Linda Penwarden, an Oncology nurse from St. Luke's Hospital presented a very informative program on a subject that seems to interfere with the lives of many of our loved ones – Cancer. Linda has been in cancer care for the past 20 years, but a nurse for 30 years. The five leading cancers are breast, prostate, lung, colon and melanoma. Melanoma is on the rise in Idaho. Linda explained the symptoms of each type, which I will not include. She also said to stay healthy by using healthy oils like olive and canola, eat more veggies {potatoes and french fries don't count} eat plenty of fruits of all colors and drink water, tea or coffee with little or no sugar, but limit milk/dairy to 1-2 servings/day and juice drink only 1 small glass a day, and, of course, no sugary drinks. Eat a variety of whole grains like whole-wheat bread, whole-grain pasta and brown rice. Choose fish, poultry, beans and nuts and limit red meat and cheese. Avoid bacon, cold cuts and processed meats. She stressed Stay Active and use the proper sunscreen – UVA=Aging ray; UVB=Burning ray, SPF 30 or higher and water resistant. We are all aware of these facts, but do we do them properly. Any questions on sores, moles, raspy throat, bleeding etc be sure to contact your doctor ASAP.

We had Claudio Negrao and daughter Simone Anewalt from Brazil, Vicky Jekich a nurse from St. Lukes and Michelle. Dave Chaney missed the attendance money and no one caught the right card. Total members today to hear a great program were 32.

PROJECT REPORTS:
May 16 – Feeding the Veterans – Larry Kidd, Bob Storm, Karen Wood, Ken Marchetti & the Cardinals fed 100 veterans for a total of 12 hours
May 19 – Larry Locklear worked with the Sprouts for 3 hours.
May 22 – Aarda Justin, the Sheltons, Bob Storm, Bob Schoeler, Ken Marchetti and the Storcks volunteered 16 hours and packaged almost a ton of Penne Pasta into 2 lb. Bags.

Congratulations. Dwaine Hibbs bragged that his high school Senior Grandson was picked for the student council for the coming year and his sophomore grandson was Student of the year and Musician of the year.

Liz Cardinal was one of the braggers paying $1 to say she married Henry 59 years ago.
Jan Shelton passed around a sign up sheet for the Gooding School Picnic – June 21st – and if you want to participate by bringing home cooked food, contact Jan at 208-323-1727.

13 members of the Club went to the Sun Valley Convention on the 18-19 of May. The Sheltons, The Frisons, The D’Orazios, the Marchettis, the Burks, Jay Lugo, Curt Kelley who got a Certificate of Appreciation & Louis Pfleger who received a Lifetime Leadership Award. Many other awards were given but I did not have a list.

Ten members purchased red noses from Tail Twister Patty to help fight child poverty.

President Dan Frison said Next Tuesday, May 29th is Hit the Jackpot Golf Meeting at the Lions Foundation Building starting at 6:00pm.

POGRAMS:

May 30 – Speaker – PDG Rich Davis on Global Projects Team & Lions Information Day presented by Lion Lavon Shelton

June 02 – Annual Meeting of the Id E Oregon Lions Sight and Hearing Foundation Board 9 am at the Foundation .
June 21, 2018 – Gooding School for the Blind – Julia Davis Pavilian #1 – Starts 4:00pm for volunteers
June 27, 2018 – Induction of new officers by DG Tim Vincent at the noon luncheon

August 04, 2018 – Hit the Jackpot XXII – NEW LOCATION – NEW DATE – 9 am tee off at Eagle Hills, Eagle Idaho.

Club Secretary.....Jan Brady  janbrady1920@gmail.com
Don't forget to check out the Bench Lions website---- it changes weekly. Check out the website for 39W........Some great stuff & well done...... http://www.lions39W.org (under “quick links” be sure to check out “blogger”)  “Now on twitter@boise

More Photos Next Page
Star Lions Club 13th Charter Party

It’s the Roaring ‘20s!
It’s Magic!
And You’re Invited!

Italian dinner with lasagna, cheese tortellini, salad, and garlic bread.
Prizes for best costume and best Charleston.

Featuring the Fabulous MR. X

Magic Show

Raffle Prizes

Saturday
June 2
6:00 pm

$25

MIDDLETOWN TROLLEY STATION
310 Cornell St.
Middleton

RSVP By May 30
lionkathy@gmail.com
or 208-866-1545