



January 2008

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	
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February 2008

Su	Mo	Tu	We	Th	Fr	Sa
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March 2008

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April 2008

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May 2008

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June 2008

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July 2008

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20	21	22	23	24	25	26
27	28	29	30	31		

August 2008

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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31						

September 2008

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	
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28	29	30				

October 2008

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26	27	28	29	30	31	

November 2008

Su	Mo	Tu	We	Th	Fr	Sa
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December 2008

Su	Mo	Tu	We	Th	Fr	Sa
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

THE DAILY PLANET



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Side Lines

HAPPY NEW YEAR! *Time flies when you are having fun. That is absolutely the case for members of Almaden Super Lions. We did a "2007 Year in Review" in our December newsletter. The response from our readers was overwhelming. Lion Marlene summed it up nicely - "It certainly makes us proud to be a Lion". Keep it up! Let's make 2008 an even better and prouder year to be a Lion.*

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

Editor *Lion Wen Doong*



ALMADEN SUPER LIONS IN ACTION- TURNING WHEELS FOR KIDS

Almaden Super Lions once again reached out and touched the hearts of disadvantaged kids. On December 15, 2007, Lions Jeff Spedding, Bob Froom, T. A. Hunter, Greg Goodman, Len Grilli, Jim Hunt, Fiacro Ruiz, and John Kelly (from another Lions Club) joined with other volunteers to build close to 2,200 bikes. All the bikes were given to local children and 100 bikes to the poorest of the poor in Mississippi - a desperately poor community devastated by Hurricane Katrina.



Lions T.A. and Bob proudly presents the new bike that they just built

We reprinted below excerpt from a letter that the event organizer, Turning Wheel for Kids, received to encourage more Almaden Super Lions to take part in this well-meaning event next year.

"Thank you for your fabulous organization of this bicycle event. The three bikes are "hidden" away at great-grandma's house and will be presented to the kids at Christmas. Foster Grandma called me yesterday, crying, that the bikes were so lovely, she couldn't believe how nice they were, and the helmets and the locks... on and on. She's had an especially hard year and she said there wasn't money to get the kids real gifts, other than necessities. Even though there probably won't be any thank you notes from the kids, please know that a grandma out there is resting easy for the first time in months because she has something to give the kids. I told her to say they were from her, I was thrilled just to be behind the scenes. ..."

MISSION ACCOMPLISHED!!!

[Editor - We reprinted below e-mail from Lion Mary Kelly in this report to thank Lions Mary and Christine for their effort to bring love to a needy family. We also want to thank other Almaden Super Lions who took the time to deliver Christmas meals to other families with similar needs.]

From: Mary Kelly
To: judyfroom
Sent: Thu, 20 Dec 2007 6:44 am
Subject: Fwd: Lots o' presents

Just wanted to update you....Christine and I shopped and wrapped presents most of yesterday. There are 25 gifts in the picture below for the family. As the mother requested we purchased clothing for the kids and I personally purchased a toy for each one. Christine has the receipts for the clothing and should be getting in touch with you soon.



Mission accomplished!

Thank you Lions Mary and Christine!!!

GEEK TALK

Compiled By Almaden Super
Lions Newsletter Staff



IPOD Ear



Did you receive an iPod or MP3 Player or did you give your friends, kids, or grand kids one for Christmas? You might have heard about the “BlackBerry Thumb”. Now, beware of the iPod ear.

Some doctors say they are seeing younger and younger patients with signs of noise-induced hearing loss that wouldn't typically emerge before middle age. And they are worried that the constant use of MP3 players, which blare music directly into the ears, may be partly to blame.

In addition to potential hearing loss, excessive sound levels can create dangerous situations as well. If your personal stereo system is so loud that you cannot hear sounds around you, such as traffic, your personal safety may also be at risk.

How do we know if the music is too loud without using a decibel meter? Mayo Clinic and Health Ministry of Canada provided the following easy measures and prevention steps.

Your music is too loud:

- If someone three feet away must shout to be understood, the sound level of the music is probably higher than 85 dBA, and may be hazardous.
- If can't hear conversations going on around you
- If people near you can hear your music
- If you find yourself shouting instead of talking when you respond to people nearby

Tips to reduce the risk of noise-induced hearing loss from personal stereo systems:

- Keep the sound at enjoyable, but safe levels.
- Use various system controls to increase enjoyment while decreasing your risks. For example, you could turn down the volume and increase the bass boost.
- Limit the amount of time you spend listening to loud music.
- Reduce background noise, if possible, so you can use a lower volume level. Head-phones that reduce background noise are available from several manufacturers.

Share this with your friends, kids, or grand kids to enjoy the music safely.

SAVE YOUR COPIES OF ASL DAILY PLANET NEWSLETTER


LION WEN DOONG

Our daughter goes to school at UC San Diego. Her purse was stolen in November of last year. She called us early in the morning telling us that her credit cards, driver's license, student ID, ... were all lost.

The first thing Jane and I did was to pull out our April, 2007 ASL DAILY Planet Newsletter. There was an article in that issue on “Protect Your Personal Information” with the three national credit reporting organizations’ contact information. We contacted them immediately to place a fraud alert. If you do not have copies of your ASL Newsletter, you can always find them online at <http://www.almadenlions.org>.

Special Report – Protect Your Personal Information
By Almaden Super Lions Newsletter Staff

A corporate attorney sent the following out to the employees in his company. We should all take some of his advice! Read this and make a copy for yourselves in case you need to refer to it someday.



"My wallet was stolen last month. Within a week, the thieves

1. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "for" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
2. Put your work phone # on your checks instead of your home phone. If you have a PO Box use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SSN printed on your checks. You can add it if it is necessary but, if you have it printed, anyone can get it.
3. Place the contents of your wallet on a photocopier machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and contact. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards, etc.

Unfortunately, I, an attorney, have first-hand knowledge because my wallet was stolen last month. Within a week, the thieves ordered an excessive monthly phone padlock, applied

January 2008							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	30	31	1	2	3	4	5
Week 2	6	7	8	12p Raffle Eddie	10	11	12 6p Santa Clara Crab Feed 6p Northstar Lions Charter Nite
Week 3	13	14	15 10:30a SJC Food & Beverage 10-12 Nissen Room	16 12p Raffle Debbie 7p Region III Zone 1 & 2	17	18	19 11:30a Lion Leadership Institute Harris Ranch
Week 4	20 12p Leadership Institute 1:30p VDG DUFFIN Campaign Meeting	21	22 7p AJ Robinson Meeting, Longhouse Restaurant Gilroy	23 12p Raffle Wen	24	25	26 11p Diabetes Luncheon 11am-3pm Enjoy
Week 5	27	28	29	30 12p Raffle Marlene	31	1 MD-4 Convention Modesto 12p Flag Days all month	2 MD-4 Convention Modesto

February 2008							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	27	28	29	30 12p Raffle Marlene	31	1 MD-4 Convention Modesto 12p Flag Days all month	2 MD-4 Convention Modesto
Week 6	3 MD-4 Convention Modesto	4	5	6 12p Raffle Lois	7	8	9 Women's Development San Martin
Week 7	10 10a ASL Retreat Villas of Almaden 10-1pm	11	12	13 12p Raffle Judy Froom	14	15	16 8a Flag Days
Week 8	17 8a Flag Days	18 8a Flag Days 6p Club Speakers Contest Final by	19 8a Flag Days	20 12p Raffle Bob	21	22	23 8a 3rd cabinet Meeting 6p Governor's Roast
Week 9	24	25	26	27 12p Raffle Goodie 7p Zone 1 Student Speaker 7pm	28	29	1 12p Hearing 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