



September 20, 2005

District 4-C4



**PRESIDING** Lion President Ken Harker presided and Lion Roy Minor offered the invocation.

**HEAR YE!** Lion Al passed around the sign-up sheet for the Diabetes Walkathon on October 8th and reminded us that the next Quarterly Multi-club Meeting was on Wednesday, September 28th at Celia's Mexican Restaurant, 1850 El Camino Real, in Menlo Park.

Lion President Ken emphasized that our next board meeting would take place on Thursday, October 6th (not on the 3rd as previously announced). The President's BBQ will be at 2:00 pm on Sunday, October 6th, in the Arbor Area at Mitchell Park. Maps are available from Lion Ken. We are also invited to Ronald McDonald and OICW functions on September 29th. See Lion Ken for details.



**Joint Meeting of Coordinating Councils**

The Peninsula and San Francisco Councils met at the Luxor, which has selected the Eye of Horus as its symbol. Ah, little do they know that upon the throne at the foot of Horus sits the Lion Goddess Sehkmet sending



forth true words of power that bind all Horus sees in the heavens and upon the lands - even the hearts of men. Ah - would that we Lions today could don the mantle of Sehkmet that we might touch the hearts of men and women everywhere.

Well, the Councils do their best, and this month's meeting was well and enthusiastically attended. Peninsula Council President Jack Van Etten presided and District Governor Eugene Chan brought tidings from LCIF. Donations to the Katrina Fund will count for Melvin Jones awards if given in lots of \$1,000k. Smaller donations will be pooled by the District and then submitted in \$1,000 chunks and the Melvin Jones Fellow awards auctioned at the annual meeting to raise funds for the District.



Participants from our club included Lions Ken, Chaz, Joan, Al and Jenny.



**DOOR PRIZE**

The Door Prize, a first aid Kit, was donated by Roy Riccetti and won by Ken Harker. Future door prizes: Sept. 27 - Nina Steiner; Oct. 4 - Ben Director; Oct. 11 - Joe Huestein; Oct. 18 - Jerry Rood; Oct. 27 - Mary Lou Robson.



**Meetings**

- Oct 2 - President's BBQ at the Park
- Oct 12 - Concours Wkng Group Mtng 7PM Carr & Ferrell 2200 Geng Rd

**A common delusion among werewolves**

I'm a Lion, I know I'm a Lion. I have a long nose and noble profile. Whiskers and a big black nose pad. Very pointy teeth and great carnassials! My mane's a bit spiky - so I'm a punk Lion. You got anything to say about that? But why do I have pointy ears? Dr. Lupus assures me that it's the Darwinian Point and very punk. But other Lions stare. They mutter and growl behind my back and I just know it's the pointy ears.



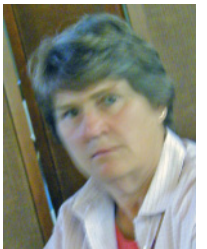
Lion Hal Moreno, Speaker Chair for September, introduced Jennifer Blanchet from our local chapter of the Amyotrophic Lateral Sclerosis Association. ALSA is a national association with 58 chapters. It provides services to those suffering from ALS and their families, and funds research programs to find a cure and prolong the productive lives of those with ALS. Our local chapter is particularly active in service to ALS families, whose annual ALS related expenses generally run around \$200k.



Although ALS causes the muscles and other organs of the body to gradually shut down, it is actually a disease of the neurons at the top of the spine and base of the brain that interface the central nervous with the peripheral nervous system. As these neurons fail, commands from the brain to the motor neurons that operate muscles are blocked with increasing frequency until all function is lost. The problem may begin on one side of these spinal nodes, but always spreads to the opposite side once the problem begins. Both the rate at which nodes begin to fail and the length of time it takes to fail are highly variable. Death may result in months or years, but ALS is always fatal. It is likely that several different factors operate in different combinations to create the functional failure in neurons that we now call ALS.

It is not known how ALS begins or exactly how the progressive failure of the neurons takes place. But our knowledge of how neurons operate at the genetic/biochemical level is undergoing a revolution that should lead to an understanding of ALS in the relatively near future. This understanding is likely to lead to palliative treatments and cures for at least some types of ALS. Other developments, such as stem cell therapy, may make it possible to bypass or replace the diseased neurons altogether. Research, medical trials and care for ALS patients continues to be very expensive. More at: <http://www.alsabayarea.org/>.

- Sept 27 - Lisa Kleinfelter on Life Line Screening
- Oct. 2 - Presidents BBQ in Mitchell Park Arbor Area
- Oct. 4 - Carla Waters on Warming Up
- Oct 11 - George Marotta on the future of Social Security
- Oct 18 - League of Women Voters on ballot measures



**Remember to bring Fresh Fruit for Elizabeth Seton School.**