



BROADCASTER

Temple Lions Club

2008-2009

Miracles Through Service

www.templelionsclub.org



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UPCOMING PROGRAMS

June 17 – NO MEETING

**June 24 – Jerry Grote – Catcher for the 1969
"Miracle Mets"**

LIONS CALENDAR

June 18 – Awards and Installation Banquet,
gather at 6:00 p.m. with dinner at 6:30, Gober.
Bring your money if you have not already paid.

June 24 – Regular noon meeting, Gober

June 26 – Texas Lions Camp cookout

ANNOUNCEMENTS

No club meeting on June 17.

Our Lions Camp visit will be **on June 26** to cook hamburgers for the campers and to witness the awards banquet. A sign up sheet will be passed around at the next few meetings.

The annual Installation and Awards Banquet will be Thursday June 18 at 6:00 at Gober. Dinner will be served at 6:30 p.m.

No table at Lions' Junction this weekend-- It was a good idea, just no takers

Don't miss 6/24/09 noon meeting. Last chance to hear President J. do more damage to the English language!!! (Actually he will be on vacation).

Our sympathies to Lion Brian Vanicek on the loss of his brother.

ANNIVERSARIES

Lion Jum and Patrice Hunter- 14 years

Lion J. Brown and Nancy- 39 years. Our condolences, Nancy!!!!

GUESTS

Nancy Brown, guest of Boss Lion J.
Patrice Hunter, guest of Jim Hunter
Mayor Bill Jones, always a welcome guest!
We had three local mayors in attendance-
Covington, Jones, J.W.

GREETERS

Volunteers for the rest of the year are greatly encouraged. We have none scheduled.

BIRTHDAYS

June 28 – Lion Davo Harper

UPCOMING MEAL

June 24 - TBD

THIS WEEKS PROGRAM

Lion Neil Graeff introduced Dr. Larry Montgomery from Belton. Larry is a chiroprater in Belton who spoke on "There is no such thing as normal pain". Larry has been in practice for 28 years. He has received numerous professional honors and appointments. Most recently he was appointed by Gov. Perry to the TX Board of Chiropratic Examiners.

Dr. Montgomery gave us some interesting information as well as suggestions on avoiding and/or managing pain. 80% of the general population will be totally disabled for a period of time by back pain at some point in their life. There are three causes of pain- Emotional Stress, Chemical Stress and Mechanical Stress. Dr. Montgomery focused on Mechanical Stress. Management or prevention of this type of stress calls for good overall physical fitness, good nutrition, proper lifting and posture. Did you know that lifting 10 pounds of weight with arms extended straight forward puts 100 pound of stress on the low back?

How about this tip from Dr. Montgomery? If you are standing in line or standing still for a long time, prop one foot up 4 to 6 inches. It relieves back stress. This was discovered by a tavern owner. He didn't give a darn about your back, he just wanted you to stay around longer and drink more booze!!!

Bailey is back next week!!