



Savannah Port City Lions

Monthly News



A Publication of the Port City Lions Club
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Web Page <http://galions.org/18b/portcity/>

February 2009

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District Convention

The 2009 District Convention is Saturday February 21 at the Holiday Inn Express at I-95 and Georgia 21 in Port Wentworth. The District Cabinet will meet in the afternoon with the elections of District Officers. Lions supplies will be available for purchase at Rick's Store. The District Banquet will take place Saturday evening with a special message by International Director Ed Lecius. Cost for the Banquet is \$30.00.

Diabetes

DID YOU KNOW...

- that every 10 seconds, two people in the world develop diabetes?
- that every 10 seconds a person dies from diabetes-related causes?

The United Nations General Assembly recently passed a landmark resolution recognizing the diabetes epidemic as a global threat. It is estimated that more than 246 million people have diabetes. This number is expected to rise to a staggering 380 million by 2025.

Lions and Diabetes Awareness

Diabetes awareness was adopted as a long-term commitment of the association in March 1984. The Lions work in this area supports diabetes education, prevention, control and research. A primary objective of the program is to reduce the number of new cases of blindness caused by Diabetic Retinopathy. A screening test can detect diabetes. Lions clubs often arrange for free diabetes screenings to be performed in their communities.

Why is it important to know how diabetes affects the eyes?

People with diabetes are at risk of losing sight due to Diabetic Retinopathy. It is a condition which

Birthdays and Anniversaries

Anniversary
None in February
Birthday
Bill Young
Mary Ann Barbieri

February 9
February 10

causes progressive damage to the retina, the light-sensitive lining at the back of the eye. It is a serious sight-threatening complication of diabetes.

Diabetic Retinopathy is a result of damage to the tiny blood vessels that nourish the retina. They leak blood and other fluids that cause swelling of the retinal

tissue and clouding of vision. The condition usually affects both eyes. If left untreated, Diabetic Retinopathy can cause blindness.

Annual eye examinations are especially important for people who have diabetes. Early detection and treatment can limit the potential for significant vision loss from Diabetic Retinopathy. An outstanding film, "Protect Your Vision: The Dilated Eye Exam," is available for Lions to show at club meetings and community events. It contains English and Spanish versions on one DVD.

For more information about diabetes Visit the National Diabetes Education Program <http://ndep.nih.gov/> and the International Diabetes Federation <http://www.idf.org>.

Be Aware of Suspicious E-Mails

Be aware of e-mail scams that fraudulently use the Lions name or Logo or other trusted and well-known names. The goal of these types of scams is to trick people into revealing personal and financial information about themselves, which can then be used to commit identity theft.

If you receive a suspicious e-mail, please follow these guidelines:

Do not reply

Do not open any attachments

Do not click on any links in the email

Please delete the suspicious email and do not respond. If you wish, you may report the email to local authorities in your jurisdiction for further investigation.



Port City Lions Club

February 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Steamboat Patented (1788)	2  Groundhog Day	3 7:00 PM Business Meeting Flush Toilet Invented (1837)	4	5	6	7
8 Fountain Pen Invented (1883)	9	10  Mary Ann Barbieri's Birthday	11	12  Lincoln's Birthday	13	14  Valentine's Day
15	16  President's Day	17 7:00 PM Regular Meeting	18 Tintype Camera Patented (1856)	19	20	21 District Convention - Port Wentworth
22 Popcorn Invented (1630)  Washington's Birthday	23	24 7:30 PM Board of Directors Meeting	25 Ash Wednesday	26	27	28

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Activities

February 3 7:00 P.M. Business Meeting
 February 17 7:00 P.M. Regular Meeting
 February 21 District Convention, Port Wentworth
 February 24 7:30 P.M. Board of Directors Meeting
 March 3 7:00 P.M. Business Meeting

Two New Club Programs

Two new hands-on club programs have been introduced for the betterment of the environment and beautification of the community:

- Lions Green Team - Organize a high-visibility environmental project, such as a community clean-up, tree planting or recycling effort.
- Lions Crew at Work - Invite Lions and other community members to help clean, paint or repair a local facility such as a community center, shelter, camp, playground or nature trail.

During these events, Lions are encouraged to post a Lions sign or banner and to wear Lions hats, shirts, jackets to identify the club in the community. Invite the community to join your club's efforts and contact your local media.