell (805) 720 1602

CLUB MEETING DAYS

Monday

Fillmore		1st & 3rd	7:00 p.m.
Ojai	NOTE NEW DAY OF THE WEEK	1st & 3rd	7:00 p.m.
Santa Margarita		2nd & 4th	7:30 p.m.

Tuesday

Bay Osos		1st & 3rd	6:45 p.m.
Pleasant Valley		2nd & 4th	7:00 p.m.
Cambria		2nd & 4th	7:00 p.m.
Cayucos		2nd & 4th	7:00 p.m.
Goleta		All	12:15 p.m.
Oak View		1st & 3rd	6:30 p.m.
Oxnard Channel Islands		1st & 3rd	7:00 p.m.
Paso Robles		2nd & 4th	7:00 p.m.
Pismo Beach Cities		2nd & 4th	7:30 p.m.
Santa Maria Host		2nd & 4th	7:00 p.m.
Simi Valley		2nd & 4th	7:00 p.m.

Wednesday

Arroyo Grande		1st & 3rd	7:00 p.m.
Atascadero		2nd & 4th	7:00 p.m.
Meiners Oaks		1st & 3rd	7:00 p.m.
Orcutt		1st & 3rd	7:00 p.m.
Piru		2nd & 4th	7:00 p.m.
Santa Maria Noontimers		All	12:10 p.m.
Santa Maria Sunrisers		1st & 3rd	7:15 a.m.
Santa Maria Valley		1st & 3rd	6:30 p.m.
Saticoy		1st & 3rd	6:00 p.m.
Ventura East		1st & 3rd	6:30 p.m.

Thursday

Carpinteria		All	7:00 p.m.
El Rio		2nd & 4th	7:00 p.m.
Lompoc Host		1st & 3rd	7:00 p.m.
Morro Bay		2nd & 4th	7:00 p.m.
San Luis Obispo		All	12:00 p.m.
San Miguel		1st & 3rd	7:30 p.m.
Santa Barbara Host		All	12:00 p.m.
Santa Paula		2nd & 4th	6:30 p.m.
Santa Ynez Valley		1st & 3rd	11:30 a.m.
Shandon Valley		2nd & 4th	7:00p.m.
Templeton		1st & 3rd	7:00 p.m.
Vandenberg Village	NOTE NEW TIME—At Denny's	2nd & 4th	6:30 p.m.
Ventura Downtown		1st, 2nd, & 3rd	12:00 p.m.

Friday

Oxnard Noontimers		All	12:00 p.m.
Ventura Breakfast		All except 5th	7:00 a.m.

Saturday

Simi Valley Santa Su		2nd & 4th	9:00 a.m.
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District 4-A3
Frank L. Freitas
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THE FIRST STEP—GET INVOLVED

