



February 2005

Port City Lions Club Monthly News

Web Page <http://galions.org/18b/portcity/>

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A Publication of the Port City Lions Club
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District Convention

The District 18-B Convention will be held in Statesboro Georgia on February 25-26. Our International Guest is Director Walter "Bud" Wahl from Streator, Illinois. All convention functions will be held at Snella's Place, a new meeting facility just off Highway 301 North of Statesboro. The convention activities start Friday 6:00 pm with "Party Gras in the 'Boro", hosted by the Statesboro Noon Club. A 7:00 country meal prepared by Lion Chef extraordinaire Dr. Joe Goodwin, special guest Lion State Senator Jack Hill, Chairman, Senate Appropriations Committee will discuss the state budget process and the financial condition of the state. Cost of "Party Gras in the 'Boro" is \$6.50 in advance, \$7.50 at the door.

Saturday Morning February 26 at 8:45, there will be a tour of Meinhardt Vineyards, the only family owned and operated commercial vineyard in South Georgia. The tour will conclude about 11:00 am with cheese and wine 'tasting.'

The PDG's association will hold its annual meeting at 12 noon at R.J.'s Restaurant. Cost is \$12.00 per person.

The District Cabinet meeting will begin at 2:30 pm at Snella's Place. The District Banquet will begin at 6:30 pm. Cost of the banquet is \$16.50 in advance, thru February 20th, \$17.50 thereafter.

Please let DG Rick know if you are planning to attend any part of the convention.

All Members are urged to attend and support the district.

I am Back

This is the first club newsletter in quite a few months. Now that I have completed most of the club visits, I now am able to publish this newsletter once again. I will not be able to attend the February 1 meeting due to the prior commitment to make my official visit to Liberty Coastal. -DG Rick

Lion's Check List

Here are a few items that we should be asking ourselves each day, Am I:

1. Willing to have fun?
2. Smiling?
3. Being honest?
4. Laughing with myself?
5. Welcoming my mistakes?
6. Listening carefully?
7. Challenging assumptions?
8. Expecting the unexpected?
9. Letting go?
10. Focused and flexible?
11. Reaching out?
12. Adding value?
13. Taking action?
14. Celebrating everything?

Smiling - how simple, how unobtrusive, how elegant, and how effective! A smile is almost never inappropriate. A five-year-old child is smiling 250 times a day, while a thirty-five-year-old adult is smiling 25 times per day. Have we learned to take ourselves so seriously that we are unconcerned our own health, our own production capacity? If so, we'd better "unlearn" that lesson quickly.

Our bodies do not know the difference between a genuine smile and a forced one. When we smile, genuine or forced, our endorphins increase, our brain activity kicks up, and our immune system perks up. We feel better and, thus, stand a better chance of being productive.

If our smile was forced, I'll wager that, with all these "feel-good" health benefits kicking in, our forced smile will soon be replaced with a genuine one. -Dr. Clifford Kuhn "The Laugh Doctor"



Birthdays and Anniversaries

Anniversary

None in February

Birthday

Mary Ann Barbieri

February 10