

THE DAILY PLANET



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District 4-C6. Serving the South San Jose Community

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Website: www.almadenlions.org e-mail: newsletter@almadenlions.org Membership: jeff.spedding@sbcglobal.net

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Side Lines

August is a very busy month for Almaden Super Lions. We have our Backpack for Kids on the 19th and Minature Golf Tournament on the 30th. This does not mean July was not busy, as you will read about Lion Jim Hunt's article on "A Match Made in Heaven" and other Club Members' participations in One Step Closer's Fund Raiser. Our motto of "We Serve" is alive and well.

Starting this month, Lion Judie Bennett will have a series on "Children at Risk". We hope her in-depth report will bring the awareness of challenges that we are facing in our own community today.

Please write to us with your suggestions and comments at newsletter@almadenlions.org

Editor *Lion Wen Daang*



Almaden Super Lions In Action Volunteering in One Step Closer Therapeutic Riding - A Match Made In Heaven

By Lion Jim Hunt

Our lives pleasantly got much better about two months ago. Guest speakers that day for our weekly Lions Club meeting were Landa and Mark Keirstead, founders of One Step Closer Therapeutic Riding, Inc. (OSC), a non-profit equestrian organization. OSC, as per their mission statement, uses the human-horse relationship in assisting riders to achieve their full potential-physically, socially, and spiritually-in a compassionate, Christian environment. Having been a big fan of horses since I was quite little, loving to work with good people, especially children and now having the opportunity to combine this in helping kids with disabilities, OSC really seemed like a match made in Heaven for me so I became our club's liaison and volunteered.

(Continued on Page 4)

Almaden Super Lions Hosted BBQ at OSC's Poker Ride Fund Raiser

One Step Closer (OSC) Therapeutic Ride had its first Poker Ride Fund Raiser at Calero County Park on July 14. Almaden Super Lions Jim Hunt, Eddie Dinsmore, Alan Woer-tink, Marlene Duffin, Wesley How-



ard, and T.A. Hunter, hosted the OSC barbecue for volunteers, riders and the public. (Photo by Dan Martin, Almaden Times.)

LIONS WITHOUT BORDERS

BY LION DON SIMPSON

MESSAGE FROM THE CABINET MEETING IN SANTA CRUZ AND THE INTERNATIONAL CONVENTION IN CHICAGO

Lions are without borders. The 90th International Convention held July 2-6 in Chicago, the 1917 birth-place of Lions, is a testament to how international the organization has become. Representatives from both developing and undeveloped countries were in attendance. Despite differences in culture, language, and governments, there was one common theme among Lions from around the world, "We Serve."

In keeping with the international character of Lions International, the Lions delegates elected Mahendra Amarsuriya of Columbo, Sri Lanka, as the International President for 2007-2008. President Amarsuriya's international theme for the

(Continued on Page 2)

ALMADEN SUPER LIONS ADDED NEW EYEGLASS COLLECTION LOCATIONS

BY LION LEN GRILLI

To Meet Helen Keller's challenge to the Lions of the world to be the **Knights of the Blind** at the International Convention at Cedar Point, Sandusky, Ohio, July 1925, Almaden Super Lions has been maintaining and developing new locations for the eyeglass collection boxes. Currently, we maintain six unwanted eyeglass collection locations. New sites are being developed and will be announced in the future. The six locations are:

(Continued on Page 5)



*Convention
2007 - and
"Come
Home to
Chicago -
Where It All
Began"*

(From Page 1 - Lions Without Borders)

upcoming year is, "Challenge to Change." Lions are challenged in nine fundamental areas: 1) to re-brand Lions clubs; 2) to increase worldwide membership by 20,000 members, the 20K program; 3) to develop quality leaders for the 21st Century; 4) to create, worldwide, 1,250 new clubs with a mix of men and women under 40 years of age; 5) to enhance LCIF by increasing the number of Melvin Jones Fellowships and Progressive Melvin Jones Fellowships to 350,000 by adding 50,000 fellowships this year; 6) to reach a target goal of \$150 million for Campaign Sight First II with a stretch goal of \$200 million; 7) to revive and develop the Leo clubs; 8) to expand the Lions Quest Program to 50 countries; and, 9) to restructure public relations efforts globally to establish a new brand image for Lions.

LCIF Message from IPIP Jimmy Ross

My Fellow Lions, I enjoyed visiting with many of you during the International Convention and I look forward to continuing our service together this year as LCIF Chairperson. We have much to accomplish this year in order achieve our Campaign SightFirst II goal as well as spread the word about LCIF. In this message, I would like to update you on a number of LCIF news items.

LCIF Ranked Best NGO Worldwide

In a special report released Thursday, July 5, 2007, Lions Clubs International Foundation (LCIF) ranked best among non-governmental organizations (NGOs) worldwide. From 34 global organizations, LCIF came in first for its execution of programs, demonstrated accountability, communications internally and externally, program adaptability to the surrounding community, and understanding the goals of its corporate supporters. The assessment was published in the Financial Times' Corporate Citizenship and Philanthropy special report. The full story can be read online at http://www.lionsclubs.org/EN/content/lions_lcif_times.shtml.

Vote NOW to Help Eradicate Preventable Blindness

LCIF has been selected by American Express as one of the top 50 project ideas in The Members Project, an exciting initiative that brings American Express Cardmembers together to do something good for our world. Join Card members across the country to vote for LCIF's incredible idea to eliminate preventable blindness, presented to American Express by the Diamondhead Lions Club in Mississippi, USA. For every vote LCIF receives, US\$1 will be donated to LCIF by American Express up to US\$5 million. Cast your vote NOW for LCIF at [membersproject.com](http://www.membersproject.com/Health_Fitness/723) http://www.membersproject.com/Health_Fitness/723. LCIF is Project ID#723. You only have until July 15 to keep LCIF in the top 25! Please share this information with your friends, family and co-workers so they can vote for LCIF. To learn more visit the LCIF Web site at http://www.lionsclubs.org/EN/content/lions_lcif_amex.shtml.

Grants Awarded at June Board Meeting

More than US\$2.4 million in grants were approved at the June 2007 LCIF Board Meeting. Lions clubs from all over the world were granted funds to assist many humanitarian projects, such as partnering with Lions in Malaysia for a clean water project (Korea), equipping a rehabilitation center for the disabled (Italy), upgrading the kitchen and dining room at an Easter Seals camp (Canada) and constructing a clinic and vocational center for the disabled (Honduras). Read the complete story and view the entire list of approved grants at http://www.lionsclubs.org/EN/content/lions_lcif_newgrants.shtml. There are number of new materials, including a new DVD and CD of LCIF publications available to you to help promote LCIF in your club and district. A list of these materials can found at http://www.lionsclubs.org/EN/content/lcif_pr_tools.shtml. I look forward to this year and thank you for your continued support and dedication to LCIF. LCIF is able to fulfill its mission of helping Lions serve worldwide through your support.

**Serving through LCIF,
Jimmy M. Ross**

SPECIAL REPORT - HOMELESS CHILDREN IN SANTA CLARA VALLEY

BY LION JUDIE BENNETT



[Editor - We are very pleased when Lion Judie Bennett accepted our invitation to write several articles on "Children at Risk" starting this month. Lion Judie taught Social Studies and Language for 24 years then became a Dropout Prevention Counselor for 8 years and Manager of the Healthy Start Center for 4 years. Since retiring, she has worked part time as Drug Free Schools Coordinator for 9 years. Lion Judie has a BA degree in Education and MA in Counseling Psychology. We hope that Judie's report will bring awareness to the challenges that all of us, members of Lion Club and citizens in our community, are facing.]

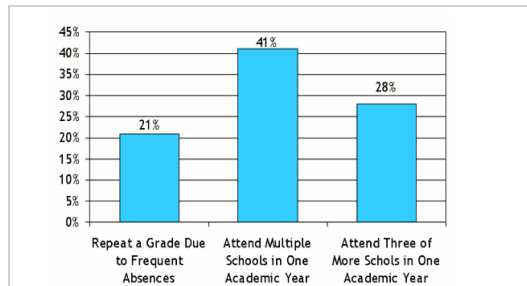
When homeless children are asked to draw what heaven is like, they often draw houses. They are not castles or mansions, but rather plain houses with chimneys and the ever-smiling sun shining brightly above the house.

The number of homeless children in our valley is growing. The amount of children who are homeless exceeds that of the Great Depression.

It is estimated that there are 80,000 to 95,000 homeless children in our state of California. Santa Clara County has many homeless children and the vast majority of those are with a single parent. Due to the high cost of living in our valley, we are seeing more two-parent families experiencing homelessness.

The homeless children are at risk in many ways:

1. They are twice as likely to repeat a grade or be suspended.
2. They go hungry twice as often as other children.
3. 20% of the children do not attend school at all.
4. 43% are molested and 66% are violently abused.
5. They have 6 times more ailments than other children.
6. Homeless children are 12 times more likely to end up in a foster home.



Homeless children school attendance statistics Source: <http://www.taboston.org/homelesschildren.html>

What is being done in our valley for these children?

Homelessness does not necessarily mean hopelessness. The school districts in our county have some strong support programs for these children. One of these districts, San Jose Unified School District, carefully tracks the homeless children residing within the district boundaries. The funding for this program comes to the district by way of the McKinney-Vento Homeless Assistance Act. Unfortunately, this funding is looking at a large cut for this year.

The program is managed by Karina Bellan. Last year, Karina worked with more than one thousand homeless children. The children are placed in the most convenient school for them. The staff at the school is alerted to the family's circumstances. They are provided with uniforms and backpacks full of supplies. For this school year, several Lions Clubs within Santa Clara County are donating a total of \$3,000 to help cover the cost of 300 filled backpacks.

Karina tracks the children and gives support and guidance to the families as long as they are in the district. The program directs the family to outside agencies and medical centers where they can receive services.

Quite often these families are under extreme stress and the program offers counseling and support for them.

Children love to draw. When homeless children are asked to draw



About the artist: Robert lives in a homeless shelter with his family.

what heaven is like, they often draw houses. They are not castles or mansions, but rather plain houses with chimneys and the ever-smiling sun shining brightly above the house.

SOURCES: 2000 California Housing Law Project Karina Bellan, San Jose Unified School District, Homeless Program

GEEK TALK

Compiled By Almaden Super
Lions Newsletter Staff



Can I catch a virus from a web page? (Part 5)



Unfortunately, yes, in several ways. While in principle the web is designed to be safe, security flaws are sometimes uncovered in web browser software, and unscrupulous people have been known to exploit them. Fortunately, there are five major steps you can take to protect yourself effectively. This is the last part of a five-month series.

(Step 5) A lot of viruses and worms are disguised as e-mail attachment. Never open any attachments from people you do not know. Even if you know the sender, there is a chance that their computer is infected, and has sent you a copy of a virus after pillaging the

sender's address book. Install quality antivirus software and keep it up to date.

Recently, people are receiving notices that someone they do not know has sent them an eCard with a Web link to it. These e-mail messages are not legitimate and the Web sites they reference contain malware that can be destructive to your computer.

If you receive an e-mail message advising you that someone has sent you an eCard, delete the message and clear it from your Trash Folder.



... every day is reward day and every session with each rider provides that wonderful hands-on firsthand experience of doing the right thing and being appreciated ...

(From Page 1 - A Match Made In Heaven)

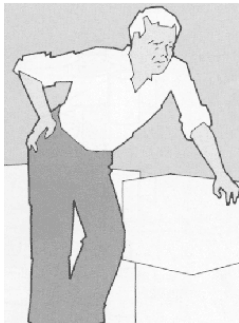
Lions' main thrust is sight and our real reward in my opinion comes when we have the opportunity to experience our goodwill firsthand as we do at our annual Blind Center Christmas party and when we deliver complete meals to those less fortunate for Thanksgiving and Christmas. The looks on faces are things we will always remember and treasure for the rest of our lives. In many ways I wish these three events took place more than once a year because they are the highlights for me within Lions.

Now with OSC every day is reward day and every session with each rider provides that wonderful hands-on firsthand experience of doing the right thing and being appreciated. These kids demonstrate real time improvement with their posture, balance, in following directions and often seem like they slip into another world when they sit down on that horse or pony. Our riders' challenges include ADD, autism, amputations, learning disabilities, cerebral palsy, Down syndrome, emotional disorders, spinal cord and brain injuries and youth-at-risk. Most of these kids don't even weigh as much as their horse's head but they control these large animals very well through many different exercises like weaving through poles, starts & stops, throwing bean bags from horseback into their proper buckets, riding over a ramp & poles and riding to large letters placed around the corral.

As volunteers we act as leaders and side walkers to assist the riders in safety at all times allowing Landa to accomplish the most at each riding session with each rider. We are trained in how to best interact with these children in the corral as well as with written material and videos. We groom the horses, set up the corral and yes, we also muck the stalls. Recently several Lions from our club volunteered to produce an excellent BBQ for an OSC charity ride which also included other OSC volunteers as well as some of our riders and their parents.

On several occasions I've seen Mothers with tears of joy as they watch their children smile for most of an hour while riding a horse or pony and experiencing a sense of accomplishment. One of our riders recently stayed home with her father rather than going on vacation with the rest of the family because she didn't want to miss her riding session that week. As each rider prepares to dismount they are instructed to ask the leader if they have control of the horse first. I'll never forget one of my kids saying to me "Can you have my horse Mrs. Jim?" Just yesterday another rider stopped his horse, turned and shouted to his Mother "I'm having fun!" My eyes well up just thinking about these experiences which is our reward as volunteers. Saying "walk on" is the proper command to ask a horse to start and often that's the only words these kids say in an entire session and it takes all the concentration they can muster because they are so excited about riding the horse. So walk on we do, One Step Closer to a better life for all involved - a match made in heaven.

Reader Submissions



STRETCH YOUR HAMSTRINGS

BY LION ALAN WOERTINK

The majority of low back pain is directly related to tightness or lack of flexibility in the hamstrings. The Hamstring muscle group comprises the four large muscles in the back of the thigh. The main function of these is pulling the heel toward the butt and to assist in erecting the spine or straightening up from a bent over position. This is our first clue that the hamstrings are related to the lower back. These muscles have attachment points that put tension on the pelvic girdle if they are tight or lack flexibility. This tension puts a strain on the spinal erectors located in the lower back.

Some basic guidelines should be followed when it comes to stretching:

1. Always warm up your body's core temperature before stretching by taking a warm shower or going for a 10 min. walk.
2. Always breathe deeply increasing the stretch on the exhale.
3. Never force a stretch beyond a mild discomfort and never bounce.
4. Try to devote a few minutes to stretching everyday and be amazed at how much better you feel.

(Source: IPT Newsletter)

BIZARRE NEWS - GOVERNMENT REGULATIONS ON REINCARNATION

BY LION WEN DOONG

BEIJING, Aug. 3 (Xinhua) – All the reincarnations of living Buddhas of Tibetan Buddhism must get government approval, otherwise they are "illegal or invalid," China's State Administration for Religious Affairs (SARA) said here Friday.

The SARA has issued a set of regulations on reincarnation of Tibetan living Buddhas, which will take effect as of September 1. "It is an important move to institutionalize management on reincarnation of living Buddhas," the SARA said in a statement issued Friday.

The regulations require that a temple which applies for reincarnation of a living Buddha must be "legally-registered venues for Tibetan Buddhism activities and are capable of fostering and offering proper means of support for the living Buddha."



(From Page 1 - Almaden Super Lions Added New Eyeglass Collection Locations)

1. **BAKER'S SQUARE Restaurant and Pies**
5055 Almaden Expressway, San Jose, CA. Tel: (408) 267-6760
2. **WILLOWS SENIOR CENTER - City of San Jose Department of Parks, Recreation and Neighborhood Services**
2175 Lincoln Avenue, San Jose, CA. Tel: (408) 448-6400
3. **THE ATRIUM - Brookdale Senior Living**
1009 Blossom River Way, San Jose, CA. Tel: (408) 445-7770
4. **SENIOR and COMMUNITY CENTER - City of San Jose Community Services Division**
5585 Cottle Road, San Jose, CA. Tel: (408) 629-3336
5. **ALMADEN LIBRARY and COMMUNITY CENTER - City of San Jose**
6445 Camden Avenue, San Jose, CA . Tel: (408) 268-1133
6. **UNICORN THRIFT SHOP - Eastfield Ming Quong**
1181 Redmond Road, San Jose, CA. Tel: (408) 997-9188

August 2007							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 31	29	30	31 12p Visit San Jose Host	1 7a super meeting	2	3	4
Week 32	5	6	7	8 7a super meeting	9	10	11
Week 33	12	13	14	15 7a super meeting	16	17	18 5p Cupertino Host Corn & Sausage Feed
Week 34	19 3p Backpack assembling	20	21	22 7a super meeting	23	24	25
Week 35	26	27	28	29 7a super meeting	30 Minatare Golf	31	1

September 2007							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 35	26	27	28	29 7a super meeting	30	31	1
Week 36	2	3	4	5 7a super meeting	6 7a USA/Canada Forum Grand Rapids, Mich.	7 7a USA/Canada Forum Grand Rapids, Mich.	8 7a USA/Canada Forum Grand Rapids, Mich.
Week 37	9 7a USA/Canada Forum Grand Rapids, Mich.	10	11	12 7a super meeting	13	14	15
Week 38	16	17	18	19 7a super meeting	20	21	22
Week 39	23	24	25	26 7a super meeting	27	28	29
Week 40	30	1	2	3 7a super meeting	4	5	6 9p White Cane Days

Your Suggestions Count -

Please let us know how to make OUR Newsletter better. We welcome your input and article submissions.

Almaden Super Lions Newsletter

E-Mail: newsletter@almadenlions.org

Almaden Super Lions Club

Club President

Lion Eddie Dinsmore
eddiejunior@sbcglobal.net

Club Secretary

Lion Don Simpson
capt_don@pacbell.net

Club Treasurer

Lion Na'ndor Krause
geokrause@aol.com

Region 3 Zone 1

Mount Hamilton

1st & 3rd Thursday 7:00 pm, Baker's Square, Milpitas

San Jose East Valley

Every Tuesday 7:00 am except on the THIRD Tuesday at 7 pm, Carrow's Restaurant. 1696 Tully Road, San Jose

San Jose Host

Every Tuesday 12:00 pm
Moose Lodge, 1580 Hamilton Ave, San Jose

District 4C6

District Governor

Lion Bob DeUnger
Sunnyvale Host

Vice District Governor

Lion Marlene Duffin
Saratoga Lions

Cabinet Secretary

Lion Karen Fillmore
Scale of Justice

Cabinet Treasure

Lion Lila Johnson
Carmel Host

Region Three Chair

Lion Rick Silveria
Almaden Super

Zone One Chair

Lion Lois Ferber
Almaden Super

Zone Two Chair

Lion Bill Hart
Gilroy Lions