



June 2004

Port City Lions Club Monthly News

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

A Publication of the Port City Lions Club
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Installation Banquet

The Installation Banquet for the Savannah Port City Lions Club will be held at Faith Lutheran Church on Saturday June 15 at 7:00 P.M. Regular members and spouse or 1st guest costs are covered by dues. Additional guests or non-active members are \$20.00 per person.

We will honor the service work of the members of the club and install the officers for the Lions year 2004-05. Installing Officer will be District Governor Elect Rick Mizell.

State Convention

The Georgia Lions State Convention is this month at the Savannah Marriott Hotel. The dates are June 18-20. Savannah Port City is a hosting club. Many thanks to PDG Jerry Ney for his leadership in planning and executing this convention and also to the members of this club for their part in this convention.

Feature speaker is International 1st Vice President Clement Kusiak of Lithicum Maryland. Lion Kusiak will be installed as president of Lions Clubs International in Detroit on July 9.



International Convention

The International Convention of Lions Clubs International will be held July 6-9 in Detroit, Michigan-Windsor, Ontario, Canada. This is the first truly International Convention as it will be held both in the U.S. and Canada.

Representing our club will be District Governor Elect Rick Mizell. He will be flying to Detroit on Wednesday, June 30 and returning as District Governor on Saturday, July 10.

1990-2004

Since August 1990, I have published the newsletter for the Port City Lions. This is the last newsletter, I will be able to produce for this club. Lion David Bovee has agreed to continue publication in the future.— DGE Rick Mizell

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	
William Hinesley	June 13
Chip Lingle	June 13
Jack Streicher	June 14
Joyce and David Bovee	June 19
Birthday	
Ellie Eisenhart	June 14
David Bovee	June 20