

Winners

FREE FINES:
GREETER:
ATTENDANCE:
LOTTO:
MARBLE:

You guessed it...fill in the blanks. The Bulletin Editor was unable to attend last week and did not have the information at press time.

Nutrition, Exercise, Health

Dr. Tristin Wesenberg spoke to the club on May 16. She is a chiropractor with an office in Camarillo. Her emphasis is on nutrition. She talked about lifestyle habits and how they affect a person's health. One point she made that is easy to remember is to eat the foods that are on the perimeter of the grocery store. These are the least processed foods. She also talked about store bought multi-vitamins...if they are cheap, they are made cheap. We noticed that Lion Mike Plisky moved his chair up close. Could it be he's thinking of his health? Dr. Wesenberg actually got everyone up out of their chair to do a simple exercise to test balance. All in all, very good advice. She handed out a stress test indicator and offered a free consultation to anyone regarding their health, nutrition, exercise program, etc.

New Member Induction Today

Lion Mike Plisky will induct three new members today. Welcome to Lions Mark Payne, Bob Nichols, and Roman Vaisman. We have had five new members so far this year. Keep up the good work.

**COME TO THE INSTALLATION
DINNER FOR FUN, GOOD
FOOD, AND GOOD
COMPANY!**

Rescue Mission Visit

Lion Bobby has set up the Noontimers regular meeting to be held at the Oxnard Rescue Mission on Friday, June 27, 2008. The Noontimers generally visit the Mission once a year and donate to their worthy cause. Mark your calendar for that date so you won't be the only one at the Residence Inn!

Photos from Strawberry Festival

Lion Rick Smith provided these great photos from the Strawberry Festival. It looks like some tiny Lions were also present. Thanks to everyone who helped with this event.



calendar

May 30	New Member Induction at regular meeting
Jun 2	Lion Jim Plisky's Birthday
Jun 3	Lion Dave Gosnell's Birthday
Jun 6	Installation Luau