

THE DAILY PLANET



Published By: **ALMADEN SUPER LIONS CLUB**

District 4-C6. Serving the South San Jose Community

Website: www.almadenlions.org e-mail: newsletter@almadenlions.org

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Side Lines

Wow! We were overwhelmed with all the positive feedback on our April Newsletter.

We are especially grateful that our Newsletter was forwarded to people outside of our Club. It is our sincere hope that, in addition to be just Almaden Super Lions' Newsletter, it is a tool to promote Lionism.

Two suggestions from our readers are incorporated in the May Issue - we went back to the "Daily Planet" name and the pictures are larger.

Special Thanks to Lions Lois Ferber and Jeff Spedding for their article submissions on the 4C6 Convention and Membership.

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

Editor *Lion Wen Doong*

COMING UP IN JUNE ISSUE - Special Report on the World Renowned and Acclaimed - **ICARECLASSIC Bicycle Tour**



4C6 CONVENTION RECAP BY LION LOIS FERBER

Sixteen Lions and spouses attended the convention held May 2nd through May 6th, 2007 in Sacramento, CA. The group participated in all activities from cabinet meetings and seminars to club contests including socializing and eating! Winning the Granito Award for BEST CLUB in the District was the highlight of the event. Although some might say seeing Lion President Tom Smith in superman attire in the Friday Night Talent Show was the highlight, or waving to Lion Past District Governor, Don Simpson dressed, as King Kamaea KaKa was the highlight. In either case, Lion Jeff Spedding and his wife Anne are to receive kudos for their directorship of the club's fun and frolic before the audience.



If you attended the convention, you know that Lion Past District Governor Bob Froom should receive the award for Best Dressed Female! Did you see his hairstyle? Speaking of hairstyle, how about our

esteemed District Governor and his new look? He has taken fund raising to a higher standard in order to achieve his new appearance!

Sharing our hospitality room was Cupertino Host Lions. Lion Past District Governor and Past Council Chair Charles Hart was observed sneaking, yes sneaking, bites of chocolate. (He thought no one knew!) Lions Judy Froom and Steve Marks were seen boxing together. Hmm, there certainly was a lot of togetherness occurring in this room.



Talk about "togetherness"; Lion Judy was charged with leading the strawberry shortcake brigade which the club served during the District Food Fair on Saturday afternoon. Lion Eddie pinned the strawberry shortcake paper doll to the tree to prevent her from blowing away so when you see Lion Eddie, ask him about his secret technique!

(Continued on next page)

PULL UP A CHAIR AND STAY AWHILE—MEMBERSHIP MATTERS BY LION JEFF SPEDDING

Let's talk about membership; everyone else is. Why is it that some clubs flourish and other clubs dwindle? The members of our club, and any club for that matter, are the life's blood of that club. They are the reason that the projects and fund raisers are successful or not.

It seems to come down to two things: recruitment and retention, getting people to join

and getting them to stick around.

Experience has shown us that the best way to raise someone's interest in becoming a Lion is to let them see firsthand what we do. For that reason alone we need to expose our friends, neighbors, co-workers and families to our club. There needs to be an on-going effort by all of us to continue to invite people to

join us, not as a member at first but to attend a breakfast or project and see what fun we have while doing the good we do for others.

Once they've joined, how do we get members to stay? There are always going to be members coming and going for various reasons, so we want to give them good reasons to stay. The best club is

(Continued on next page)



***Lion Bob DeUnger
was elected
Governor of 4-C6
for 2007-08 and
Lion Marlene was
elected Vice
District Governor.
Let's congratulate
them with a huge
R O A R !!***

(From Page 1— 4C6 Convention Recap)

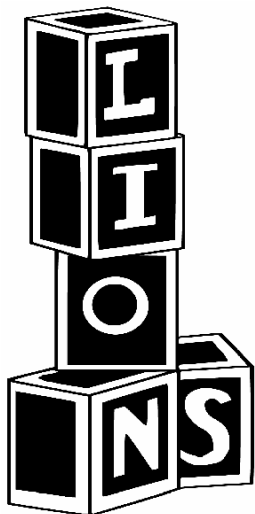
The visiting dignitaries from Lions International were friendly and warm hearted. We have it on good authority, they never had seen such ideas as the Saturday Food Fair. Every where we turned, they were either in a seminar, or in one of the hospitality rooms.

Yes, there were an abundant number of hospitality rooms. There was Lion Joe's Italian-theme room; there was Lion Marlene's Energizer theme room and then there was Lion Bob DeUnger's Building Block Room. As you probably have heard, Lion Bob DeUnger was elected Governor of 4-C6 for 2007-08 and Lion Marlene was elected Vice District Governor. Let's congratulate them with a huge R O A R !!

The Ronald McDonald House roared when they saw all the "goodies" that had been gathered from numerous Lions and friends. What a wonderful service they are able to provide with monies raised from donations. Keep saving those pull-tabs!

As you can tell, the convention was a fun, fun, time and we hope next year more of our members will attend and help us live up to our reputation of being **Almaden Super Lions!!!**

Want to see more fun pictures from the Convention? Please go to our Web Site (www.almadenlions.org) or contact our Newsletter editors at newsletter@almadenlions.org.



(From Page 1— Pull up a chair and stay a while)

not always the biggest club, but the one that values its members and retains them by keeping everyone involved and feeling a part of the work we do. I personally want to see the practice of mentorship grow and become the tie that holds us together in Lionism.

I believe that, in the Almaden "Super" Lion's club, it is the diverse mix of individuals that makes us as productive as we are. We all have our strengths and we bring them together to achieve the valuable work we do in our community. So, as a club, we need to invite, invite, invite and be proud of who we are and what we do. We need to expose the people closest to us to an activity of some kind and give them the opportunity to join us as Lion's if they choose. The energy and excitement we generate as a club is very contagious and spreads rapidly. So, let's spread the wealth and ask someone to breakfast.





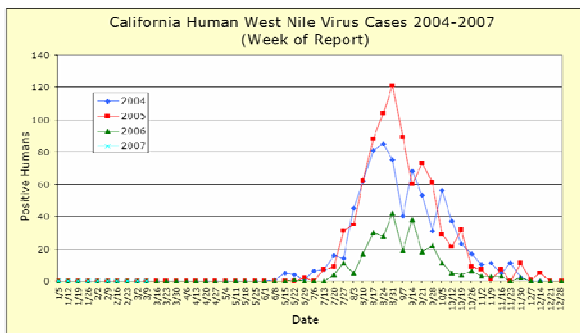
Don't become a statistical figure - There were 278 reported West Nile Virus Cases with 7 Fatalities in 2006 in California. Take action to protect yourself and your community

SPECIAL REPORT - WEST NILE VIRUS

COMPILED BY ALMADEN NEWSLETTER STAFF

[From the Almaden Newsletter Editors: Lion Lois Ferber invited CDC to give us a presentation on West Nile Virus in April. The presentation highlighted the seriousness of the disease for people older than 50 years old. In this special report, we listed the symptoms of the disease and steps to prevent it. We hope the information provided in this report will be helpful. Please pass it on to friends and families.]

Eight dead birds infected with West Nile Virus (WNV) have been reported in Santa Clara County as of May 10th. As the temperature climbs, we should take steps to avoid mosquito bites to prevent this serious, life-altering and even fatal disease. This is especially important in the Summer and early Fall (see chart below for the active months).



Clinical Features

Most WNV infections are mild and often clinically unapparent. Approximately 1 in 150 infections will result in severe neurological disease.

- Approximately 20% of those infected develop a mild illness (West Nile fever).
- The incubation period is thought to range from 3 to 14 days.
- Symptoms generally last 3 to 6 days.

Reports from earlier outbreaks often accompanied by:

- Malaise
- Headache
- Anorexia
- Myalgia
- Nausea
- Rash
- Vomiting
- Lymphadenopathy
- Eye pain

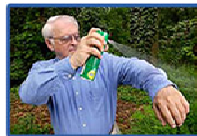
Don't become a statistical figure - There were 278 reported West Nile Virus Cases with 7 Fatalities in 2006 in California. Take actions below to protect yourself and your community.

THREE STEPS TO PROTECT YOU & YOUR COMMUNITY

1. Avoid Mosquito Bites

- ✔ Apply Insect Repellent Containing DEET
- ✔ Wear Clothing to Reduce Mosquito Bites
- ✔ Be Aware of Peak Mosquito Hours

Get double protection: wear long sleeves during peak mosquito biting hours, and spray DEET repellent directly onto your clothes. Take extra care to use repellent and protective clothing during evening and early morning -- or consider avoiding outdoor activities during these times.



2. Mosquito-Proof Your Home

- ✔ Drain Standing Water

✔ Install or Repair Screens

Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water. Keep mosquitoes outside by having well-fitting screens on both windows and doors.



3. Help Your Community

- ✔ Report Dead Birds or Squirrel to Local Authorities
- ✔ Mosquito Control Programs
- ✔ Clean Up

By reporting dead birds to state

and local health departments, you can play an important role in monitoring West Nile virus. Go to http://www.cdc.gov/ncidod/dvbid/westnile/qa/wnv_birds.htm to find information about reporting dead birds in your area.

The [American Mosquito Control Association](http://www.americanmosquitocontrol.org/) can provide advice, and their book *Organization for Mosquito Control* (<http://www.mosquito.org/>) is a useful reference.

Mosquito breeding sites can be anywhere. They don't care about fences, so it's important to control breeding sites throughout the neighborhood. Pick up containers from vacant lots and parks and encourage people to keep their yards free of standing water.

GEEK TALK

Compiled By Almaden Super
Lions Newsletter Staff



Your Newsletter team
evaluated Spyware
protection using the latest
version of Norton
Protection Center® on a
Laptop computer running
Windows Vista® Operating
System against a Free
spyware detection program
from LavaSoft, Ad-Aware®.



Can I catch a virus from a web page? (Part 2)



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 second part of a five-month series.

(Step 2) Internet Explorer users with Microsoft Windows: **run Windows Update frequently or automatically.** See the [Microsoft Windows Update page](http://update.microsoft.com/microsoftupdate/v6/vistadefault.aspx?ln=en-us). ([http://update.microsoft.com/microsoftupdate/v6/vistadefault.aspx?ln=en-](http://update.microsoft.com/microsoftupdate/v6/vistadefault.aspx?ln=en-us)

[us](http://update.microsoft.com/microsoftupdate/v6/vistadefault.aspx?ln=en-us)). When Microsoft is made aware of security holes in Internet Explorer that could allow a program to install itself without the user agreeing to it, they provide security fixes in this way. If you do not get these updates, your computer **WILL** be vulnerable, even if you refuse to install Active-X controls.

Alternatively, switch to a different web browser such as [Mozilla](http://www.mozilla.com) or [Opera](http://www.opera.com). Of course, you must keep up with new versions of those programs as well. However, most virus authors seem to target the most popular browser.

Spyware Protect

Setup - Norton® Protection Center was configured to receive auto update and perform auto-protection.

Our Test - We visited several news, search engineering, weather information, airlines, and shopping websites before running Ad-Aware® SE Personal Edition 1.06. Ad-Aware caught two critical data miner tracking cookies from live365.com and 2o7.net. (See Picture on the right and Note Below)

Results - Our informal ad hoc spyware test showed the free downloadable Ad-Aware® SE Personal Edition detected two tracking cookies planted on our computer from one or more of the web sites that we visited. Norton® Protect Center's auto-protection function did not prevent them from being downloaded onto our test computer.

Disclaimer: Almaden Super Lions Newsletter editors do not endorse Norton® Protection Center or LavaSoft's Ad-Aware® products. The test was done in a informal way and may not be accurate or reproducible.

Note: live365.com is an on-line radio station. 2o7.net cookies store information about a PC user's interaction with a specific website. Standard Cookies are not inherently dangerous, but they can be misused and exploited and may allow a distinct and apparently unrelated website to access the same information.



Did You Know - Drink Tea, Skip the Milk ?

Women in a study who drank black tea had improved cardiovascular function -- but that protection vanished if they drank it with milk. Tea is bursting with health-boosting polyphenols, but proteins have been shown to counteract them. In one study, when researchers added a small amount (10 percent) of milk to

black tea, it reduced the tea's concentration of catechins -- polyphenols credited with giving tea its antioxidant punch as well as fighting heart disease and boosting weight loss. Researchers measured the effects of tea -- with and without milk -- on blood vessels in the cardiovascular system. Straight black tea helped

blood vessels relax and widen, allowing blood to flow more freely. Tea with milk did not produce the same effect. The study results may help explain, in part, why tea's heart benefits appear to be missing in the United Kingdom, where milk is usually added to the brew.

(From www.realage.com)

May 2007

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 18	29 7a Pat's Run 8a Pancake Bkfst West San Jose-Campbell Lions 3p District Student Speakers Contest 4:30p Desserts and Dawgs Scales of Justice	30	1 6p Poker Night	2 Lions Convention 7a Almaden Super Lions Club Meeting 7a Lions Invite Guest to Meeting Day	3 Lions Convention	4 Lions Convention	5 Lions Convention
Week 19	8 Lions Convention	7	8	9 7a Almaden Super Lions Club Meeting	10	11	12 ASLI Care Classic Bike Tour
Week 20	13 Mothers Day	14 11a Santa Clara Valley Blind Center Golf Classic	15	16 7a Almaden Super Lions Club Meeting	17 6p Santa Clara Lions 60th Celebration Banquet	18 1p Salinas Host Lions Golf Tournament	19
Week 21	20	21	22	23 7a Almaden Super Lions Club Meeting	24 6p Almaden Super Lions Board Meeting	25	26
Week 22	27	28	29	30 7a Almaden Super Lions Club Meeting 7a Almaden Super Lions Meeting Board Meeting Report	31 Lions MD4 Council Meeting San Jose	1 Lions MD4 Council Meeting San Jose	2 Lions MD4 Council Meeting San Jose 12p Thunder Valley Casino Trip 2p Lions MD4 Student Speaker Contest San Jose 6p San Martin Lions Club Cowboy Music Night

June 2007

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 22	27	28	29	30 7a Almaden Super Lions Club Meeting 7a Almaden Super Lions Meeting Board Meeting Report	31 Lions MD4 Council Meeting San Jose	1 Lions MD4 Council Meeting San Jose	2 Lions MD4 Council Meeting San Jose 12p Thunder Valley Casino Trip 2p Lions MD4 Student Speaker Contest San Jose 6p San Martin Lions Club Cowboy Music Night
Week 23	3	4	5 6p Poker Night	6 7a Almaden Super Lions Club Meeting 7a Lions Invite Guest to Meeting Day	7 5p Wild Game Feed Cupertino Host Lions	8	9
Week 24	10	11	12	13 7a Almaden Super Lions Club Meeting 5p ASLI Installation	14	15	16
Week 25	17 Fathers Day	18	19	20 7a Almaden Super Lions Club Meeting	21 6p Almaden Super Lions Board Meeting	22	23
Week 26	24	25	26	27 7a Almaden Super Lions Club Meeting 7a Almaden Super Lions Meeting Board Meeting Report	28	29 7p 1st Annual Lion Dale McElroy "Let's All See the Ball" San Jose Giants Fundraiser	30

Almaden Super Lions Club

Club President

Lion Tom Smith
tsmith0794@hotmail.com

Club Secretary

Lion Val Isaacson
val-i@pacbell.net

Club Treasurer

Lion Lanny Ross
lross17@sbcglobal.net

Region 3 Zone 1

Mount Hamilton

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

San Jose East Valley

Lion Bill Evans - President,
Every Tuesday 7:00 am at
Carrow's Restaurant. 1696
Tully Road, San Jose

San Jose Host

Lion Art Knopf - President
Every Tuesday 12:00 pm
Moose Lodge, 1580 Hamilton
Ave, San Jose

District 4C6

District Governor

Lion Chris Morris
Los Gatos

Vice District Governor

Lion Bob DeUnger
Sunnyvale Host

Cabinet Secretary/Treasurer

Lion Liz Crooke
Salinas Host Lions

Region Three Chair

Lion Steve Marks
Almaden Super

Zone One Chair

Lion Rick Silveria
Almaden Super

Zone Two Chair

Lion Diane Van Straaten
San Martin

Your Suggestions Count -

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

Almaden Super Lions News Letter

E-Mail: newsletter@almadenlions.org