



LIONS IS IN YOUR HANDS

District 201C1 Bulletin

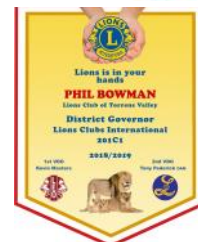


DG Phil

THE PHIL REPORT

News from the District

And beyond



MARCH 2019

DISTRICT MEMBERSHIP STATUS

MEMBERS AS AT 1/7/2018	DECEASED AND DROPPED MEMBERS SINCE 1/7/2018	NEW MEMBERS SINCE 1/7/2018	DISTRICT MEMBERS AS AT 31/1/2019
1196	91	81	1186

G'day

Been a busy month.

Unbelievable only another 4 months and then it's over to DG Kevin. and isn't this year going so fast.

ZOOM meeting is a great asset if you only talk for 45 minutes then it's a Freebee.

VDG Tony and I ventured in to the world of Service Clubs Association of South Australia Inc. on Thursday the 21st to see how we can work together to promote the work that Service Clubs do in SA.

Great news from Lions Club of Port Augusta who was awarded Event of the Year by the Pt Augusta Council for the District Convention. Congratulations Steve Dean and the team. **(Photos are on page 9)**

The C1&C2 Drought Relief Committee and also our C1 DG Team together with the C1 Executive continue to meet via Zoom to discuss issues

Our Disaster Relief Team has again been hard at work distributing IGA Vouchers to C1 and C2 affected farmers and their families including 100 in Broken Hill and 88 in the Cowell areas. At the same time, thanks to ALF, we are offering Lions Christmas Cakes to those affected.

Been a great weekend at the Regional Lions Leadership Institute held here in Adelaide on the weekend of 21st Feb. conducted by PDG Tim Irvine. Great to see so many Lions from across the District and Australia who attended. IPDG Megan Butler and PDG Dave Thomas from C2 assisted PDG Tim as presenters at the workshop.

Bulletin placed (date)..... Contact (phone).....
By Lions Club of.....

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6.	Minlaton 50th & Gilles Plains
7.	Tumby Bay & Kadina
8.	Pt Augusta & COTA
9.	Clare District
10.	Public Relations part 3



RLLI C1 group includes: PDG Megan Butler, Alex Coates, Jennifer Osis, Ray Najjar, Andrew Stacey, Petrea Stacey and Barb Newman.

Enjoyed the Opening of Tea Tree Gully Lions Art Exhibition on Friday evening 22nd of Feb with Mayor Kevin. **(Photos on Page 3)**

The weekend of the 16th at Clare we enjoyed the Certified Guiding Lion Workshop which gave us recertified and certified Guiding lions.

On the Sunday was our Cabinet Meeting with some interested new players in the new cabinet enjoying the proceedings. Thanks so much to Yvonne Bradford and her team at Clare Lions for providing Lunch and social event.

DG Phil's report continues on page 2

Register now to attend the 67th MD201 National Convention in GEELONG

[Click here to access Registration form](#) (then RIGHT click **DOWNLOAD**)

Save the Document on your computer. Change the file name. then fill out the form and follow the instructions.





DG Phil's Message Continued

I guess the highlight of the month would have to be the charter of the Little Roarers Cubs Club at Annesley Junior School. The brainchild of Lions Andrew and Petrea Stacey of the City of Adelaide Club.

A great initiative and fully supported by the school principal.

Again we need to reflect on our membership numbers. We have added 81 since the start of the year but we have also lost 91.



Two Photos from Tea Tree Gully Art Show

Our GMT team is constantly looking at ways to increase our membership numbers because as above we do increase but we also lose a few at the same time.

Trust you are enjoying this beautiful weather we are having

DG Phil



An English professor announced to the class; "In here we will speak proper English. There are two words I don't allow in my class. One is gross and the other is cool." From the back of the room a voice called out, "So, what are the words?"

LITTLE ROARERS CLUB

On Tuesday 19th February 2019, The Lions Club of the City of Adelaide launched The Little Roarers Cubs Club at Annesley Junior School. A club run by 5-12 year olds with the support of Lions.

In the weeks leading up to chartering the club, the cubs began creating their identity as a new group and so designed a number of potential logos and brainstormed club names. A few of the clubs also declared their intention to be the first President and be part of running the meetings as well as having other responsibilities, and needed to present speeches in front of the group and discuss why they'd like to be President and why they'd make a good leader. The cubs then voted by secret ballot for all the above with the announcements made at the club launch. The announcements of each of these created a huge buzz for everyone involved.

We were honoured to have the C1 District Governor, Phil Bowman, 1st Vice-District Governor Elect, Tony Pederick OAM, and Annesley Junior School Principal, Luke Ritchie, attend the launch facilitated by our Club President, Andrew Stacey. The launch included a cubs-modified purpose and ethics, announcements mentioned above, presentation of a cubs-modified charter and new gong generously donated by Phil and cubs modified invocation creatively changed into a very catchy song, and most importantly, 15 cubs were officially inducted as charter members.

So where did the idea for a self-sufficient club run by cubs come from? The daughter of two of our members loves being involved with our Lions Club and helping with projects and events whenever she can that she decided she wanted to start a club with her friends at school. So with her parents support, she approached her school principal, Luke Ritchie, at Annesley Junior School, and the rest is history.

Our Cubs Club is similar to a Leos or Lions Club, but for children aged 5-12 years (in years 1 to 7). The afterschool meetings are led by the elected President and supported by Lions. The cubs will learn about people living with disabilities and the challenges they face, and about other disadvantaged people in our community, public speaking skills, leadership skills, community service, helping the environment, project management and so much more. Lions from our Club have developed a program full of interactive, engaging and fun activities which will evolve as the clubs progresses and the cubs develop their ideas and interests.

CUB (as found on the Charter and handbook) stands for Community, Understanding and Bravery. The cubs have already begun learning about the challenge of living without sight through various activities and the Lions Recycle for Sight project. This will be their first project, providing them with an introduction to running projects leading them into starting their own.

These children are our future, and the future of Lions and helping those in our communities. But these children are not just capable in the future, they are capable now!



WHAT THE SCREENER SAW

Following the Lions District Convention in 2016 I asked about being a screener for the Lions Skin Cancer Screening program. Initially completing an online training: Rapid Screening and Assessment. This was somewhat difficult as I did not know what dermoscopy was, had never seen a dermoscope, had no idea that the images I was seeing were so magnified and everyone else doing the course at that time was experienced in dermoscopy so each time an image went up I would be mentally starting the check list trying to work out what I was looking at, and they would be discussing if it was malignant or benign and what signs they could see.

My first screening was in the Barossa and I had the privilege and good fortune to screen alongside Colin Beauchamp OAM, it all started to make sense, Colin is an excellent teacher so by days end on that first day I felt like I was starting to understand. Colin was generous enough to go over many clinical photos with me and help me identify what I was seeing. Having a nursing background, having worked as a midwife and spent many years in emergency departments looking at all sorts of skin issues both normal and abnormal certainly helped but I had a lot to learn. I purchased some additional text books, went over and over the online tutorials and by screening number two was scared witless by the responsibility of what I was doing.

The other screeners were very giving of their time, expertise and knowledge. Slowly I was learning to trust my own judgment in what I was looking at. Chris Lowings who is a Nurse Practitioner in this area and has huge knowledge has also been wonderful and I can't thank him enough for his assistance.

Screening days are hard work for the screeners. You are concentrating, physically active – head to toe means lots of bending, kneeling and at times assisting people. Despite this the feedback is good and the thanks from almost everyone makes the time that you volunteer worth it.

By screening number five I was feeling a lot better about what I was doing, however I spent the six-hour drive to the screening site reading my text book and going over all I had learnt. Thank goodness John will always drive me to wherever I need to go.

At the end of 2018 I was asked If I would complete a different training course and give feedback. This was the Professional Certificate of Dermoscopy. It started with a video on how to perform a systematic dermoscopic examination. I was hooked as already this program seemed more complete. The lectures are available to do in your own time at your own pace and are delivered by world renowned experts.

When we get to a screening site the host club provides lunch and hospitality, this has never been short of amazing although Tumby Bay really managed to eclipse all others, their hospitality was outstanding thanks go to all their club member for an outstanding job.

On average about 30% of people screened are referred on to a GP for further review of a suspicious lesion. At Tumby we screened 157 people in 2 days. We worked hard!

This is a very worthwhile project and the limiting factor to having the bus out all the time is the number and availability of screeners. We need more to be trained so we can get the bus out more than 1 time per month.

You don't need a health background to screen, (we screen, we don't diagnose) so if you are interested Contact Rob Royale and let him know. Its enjoyable, fun, and the occasional drink of wine at the end of day allows you to get to know some great people. I have made lots of friends.

What did I see...well not much other than a lot of skin, freckles, moles, lumps and bumps. But its worth it. If we are managing to pick up what could be life threatening conditions and get people to early treatment, then it's a job well done.

Carol Barnes





FROM STANSBURY DALRYMPLE CLUB

The Stansbury Citizen of the Year

On Australia Day 2019

Margaret Johnson

Moving to Stansbury with her husband Vern, Margaret wasted no time in sharing her skills with the people of the town.

Margaret is a very active member of the Lions club of Stansbury Dalrymple, Chairperson of the Stansbury Branch of Meals on Wheels, committee member of the Stansbury Craft group and provider of morning tea when it is her turn. Her cooking skills are greatly appreciated by the Tidy Towns group as morning tea arrives at the shed most Tuesday mornings.

She volunteers in the Stansbury information Centre, and is a member of the Community Church. Once again willingly giving her time in different ways.

Not only is Margaret a talented cook whose efforts are appreciated by many, she is also a talented sewer, being a member of the SYP quilting group.

Margaret demonstrates a caring attitude towards others with care gifts of food etc if she is aware of a need.

Margaret is truly a worthy recipient of the Australia Day 2019 Stansbury Citizen of the Year Award.



Lion Margaret Johnson proudly shows off her award

A young Scot went away to University and lived in the University's student quarters. A couple of weeks later his parents rang to see how things were going. He said that things were going well, except he was worried about his neighbours in the living quarters. On one side, the fellow kept bashing his head against the wall. On the other, the chap kept screaming. "How do you cope with that?" his parents asked. "Oh, it's OK, I just stay in my room practicing the bagpipes."

Lions District 201C1 Inc.

ABN 41 299 769 815

LCI District N° 66082

District Governor: **Phil Bowman**

Web: <http://201c1.lions.org.au/>

Email: district201c1@outlook.com

"IT'S ON AGAIN"

ZONE 10 BBQ, PICNIC, GET TOGETHER,

HOSTED BY TUMBY BAY & DISTRICT LIONS CLUB,

**WILL BE HELD AT THE YALLUNDA FLAT SHOW
GROUNDS,**

**BETWEEN TUMBY BAY & CUMMINS ON THE
BRATTEN WAY.**

**WILL BE HELD ON SUNDAY THE 24TH OF MARCH
2019, 10 am for 10.30**

**PLEASE KEEP THIS DATE FREE, EVERYONE WEL-
COME,**

**INCLUDING PARTNERS & PROSPECTIVE NEW
LIONS**

**BRING YOUR OWN DRINKS, A BBQ WILL BE PRO-
VIDED AT MINIMAL COST.**

**WE WOULD LIKE TO SEE AS MANY AS POSSIBLE
FOR A GREAT DAY OF MEETING, GREETING,
SWAPPING IDEAS & GENERALLY HAVING
FUN. LET'S MAKE THIS BIGGER AND BETTER
THAN BEFORE.**

**PLEASE LET ME KNOW WHO WILL BE ATTEND-
ING BY EMAIL OR PHONE FOR CATERING
PURPOSES BY THE 10TH OF MARCH 2019**

ZONE 10 CHAIR PERSON

GAVIN ROBERTS

gavrob@outlook.com

Phone 0428831339





REGIONAL LIONS LEADERSHIP INSTITUTE

The recent Regional Lions Leadership Institute was held in Adelaide on February 22-24. Thirty-three participants attended the three day event from around Australia, with six from the C1 district from four clubs.

The institute was facilitated by PDG Tim Irvine, PDG Megan Butler and PDG David Thomas. Not only did they lead a great weekend and presented useful material, they shared their valuable personal experiences and many years of Lions wisdom.

Over the three days, we participated in a number of sessions including team work, leadership, public speaking, diversity, motivation, facilitating change and much more. The sessions were informative, interactive and fun. We built structures out of balloons, elected roles by snowball fight, and challenged topics of discussion. It was wonderful to meet so many lions from different clubs and districts, share ideas, learn about a wide range of projects and problem solve together. We didn't just meet and network with other lions, but we actually made new friends which we will stay in contact with and support each other through our journey in lions.



We all walked away from the institute with new ideas, new information, different perspectives and goals to take back to our clubs. We look forward to sharing all this information, hoping to motivate and inspire our members to implement change to grow our clubs and inspire future developments. A fantastic opportunity and experience which we believe would be valuable and beneficial to any lion interested in a leadership role at club or district level.

Written by The Lions Club of the City of Adelaide on behalf of the C1 participants. Petrea Stacey



Members attended from all over Australia

Britain has apparently released their 2019 coins, with a new image on the reverse.

And you think we have problems !! 🤔🤔🤔



Thank you Torrens Valley

NEW MEMBERS FEBRUARY WELCOME TO LIONS

Club	Member	Sponsor
City of Adelaide Inc		
New	Kirsty Van-Eaden	
	Elliot	Matthew Klose
Gilles Plains Inc (Mawson Lakes Branch)		
New	Haydn Smith	Alex Coates
Onkaparinga Inc		
New	Andrew Mann	Roz Bowering
Walleroo Inc		
New	Rodney Plumb	Eric Plane
West Beach Inc		
New	Leonie Stamatelopoulos	
		Jennifer Osis
West Lakes-Seaton Inc		
New	Lyn McLure	DawnVellanofski
New	Piony Verkek	David Myers

When planets run around and around in circles, we say they are orbiting.
When people do it, we say they are crazy.



MINLATON CLUB 50th ANNIVERSARY

President Bruce Short
and Members of
The Minlaton and District Lions Club

Cordially invite you and
your members to their

50th Charter Anniversary Celebration

On Sunday 14th April

At the Minlaton Bowling Club
North Tce, Minlaton
12.00 to 12.30pm
Cost \$35.00 p/p

RSVP 1st April to
Secretary Tom Martin
88532183 or 0417 846 910
minlatonlionsclub@gmail.com

EFT payment
BSB 105 064 account No:
27651240
*Please include your name
when making an EFT payment*

*Please advise Secretary Tom
Martin for any dietary require-
ments*

SUNGLASSES FOR PAPUA NEW GUINEA



Hi Ted, Not every day you can smile but today i had a smile because once again we, meaning..... Lions have helped a family, very happy to receive a small gift from Adelaide, it was posted back in November 2018 and it arrived today

The children are so happy to have something to protect their eyes from the very hot sun.

So from myself and the little family in Popondetta we all say thank you Lions for caring, the special Lady is my Sister Veronica who is my teacher and who is my post Lady to get these gifts to remote places to help others.

Big thanks for letting me do what I do.

With the recycled glasses and especially all those who donate to a very good cause

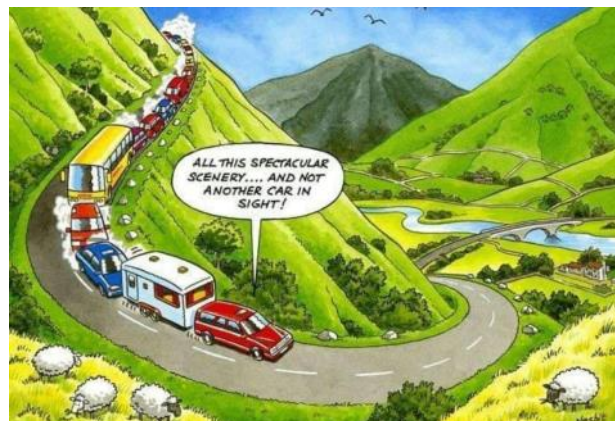
Bless them all

Cheers President Ted, keep smiling.

Lion Lance Crook, Gilles Plains Lions Club



Dedicated to all Caravanners



From AUSTRALIAN ONLINE & TRAVELLERS LIONS CLUB Bulletin

Thank you



SKIN CANCER SCREENING RESULTS FROM TUMBY BAY



CHECKS: Appointment coordinator Clare Lion Sandy Royal, screening professionals Dr Eban Viljoen and nurse Carol Barnes with Tumby Bay Lion Alan (Horrie) Richardson.

MORE than 150 people were screened at the Lion's SA Skin Cancer Unit while it was in Tumby Bay last weekend. The event was arranged and supervised by the Lion's Clubs of Tumby Bay and Cummins, with the help of previous Lion's District Governor Rob Royal, and Lion Sandy Royal from the Clare Lion's Club.

In total 157 people were screened by the health professionals who volunteered their time to check those who booked in.

The free screenings were completely booked out, with reservations made from as far afield as Streaky Bay.

Doctor Eban Viljoen said that over the two years that the Lion's Skin Cancer Screening had been running, about a quarter of people screened had been referred for further treatment.

From the screenings in Tumby Bay, only 10.8 per cent of participants needed referrals for excision of suspect lesions.

He attributed this result to the work of local GPs and the skin cancer clinics in Port Lincoln promoting sun awareness and providing screening and treatment.

He encouraged the communities on Eyre Peninsula to continue to practice recommended sun safe behaviour.

The \$200,000 Lion's Skin Cancer Mobile Unit has been in operation since 2017 thanks to grants from Lions International and SA Lions.

It costs \$70,000 to run the service which is entirely funded by SA Lions



Lions Clubs International
FOUNDATION

You can listen to thunder and tell how close you came to getting hit. If you don't hear it, you got hit, so never mind.

FROM KADINA CLUB

Kadina Lions have had a busy start to the year. In our First meeting for the year we had Jenny Harris and Ann Rule speak to the Club on Days for Girls Project which they work on. Days for Girls is changing the status quo for girls by providing sustainable quality menstrual care solutions, health education, and income-generation opportunities. Not only did the club donate on the night toward the cost of materials but we have pledged to commence hosting working bees to assist this project.

In our second meeting for the year we had three potential new members as guests and involved them in discussion on what looks like being our next long-term community project: a playground that is inclusive of disabled children. This idea came to us from the community via a Facebook competition to get ideas and engage with the local community. We selected 2 ideas to work on, the playground and additional seating for the redeveloped town centre.

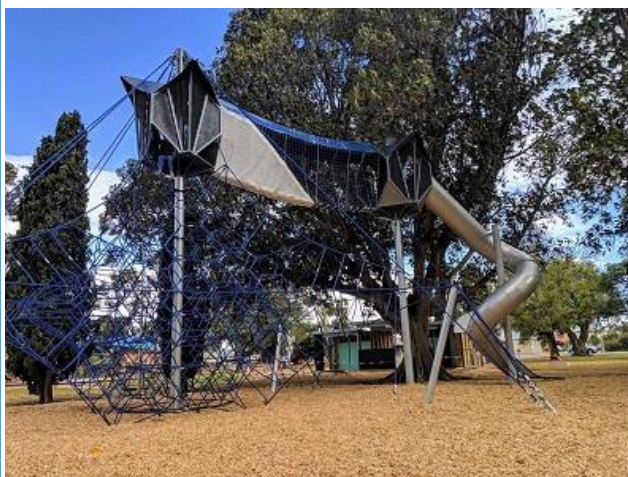
On the night we finalized our pledged donation of \$5000 to Apex as part of a multi service club initiative to install a walk in the trees path in the main park in Kadina which is an elevated adventure playground for children.

We also responded in real time to a letter from a community member with a chronically ill baby. We donated what was for our club a significant amount of support to a family with special needs, presenting the cheque the next day.

Our next planned events are to celebrate International Women's Day with both a Main Street Barbecue and a Nepalese Momo cooking class. These will both be used not only to celebrate the day and support the 2019 theme of Balance for Better, but as a membership drive supporting the International Presidents drive to encourage more women to join Lions.

We are looking forward to a busy and fulfilling year working on service projects and raising funds to support that work.

Carol Barnes President



Walk in the trees

Financially supported by Kadina Lions Club



PORT AUGUSTA RECEIVES COMMUNITY EVENTS AWARD

Congratulations to the club for holding a very successful convention in October which led to the club winning the Community Events award at the Australian day awards

Well done everyone !!!!



Presidents Past (Dean Parish) and Present (Steve Fawcett) with the award



District Governor Phil with President Steve Fawcett

GILLES PLAINS 40TH ANNIVERSARY AND HANDOVER DINNER

SAVE THE DATE

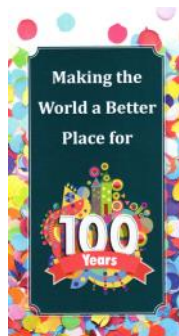
TUESDAY 18TH JUNE 2019



246 FOSTERS ROAD

OAKDEN

More details to follow in later Bulletins



COTA
For older Australians

COTA (formerly Council on the Ageing) provides a platform to ensure that older Australians are part of decision-making by government and industry on everything from income and employment to housing and health.

COTA Australia receives government funding primarily through the Health System Capacity Development Fund and levies on State/Territory COTA organisations.

There is a COTA in every Australian State/Territory. COTA SA speaks for some 633,000 older South Australians.

COTA represents the interests of older people to a wide range of government and community organisations, including: Federal Departments of Employment, Industry, Infrastructure and Regional Development, Human Services, Prime Minister and Cabinet, Social Services, Treasury and Veterans' Affairs. In February 2014 COTA Australia became a founding member of the Global Alliance for the Rights of Older People. The main purpose of the Alliance is to strengthen the rights of older people through the development of a United Nations Convention on the rights of older persons

From Modbury Club Bulletin



VINTAGE: A Philips transistor radio, bought in 1958, and the invoice, from Rothe Electrical, in the Barossa Valley.



Lion John Neville is a member of the Lions Club of Moonta

Sound purchase

IN 1958, I purchased a Philips transistor radio and it cost 47 guineas (£1-1-0). It still works. An electrician's wage in

1958 was \$1456 per annum. An electrician's wage today is \$60,000 per annum.

Calculating equivalent price, today, the radio would be \$4078. When I bought it, I placed the invoice inside it. The transistors were in a metal canister which was held in the chassis in a rubber grommeted hole; the wiring was bird's-nest style – no printed circuit boards in those days.

John Neville
Moonta Bay

Taken from the "Boomer" section of the Advertiser on Monday 11th Feb



LIONS AWARENESS CAMPAIGN TO BAN PLASTIC

DO you have some spare time and would like to help your community?

Have you thought about joining the Lions Club?

Lions is a "Community Service" organisation, and one of its mottos is "we make things happen".

Like many volunteer organisations, Lions relies on a core group of retired people who have time, skills and networks to help it achieve its goals.

However Lions also needs younger working people to help members do all the humanitarian projects governments can't do.

One such project Clare Lions Club is running now is a recycling campaign to raise awareness of the use of plastic.

Single use plastic - straws, coffee cups, and cutlery being the main offenders - all throw away items used everyday that end up in landfill.

What's the big deal about my 'one'.... one billion people said?

The Clare Lions' 'Green Team' has organised a recycling information morning on Saturday, February 16 from 9am to 12 noon in Edwards Plaza adjacent 'Open House' to offer information replacing single use plastic with the exact same reusable items.

Pat Williams, member of the 'Green Team' is a driving force behind this project.

"A small stand with a few Lions members there will hand out some info brochures and talk to all members of the public regarding the banning of single use plastics," Pat said.

"We are not experts, but we are willing to offer what advice we can, and more than likely learn a thing or two from the public", Pat said.

The 'Green Team', which operates under the Clare Lions Environmental Portfolio, saw an opportunity to be the leaders in the Clare Valley re this highly topical subject.

"There was nobody else 'pushing' this issue locally, and it was decided Clare Lions should pick up the baton.

"The South Australian Government recently released a discussion paper on this very issue, and a few countries in Europe are announcing the total ban of plastics within 10 years," Pat said.

During the morning, there may be a few items available for a gold coin donation, such as paper straws, green bags and wheat composite multi-use cups.

As a member of the public, you could ask your favourite café to start to use paper straws and multi-use cups if they do not already do so.

There will also be a recycle box supplied available for anyone who would like to see their coffee pods recycled in a responsible manner, a box for old toothbrushes and toothpaste tubes, plus a bin ready to accept any reading glasses that are in good condition, which will also be recycled by the Clare Lions Club (no sunglasses or glasses cases please).

To follow this up, the 'Green Team' will present a paper to the CGVC asking to consider the banning the use of all plastic straws and cutlery, etc at its parks and reserves.

Salisbury Council already does this and is leading the way.

Look for the Lions Club Flags on Saturday morning and have a chat with the 'Green Team' if you have a few minutes to spare.



Clare Lions (from left) David Clark, Evelyn Norton and Pat Williams at their recycling stall.





Article 3 of 5

The Objectives of a Public Relations Campaign



Public relations concerns the management of communication between a high profile individual, organization, company, business or other entity (YOUR CLUB) and the public. Some of the activities that might be included in a public relations campaign could include working with media, speaking at events and conferences, handling reputation management and crisis issues, inter-Club communication and social media planning and implementation. Campaigns are an integral part of successful public relations and rely upon thorough planning and management.

Situation Analysis

Before starting a public relations campaign, take into account what the current situation is of the organization, company or individual (Things like our Diabetes Campaign, Drought etc). If there is a particular issue that needs to be addressed, such as a crisis situation, that will be the focal point of the campaign. If the purpose is simply to gain market share and visibility, then it would be prudent to consider how the company is perceived by customers and the public. Everything that is happening both within and outside of the organization should be taken into account in developing the publicity campaign.

Defining Objectives

After the situation is analysed, identify the publicity campaign's precise objectives. Write specific goals that are clearly understandable by everyone on the team. Considering factors like budgetary and time issues, the objectives should all be reasonably achievable. Given the resources available, each objective needs to be realistic. Finally, a timeline should be developed to help track each objective step.

Identifying Public Groups

Identify the key public groups that your company wishes to impact with the publicity message. For example, determine which groups are either aware of the issue to address or that you want to bring awareness to. Some of this information will have become apparent while conducting the situation analysis. To find out where more of your desired public exists, perform keyword searches online. This can reveal particular groups and locations to target during the actual dissemination phase of the plan. While defining the public groups, identify each of their attitudes toward the situation or your organization in general. This will enable you to tailor key messages accordingly.

Creating Multifaceted Materials

Develop materials that can have multiple uses for distribution. For example, construct press releases with meaningful messages concerning your organization's activities. Write articles that contain useful information for potential customers. Using data found through examining the public's opinion of your organization, emphasize the positive and address public concerns that need to be adjusted. Create short videos for distribution on your website and social media networks. Consider producing an online newsletter or one to mail out to existing and potential customers.

Distribution and Information Placement

Find opportunities to discuss what the company has done to help the community it serves. Attend events that focus on positive activities for potential customers. Write about each activity that the organization participates in and post on it on the company website, in blogs and in press releases. Publish articles in local, national and online publications. Distribute information across multiple media platforms like social media websites. Reach out to target audiences through online magazines, media outlets and with newsletter alerts.

Please ensure that all articles are submitted no later than 14th of each month to Bulletin Editor Ted Osborn Unit 164/32 Homestead Avenue Walkley Heights SA 5098, (H) 08 8368 1826, (M) 0403 065 357 Email tednelse@bigpond.com. Pictures to be in .jpeg format and if possible no bigger than 100kb.

Please submit text articles in .doc format for ease of editing and no larger than 350 words.

All opinions expressed in this Bulletin are those of the individuals providing the information and/or the editor and not necessarily represent the views of Lions Clubs International.

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