



District C1 Bulletin

Rob's Dream



DG Rob Royal

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International President, Jitsuhiro Yamada

April 2016 Report

I will start off this month's Bulletin article a little differently to what most people would expect. Unfortunately I missed the last Cabinet meeting weekend at Peterborough because I had a heart attack!! Now if you believed every story that went around, I nearly did not make it, I ended up having open heart surgery etc. All that was far from the truth. But why talk about it in this forum. I'm not looking for sympathy or any of that stuff, far from it, I wish the word never got out and it stayed totally private.

So why tell the world about it in the Bulletin.? Because it was scary! Not because there was all that pain etc. etc. The reason why it was so scary is that it was almost a non-event. There were no major chest pains or daggers into the heart. There was no dramatic fall to the floor etc. It manifest itself with a relatively light feeling of pressure across my chest, nothing dramatic or painful. I then had a slight ache in the jaw and I started to sweat a little. I was sitting on a chair putting my shoes on. As I have had first aid training when these symptoms did not go away after about 5 minutes, I asked Sandy to call 000. Within a few minutes the ambulance arrived.

The problem was it was such a non-event, what symptoms I had were disappearing as fast as the ambulance arrived. I felt like a fool, crying wolf. Tests in the Clare hospital later confirmed that I had a "cardiac event" and was transported to Adelaide where the next day I had two stents put in to open up a blocked artery serving the heart. That too was such a non-event, basically a needle in the wrist these days with no scars to show for it all. Up until recently it was via an artery through the groin and prior to that it was full on open heart bypass surgery.

OK, why the story? To hopefully alert people who may not be aware of how heart attacks can manifest themselves. The scary thing was that because it was such a non-event I almost did not tell my wife Sandy and ask her to call the ambulance. That would have been a major mistake. Heart attack symptoms do not need to be dramatic pain filled events. Slight pressure on the chest, aches in the jaw, maybe the ache moves down an arm or sweats. Women apparently may only have an ache in the shoulder/neck region. The cardiac nurse told me that in her life time of coronary care, of the over a 1,000 cardiac patients she has worked with, less than 5 would have had any of the "classic" dramatic pain filled events!!

So the moral of the story, if you experience any of those symptoms, no matter how mild they may be, get them checked

out, and better still call 000. Do not mess around and worry about what if it is not... I would also strongly recommend that we all do a first aid course so we become aware of these symptoms and also know what we may need to do if it gets very serious. By the way, I'm feeling great and I have no damage to the heart because I did make that call.

Now back to normal Lion's stuff. Hopefully all clubs have planned and now preparing for your membership drive activities during the March – May International membership drive. If you still need help, please contact the GMT Team led by Megan. Membership growth is especially important as our district demographic is a little worrying, we need to bring in new members not just to grow, but to retain our existing numbers. Lions does some really great work in our local, national and international communities, but without a growing membership we will be in strife.

One of those areas of great success around the world and in this country, is the ongoing impact and good delivered by our Foundation the Lions Clubs International Foundation (LCIF). All clubs would have recently received a letter from our local LCIF Coordinator Lyn Shoemark pleading for you to consider some end of year donations to top up that fund. Please consider Lyn's requests and by having your club make a donation to the LCIF you will ensure that its great work can continue.

To finish on a really good note I would like to congratulate two members of our district who have recently been appointed to a couple of important MD roles. Ken Bradford is now the new State Co-ordinator for YoY. Well done Ken and we look to see YoY grow in stature under your leadership. Congratulations must go to Rosemary Wenham, as Rosemary has been appointed to the role of National Coordinator of the Youth and Communities Project Committee. This is a very important role and covers many different areas of Lions activity including Lions Children's Mobility Foundation, Lions Childhood Cancer Research foundation, YoY, Leos etc. In this role, Rosemary will be a member of the MD Management team. Well done Rosemary. I'm sure someone will remind me when the last South Australian was a member of the Management team. Importantly Rosemary will also break the current male only makeup of the MD Management team. Best of luck to you both.

DG Rob

Some Important Dates for Your Calendars

Youth of the Year State Final – Saturday 23rd April, Clare Country Club. Contact YoY Chair Ken Bradford

MD 201 Convention – 12th - 16th May – Echuca – see web site for registration details

4th Cabinet & Shadow Cabinet Meeting – Saturday 21st Elizabeth area (actual location tba), contact DG Rob

District Handover Dinner – Saturday 9th July - Barossa Weintal Hotel Complex Tanunda – full details next issue but dinner with initial wine on table will be approximately \$35. Room discounts will be available.

Paddy's First Cabinet Meeting – Sunday 10th July Barossa Council offices - Nuriootpa

JUST ONE LOOK

JUST ONE LOOK.....and that is all it took to potentially save community members from serious issues related to skin cancers.

The Skin Cancer Screen sessions held on 20th & 21st February by the Lions Cancer Institute Inc. supported by Lions Club of Jamestown members were highly successful with 248 people screened over the two days.

The screenings were carried out by Colin Beauchamp who is based in Perth WA and has been screening for 20 years, husband and wife team Siva and Chris Lowings who are both nurses based in Adelaide and Jacinta Hill, a retired nurse was observing the screening procedures and being assessed as a potential screener.

Summary of results: Males Screened 111; Females Screened 137;

Number Referred to GPs 44; Total number of lesions 71;

Number considered life threatening 25.

Please note: "All lesions are suspect only until proven by further investigation".

It is also interesting to note the following statistics that were gathered:

Less than 6 mths since screened 6 - 2.4%

6-12 mths " " 5 - 2.0%

More than 12mths " " 52 - 21.0%

Never been screened before 185 - 74.6%

Lions Club of Jamestown members thank the community for supporting these sessions and are extremely pleased with the response and donations received from those attending.

It is hoped that these skin cancer screening sessions can be repeated in the future.

Photo: Jamestown Lions members, Screening organiser Noel



O'Brien (rear far right) and stat recorder Graeme Pascoe (left of Noel) and Screeners are joined at the end of the very successful skin cancer screenings by attendees Leon & Jenny Pollard (centre front).



Past District Governor Rosemary Wenham

on being appointed to the position of

National Coordinator for the Youth and Community Projects Committee

Rosemary extends an invitation to all clubs and Lions to inquire about participating in Lions youth and community activities, or maybe even consider beginning a Leo or Lions Club in your area.

She also invites Lions to direct parents, carers and teachers to liaise with her about our various activities as we welcome and value their support.

PDG Rosemary's Committee has the responsibility for assisting District Chairman and clubs carry out their responsibilities with regard to all projects pertaining to the Youth and Community areas. These include, but are not contained to:

- Youth of the Year
- Youth Camps and Youth Exchange
- Leos Clubs
- Peace Poster Contest
- Peace Essay Project
- Youth and Family Accommodation and Camps

PDG Rosemary's contact details are as follows:

PDG Rosemary Wenham (Lion John Wenham)
PO Box 3645, Norwood SA 5067.
Mobile: 0439 836 914
Email: rosemary@onthego.net.au



Lions Clubs International FOUNDATION

I hope the information & encouragement I have given you this year has proved beneficial in increasing your awareness of what LCIF is all about & how you can continue to ensure it continues its work worldwide.

First of all, thank you for continually supporting those in need throughout your community. Your demonstrated dedication to the service of others is extremely important.

As you know, the needs of communities around the world continue to grow each year & Clubs are responding to more local & global needs than ever before. But when the needs are too great for your club or district to handle alone, please know that your foundation, LCIF, is there to support you.

Did you realise that with your important dollars LCIF has already assisted hundreds of thousands worldwide in a variety of ways including:

- Provided vision screening for more than 350,000 Special Olympics athletes from 85 countries through Opening Eyes
- Provided vaccinations to 41 million people in Africa for the Lions-Measles Initiative pilot project
- Constructed more than 1,000 Habitat for Humanity homes for people with disabilities
- And closer to home, & a project we in District C1 may know about, LCIF continues to ensure youth are assisted with the **Lions Quest** Program which is LCIF's most comprehensive program for youth. Lions Quest unites the home, school & community to cultivate capable & healthy young people through positive youth development programs. Lions Quests trains educators to implement the programs, which supports character development, social & emotional learning, civic values, violence, bullying & substance abuse prevention & service-learning. Lions work with schools to implement the program from kindergarten through 12th grade, & often partner on community service-learning projects. The Program has already done a great deal of wonderful work by:
 - Engaging more than 13 million students in the youth development program Lions Quest
 - Training more than 550,000 educators to implement Lions Quest in school & community settings
 - Implementing Lions Quest in 85 countries
 - Translating the Curriculum & adapting it into 36 languages

This being said, to continue this amazing project, & because there will always be something occurring around the world that will need our support &/or assistance, LCIF continues to count on your support to enable this to happen. We ask that your club considers making a donation to your foundation – LCIF.

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Remember there is less than 3 months left of this Lions year, so it is extremely important that you please try & get your donations & award applications to our District Treasurer Lion Jenny Rayner at PO Box 55, Lyndoch SA 5351 before the 31st May to ensure awards are received in time for presentation at your Handover celebrations.

Thank you for your support & for considering this request.

PDG Lyn Shoemark

District C1 LCIF &

International Relations Chairman

Change of address for PDG Lyn and Lion Geoff Shoemark

Item	New Info
Street Address	Unit 153/1-25 Captain Robertson Avenue Golden Grove SA 5125
House Phone	(08) 8251 0753
Lyn Mobile	0438 011 453 (unchanged)
Geoff Mobile	0417 629 464 (unchanged)
Lyn Email	lionlyn@esc.net.au
Geoff Email	shoey001@esc.net.au

Ring Pulls

Angaston Lions Club has collected many of these as a fund raiser but does not know where to send them.

I am unable to help as I know no one who does this . Can anyone help? Please contact the Angaston Lions if you can..

Change Maitland Lions Club email

Maitland LC's new email address

maitlandlionsclub@gmail.com

CYCLONE WINSTON RAVAGES FIJI

Dear Lions, Lioness and Leos,

On 19th February 2016 Cyclone Winston crosses the coast of Fiji, being one of the strongest weather systems recorded.

The devastation is immense, with 21 people reported killed and many more left homeless and without shelter. Your Lions Club International Foundation (LCIF) has acted immediately with an Emergency Grant, for the Lions of Fiji. This will help with bottled water, food, blankets, hygiene packs, babe care, toiletries, medicines and temporary shelter to the people in need. Fiji is a part of District 201K in New Zealand.

The Lions Family in Australia continue to help the Lions of Nepal and Vanuatu in the rebuilding of their communities, but we have the capacity and will to help other small nations in their times of extreme difficulties.

LCIF doesn't forget the needs of Australian communities where over the last few years with the storms, flooding and bushfires which have caused so much damage in those areas.

Your donation to the LCIF Disaster Relief Fund will enable much needed assistance to be given to the Fijian people. Send your cheque in Australian Dollars to your District Cabinet Treasurer. Your donation marked as such is eligible to go towards a Melvin Jones Fellowship or Progressive Melvin Jones Fellowship. Conduct a bucket collection in your local community.

100% of every dollar donated to LCIF goes to the people in need.

Please help

Yours in Lionism,

Tom Becker

Did you hear about the two guys who decided to try duck hunting? They bought new outfits & equipment and went out to a place in the scrub where they heard the hunting was really good. But after several hours of thrashing through the woods one fellow said "I don't know about this. We've been out here all day and haven't caught a single duck. Do you think we're doing something wrong?"

"I don't know" replied the other. "Maybe we're not throwing the dog high enough."

WIFE: "There is trouble with the car. It has water in the carburettor."

HUSBAND: "Water in the carburettor? That's ridiculous "

WIFE: "I tell you the car has water in the carburettor."

HUSBAND: "You don't even know what a carburettor is. I'll check it out. Where's the car?"

WIFE: "In the pool"

Where do Volkswagens go when their old? The Old Volks Home

For the past 3 months, the members of the Cowell Lions Club have been very busy with their usual ongoing events, as well as some exciting new projects.

The summer markets that we convene on the first Sunday of the month, have been well attended by both stall holders & the purchasing public.

Our ongoing commitment to facilitate the annual Xmas Eve pageant was again well supported. The public bought over 3,500 raffle tickets, the proceeds of which, went towards purchasing gifts & goodies for the children & prizes for the good array of floats that paraded on the night.

Members of our club were some of the first to help in the aftermath of the Pinery fires after Ken Lamb, a local businessman, identified some victims who were in dire need of physical & moral support.

President, Lion Geoff Turner & Lion Dennis Hanneman spent some time at Hamley Bridge laying water pipes, clearing fence lines & burying dead animals.

Lion Phil Wake was part of the District Council of Franklin Harbour (DC of FH) workforce that delivered donated hay from Cowell. Phil also drove a loader & a grader that DC of FH provided to assist in the clean up.



Cowell now has a 12 seat Community Bus thanks to the generous assistance from The Australian Lions Foundation (\$15,000) along with Cowell Lions contribution of \$19,500. The bus will be managed by DC of FH. In addition to the bus being used by community groups, it is also used to transport a group of volunteers workers that are



involved in various projects in the district.



Our club has, over the past few months, erected a shelter at the local RV park on the edge of Cowell. Although there is still some landscaping work to do, travellers are now able to sit under cover at picnic tables, look over the beautiful Franklin Harbour & relay tales to each other of roads travelled. By winter time President Lion Geoff's innovative "Woofers Box" should be installed to provide heating & cooking.

There are a couple of other projects that are awaiting completion & an article will be submitted when they are.



LIONS CLUB OF PETERBOROUGH & DISTRICT

The Club assisted the District Council and the Rotary Club of Peterborough with the Australia Day breakfast, by helping serve the breakfast that Rotary had cooked, and then helping with the clean up afterwards.

A highlight for the Club, was being nominated for the Community Event of the Year for our Lions Senior Citizens Christmas Dinner, and although we didn't win, it was an honour to be nominated.

Members helped the Peterborough Rodeo Club on Saturday 6 February, by doing the car parking working in two shifts from 2 to 7pm. Members also sold fairy floss and donuts to the large crowds at the Rodeo.

The Club hosted the Lions District Cabinet meeting here in the town on the weekend of 13th and 14th February, and were kept busy. District Cabinet Secretary Vanessa Malycha had organised and co-ordinated the weekend.

On Saturday afternoon, a Leadership/Membership training session was held in our Clubrooms, with our members supplying afternoon tea. Our Lions members then joined other Lions at the Railway Hotel for dinner for an enjoyable social evening.

The Cabinet meeting was held on Sunday at the Peterborough Golf Clubhouse. Our members organised morning tea, and a delicious lunch.

At our dinner meeting on Tuesday 16 February, both Mayor Ruth Whittle and Jeff Oakley were guest speakers on the night, speaking on the district Health Board they are on representing Peterborough, after our local Hospital Board closed down. Member for Stuart, Dan van Holst Pellekaan was a guest for the night, but also discussed the hospital situation.

On Saturday 5 March at the Town Hall, the Club was involved in assisting a caterer by serving morning and afternoon tea, and serving a cooked lunch to 329 people from the Regional Patchworker's Guild.

On Sunday 13 March, members went out to a local farm to collect and bag cow manure. The "Moo Poo" is a great seller at the local monthly Art Markets, and a good fundraiser for the Club.

That evening, members went to the cemetery and did a clean up at our Lions Rose Garden and Remembrance Wall garden area.



Elaine's Gopher is back on the Go Again.

Unley Lions became aware that Elaine Cox had a problem when one of its members, Lion Stewart Donnell, attended his local Bendigo Bank. Stewart and the bank have a longstanding relationship through the bank's support for the Lion's Christmas cakes program. While replenishing cake stocks the Customer Service Officer told him of a problem that one of their customers was experiencing and asked whether Unley Lions could assist.

It appeared that Elaine Cox, a member of the local community, who relies heavily on her gopher to maintain mobility and her quality of life, was confined to home due to her gopher breakdown and it being in need of urgent repairs. The necessary repairs were far and away more than Elaine could afford.

Lion Stewart Donnell (aka Stewie to both friends and foes alike) quickly brought the issue to the Unley Lions membership and received immediate approval and the essential support for him to negotiate with the repairers for a fast track of Elaine's blue gopher repair.

Immediately thereafter a successful negotiation was concluded, repairs were completed a quick polish and Elaine and her little blue gopher were re-united.

The little blue gopher was back on the road again.

There are some days when it feels great to be a Lion.

For further information:

Unley Lions Secretary: **Lindsay Nelson Mob: 0418 852 216**
Stewart Donnell Mob: 0428 881 037



From left : Unley Lion Lindsay Nelson, Elaine Cox, and Lions, Stewart Donnell and Marlies Nelson

20 YEARS LION MINT RECORD

The Port Lincoln Lion members together with President Iain Adams and Lion Mint Chairman Malcolm Bagnell presented Lion Neill Blowes with a well deserved Lion Mint Excellence Award for achieving an outstanding 20 years club record selling mints to numerous local business outlets. Since 1996

Neill has rarely missed a monthly banking and to his credit total sales banked to February 2016 have amounted to 522,269 Dollars. Neill is extremely well known to many on Eyre Peninsula and has been a very conscientious and dedicated lion member and has made a huge contribution serving the Port Lincoln community.



Neill is currently in his 40th year of service and has been a past President and has accomplished many awards with highlight's being the James D. Richardson Honour Award and recently received the Melvin Jones Award and now the Lion Mint Excellence Award.

Neill's response to having received the Mint Award was to thank the Port Lincoln Lions and the community for their assistance and friendship over the years and is looking forward to making it to our change over dinner in June as our new President Elect was nominated by Neill.

Reported by Lion Mint Chairman.

Malcolm Bagnell.



Tea Tree Gully Lions

The 100 year old double portable police cell is the only one of its type left, and is historically listed by the Tea Tree Gully Council. It has now been relocated to the Tea Tree Gully Museum where it will be restored and preserved by volunteers headed up by Tea Tree Gully Lions member Geoff Francis, who after many, many months of meetings and paperwork managed to finally organise the move.



The cell was initially located at the original local police station at the Gully in 1920, and moved again just three blocks up the road in 1950 to the then newly built police station.

The cell was donated to the museum by Mr. Hans Liedig.

Our local garden centre "Garden Grove Supplies" donated the low loader for the move, with both police and council escorts also in attendance.

The relocation to the museum attracted a lot of interest from bystanders, some of whom made generous donations towards the restoration of this historic item.



The members of Tea Tree Gully Lions Club together with the Australian Lions Foundation, donated the cost to purchase a "Soundfield System" to seven year old Eva Klinovski after her Mum, Kiara Johnson made contact with our club.

Eva who attends St. David's Tea Tree Gully Parish School, suffers from Auditory Processing Disorder (APD), Sensory Processing Disorder and Dyslexia causing problems, in language, problem-solving, memory, attention, and her other cognitive skills. Eva was coming home from school very emotionally distressed, and exhausted after school days, and her outlook on her school life was very dim, by grade 1, Eva was already two years behind her peers in many developmental areas.

Since the installation of the Soundfield System at the beginning of the new school year, Eva now arrives home a much happier little girl, reporting that "I can hear now mum". Soundfield Systems provide the ability for a child with APD to process the sound of the teachers voice over background noise. It enables her to understand directions more easily, better communicate with peers and teacher, less overall classroom noise and increased participation and performance. This is only the beginning for Eva, the Soundfield System will be carried with her throughout her schooling life, improving the quality of life for Eva.

All children in Eva's class are feeling the benefit in hearing the teachers voice more clearly, including the teacher, having much less strain on her voice, and voice beginning heard by all students in the class no matter their seating position.



LIONS CLUB OF TORRENS VALLEY

The Lions Club of Torrens Valley in collaboration with the Adelaide Hills Council is replacing and upgrading the long used BBQ shelter in the Gumeracha Park.

On the 5th March a team of Lions together with an excavator commenced the job of demolishing the shelter.

As normal the team concluded the demolition with the usual refreshments and discussion regarding the new and improved shelter.

The Adelaide Hills Council is a great supporter of projects by the Lions Club of Torrens Valley.



President Butch giving instructions to the excavator driver



1st VP Dave and 3rd VP Pete reviewing the mess they made.

Opening of the Glenunga Hub Burnside Lions

Saturday, the 6th of February was indeed a “Wild” day for our Club. Following a very successful Garage Sale, the first for 2016 in the morning, Laurie, Sue Julie, Trevor, Helen, Brett, John D & Maggie together with our willing helper, Sue Dunn provided manpower for the Catering for the official opening of the Centre. And what an asset to the community this establishment is going to be! The facilities for Sporting, Social and Community Interaction are second to none. Burnside Lions played a twofold function. Firstly was the presentation to the Mayor of Burnside, David Parkin, of a cheque for \$20,000 by our President, Barry Taylor on behalf of our Club. The monies were raised mainly from the monthly Garage Sale from our “Shed” at Glen Osmond. We hope that the Fitness Circuit that these funds sponsor will promote community health within the community.

Our second role during the afternoon was to provide an unknown number of residents, a free afternoon tea. Our already hardworking group estimated that we served scones with jam & cream, hot drinks, cool drinks and ice creams at the rate of one every 6 seconds for one and a half hours. Not a bad work rate!

We also received wide exposure to the community, not only on the day but through the accolades from the Mayor and in the local press reports of the function.

To top the day, we made \$1870 and with the \$400 that we received in the donation bins, we earned \$2,276 profit. We also we got rid of 300 nearly out of date cool drinks, we also gained 100 cans of soft drink, which we bought when the council were looking at 500 drinks not the final 400. We also have 100 scones and plenty of tea and coffee left over. We only served half a dozen cups of tea, mainly due to the hot weather. We can use the left-overs on our Sat mornings Garage Sales. This money will assist in our proposal to sponsor a SACOTA “Strength for Life” Group in this new venue.

I would like to acknowledge particularly the work of Laurie Saunders and Julie Denman who needed to act as “Stand-by” in the organization of this function. I am pleased for them and all those, Lions and partners who made this an event of great note within our community. Thank you and rest assured of a job well done!

Bob Rowell, Coordinator in absentia



Adelaide University Lions Club

In 1917, one chair slowly screeched back across the wooden floor boards. Sweaty palms smoothed over ironed trousers before buttoning the top button of a navy blue blazer. Melvin Jones stood up and declared that the Chicago businessman must bravely attempt to do more, more for the community. We don't know exactly why he took the risk, perhaps a combination of reasons. Chief of which may have been that as leaders he wanted to balance the work of business and self-interest with something altruistic, maybe he was getting bored of accounts or maybe he wanted to out compete his neighbour 'Calvin Danes' who was the leader of the local boy scouts. No, we don't necessarily know all of his motivation, but we can trace a key part of our identity and history through the moment and those involved. No longer should we aspire to resurrect the men's club, the no-doubt Caucasian stronghold of power presumably in that meeting, but the business roots of our organisation are powerful and something which has influenced our organisation both consciously and subconsciously for decades.

Now we know that many modern corporations are being led by the philosophy of efficiency, economic rationalism and increasing the profit margin. These business tactics have given us jingles for hours while we wait for the one free Telstra operator to get to us, they have given us self-serve check outs that no doubt will decrease service jobs and they have given us companies that like to rely on cheap zit covered teenage service at our low wage paying fast food businesses. All in all, not the greatest social outcomes. However, business has and continues to have a methodical and professional way of operating. All good businesses have a target market and based on this target market they have a more specified way of reaching that chosen group of people. If we have both a target market and a more specified method of reaching that group, then due to a more targeted approach which resonates more strongly with the 18-25 age bracket, the 50 + age bracket or whatever the group, we will have better outcomes for new membership.

Many people ask me or ask others to tell them how Adelaide University Lions Club operates. For some it is a mild curiosity, for others it's about having pride in a new club but for many it is a way of being informed. I think if we partner the moral and altruistic objectives of a charity with certain practices of the business world then we can improve the efficiency of our operation but most importantly the outcome of our missions. In this specific article I have built the crescendo of music to conduct a waltz of discussion around targeted membership strategies. If there is one thing that Adelaide University can model to other clubs, it is how to target younger people to your club. If that is why you ask us how we operate, especially ask us how we advertise and target young people. That, I believe, is perhaps the greatest way that we can help other clubs to improve.

The University Lions club can help you to find insight into targeted membership approaches and targeted approaches to the retention of members. The model of having this focus in membership and focused strategy of retention can apply for all age groups, cultures or types. Of course any Lions club should want to and be open to all new members, this can be done through having a welcoming structure and a general plan for attracting interest, however, if each club has a particular group, area or age bracket within that wider membership plan then you can build a specific plan of how to best attract that group and then how to retain that group.

In closing, I am exceedingly proud to be a Lions member, we have such a great history that we must never forget whilst we evolve in the present and into the future. A great lesson of our history that I take away is that Lions grew off the back of a man who understood business and how to carve out potential members from a specific field. Adelaide University Lions club is a fledgling club, one that is small, young and still searching for our own club culture. Despite this as a club we are modelling new ways of doing things, new perspectives in which to see our clubs and new ways to fundraise. For any ideas, insight or just a general chat add me on Facebook at "Isaac Edward," call me on 0437876439, email me or get in touch to visit our club in person. We can and will help in any way possible. And the best way to help us whilst helping your club is to see if you have any contracts of work for us to carry out. These contracts will increase our administrations account to solidify the foundations of our club so that we can solidify the foundations of youth for ALL Adelaide Clubs because if we can learn and grow together we will achieve great things.

Sincerely,

Isaac Aitken

Adelaide University Club President

isaac.aitken@student.adelaide.edu.au

What do you call a can opener that doesn't work? A can't opener

While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice.

'What do you think?' I asked. 'Should I get a bikini or an all-in-one?'

'Better get a bikini,' he replied. 'You'd never get it all in one.'

He's still in intensive care.

News from West Beach

At West Beach we regularly seek out local individuals, particularly young people who are willing to spend time making a difference to the lives of less fortunate people in so-called third world countries that do not have the benefits and advantages enjoyed in Australia.

One such person is a young woman called Tracy Radley of West Beach, originally from Mount Gambier.

At one of our recent dinner meetings at Adelaide Sailing Club we had a presentation from Tracy, who talked about her experiences as a Freelance Volunteer in Nepal. Tracy operates outside the usual networks of volunteer and charitable organisations, fundraising by her own personal efforts and then with third party funds and her own personal income combined makes the difficult journey to a community in Nepal that is to be the recipient.

In 2013 she travelled to a remote area of Nepal, where her focus for that year was primarily a Student Support Project in the village of Kutumsa, where she worked within the community to promote the students' development. Initial problems and challenges arose due to low literacy levels of parents and guardians and cultural and belief systems in the remote area.

Tracy worked with parents and community leaders and held meetings with local project staff, who were to deliver the educational programs to the students.

With the combined funds raised by Tracy she was able to achieve the following outcomes:

- The funds enabled 30 disadvantaged children to attend school through providing books, stationery, uniforms, exam fees etc.;

- They provided school books and stationery to additional children from struggling families in the community;

- Educational talks were provided to students and the wider community by local Nepali professional teachers.

Many of the children were from low caste families, who would not normally be able to attend school and additional stationery supplies were purchased by Tracy and supplied to another small local school in the village of Pumdi. (A photograph of Tracy with some local children is attached).

Tracy has also supported various individuals, groups and families to improve their health and provide opportunities by teaching and assisting with English reading, writing and speaking and providing books, clothing, bedding, food, medication and money for transport to doctors' appointments.

Club members were impressed with the enthusiasm and passion that Tracy demonstrated from her talk and her work and agreed to provide a financial donation to enable her to continue her work in Nepal. If any other club would like to hear from Tracy as a guest speaker she can be contacted on sapananepal.aust@gmail.com.

David Parrish, President



photograph of Tracy with some local children

Crystal Brook Lions out and about

The Crystal Brook Club Branch (of the L/C of Rocky River) has been busy in recent times. One Saturday morning several Club members armed with shovels and wheel barrows replenished the local Kindy's sand pit. The whole project took less than an hour leaving plenty of time for a well-earned coffee at Crystal Brook's new Café, Vault 35. Helpers included Helen Grossman, Chris and Trevor Wood, Larry Jeffries, Peter Holden (playing in the sand) and Don Pritchard leaning on the shovel of course!



On Australia Day our members got together to cook and serve eggs, bacon, sausages and orange juice to those of our community who attended the Australia Day celebrations. There's Pete again chatting up the ladies, one of whom (in the Australia Day tee-shirt) is closely related to one of our members!

ROTUNDA REVIVAL!

Clare Lions

This Heritage listed building, "The Hope St. Rotunda", has undergone a huge makeover during the last 12 months or so.

Initiated by the "Save the Rotunda" group, comprised of residents living in Hope St. They have also engaged the Clare Council, SJM Builders and the Clare Lions Club, to help move this project along. Clare Lions member Greg Pulford has been our representative for this project, and has also prepared Landscape drawings to present to the council. Funding has been sought, and mostly approved, to start and complete the landscaping, including the seating area which will be a concrete aggregate finish with grey concrete to match the floor in the Rotunda. This finish will greatly reduce the amount of repair or maintenance work in the years to come!

If you have not seen the Rotunda recently, head to Victoria Road and walk south along the pathway through Lions Park, toward the Rotunda. As you approach, you will be able to see the work that has been completed so far, and start to imagine what it will be like to have a concert in this beautiful setting.

Official Opening date is Sunday, May 1st.



"GENTLEMEN, WE ARE AT WAR WITH GREECE AND MUST NOT DROP OUR GUARD AT ALL"

"Sir, the enemy gave us a giant wooden horse"

"Oh cool, bring it in"

What was Camelot famous for?

It's knight life!

Paralowie Lions

Life memberships, that were presented on our anniversary to the three members, Past President Graham Duffield, 25 years service, 1st VP Lion Brian March, 25 years service and Treasurer Frank McRae 18 years service.

The night went really well, as venue was excellent, the food was good, and the patrons all seemed to have a good time.

It was a bit disappointing that DG Rob could not attend, but as he had had a heart issue, we could only wish him the best for a speedy recovery

I was so happy that PDG John Rodgers won the main prize, because his old outdoor settings is 30 years old. It could not have gone to a better person.

Libby March



,1st VP Lion Brian March, 25 years service Treasurer Frank McRae 18 years service and Past President Graham Duffield, 25 years service, were presented with Life Membership at Paralowie Lions' 25th. Anniversary.

Clever Signs. Good copywriting.

A sign in a shoe repair store: We will heel you, We will save your sole, We will even dye for you.

In a Podiatrist's office: "Time wounds all heels.";

At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place.";

On a Plumber's truck: "We repair what your husband fixed.";

On another Plumber's truck: "Don't sleep with a drip. Call your plumber.";

On an Electrician's truck: "Let us remove your shorts.";

In a Non-smoking Area: "If we see smoke, we will assume you are on fire and will take appropriate action.";

Just who are these Lionsonoz?

The Australian Lionsonoz Lions club was formed and Chartered in 2008 to cater for the huge number of Lions who retire, sell their homes, buy a Mobile Home or a caravan and set off to see Australia. We were losing them as Lions.

Lionsonoz was formed to cater for these "Grey Nomads" and keep them involved. It worked!

Lions transfer to Australian Lionsonoz and when their travels are over they then transfer back to a "Main Stream" Lions Club of their choice.

Suddenly there was a Lions Club who could cater for Lions who's Club had folded and they were at a loose end. Also it catered for those ladies who would like to become a Lion but the local Lions Club would not accept ladies.

Australian Lionsonoz does not accept new Lions because we meet on the internet once a month and a new member would not have other Lions to help them become acclimatised. We also do not conduct our own projects due to the fact that we have members in every state of Australia as well as New Zealand, but members are encouraged to contact the Lions Club in the towns in which they find themselves and volunteer in their projects.

Please visit our website www.Lionsonoz.nsw.lions.org.au to see just what we are about.

PDG Warren White.

Golden Grove Lions

At our last dinner meeting, our guest speaker was Cheryl, a blind woman. She spoke about the bar code reader that our club had given her and how she used it.

She was not sure at first just how much help it would be but after using it for a while she is rapt.

The most important thing to Cheryl is that it gives her another level of independence. She can quickly and easily find out what is in the pantry and she can confidently dress, knowing that she has selected a matching outfit.

The bar code reader speaks aloud as it recognises any groceries with a bar code. For example, Cheryl knows that the can of fruit salad she has chosen to put on icecream is not a can of baked beans although to her touch the cans seem identical.

Cheryl also was provided with some unique barcode labels which can be fixed to things she wants to differentiate. An example is that her clothing tops feel much the same but would clash with say a skirt of another colour. She showed us how the barcode reader said, "Yellow top, goes well with the blue pants" She stressed how important it was to her to have this kind of independence.

During the meeting the issue of updates arose. We had no idea that it took two weeks to have the memory updated as more items were barcoded. This time was needed to post the memory

device, have it upgraded then returned by post. When we asked her why she could not do this herself, she told us a computer for the blind is very expensive and like most blind persons relies on Centrelink payments which do not allow for such luxuries. Golden Grove Lions are looking into this.

We think that this project has been great, not only for Cheryl, but for Lions as we get back to an original challenge for Lions as knights of the blind back in Melville Jones days



Cheryl with her mother demonstrating the barcode reader (the black object in her right hand)

Deceased Members

March 2016

Balaklava & District Inc Mr Cameron (Cam) Wood

Port Augusta Inc Ms Margaret Nobbs

JUST ONE LOOK

THATS ALL IT TAKES TO SAVE A LIFE

FREE SKIN CANCER SCREENINGS

C DISTRICTS UPDATE

2016 SKIN CANCER SCREENING SCHEDULE

This year's Screening Program is now in full swing with Jamestown having been completed on 20th-21st February and Mt Barker on 12th and 13th March.

Further screening will be carried out in the following areas:

February 20 th /21 st	Jamestown	Completed
March 12 th /13 th	Mt Barker,	Completed
April 16 th /17 th	Minlaton,	
May 18 th /19 th	Whyalla	
June 16/17/18/19	Naracoorte & Mt Gambier	
July 22 nd /23 rd	Paralowie	
August 20 th /21 st	Kingston SE	
Sept 17 th /18 th	West Beach	
October	Convention	
December TBA	Millicent.	



NEW MEMBER LIST FOR DISTRICT NEWS- LETTER

March 2016

Adelaide Uni

New Chishan Fernando

Athelstone Inc

Transfer Lauren Brewer (from Paralowie Inc)

Transfer Karyn Brewer (from Paralowie Inc)

Nicole Lungerhausin (Paddy McKay)

Charles Sturt Woodville Hindmarsh Inc

Elizabeth Bedford (Ryan)

Elizabeth Playford Inc

Roma Martin (Lisa Aplin)

Mallala & District Inc

Jim James (Mick King)

Port Augusta Inc

Ronald Arscott (Lorenzo Duregon)

Salisbury Inc

Gerry Rew (John Rodger)

Sponsor names in brackets.

Please ensure that all articles are submitted no later than 14th. of each month to-

Bulletin editor, Harry Webb (e) hlwebb@bigpond.com or post to PO Box 7, St Agnes, 5097. Pictures to be in jpeg (less than 100kb) format if possible.

Any opinions expressed in this bulletin are those of the individuals providing the information and/or the editor and do not necessarily represent the view of Lions Clubs International