

# District C1 Bulletin

## Rob's Dream



DG Rob Royal

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International President, Jitsuhiro Yamada

### December 2015

The mad speed of activity in the beginning of the Lions year is finally slowing down a little for Sandy and I. Most club visits are complete, conventions done and dusted. It was interesting to go to the C2 and V1-4 Conventions. Not only does it give you the opportunity to meet new people, but also see how other districts approach the convention. Structurally most are similar, as we all have fixed outcomes from conventions including elections, Notices of Motions etc. But it is interesting how different districts do handle them. Some have the Executive Officers putting on some form of cabaret act!!, Others have formal dinners, with Dinner suits (including White jackets) while others like the V1-4 convention we have just returned from was very informal and relaxed.

This convention was held at Charlton, NW of Bendigo on the Calder Highway to Mildura. All sessions were held in the recently restored Charlton theatre (owned and run by the local community), what an Art Deco gem. The local club did very well, it was very active during and after the 2011 flood (where most of the town went under) and the drought that has followed since. The club obviously is held in great respect by the local community. So, if you ever get an opportunity to go to a different district's convention, I urge you to do so. You will be made most welcome and I can guarantee you will have a great time.

I must mention some results from the recent ACSO Premiers Awards for outstanding projects undertaken by service clubs in the past year. The Burnside Lions Club was awarded a joint second place for their Digital Photo Frame project for retirement/aged care facilities. The Clare Lions club was awarded the best Environment Project and Best Project overall for their Gleeson Wetlands project. Congratulations to both clubs, a great result. There was a common factor with both projects that should serve as a reminder for all clubs. Both relied on establishing and maintaining a strong partnership with another organisation. The digital photo frame project was successful because of the strong relationships established with the key staff of the aged care facilities. The wetlands project succeeded because of the relationship established with the local council and local schools. Both projects also benefited from the successful application for grants from either the LCIF or ALF and also special grants from other sources. Thinking of establishing a similar project, I am sure

both clubs would welcome contact by other clubs to get some ideas/hints etc.

I realise that the official closing dates for the Y100 Celebration 100 Projects registration close at the end of November, but I feel as though many clubs have yet to discuss the project. If you do want to go ahead and you think you may be too late, please still submit your registration of interest. I feel some may have misunderstood the nature of the project. The News Corp, through its various media outlets will be asking community groups to suggest great local projects that could be picked up by the local Lions Club. The promised \$1,000 would be used as seed funding for that project which would become a joint project of the Lions Club and the community group that suggested it in the first place. This gives great opportunities for the Lions club to increase its exposure in its local community and with that possible membership growth opportunities. So please give it some real consideration, the PR generated will be advantageous to all Lions Clubs, but will be greater for those selected 100 key projects and associated clubs that will form the basis for the News Corporation media releases and stories.

A key theme, of recent membership promotions/drives is "Stop the Drop". i.e., reduce the numbers of new Lions that leave after a relatively short period of time. We need to ask why do they leave? Were our meetings boring, drawn out? Are they dominated by just one or two older members, with little input encouraged or allowed from others (especially newer/younger members)? Do we offer project options that suit our new members, remembering that all members may not enjoy just doing an occasional Bunnings BBQ? Is our Lions Club respected in our local community? Is it involved in local service activities, not just fund raising activities. There is some great material available from the LCI web site to help us review club structures, activities and meetings etc. If we also add to that the push now to ensure that all clubs are setup and work the way that they need to reflect their local community needs and not just operate under a fixed one way fits all arrangement. Check out the "Your Club, Your Way" brochure. Talk to a member of the GMT/GLT teams, they are there to help, whether it is a review of the club and the way it is setup/run or to help setup a marking/membership plan/drive.

As we move into the Christmas period, clubs are also entering a period of special activity. Xmas cake sales, carols and special club celebration lunches/dinners. I trust we all really enjoy this time of the year and celebrate another great year of service to our respective communities.

Enjoy, have a great Christmas and lets then start the New Year with some renewed enthusiasm, focus and energy. 2016 will see us reach some important milestones with a couple of great opportunities with our friends in the C2 district. The Skin Cancer Screening mobile facility and the possibility of being the 2017 Clipsal 500 charity. If/When both these projects come off they will be great for Lions in South Australia

Regards

Rob Royal,

District Governor 201C1



At Burnside Dinner Meeting

## Lions Club of Paralowie Inc

*Cordially invite you to their*

**25<sup>th</sup> Anniversary**

*It's a celebration of our achievement.*

**27<sup>th</sup> February 2016**

**6pm for 6-30pm**

**Slug and Lettuce Hotel, 130 Martins Rd, Parafield Gardens.**

**\$40pp - Semi Formal**

**R.S.V.P. 29<sup>th</sup> January 2016**

**Lions Club of Paralowie, P.O. Box 157, Salisbury. 5108**

**Drinks on the table [Red & White wine & Soft Drink]**

**Three Course Meal**

Name .....Able to attend ☐ unable to attend ☐

Number Attending ☐ Names.....

Payment : Cheque ☐ money order ☐ direct deposit ☐

Lions Club of Paralowie Inc. Admin account BSB105-056

Account number : 087385440

Although the following may a bit late, DG Rob suggested that clubs might still like to give it a go

#### CENTENNIAL PROGRAM 2015-2017

100 CLUBS X 100 PROJECTS =

**100 STORIES OF SERVICE**

Thank you for your interest in becoming one of our very special 100 centennial clubs!

To ensure your club's place in the program simply complete this form and mail it, together with a cheque for \$1000 (from your activities fund), to the Lions Australia

Club name	
Club contact	
Contact details	

National Office **before 30 November 2015.**

Once we have received your club's cheque and expression of interest we will:

- Email your club with a confirmation of receipt.

- Notify your DG and centennial coordinator of your club's participation.

- Include your club on a special mailing list so we can keep you in the loop.

Please note:

- Your club's \$1000 will be held in trust until July/August 2016 when the Grant winners are announced. It will not be used for any purpose during this time.

- When the winners are finalised, they will be sent a \$1000 cheque on your club's behalf. Your club will be notified when this occurs.

- If, for any reason, the campaign does not proceed your club will immediately receive a full refund.

Address cheques to **MD201 Centennial Fund** and mail (with this form) to:

Lions Australia (MD201) National Office  
Locked Bag 2000  
Newcastle  
NSW 2300

**We look forward to your club joining us in celebrating this exciting one in one hundred years opportunity.**

#### Lions International Peace Poster 2015-16



Thank you to all the 201C1 clubs that participated in the 2015-16 Lions International Peace Poster Art and Essay contest. This year's theme was *Share Peace*. Fifteen entries were received, displayed and judged at the 201C1 Convention in October 2015.

Congratulations to the winner Sophie. Sophie was sponsored by the Minlaton & Districts Lions Club. Sophie's winning entry will now progress to the National final in December, and if successful progress to the International final in the USA in February 2016.

The contest is open to young people aged 11, 12 and 13. The aim of Peace Poster is for teachers and youth leaders to engage young people in discussions and explorations of peace and then provide time for them to artistically depict their unique understanding, feelings and vision for Peace in the form of a poster.

Visually impaired students are not excluded as they can participate in Peace Poster through the Lions Peace Poster Essay Contest which involves writing a 500 word essay that articulates their understanding of peace. Lions 201 are yet to have an entrant in this category so please consider promoting this to schools or visually impaired young people aged 11, 12 or 13 that you are aware of. It would be great to have an entrant in 2016.

Involvement in Peace Poster is a great way for clubs to engage with local school and youth communities and promote Lions to the school, parents and others. Participation in the projects enables young people to develop skills in research, concept development, art and design and increase their knowledge and understanding of Lions and their community. Schools gain too through the demonstration of the community values held by the schools and increased knowledge and understanding of Lions involvement in community services and activities.

The 201C1 closing date for Peace Poster each year is end of term 3, so it is ideal for clubs to promote Peace Poster to schools and youth groups from now until early Term 1 giving schools and youth groups sufficient time to include this on their agendas for Term 2 commencement. Peace Poster Kits are generally available in March – information will be provided to clubs as dates become available.

For more information contact Carol Kennedy, Lions 201C1 Peace Poster Chairperson at [cken01@bigpond.com](mailto:cken01@bigpond.com) or 0401 060 627. Also check out the Peace Poster website <http://lionsclubs.org.au/activities/youth/peace-poster/>

## **SAPOL & City of Adelaide Lions Club South Australia Citizen's Award October 21st.2015**

The Lions Club of the City of Adelaide is proud to sponsor the 'South Australian Citizen's Award', and to present it annually with the South Australia Police to the person who performs extraordinary service to assist police in the performance of their duties.

The award consists of an individual shield, a perpetual shield, and a framed citation outlining the basis for the nomination.

The recipient is selected from nominations submitted by Local Service Areas, branches and sections of SAPOL across the State. Nominations are based on letters and Certificated of Appreciation which may have been presented to members of the public in recognition of assistance given to SAPOL in the performance of police duties during the past year.

This year 10 nominations were made and adjudicated upon by the award selection panel consisting of the Lions Club of the City of Adelaide members and senior SAPOL members, with Commissioner Grant Stevens ratifying the successful nomination.

It was with great pleasure to officially announce that the South Australian Citizen's Award for 2015 was awarded to **Ms Judy Dunn** in recognition of her ongoing commitment to assist South Australia Police.

The citation to the award partly reads:

*"Judy is the secretary of the Willunga Neighbourhood Watch Group, a position she has held for the past 18 years with a total of 19 years membership. Judy makes her home available for committee meetings and commits extraordinary hours in promoting Willunga Neighbourhood Watch. Her organisational skills, drive and commitment ensure the group is relevant to the community and is run efficiently and safely. Her sole reason for participation is to improve the local residents' quality of life. Her dedication is further evident in undertaking additional roles of publicity, advertising and as the newsletter editor.*

*For the past nine years, Judy has coordinated the local Christmas Carols ensuring that the people of Willunga can come together and build on a strong community.*

*Judy coordinates and participates in various crime prevention displays at the Almond Blossom Festival and local information days in Main Street, Willunga. These include educating residents in fire safety and fire management plans, personal home and business security. In the interests of inclusiveness Judy has actively sought and encouraged the participation of youth. Her community involvement further extends to supporting local*

*senior citizens in organising functions and assisting with transport to appointments."*

Judy's efforts are commended and worthy of special recognition with this award.

The award was presented by the President of The City of Adelaide Lions Club, Tony Pederick OAM, and the Assistant Commissioner, Philip Newitt.



## **Lions Children of Courage Awards 2015**

### **26 Years of Recognising Courageous Children**

The Lions Children of Courage Awards recognise the tremendous effort made by disabled children to better their lives and to enjoy some of the activities that able-bodied children accept as being the norm. The Awards also recognise the love and dedication of the parents of these children for their total devotion in ensuring their child can be part of everyday life.

Each nominee receives a special medallion which is awarded by the Governor of South Australia at Government House.

Each year, a panel of judges also select a nominee from each award category who receives a special award plaque. The parents of these category winners also receive a gift in recognition for their devotion to their child.

The special award categories include:

- Category A – Physical and/or Intellectual Handicaps
- Category B – Courageous Act or Deed and/or Community Service

Category C – Outstanding Sporting Achievement

The judges for the 2015 awards were Libby Kosmala OAM, Patricia Brougham and Neil Sachse. We sincerely thank them for performing this task for us.

This year's awards were held at Government House on Thursday



October 1<sup>st</sup>, 2015.

Twenty-Two nominations were received this year from many parts of metropolitan Adelaide, and country areas of South Australia.

This year's nominees included:

Grace Barlow, Melissa Briggs, John Buckham, Hayley Contala, Dannika Dixey, Nick Douvartzidis, Lillian Geddes, Brandon Harper, Angus Hincksman, Liam Holland, Saiman Hussaini, Jet Johnson, Deanne Key, Brodie Lunn, Olivia Ots, Isabella Rasheed, Natasya Robert, Adeline Roe, Ashli Shammall, Archer Threapleton, Brittany Tink-Eaton and Charlie Wilkins

This year's special award nominees were:

Natasya Robert, Nick Douvartzidis and Angus Hincksman

The Awards would not be possible without the support of the organisations and special schools, and their staff that support children with disabilities.



Scout dinner -our cooks

### LIONS CLUB OF LEFEVRE PENINSULA.

Members of LeFevre Peninsula Lions Club have recently refurbished and restored four Lions Seats which were about 20 years old, and had been removed from various places including Grange Oval. The seats had concrete lion shaped ends and one had a missing bottom jaw which was recast and joined on. They were all fixed up, and new wood was put on, and then painted. The seats have been installed at Jubilee Park at West lakes Shore. Members of the public have welcomed the seats, and one person has decided to keep watch on the seats to ensure that they are not vandalised.



Pictures show seats under construction and also the finished product installed at Jubilee Park.



In the 26 years this event has been running, more than 600 children have been recognised. This is truly an inspiring and special annual event.

*Lions-Children-of-Courage---Group*

### Angle Vale Lions club

Angle Vale Lions club were treated to a lovely cooked meal by the Angle Vale Scouts at their Den for our recent dinner meeting. The tables were set and the service was first class.

This is one of the many partnerships/functions we are doing with our local scouts group, part of the centennial challenge.





As promised, this month I will cover the types of Recognition Programs that can be purchased by clubs/individuals from LCIF to ensure its important work continues.

#### RECOGNITION PROGRAMS

##### Melvin Jones Fellowship (MJF)

The MJF recognizes donations of US\$1,000 & is the backbone of LCIF, providing 75 percent of the foundation's revenue. As recognition of humanitarian work, an MJF is an honour presented to those who donate US\$1,000 to LCIF or to people for whom a donation was made by others. An MJF can be made/given to Lions, non-Lions, clubs or districts. Donations may be in one sum, or in instalments of a minimum of US\$100 over a five-year period. Melvin Jones Fellows receive an attractive lapel pin, a plaque & a congratulatory letter.

##### Progressive Melvin Jones Fellowships (PMJF)

The PMJF program is a way for donors to extend their commitment to LCIF. There are 54 recognition levels beyond the initial US\$1,000 MJF contribution with a unique pin for each giving level.

##### Honour Roll

The LCIF Honour Roll recognizes individuals who donate US\$100 to LCIF or in whose name a donation was made by others. Recipients receive an Honour Roll certificate & their names are added to the Honour Roll at International Headquarters.

##### Memorial Donations

LCIF recognizes individuals who donate to the Foundation in the memory of another. The donor receives an acknowledgement card, & the family of the deceased receives a card informing them of the donation. Memorial donations less than US\$1,000 are not eligible for Melvin Jones Fellowship credit.

##### Service Awards Friend of Humanity Award

Recognizes a few Lions each year who have supported LCIF at the highest level. The LCIF Chairperson determines the recipients, who are awarded with a medal.

##### LCIF Helping Hands Award

Recognises Lions who promote greater awareness of & support for LCIF at the club, regional, district or multiple district level or through the media. To apply, complete the nomination form & provide documentation of promotion.

##### Contributing Member

What do nearly 46,000 Lions have in common each year? They become Contributing Members by either individually or by their club donating on their behalf at least US\$20 to LCIF. This program is an annual program that recognizes three levels of support: US\$20, US\$50 & US\$100. Each level received a specific lapel pin.

##### 100 Percent Contributing Member Banner Patch

Clubs receive a 100 Percent Member Support banner patch & chevron the first time every member becomes a Contributing Member in a single year. Clubs receive a chevron for each subsequent year they achieve 100 Percent Contributing

#### Memberships

##### Club Awards Club Plaque

Recognizes Lions clubs that donate US\$1,000 or more to LCIF. If requested, the club can receive a banner patch & chevron instead of the plaque.

##### PDG Lyn Shoemark

District C1 LCIF &

International Relations Chairman

## 280 DEAD

### EARTHQUAKE HITS AFGHANISTAN & PAKISTAN. MASSIVE TREMORS IN INDIA

An earthquake of 7.5 magnitude centered in Afghanistan, has killed nearly 280 people, including 12 Afghan schoolgirls who were crushed in a stampede as they tried to flee their collapsing school. At least 214 people, including eight children, have died in Pakistan and over thousand are reported injured.

The earthquake shook north India with tremors that lasted almost a minute on Monday afternoon.

The quake's epicenter was near Jurm in northeast Afghanistan, 250 kms from capital Kabul, and at a depth of 213.5 kms and although shallower, was just a few hundred kms from the site of a 7.6 magnitude earthquake that struck in October 2005, killing more than 75,000 people and displacing some 3.5 million more

63 people have died in Afghanistan.

In India, massive tremors were felt in many areas including capital Delhi, and saw hundreds rush from shaking buildings and remain on the streets for some time, fearing aftershocks. Fortunately there has been no reports of loss of life received so far.

At least one aftershock of magnitude 4.8 hit shortly after the quake.

**Lions**, your Foundation, Lions Club International Foundation (LCIF) will be assisting in this disaster as we have with so many other disasters.

Remember, every dollar donated to Disaster Relief will help those people effected.

Donations to LCIF Disaster Relief are eligible for a MJF/PMJF. Please send your donation to your cabinet secretary - Jenny Rayner at PO Box 55, Lyndoch SA 5351 - along with an application form for an MJF, you need not name a recipient at the time of donation.

We ask for your help., **Tom Becker**, LCIF MD201 Coordinator





## LIONS CLUB OF PETERBOROUGH & DISTRICT

### NEWS UPDATE

Whilst selling Bingo Tickets in the Main Street recently, members took photos of people with the new Children's Eye Health Program poster to promote this new Lions campaign, which was part of the LEHP promotion for October.

It is part of a national campaign to promote and create awareness that **1 in 4 children has an undetected vision problem**. More than 411,000 children in Australia have a long-term eye disorder. Most of these are long and short sightedness. It gives information to make parents aware of the symptoms if their child has any vision problems, as children rarely complain about their vision and then recommending them to take the child to an Eye Care Practitioner.

President Vanessa Malycha and Judy Higginson attended the annual Lions District C1 Convention on Friday 16 October to Sunday 18 October. Both Vanessa and Judy attended the lunchtime Cabinet meeting held on Friday. Friday night an Opening Ceremony was held at the Northern Festival Centre. This was followed by a moving Remembrance Ceremony for Lions members and partners, who passed during the year. Both Vanessa and Judy placed a crocheted poppy into a timber cross on the stage in Remembrance of Lions partners Norm Chapman and Ross Betts.

Saturday morning was the business sessions, which Cabinet Secretary Vanessa was involved in. Judy as Lions Eye Health Program District Chairman had a display stand of brochures, with other Health chairman and groups in the foyer of the Centre, which she manned before the sessions and during breaks. It was a great Convention.

Six members attended a Zone meeting on Thursday 12 November at Gladstone. President Vanessa Malycha reported on the District Convention. A good night of fellowship was enjoyed by everyone.

The Club is looking forward to our Annual Lions Senior Citizens and Aged Pensioners Christmas Dinner on Friday 27 November, 6 for 6.30pm at the Town Hall. The crowd will enjoy a 3 course meal, whilst being entertained by local musicians. The Club will set up the night before. This is a very popular event.

## Australian Lionsonoz goes global!

Not many Australian Lions Clubs can boast they have active overseas members. Lionsonoz now have Lions domiciled here from across the ditch, also known as New Zealand. The kiwis are certainly part of our constitutional area 7, comprising of Australia, Indonesia and the islands of the South Pacific.

We welcome our new members, Lion Ted and Diane Hughes who have transferred from the Papamoa Club in MD202, caught the travelling bug and embraced the nomadic lifestyle of Australian Lionsonoz.

Australian Lionsonoz does not normally cater for new Lions. They only accept transferred, and experienced Lions in good standing, members that are used to being 'on the road' and with computer/ technical skills because the format of the monthly meetings are conducted online and communication between Lionsonoz members at any time is also mainly done via their computers. Another reason that transferring Lions are better suited with Lionsonoz, is the continual nature of travelling to all parts of our vast beautiful country may not suit other Lions, despite their wealth of experience. Australian Lionsonoz welcomes Lion Ted and Diane Hughes from New Zealand to the ranks

For further information, contact PDG Warren White if you are considering travelling with Lionsonoz

Email: [wandbwhite@gmail.com](mailto:wandbwhite@gmail.com)



*Lion Ted and Diane Hughes from New Zealand*

## LIONS CLUB OF BREMERTON CENTRAL, USA.

While in Washington State USA visiting family near Seattle, Lions Alison and Don Lewis attended meetings of the Lions Club of Bremerton Central, of which we are Associate Members. We were as usual greeted very warmly and enjoyed seeing everyone again.

We were just a bit too late to take part in the local Blackberry Festival, which was evidently a great success. While there, two Lions from England, PDGs Janet and Peter Weatherill were also visiting, and we were dubbed "the four Lions who spoke funny!"



*PDGs Janet and Peter Weatherill with Don and Alison Lewis*



*Photo L to R:- Annie Simpson, Amy Langdon, Vinuri Gange, Sophie Healy and Rickylee Peita.*

## Youth of the Year - District Final Port Pirie - October, 2015

For the second consecutive year, the District Final of the Youth of the Year Project was presented at our Annual Convention. The Port Pirie Northern Festival Centre was a fantastic venue and provided an appropriate environment for such an important part of the YoTY program. In all probability, it was the largest audience the entrants would have experienced in their rounds to this point. That is one reason for holding the District Final at this time. The other is to 'showcase' the project to as many club representatives as we can get in any one place at any one time, and to show C1 Lions members what remarkable young people reside in our District. We have had one of the lowest number of participating Clubs and Schools in Australia for sometime. These students are not only a part of the future of our country, they may well hold the key to the future of Lions. We are an ageing group...

There were five entrants this year

From the Caritas College, Port Augusta: , Vinuri Gange, Sponsored by the Lions Club of Port Augusta

From the Clare High School: , Sophie Healy, Sponsored by the Lions Club of Clare District

From the Balaklava High School: , Amy Langdon, Sponsored by the Lions Club of Balaklava

From the Hope Christian College, Craigmore:, Rickylee Peita, Sponsored by the Lions Club of Elizabeth Playford

From Loreto College, Marryatville: , Annie Simpson, Sponsored by the Lions Club of Glenside

The three who were selected to go through to the State Final in Clare on Saturday, 16th April, 2016, are (in no particular order) Rickylee, Annie and Amy. Amy was also chosen as the Winner of the Public Speaking. Put it in your diaries.

My thanks to all the people who helped put this event together. They are:-

The judges who gave freely of their time and experience. Daniel Lauder from our major sponsors, NAB; Councillor Alan Zubrinich, Port Pirie Council; Petria Ladgrove, ABC; Sarah Maunder, Fairfax Media; Pam Menadue, Port Pirie Regional Library.

Mien Host from Port Pirie Lions who looked after the judges, entrants and their entourage- PDG George and Gwendoline Rajkovic.

Timekeepers: Geoff Shoemark and Kevin Masters. Kevin was master of the gong!

Chaperones: Yvonne Bradford and Jenny Rayner.

Region Managers:-

Whyalla: Gary Pattingale and the Lions Club of Whyalla

Wallaroo: Kevin Masters and the Lions Club of Wallaroo

Golden Grove: Graeme Pascoe, Gerry Van Niekerk and the Lions Club of Golden Grove.

And all the clubs who sponsored a club final or were involved in any way.



## LIONS EYE HEALTH PROGRAM (LEHP)

In Australia, 75% of vision loss is preventable or treatable.

The LEHP program was launched in 2000, with this community based program aiming to prevent vision loss and blindness by promoting early detection and treatment of eye diseases. The program encourages people to visit an eye care professional on a regular basis.

As a National Multiple District Category B project, funded by voluntary donations received from Lions and Lioness Clubs across Australia, more than 60% of all Lions have undertaken some sort of LEHP promotion.

To become a participating club, go on to the new improved website, [www.lehp.org.au](http://www.lehp.org.au), look under Club information, then down to become a participating club. Please forward all cheques and payments to Cabinet Treasurer Jenny Rayner, as per the directory.

At the Multiple District Convention in Newcastle, the **Children's Eye Health program** was officially launched, including new brochures. This is an exciting new program, that ensures children are included in testing, as **1 in 4 children has an undetected vision problem**.

This also coincided with the successful launch of the new updated resource materials, with all the information on glaucoma, diabetic haemoglobinopathy, age-related maculae degeneration, now in the one brochure, rather than individual brochures.

At the Convention, they shared the news of their new technical partner – Centre for Eye Health, and also gave an informative presentation, as well as distributing the new brochures. I would like to encourage all Clubs in our District to become involved in the World Sight Day 2015 Photo Competition.

Although, World Sight Day was on Thursday 8 October, this **photo competition is running all of October**. Please see attached letter. All Clubs should have received 2 copies of the poster of the new Children's Eye Health them to hold the poster, promoting our Program, and information sheet during October.

This is a great, fun way to promote this worthwhile cause to your community. It is a great way to remind the community to have everyone, including children, to have regular eye check-ups, therefore preventing irreversible eye damage. For example, whilst, selling Bingo Tickets in the street, get people involved by getting new Children's Eye Health Program and take their photo! Get as many people involved in this project! So, you can be as creative as you want, or simply just snap happy!

**But, just get out there and take photos and involve your community, and remind them how important it is to make that eye examination appointment for their children, and to remind themselves to have an examination.**

There will be prizes for the most inventive and effective promotional photos! Please see

attached letter re details. Some of the photos will be printed in the Dec-Jan Lion Magazine. So, don't miss out on

your opportunity of getting your Club promoted in this magazine!

**Remember, every photo has an impact!!**

Judy Higginson

Lions Save-Sight LEHP Chairman C1

## Lions Youth Exchange Program 2016



Has your club thought about sponsoring a young person aged 16 – 21 years to have an overseas experience in 2016 through the Lions Youth Exchange Program? The program was established in 1961 and provides a wonderful opportunity for young people to travel for up to 6 weeks between December and January to exciting international destinations such as North and South America, Europe, New Zealand, Japan and Malaysia. Chaperoned stopovers are available in London and Los Angeles.

The costs for the young people range from \$2,600 to \$6,400 depending on destination they choose. The sponsoring Lions Club is required to contribute approximately \$220 towards their youth exchange uniform package. A \$750 non-refundable deposit is paid by each youth when application documents are submitted – by June 30 2016. The balance is due in September 2016. It is anticipated that new 2016 application forms will be available by February 2016.

The young people act as youth ambassadors for their country, Lions Clubs International and their local Lions District and Club.

Consider the young people in your local community. Is there someone aged 16-21 that might not have ever considered travelling overseas? Imagine the learning possibilities, personal growth and development opportunities that could be available to them. Consider promoting this experience to your local schools, youth groups, sporting clubs, neighbours, friends, Youth of the Year participants.

The Lions Youth Exchange Program is a great way for young people to meet and make friends all over the world and have an affordable, unforgettable and exciting cultural experience.

Whilst overseas, the young people live with one or more host families associated with Lions International to experience first-hand a new culture, lifestyle and customs and practice language skills. The aim of the program is to create and foster a spirit of understanding among the peoples of the world. The Lions Youth Exchange Program caters for both inbound and outbound youth exchanges.

More information is available on the website <http://lionsclubs.org.au/activities/youth/ye/overseas-destinations/> or by contacting Carol Kennedy, Lions 201C1 Youth Exchange and Youth Camps Chairperson [cken01@bigpond.com](mailto:cken01@bigpond.com)

## Vale

We heard from President Lisa Aplin (Elizabeth Playford) on the passing of her Grandmother Marion Jenkin, Many may know her as a Lioness and as David Jenkins wife. It was nice that it was only recently that Lisa sponsored her grandmother as a Lion in the Elizabeth Playford club.

### September Report

Athelstone Inc Mr John Crowson

City of Adelaide Inc Mr Raymond (Ray) Dix

City of Adelaide Inc PDG Edwin (Ed) Warren

### October Report

Angaston & District Inc Mr Brian Hurn

Gilbert Valley Inc Mr Cecil (Stan) Rowett

Kimba Inc Mr Neville Pahl

Pooraka Inc Mr Derek Cook

Quorn Inc Mrs Caroline Walters

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## Making a brighter future for victims of Spinal Cord Injury

At the recent District 201C1 Convention, conventioners were addressed by Assoc. Prof. Stephen Davies with an update of his groups research regarding a solution to broken spinal cords. The following article is a layman's summary of this research that promises to make dreams come true very soon. Lions has played an important part in this project and when the final breakthrough is made we can all say we had a part to play in that. I trust clubs will remember the "Lions Australia Spinal Cord Fellowship" when it is looking at dispersing funds to Lions Projects later in this Lions year. Prof Stephen has promised to provide further updates later in this Lion's year.

### The challenge of SCI

There are currently millions of adults and children around the world suffering from severe disabilities resulting from traumatic spinal cord injuries (SCI). It is estimated there are more than 180,000 new SCI cases worldwide each year with up to 400 SCIs per year in Australia alone. A common public misconception is that sports activities account for the majority of SCIs, however studies show that the two leading causes are motor vehicle accidents (47%) and falls in persons 65 years of age and older (27%). We are therefore all at risk. Despite advances in rehabilitative medicine, the quality of life for patients who survive a severe spinal cord injury is poor. At present there are no clinically approved interventions that can promote significant recovery of spinal function after SCI – particularly for patients with long-term chronic injuries.

### Decorin Infusion: A promising technology for SCI

Traumatic spinal cord injury results in the loss of many neurons,

support cells, and the failure of severed nerve fibres to regenerate across sites of injury and re-establish neural circuits. Secondary inflammation promotes scarring at sites of injury and within surrounding tissues that actively inhibits nerve fibres regeneration and the formation of new neural circuits ("neuro-plasticity"). Award winning studies from the Davies research team have shown that infusion of a naturally occurring protein called Decorin into the spinal cord immediately after injury is highly effective at preventing the formation of inhibitory scar tissue, allowing nerve fibres to grow across Decorin treated injuries. In addition to suppressing inflammation that promotes scar formation, the Davies lab have shown that Decorin can induce the injured spinal cord to make enzymes that can actively breakdown established scar tissue - results that have recently been independently replicated by a research team in the UK. Furthermore, the Davies team have also demonstrated that Decorin can have a direct effect on neurons to effectively "de-sensitize" their nerve fibres to multiple growth inhibitory molecules found within scar tissue and throughout the environment of the chronically injured adult brain and spinal cord. As Decorin protein is naturally found within the human nervous system but suppressed after injury, we are now considering infusion of the molecule to brain and spinal cord as being a "protein replacement" technology, much like in some ways providing insulin to diabetes patients.

### A new infusion protocol

In seeking a clinically viable means of delivering Decorin to patients, the Davies team have recently discovered that infusion of human Decorin to cerebro-spinal fluid surrounding the brain and spinal cord in experimental studies can promote truly remarkable levels of nerve fiber sprouting, formation of new neural connections (called synapses) and recovery of locomotor function after SCI – even when administered to the chronically injured spinal cord. That Decorin can suppress inflammation, scar formation, and promote extensive sprouting of neural circuits, strongly supports the development of Decorin infusion for treatment of a wide variety of other severe neurological disorders such as traumatic brain injury and stroke where these multiple effects could be highly beneficial.

### Working towards delivering a therapy

An essential aspect of developing an effective therapy is understanding and then optimizing the molecular mechanisms that are promoting recovery of function. With support provided through the Lions Australia Spinal Cord Fellowship, the Davies research team at The Florey Institute in Melbourne are investigating the underlying biology of how Decorin promotes repair of the injured nervous system. Importantly, working closely with biotech partners to establish a commercially viable source of pharmaceutical-grade human Decorin and intellectual property rights covering the spinal infusion protocol, the stage is set for delivering a novel treatment for the injured nervous system in the near future that could have a profound effect on the quality of life of millions of people suffering with neurological disorders around the world.

## New Lions

### September Report

#### **Adelaide Italian Inc**

Carmine Obbietto , sponsor, Claude Pronol

#### **Athelstone Inc**

Janita Hill sponsor, Malcolm McKay

#### **Elizabeth Playford Inc**

Michael Trish sponsor, Lisa Aplin

#### **Gilbert Valley Inc**

Richard Ashman sponsor, Kelvin Schwartz

#### **Kadina Inc**

Rob Browney sponsor, Bill Arnold

Ian Scourfield sponsor, Phil Dannenberg Kadina Inc

#### **Mallala & District Inc**

Rowe Sandra sponsor, Ken Montgomery

Caroline Scutcheon sponsor, Ken Montgomery

Milayne Usnainsky sponsor, Ken Montgomery

#### **Stansbury Dalrymple Inc**

Barry Schilling sponsor, Peter Gates

#### **West Lakes - Seaton Inc**

Kallum Hutchison sponsor, Hutch Hutchison

#### **Whyalla Inc**

Transfer Eira Yarwood sponsor, Malcolm Roberts Whyalla Inc

### October Report

#### **Burnside Inc**

Brett Lintvelt sponsor, Laurie Saunders

#### **Onkaparinga Inc**

Lynly Harten sponsor, Shazza Shillabeer

#### **Orroroo & District Inc**

Leanne Fieg sponsor, Darren Fieg

#### **Whyalla Inc**

Amber Gentle sponsor, Garry Pattingale

## Attention all Lions, Lioness', Leos and partners, members of the C Districts Lions family

***Are you attending the Multiple District Convention in Echuca 12 to 16 May 2016?***

*Please note the following:*

The Convention organising committee have arranged District functions at a cost of \$40 per head on the Sunday evening of the Convention.

In keeping with the objective to make the conventions as affordable as possible to all Lions, District Governor Dave Thomas and District Governor Rob Royal have arranged an alternate social function on the same evening. The two C Districts will provide food, and each person will be asked to BYO drinks. There will be no cost for attendance at this function, other than your own drinks. You may, of course, still choose to attend the \$40 function if you wish.

***Please ignore this if you wish to attend the formal function instead!***

Further details of the function will be made available as we get closer to the MD Convention. Please note though, that it will be informal, and will be held in one of the local caravan parks.

RSVP will not be required until you get to Convention.

See you there!

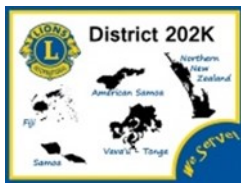
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## Port August Lions

The Families SA Annual Guardianship BBQ was held on Wednesday 7<sup>th</sup> October. Members from the Lions Club of Port Augusta cooked the BBQ for the children and carers which consisted of sausages, vegetable patties, chicken and beef hamburgers. Members participating included Lions Ivor, Barry, Bob Napier, Irene, Ian, Brett and with help from Mia Smith. Set up started around 10:30 am and finished around 1.00pm. A great time was had by all







## There is a saying “A person who ventures and travels to places never comes back the same person”.

In October this year Carol and I had the privilege to travel to the Kingdom of Tonga. Before we left Australia, we hopped on the world encyclopaedia (internet) and to see if there was a Lions club in Tonga. Yes there was – Vava'u Lahi Lions Club. So we emailed the President and asked if he would be so kind as to have a coffee and chat with fellow Lions from South Australia 201C1.

It was not long before we got a reply, it went something like this “we would be pleased for you to visit Our Kingdom of Tonga and we would be pleased to sit and have a chat”. After a few more emails and a swap of pictures we had a date with the Lions from Tonga, not knowing what to expect.

Our ship arrived in Vava'u and anchored, requiring us to arrive in the town by tender boat. For those that have experienced this, you will know that this process can take a while. Anyway, once onto the wharf, we were surprised and delighted to see a man, dressed in a traditional Tongan ta'ovala and Lions vest, holding a sign “David and Carol Kennedy”. He warmly greeted us and introduced himself as Lion Brian Meikle (Secretary) and his partner Lion Tracey. Brian explained that they would be our guides for the day, which included meeting the President Lion Bruno Toke, having lunch, visiting the sites of Vava'u and sharing information about our clubs and Lions projects.

<https://www.facebook.com/VavauLahiLionClub>

Throughout the day we had conversation about what their Club does and where they would like to go and what projects they are doing or would like to do. One of these projects which involve the community, is the recycling of cans (something we take for granted in SA as it has been around for years). Recycling is just starting for them and they are doing well. Another project is a big push to get more education and testing for breast cancer – a significant health issue in the region.

During our sharing of the approaches Vava'u Lions Club and 201C1 clubs take to some of the issues raised, we offered some suggestions. After we returned to Adelaide, we received an email from Brian stating that he had discussed our visit and ideas with members of their GLT and GMT the following week. Brian informed us that the club was now trying out a few new things and that at their last meeting, members have decided to set up a welcoming stand on the wharf on cruise ship days to provide information to visitors about Tonga and their Lions projects, perhaps score some

donations and promote Lions.

Carol and I came away from this experience with a great pride of being involved in the International Lions community. It was a great insight to see people working in and for their community as a whole. It reinforced the value and significance of Lion's community projects, fellowship and working together to achieve shared goals, while having fun and making a difference.



*David and Carol Kennedy, Lions Club of Norwood*

## Change of Address

Could you please change your records of the new address:  
[maitlandlionsclub@gmail.com](mailto:maitlandlionsclub@gmail.com)

PDG Carlene King has a new email  
[carlene.king41@gmail.com](mailto:carlene.king41@gmail.com) mobile 0484612016

DG Rob Royal and Sandy

Address – 6 Opie Street, CLARE S A 5453

Rob Mobile 0418 803 938

Sandy Mobile 0419 857 083

Email: Rob: rob.royal@adam.com.au

Sandy: rsroyla@adam.com.au

Torrens Valley secretary, [philden6@bigpond.com](mailto:philden6@bigpond.com)

## NOTE FROM EDITOR

**Please send in articles for next issue now as I want to complete and send out before Christmas Day**

## Lions Clubs of Australia and View Clubs

For the fourth consecutive year, an arrangement has been made where View Clubs around Australia will be able to be involved in our cake program.

View Clubs have a membership of around 20,000 women who meet and raise funds for the Smith Family as their main charity. Many Lions Clubs support the Smith Family and their projects. View Clubs exist in a large number of places where there are Lions Clubs and some exist where there are no Lions Club.

### Benefits for Lions

1. Lions will sell more cake and puddings and this return will directly benefit Districts the Multiple District and in some cases clubs.
2. The increased sales, and exposure to View Club members and their friends will raise the profile of Lions Clubs.

### Benefits for View Clubs

1. Funds raised will be channelled to Smith Family programs assisting disadvantaged young people.

### How will it work?

A. Where there is no Lions Club the View Club may purchase cakes and puddings direct from the Multiple District Office in Newcastle at the same price as Clubs purchase cakes and puddings.

B. Where there is a local Lions Club in the area the View Club will approach the Lions Club to see if the Club is agreeable to work with them and sell them the cakes at cost price. Of course they would need to recognise any current outlet of the Lions Club and avoid such outlet. Although the Lions Club will receive no direct profit from these sales the sale will be credited to them and, of course, it will help increase the rebates paid to their District and to the Multiple District.

All cakes purchased from Multiple District or a Club are to be paid for on delivery.

This is a wonderful opportunity to sell more cakes and puddings and also put Lions Clubs in touch with a like-minded organisation in their area.

The decision as to whether the Lions Club will work with their local View Club is entirely up to each individual Club. However there may be great opportunities for Lions Clubs to increase sales, open new outlets and also to open a dialogue with a like-minded organisation.

Whatever your Club's choice, we ask that you extend the hand of friendship and courtesy to your local View Club who share our goals of volunteering to improve our local communities.

Should any Club have a question please do not hesitate to contact me on 0417714284 PDG Norm Alcock, National Marketing Coordinator, November 2015

## BEST BACON AND EGGS at SHOW AND SHINE

The Lions Club of Torrens Valley was one of 5 Lions Clubs participating in this year's Show and Shine at Gumeracha Oval on Sunday 8<sup>th</sup> November.

Bacon and Eggs were ready and being served at 07.45 and continued throughout the day along with Fairy Floss and Popcorn.



*PDG Peter Panagaris of Golden Grove Lions shows us how it's done*



*Golden Grove Lions making burgers. Cake Chairman Tony also took the opportunity to advertise Cakes, Puddings and Mints.*



## Lionsonoz in Action

Peel Valley Lions Club is a very busy Lions Club, especially in the period coming up to Christmas and during the Country Music Festival in January, so the members are always seeking help from any Lions that happen to be in the Tamworth area at these hectic times.

Lionsonoz member PDG Warren White helps in their projects as many times as possible whenever he is not travelling and is domiciled in Tamworth.

On a recent weekend the Peel Valley Lions had a BBQ to conduct at Bunnings, a Driver Reviver project on the Armidale Road and a catering project for a State Wide Dog Training Club event at Tamworth Regional Entertainment Centre (TREC) all on the one day. Lion Warren was able to assist at the Bunnings BBQ and the BBQ for the dog trainers. He remarked that he had never cooked so many sausages and steaks in one day before.



The following weekend he assisted them selling Christmas raffle tickets, Lions Christmas Cakes, Christmas Puddings and Safety Booklets at Woolworths and the same two weeks later as well as assisting at their selling venue at the Tamworth City Plaza on other occasions.



This is what Australian Lionsonoz is noted for. They are there to assist the local Lions Clubs in the towns they visit on their journeys around Australia.

Australian Lionsonoz conduct their meetings via the internet using Skype Messenger on the third Monday of each month.

Membership has been hovering around the 40 mark for some time now. New membership is accepted from experienced or transferred Lions in good standing and it is expected that when the member tires of travelling and wants to settle in with a "main stream" Lions Club a transfer to that Club is arranged.

For additional information please visit the Australian Lionsonoz website [www.lionsonoz.nsw.lions.org.au](http://www.lionsonoz.nsw.lions.org.au) or email [lionsonoz@district201n1.org.au](mailto:lionsonoz@district201n1.org.au)

## Burnside Lions

From the recent Premier's Award Ceremony, we were proud to receive recognition in the "Team Section" a Runner up in that section. The monetary Grant that goes with the Award will contribute to the purchase of a duplicating machine for the production of DVDs and USBs to keep the costs of the project down.

The project has grown from small beginnings as a Burnside Club project in the Adelaide Area to an extension to our District and now covering an area of the combined C1 & C2 Lions districts. John has put an enormous amount of his personal time into developing and spreading the word through Aged Care Facilities. That he will be able to conserve a little of an increasing demand for the service with some aid in the very time consuming task of duplication, we are pleased to see the extra support for him.



*Project Chairman John Dunn (centre) receiving the Award from Pres. Barry Taylor, with "Team members,"*

*(L to R) Bob Rowell, Elaine Morony and Julie Denman.*





## Torrens Valley Lions assist with School Trip

Torrens Valley Lions Club Members attended a full school assembly at the Gumeracha Primary School recently to present a cheque to assist year 7 students from four local primary schools attend the end of year Canberra trip. The cheque, \$950 will assist eleven students from Gumeracha Primary as well as four from Mount Pleasant, three from the former Mt Torrens Primary and one from Kersbrook to attend the trip in the second week of November.

Before the cheque presentation the Lions members were treated to a presentation of some of the work of the students and a presentation of some school awards.

The cheque was presented by the President of the Torrens Valley Lions Club, Lion Butch Phillips to teacher Kate Ford and student representatives.

The Torrens Valley Lions Club has assisted local year seven students with their end of year trips to Canberra for around five years.



Photo: Receiving the cheque from Torrens Valley Lions President Butch Phillips is Gumeracha Primary teacher, Kate Ford with students Jelena and Brett.



## Barossa Lions/ Australian Lions Foundation Joint Project

Lions Club of Barossa Valley has recently purchased a wheelchair to vehicle transfer lifter, thanks to the generous assistance of grant funding from the Australian Lions Foundation and matching Lions Club funds. The lifter has been fitted to the vehicle used by a local resident named Greg, who has Acquired Brain Injury (ABI). Greg is totally incontinent, has no short term memory, has paralysis to all limbs with the exception of his right arm, is visually impaired and is hyper-sensitive to both sound and touch.

The lifter enables Greg to access physio sessions, enjoy day trips and social activities in a manner which offers greater comfort, less pain and familiar surroundings. This helps ensure a much improved quality of life for both Greg and his full time Parent carers.

The Lions Club of Barossa Valley believes that assisting Greg and his Carer Parents in achieving the best possible lifestyle, is at the very heart of Lions International Purposes. The Club also wishes to thank the Trustees of the Australian Lions Foundation for their support with this particular project.

The photos below show the lifter installation and operation.

Lion Scotty Milne JP

Grants Officer

Lions Club of Barossa Valley



## Port Lincoln Lions



Quiz night to support the Royal Flying Doctors.



### Early Bird Prize

The winner of the wine pack drawn at Port Pirie was PDG Frank Gratton

The next draw will be for accommodation at the convention and will be drawn at the DG Handover.

Forms available from the Convention Sec., Harry Webb, [hlwebb@bigpond.com](mailto:hlwebb@bigpond.com)

## Definitions

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Negligent (adj.), describes a condition in which you absent-mindedly answer the door in your nightgown.
6. Lymph (v.), to walk with a lisp.
7. Gargoyle (n.), gross olive-flavoured mouthwash.
8. Flatulence (n.) emergency vehicle that picks you up after you are run over by a steamroller.
9. Balderdash (n.), a rapidly receding hairline.
10. Rectitude (n.), the formal, dignified bearing adopted by proctologists.
11. Pokémon (n.), a Rastafarian proctologist.
12. Frisbeetarianism (n.) The belief that when you die, your Soul flies up onto the roof and gets stuck there.

### Groaner warning:

When fish are in schools they sometimes take debate.  
A thief who stole a calendar got twelve months.  
The batteries were given out free of charge.  
A dentist and a manicurist married. They fought tooth and nail.  
With her marriage she got a new name and a dress.  
A boiled egg is hard to beat.  
Police were called to a day care centre where a three-year-old was resisting a rest.  
When a clock is hungry it goes back four seconds.  
The guy who fell onto an upholstery machine is now fully recovered.  
He had a photographic memory which was never developed.  
When she saw her first strands of grey hair she thought she'd dye.  
Those who get too big for their pants will be exposed in the end.

"The first time I got a universal remote control, I thought to myself "This changes everything"."  
"I recently decided to sell my vacuum cleaner, all it was doing was gathering dust."  
"You can never lose a homing pigeon – if your homing pigeon doesn't come back, what you've lost is a pigeon."  
"My wife accused me of being immature. I told her to get out of my fort."

You know how birds fly in a V-formation and often times one side of the V is longer than the other – do you know why that is?  
There are more birds on that side

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

Bulletin editor, Harry Webb (e) [hlwebb@bigpond.com](mailto: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