

Sea Island Rotary Beaufort, South Carolina



January 12, 2010

SERVICE Above Self

Today's Meeting- Ross Spencer - Shelterbox

Today's drawing - \$661.00

Georgianna Coates has donated today's door prize.

From President Marc

Thanks to all who persevered in spite of the bridge closure to make our meeting last week! We had an excellent program from Dean Moss, who in addition to his General Manager's duties at BJWSA, is also Chairman of the Savannah River Maritime Commission, representing S.C. in matters pertaining to the navigability, depth, dredging, wastewater and sludge disposal, etc., regarding use of the Savannah River as a waterway for ocean-going container vessels.

Membership: Please invite potential new members to lunch and to our social events.

Marc Fisher, 2009-2010 Sea Island Rotary President
"Many Hands Make Light the Work"

Upcoming Events and Speakers

January 12 Ross Spencer - Shelterbox
January 15 Joint Rotary Oyster Roast in Port Royal
January 19 Paul Sheppard - U.S. Census Bureau

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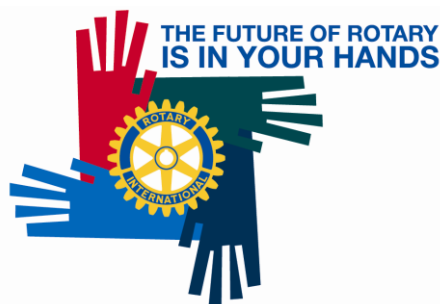
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Birthdays and Wedding Anniversaries

January 13 Jack Cunningham Birthday

In all we think, say and do....

1. Is it the Truth?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



President
Marc Fisher

President-Elect
Randy Wall

Secretary
Kelly Singletary

Treasurer
Kathy Bundy

Sergeant-at-Arms
Ray Harvey

10 Ways to Be a Whole Lot Happier

Excerpted from MSNBC - Prevention magazine

Experts attribute about 50 percent of a person's happiness to genetic endowments and another 10 percent to circumstances — where we live, how much money we make, how healthy we are. That leaves 40 percent of happiness in our control. Below are 10 action items that can improve happiness.

Hope for small changes, not big ones

Recent research finds that little things done regularly, like exercising or attending religious services, can have a major impact on happiness. In one study, Yale University psychologist Daniel Mochon, PhD, discovered that people leaving religious services felt slightly happier than those going in — and the more regularly people attended services, the happier they felt overall. The same is true for exercise.

Flip through old photos

When you're feeling down, break out your pics from your favorite vacation or kid's party. Researchers at the United Kingdom's Open University found that after they examined how much people's moods rose after experiencing chocolate, an alcoholic drink, TV, music, or looking at personal photos, photos won by a long shot.

Fake it till you make it

Putting on a happy face — even if you don't feel like it — actually induces greater happiness, says Loyola University Chicago social psychologist Fred B. Bryant, PhD. Laugh out loud at a funny movie. Smile at yourself when you pass by a mirror. After all, he says, "a surefire way to kill joy is to suppress it."

Chat up your spouse like a stranger

An experiment showed that people instructed to talk with their romantic partners as though they were trying to make a good impression (as they would with a stranger) felt happier after the experiment ended than those who were told to interact normally.

Say thanks more often

Cultivate an "attitude of gratitude," Bryant says. Pinpoint what you're happy about and acknowledge its source. Bryant notes that saying thank you to a friend, a stranger, or the universe deepens our happiness by making us more aware of it.

Know when to fold 'em

Most of us are not very good at knowing when to walk away from circumstances that are just plain bad. Economists and psychologists call this human foible "the fallacy of sunk costs." We keep holding when we should be folding. The next time you're faced with a problem that has gone from good to bad to worse, think to yourself: If I were coming into this situation right now, what would I do?

Clear away the clutter

Elaine Aron, PhD, author of "The Highly Sensitive Person" says disorganized heaps of paper can make you feel like a failure. For a quick fix, straighten up a few where you spend the most time. "Just the illusion of order is enough to ease the mind," she says.

Rethink retail therapy

To get more happiness for your dollar, splurge for experiences instead of stuff. Psychologist Miriam Tatzel, PhD, of Empire State College surveyed 329 shoppers and found that "experiencers" — consumers who spend on experiences like a great meal or concert, are happier than those who spend on material goods. Experiences allow you to spend quality time with family and friends.

Talk to a friendly neighbor

Socializing with an upbeat neighbor has even more of a mood-boosting impact than spending time with an upbeat sibling, according to a recent study. How often you get together matters most, say the researchers. Other research found that "very happy" people visit with neighbors seven more times a year than unhappy people.

Walk around the block

"Lots of people skip working out when their moods aren't ideal," says mental health and exercise expert Jack Raglin, PhD, of Indiana University. "But the trick lies in finding the right workout to match the mood you're in." When you're battling the blues, try something low-key and mindless. "Studies have shown that even mild exercise — about 40 percent of your max heart rate — can lift your mood," says Raglin. "