

The

# TOPEKA TATTLER

*Telling the World about "Topeka"*

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Next Meeting: February 2, 2009

Meeting Place: Top of the Tower

12:05 p.m.

**MONDAY: February 2:** **Tim Owen** will talk about his recent trip to Virginia for eye surgery to remove and reduce floaters in his eyes. This technique is used by only a few specialists nationwide. **Lion Irene Owen** will introduce her husband.

**LAST WEEK:** **Lion Dave France** introduced **Ms. Cindy White** of the Topeka YMCA. She presented a program on diabetes, outlining the various types of the disease. She spoke about the need to take care of one's self and the kinds of exercises one should do to cope with the problem. **Ms. White** is an exercise physiologist.

## ANNOUNCEMENTS:



Will be cleaning the Shunga Trail on Saturday, February 14th. Cleanup begins at 8:00 a.m. Weather: Must be above freezing with no rain or snow..



**Lion Tara Van Houweling's** name was drawn for the free lunch, but unfortunately she wasn't in attendance at this meeting.



**Lion President Spencer Smith** presented **Lion Dick Pratt** with a letter from Lions Clubs International recognizing him for his 55 years of Lionism. **Lion Paul** was a transfer member from the Colby Lions Club.



**Lion Irene** has indicated a need for a Lion to find a program for February 9th and 23rd. She also needs a program for March 2nd, March 16th and beyond.

A little humor: I tried to talk my wife into buying a case of Miller Light for \$14.95. Instead she bought a jar of cold cream for \$7.95. I told her the beer would make her look better at night than the cold cream. And, then the fight started!

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