

District C1 Bulletin

Rob's Dream



DG Rob Royal

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International President, Jitsuhiro Yamada

May 2016

DG's Report – April 2016

In my last article I referred to my “my cardiac event”. It was pleasing to hear from many of you that you appreciated the story, especially how “minor” the symptoms can be. Because of that interest I have included in this bulletin a copy of the Heart Foundation’s “Will you recognise your heart attack?” action chart. It details all symptoms etc. and it should be read and placed on your notice board or fridge for future reference if needed.

Hopefully all members are now aware that March – May is being promoted as membership growth months. I hope all clubs have some form of planned event to try and get more members into their club. If your club has not planned such an event, then ask why not? It did not work last time is not an excuse, try something different, was the message right? Planned events can include street promotions with handouts to information nights, free sausage sizzles, display of recent project work etc. Where do you hold such promotions? Ask your local council whether you can do it at the library, or shopping centre, anywhere there is people traffic. If you hold a street sausage sizzle, then have your promo material and handouts there, and just ask people. In regional communities the local football club on match day works for some clubs.

There is lots of promotional material available and members of the GMT (Global Membership Team) are here to help you plan such events. So please use them and order your supporting material for your special membership event. Hopefully all have seen the new teardrop banners that are available from the Lions Shop, just what you need for your next marketing event or just to have on display at your next project activity to let the world know who you are.

All service clubs are going through a period where growth has stalled and as such the average age of our membership is gradually creeping up. We need new members to;

Share the load (two more hands!)

refresh our clubs –

new projects,

new ideas

Replace members who leave, or increasingly because of age, or

they just pass on

Of course the most successful way of getting new members is that each existing member (not just the membership chairman, or board) asks friends and work colleagues. It is our individual responsibility to help grow our club. I would have thought that if you are still a member of your club, then you are enjoying it and are getting a feeling of doing your bit for the community. That being the case tell someone about how you feel and ask them to join you. That can be done today without any long term planning.

So there is this month's challenge. Invite a friend or relative to your club's next meeting, or project event or social event, and then ask them to join your club.

The annual District Handover dinner is this year being held at the Barossa Weintal Hotel Resort in Tanunda on Saturday 9th of July. Such events are not just for cabinet members, past or future. Anyone can come and enjoy the fellowship of fellow Lion's from around the state. At \$40/head (Inc wine on the table to start) it is not expensive. The hotel is also offering discounts on accommodation charges for Lions attending the function. See the full details in the special notice elsewhere in the Bulletin.

All clubs would have now received a package from the LMRF and Skin Cancer Screening Project Committee. This package includes a detailed booklet that gives all relevant information on the current project status including detailed costings for both the one off capital costs and then annual ongoing costs of the mobile screening facility (not bus, but a light truck with special purpose trailer). The package also includes a DVD about the Free Skin Cancer Screening Project and includes some rather scary statistics about the screenings held so far. So may I ask, that you make sure your club has a meeting where the DVD is shown and hopefully then makes a major commitment to the mobile screening project. With support from LCIF (decision soon) and the ALF, and corporate sponsorship being sought currently it looks like the project will go ahead. But we still need the support of Lions Clubs to help match the LCIF grant, and to help cover annual ongoing expenses. All these details are well explained in the booklet so please seek it out and I hope you can support the project. If we need just one reason why this project needs to go mobile and increase the locations and numbers screened it is that a recent screening event (C2 area) detected 7 previously undetected melanomas. That one screening event has saved the lives of seven people. It has also reduced the public health cost significantly as early detection means cheaper treatments. This is a great project, please support it. The most recent screening event finished this last Sunday at Minlaton. The club was very pleased with the result and they received great feedback from the community. I am sure they will build on that great PR to grow and refresh their club.

In closing I have just heard that the Lions Against Violence Forum organised by DGE Paddy held on Wed 13th April was a great success and that already 8 non Lions have signed up to join a special branch club. Great work Paddy and I am sure this project being driven by her will also grow and become well supported by Lions as Paddy's year as DG gets underway.

Cheers

DG Rob

NEW MEMBER LIST FOR DISTRICT NEWSLETTER March 2016

Adelaide Uni

Chrishan Fernando

Athelstone Inc

Transfer Lauren Brewer (formerly Paralowie Inc)

Transfer Karyn Brewer (formerly Paralowie Inc)

Nicole Lungerhausin (sponsor, Paddy McKay)

Charles Sturt Woodville Hindmarsh Inc

Elizabeth Bedford (sponsor, Ryan)

Elizabeth Playford Inc

ROMA MARTIN (sponsor Lisa Aplin)

Mallala & District Inc

Jim James (sponsor, Mick King)

Norwood Inc

Transfer Rosemary Wenham (from Onkaparinga Inc)

Port Augusta Inc

Ronald Arscott (sponsor, Lorenzo Duregon)

Salisbury Inc

Gerry Rew (sponsor, John Rodger)

Wouldn't life be great if:

Stickers always peel off cleanly.
The toilet paper roll is never empty at the wrong time.
The battery is always full at the right time.
Video pop up ads did not exist.
The other sock never goes missing.
The weather reader is always right.
Someone always has a pen.

WHAT A SPECTACLE!

Every year, the Clare Lions Club asks members of the community to donate their pre-loved glasses to the Lions Recycled Glasses Project. In fact, this occurs Australia wide, and over 500,000 pairs of glasses are collected annually and sorted. About 400,000 pairs of these are found to be suitable to send overseas. After sorting through and discarding damaged and scratched glasses, they then have their lens prescription checked and confirmed before being sent overseas to various Third World countries. Our local collection point again this year is, *Beyond Bank, 350A Main North Rd., Clare*. Step inside, and you will find the staff happy to assist.

Did You Know?

Every day, all over the world, over 1.4 million Lions members perform over 1,500 different services in our communities. Name any humanitarian cause, and it is almost certain that Lions are involved at some point.



Ring Pulls

The Lions Club of Paralowie is collecting ring pulls for the Viet Nam Vets. The ring pulls go to their orphanage in Cambodia to buy equipment for their disabled children.

So if any clubs have these pulls can they send them to us and we will pass them on.

Libby March

FOR FUN

I totally understand how batteries feel because I'm rarely ever included in things either.

Why don't you ever see hippopotamus hiding in trees? Because they're really good at it.

A science teacher tells his class, "Oxygen is a must for breathing and life. It was discovered in 1773." A student responds, "Thank God I was born after 1773! Otherwise I would have died without it."

Charles Sturt Lions Club

The Charles Sturt Lions Club were honoured to welcome the City of Charles Sturt Mayor, Angela Evans, as a member to our club during our recent meeting in March. In support of the valuable work we do within the community, Mayor Evans was inducted by Sponsor and Past President, Tim Colgan. She has been a long time contributor to our club, volunteering at several events and supporting our work both within the immediate council area and wider district. Charles Sturt Lions Club are proud to welcome Mayor Evans as our newest member of Charles Sturt Lions Club



Left to Right, Sponsor Tim Colgan, Mayor Angela Evans & President Naomi Hand.

Port Lincoln Lions

Vale



A happy group at PP Neill's home to give him a service certificate.

Back row Lions Trevor, Peter, Gavin, Colin, Billy and Peter.

Front, President Iain, Man of the moment PP Neill and Lion Mint Chair-man, Malcolm. Hiding behind the camera was secretary Robert

Unfortunately, Neill passed away soon after the presentation

Continuing to give Lions of District C1 with as much information as possible pertaining to LCIF, this month I provide information on how those all-important dollars that you work so hard for and donate to LCIF go, and how LCIF ensures that the most important work is done

When **you** step out into your community, **you** show the world that "**We Serve.**" You understand the need to serve locally and globally, and you know that LCIF helps extend your reach. Lions is an organisation that provides service but is not bound by age, gender, religion, race etc. We are all there to do the same – help those in need in our community.

I love being a Lion, and I love what LCIF does to support what we do as Lions. But without the support of ALL Lions and Lions Clubs, LCIF cannot continue to do its work. There has been an extremely heavy call to LCIF of late due to many disasters worldwide but as you know LCIF is always there to assist. In this spirit of service, I appeal to all Lions.

Recently, in addition to devastating fires and floods in our own backyard, cities in India and Paraguay have suffered from devastating floods. Multiple District 300 Taiwan is recovering from a tragic earthquake in Tainan. With the generous support of Lions from around the world, LCIF awarded grants for relief efforts in each of these areas.

You may be aware that the combined 'C' Districts are looking to set up a Skin Cancer Screening "Bus" Project, and hopefully successfully apply to LCIF for a grant to enable this to come to fruition. LCIF will hopefully look favourably on this application and thus get this life saving project on the road sooner rather than later. As a result you will be able to take pride in knowing that **you** will be a Lion who has assisted in saving the lives of many in **your** community. But to provide this and the various grants that it does, LCIF need your help.

How can you do this - Please consider agreeing that your club makes a donation to LCIF's Disaster fund so that our foundation can continue to respond immediately whenever and wherever disaster strikes. It is with heavy heart, and also embarrassment that I find for a second year running I advise our District is once again flagging in its support of its own Major Foundation. District C1 is way below its target for donations to LCIF either via Melvin Jones Fellowship Applications or donations towards disasters etc.

So once again, AND AS A MATTER OF EXTREME URGENCY, please remember there is less than 3 months left of this Lions year, so it is vitally 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



LCIF was there to assist flood victims in Paraguay



and also Earthquake victims near the city of Tainan, Taiwan



And at home Floods in Toowoomba



and also The Pinery fires



DGE of District C1 Paddy McKay (pictured at left) is a woman of great vision. Her background is not only educating our young, but also as a current Special Justice in the law courts of South Australia. And of course she is a very proud member of the Lions Club of Athelstone in South Australia. During her many years working with our youth, and of late with those affected by crime, she has seen a great deal of the consequences of violence. By violence this means not only family violence and child abuse, but also violence like bullying, emotional, sexual, road rage and of course the latest trend of the sucker hit or coward hit violence.

Passionate about trying to reduce, if not eliminate violence in our community, but also an extremely passionate Lion, she is a firm believer that our organisation has a significant role to play in ensuring our communities are a better place because of the work that we do for our fellow humans. She believes we can make an even bigger difference by tackling the massive issue of violence and so has decided to establish a group called 'Lions Against Violence'.

DGE Paddy believes this group's mission statement will be 'to raise the awareness of the range of Violence in our Community and to educate the community to develop a culture of respect to self and others and to provide support, harmony and dignity to the victims of violence'.

Her vision for the group is –

- to provide a forum to organise a group of people from Lions clubs in District C1 and the community to develop an action plan for the direction of the Lions Against Violence Group.
- to coordinate the educational programs already available in the Lions organisation and within the community and expand them to include the issues of violence in our community;
- to work with interested professional members to prioritise program development;
- to establish, within the Lions organisation, a foundation which will support victims of violence; and
- establish a special purpose Lions Club which will focus on violence within our community.

DGE Paddy has spent many months researching and attending meetings of groups related to the area of violence prior to moving on to action. The overall common statement from all these groups is that they believe EDUCATION is the key to changing the culture of violence in our community and it is DGE Paddy's belief that we must put into place early intervention programs that teach respect for self, respect for others and respect for property. DGE Paddy realises that there are already programs in the community that are having a range of success but feels that with Lions assistance this success level

will increase.

DGE Paddy realises that Lions, as an organisation, has worked in partnership with a variety of community groups to achieve outcomes for the community, an example of this being Lions partnering with Beyondblue. With our district having 63 clubs with over 1250 members, we could work with established community groups to achieve outcomes that the group wishes to pursue.

2017 being the Centenary year for Lions, what better way to celebrate but for our district to focus on achieving outcomes to reduce violence in the community.

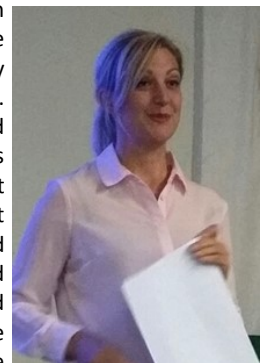
Wednesday 13 April saw the inaugural meeting held in the journey of 'Lions Against Violence'. Almost 50 people attended this meeting which saw DGE Paddy outline her vision for her year as District Governor of District C1, in which she will focus on finding solutions to removing violence from the community. She introduced some amazing guest speakers who gave those attending an introduction to how violence impacts in a great many ways. These speakers included:



Belinda Valentine (pictured at left), the grandmother of Chloe Valentine who at the age of just 4½ was murdered by her mentally ill drug affected mother and her boyfriend. Belinda spoke with obvious emotion about her daughter's battle with drugs and mental illness which ultimately led the Chloe's death and how she had fought with several agencies for most of Chloe's life to have them see what could, and unfortunately ultimately, occurred

because of the violence within the relationship of her daughter and her boyfriend and the impact it was having on Chloe – unfortunately without success and with the worst possible outcome.

Another speaker was Allison Gaskin (pictured at right) who was herself the victim of a controlling and emotionally abusive husband of 20 plus years. Allison told how her life was affected by one person's control of all aspects of her life and of course how it impacted not only herself, but also that of her three children. She also told how the agencies she had attempted to contact gave her information and ways to act, but to actually put these into place were almost impossible due to the utter control her ex-husband had over her life. She was also able to highlight how after several more years she was able to remove herself and her children from the situation, but not without a great deal of fear.



We also heard from Lorraine Steele (pictured at left) whose daughter was just 15 when she met a 'lovely' boy who was a good scholar, from a well-respected family who had successfully completed a law degree and progressed to good employment. The relationship went on for 2½ years without any outward signs of any problems (*continued next page*)

until Loraine's daughter called a halt to the relationship due to his unusual behaviour. Just 1 week later, Loraine's daughter was the victim of a murder/suicide at just 17 years old.

The forum gave an opportunity for a time of sharing and discussion until it became very obvious that most of those attending, both male and female, has similar stories of some form of violence during their lives.

At the conclusion of the forum, DGE Paddy asked PDG Don Pritchard (pictured at right) to outline the benefits of a Special Purpose Lions Club and how members could have access to other Lions partnerships/initiatives and foundations. DGE Paddy then asked all attending to complete a brief contact information sheet which also called for expressions of interest from both Lions and non-Lions, who would be like to be involved in



beginning a Special Interest Lions Club to tackle Violence in the Community. The result is that already 8 non-Lions wish to establish this group, and so DGE Paddy's dream is a now a reality and the Lions against Violence story has begun.

Congratulations to DGE Paddy for her foresight in seeing the possibilities of Lions assisting our community beat the violence epidemic that is now ravaging so many – WATCH THIS SPACE – DGE Paddy hopes to see violence a thing of the past very soon.

Written by PDG Lyn Shoemark



Lions Clubs International FOUNDATION

In March I found myself needing to call for urgent assistance to enable District C1 to be seen to be pulling its weight with regards to LCIF donations.

I am so pleased to say that 9 clubs heeded my call. I would like to say a HUGE thank you to these clubs, namely:

BAROSSA VALLEY, CITY OF ADELAIDE, CLARE DISTRICT, CLEVE DISTRICT, GOLDEN GROVE, LE FEVRE PENINSULA, MODBURY, UNLEY & WHYALLA MOUNT LAURA with a special thanks to both Clare Districts & Unley who have managed to donate during all 3 quarters this year, and to both City of Adelaide and Golden Grove for their large donations.

Overall this year donations have been received by the following



Thank You!

17 clubs with the quarter in which their donation was received:

ATHELSTONE 1st - BALAKLAVA & DISTRICT 1st - BAROSSA VALLEY 3rd - CITY OF ADELAIDE 3rd - CLARE DISTRICT L C 1st 2nd 3rd - CLEVE DISTRICT 3rd - ELIZABETH PLAYFORD 1st Megan Butler & Peter Korndorfer Contributing Member - GAWLER 1st - GLENSIDE 2nd - GOLDEN GROVE 3rd - LE FEVRE PENINSULA 3rd - MODBURY 1st 3rd - PARALOWIE 1st - PROSPECT-BLAIR ATHOL 1st - ROSTREVOR S.A. 1st - UNLEY 1st 2nd 3rd - & WHYALLA MOUNT LAURA 3rd.

As we are still well down on own goal for the year – in fact we are still only 30% to our goal – I would really like to encourage all clubs who have not already made a donation to think very seriously about this during their distribution of funds at the end of the year.

Additionally, as the above information is as at the end of March, there may have been more clubs that have sent in donations, I apologise if your club is not included in the above list and many thanks also, but the information above is based on my end of March reports.

As we have 63 Lions, 2 Lioness and 2 Leos clubs in our District, there is still time for those that have not yet sent in their donations, to do so.

REMEMBER: ONLY send donations and Melvin Jones Fellowship (MJF) applications to District Treasurer Jenny Rayner at PO Box 55, Lyndoch SA 5351 URGENTLY so that she can bank your donation into the LCI/LCIF Newcastle account and notify LCIF. There is just sufficient time to have a MJF in time for your Handover Dinner – if you act NOW.

Once again, many thanks and I look forward to working with the clubs of District C1 during the rest of this Lions year and into the next.

PDG Lyn Shoemark

District C1 LCIF &

International Relations Chairman

Special Notice from the editor

Next month I will be leaving Australia and so any late entries for the Bulletin will be held over until I return. (late June),. I will not be connected to email until I return as we will be on a ship

Next edition (June) will be sent out no later than 25th May.

The following Bulletin will be compiled after I return in June .

A man got hit in the head with a can of Coke, but he was alright because it was a soft drink.

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

City of Adelaide Lions

Fred's Van

The Club became aware of Fred's Van in the mid-1980s when their first van was set up three nights each week in Currie Street Adelaide to provide food for the homeless and street kids. (The van was located near the office of a Club member).

Club members PDG Brian Carter and Dean Scott ascertained that Fred's Van was an activity of St Vincent de Paul Society and after an approach to them the Club agreed to replace their very inadequate van. Through member contacts we were able to secure a very good van at a reasonable price and also provide some additional funds to fit it out. Hence the Club commenced a continuing association with Fred's Van.

Since the initial involvement we have been instrumental in negotiating with the Government of the day to establish a regular site in Gawler Place (its current location). Through an approach to the Lions International Foundation (LIF) funds were obtained to build a kitchen in premises owned by St Vincent de Paul Society at Hawthorn and we provide additional funding from time to time to maintain the kitchen. The Club has also provided funding to purchase an additional van as the need for their services have expanded across the greater metropolitan area.

In the early 1990s we commenced providing barbeques twice a year on a Sunday evening, subsequently increased to four nights per year and over the past few years to bi-monthly. The clients of Fred's Van look forward to coming because we provide a different meal for them.

Today, we have members cooking a BBQ alongside Fred's Van once a month in Gawler Place, feeding between 70 and 130 people.



A Busy Few Months

The Lions Club of the City of Adelaide has had a very busy few months. We have supported events including Down Syndrome SA's Family Fun Day, Adelaide Central Market's Birthday Celebra-

tion, Overcoming MS fundraising event, supporting a Neighborhood Popup Café, donated hundreds of spectacles to Lions Recycle For Sight project, Fred's Van once a month and catering for a 50th Birthday, just to name a few. We also donated \$2,500 to the Cyclone Winston Appeal.

We have had some fantastic guest speakers come along to talk to our members about Mongolia, the Royal Flying Doctor's Service and Africa.



We also had a visit from Lion Brigitta who is a member of the Arlington Host Lions Club in Arlington, Virginia, and a couple of Lions who have moved to Adelaide from India are transferring to our Club. We

have also welcomed a few new members to the club.



At our last meeting, we also welcomed our newest member, Leonardo Di Lion, to our Club. You can meet Leonardo at many of our events. He's a friendly lion. (see photographs).

Our members enjoy keeping busy with a wide variety of activities and events.

We've begun to long for the pitter-patter of little feet, so we bought a dog. It's cheaper, and you get more feet.

Australian Lionsonoz in Action

While visiting Tamworth Peel Valley Lions club in March, Australian Lionsonoz member PDG Warren White was pleasantly surprised when he was presented with over 5,000 used postage stamps. They had been previously counted by Lion Amanda Gwalter. The stamps had been collected from the public, Tafe New England and as well as this, many places that have big mail rooms had also been harassed.

As the Club President Lion Anne Sanders was aware that Lion Warren would be visiting South West Rocks in a couple of weeks' time and would be delivering used spectacles and other used postage stamps to the South West Rocks Lions Club it was an ideal opportunity to be able to transport the stamps there safely. South West Rocks Lions Club have been for many years the outlet for these recycled items collected in District 201N1.

Lion Warren had another reason to be visiting Tamworth Peel Valley Lions Club. He is in the process of introducing a new member to that Club.

Australian Lionsonoz, while promoting the retention and the building of Lions Clubs, do not accept members into their midst unless they are current or past Lions with Lions experience.

The reason for this is that Australian Lionsonoz is what is known as an "E Club" and meet on the internet once a month. Having members scattered all over Australia and New Zealand who rarely meet each other face to face except when their paths cross in their travels or at Conventions, a new Lion just could not get assimilated properly into Lions ways and so they are either directed to a "main stream" Lions Club or as in this case, able to be introduced and sponsored into a local Lions Club by a member of Australian Lionsonoz.

The new member will be inducted into Tamworth Peel Valley



Lions Club on 21st April 2016 by Region Chairman David Emanuel.

Pictured: Australian Lionsonoz member PDG Warren White accepting over 1.5kg of used postage stamps from Tamworth Peel Valley Lions President Anne Sanders and TPVLC member Amanda Gwalter. These stamps will be sold and the proceeds used to help the Australian Lions Children's Mobility Foundation.

GLAUCOMA AWARENESS

Although the World Glaucoma Week had been on 6-12 March, it is still important to beat the invisible Glaucoma.

'Glaucoma is a common eye disorder affecting visual function through damage to the optic nerves. The disease slowly damages the fine nerves connecting the eye to the brain. The damage generally occurs when the pressure rises in the eye. In early stages, it shows no or few symptoms and if left untreated, it causes a loss of peripheral vision, which can result in tunnel vision and even total blindness, which cannot be restored.

If detected early, the mainstay of treatment is daily eye drops to reduce intraocular and slow or halt death of neural tissue in the optic nerve. It is an age related disease increasing after the age of 40 years. The condition affects one in 15 people over the age of 70. Having a family history of glaucoma or raised intraocular pressure are two important risk factors for developing the disease.' www.lehp.org.au

GLAUCOMA AWARENESS

- "Glaucoma is the leading cause of irreversible blindness worldwide.
- One in eight Australians over 80 will develop Glaucoma.
- First degree relatives of Glaucoma patients have a ten-fold increased risk of developing the disease compared to the general population.
- 50% of people with Glaucoma in Australia are undiagnosed.
- Australian health care cost of Glaucoma in 2005 was \$342 million."

www.glaucoma.org.au

So, inform your family if you have Glaucoma, or if you suspect you have it, do something about it!

"The best protection is to have a regular and comprehensive eye check that includes a review of the optic nerves. This is more than just an eye pressure test". www.glaucoma.org.au For more information check www.lehp.org.au or www.glaucoma.org.au.

'Vision impairment is a huge, vastly underrated and overlooked problem in Australia'. www.lehp.org.au

By becoming a participating Club (see the www.lehp.org.au site for details), you can get valuable brochures and resources on preventable vision loss. Place brochures in places like Opticians, doctors offices, Council offices, local community notice boards, schools etc. When out selling Bingo Tickets, have brochures on display on the table and offer them to the public.

It is only with more education and public awareness that we can make a difference in reducing the incidence and impact of vision loss.

Judy Higginson

C1 LEHP CHAIRMAN

MENTAL HEALTH AWARENESS

I have always had an interest in everyone's happiness and overall wellbeing, but my passion and interest in mental health has always been for men and the youth, in particular in rural areas, where the number of suicides are higher. Over the years, I have known many men and youth, who have paid the ultimate price, which is such a tragic waste of life.

"On average, 1 in 8 men will have depression and 1 in 5 men will experience anxiety at sometime.

While women are more likely to experience both, men are less likely to talk about it. This increases the risk of their depression or anxiety going unrecognised and untreated. Depression is a high risk factor for suicide, and in Australia, there are approximately 2,200 suicides each year. 80 per cent are by men, with an average of 5 men taking their lives every single day. Suicide is the leading cause of death for men under the age of 44, significantly exceeding the national road toll.

It's important to remember that depression and anxiety are illnesses, not weaknesses, and effective treatments are available." www.beyondblue.org.au

Until we remove the stigmatisation of mental health as being a weakness, rather than just another health issue that needs to be dealt with, and openly start talking about it, these figures will just continue!

This is where as Lions we can help. Lions Australia has partnered again with beyondblue to help people across Australia look after their mental health and tackle depression and anxiety.

This is a Lions National Category C project to tackle social isolation, depression and anxiety. Through our 'Lions Care' project, Clubs can become involved in 3 ways:

- **'Be a beyondblue bridge builder:** By simply reaching out to isolated community members and inviting them to join in Club life, so you can help people reconnect.
 - **Black Dog Ride Ambassador:** By hosting riders, who are taking their suicide prevention to communities across Australia. You can help by welcoming and feeding hungry riders, or if a ride isn't coming to your town, why not host a BDR speaker at a community meeting?
 - **Be a Lions' Great Mate:** Many Lions Clubs are great mates with other organisations working to improve mental health outcomes in their communities. You can build on this mateship by developing new projects that address mental health.' www.lionsclubs.org.au
- So, please view our website, go to Activities, down to Health and then across from there to

'Lions Care' 2015-16 National project.

Also, visit the www.beyondblue.org.au site to find more valuable information. You may choose to just donate to beyondblue, but better still would be to hold a bbq or other event etc. to make the public more aware of this major health issue and have brochures on hand to give out. Again, see the site again for their suggestions on how to fundraise for the cause.

If you need brochures, either go to the website or contact myself, and I can arrange to get some. I am currently organising brochures for the van to be taken to events. I believe Lions should make the 'Lions Care' project, an ongoing project to show our commitment to promoting Mental Health Awareness.

BE AWARE: Of how you are feeling, or other people are feeling and if needed, seek help.

SHARE: How you are feeling, talk to someone or seek professional

help. Share your time by listening to someone with problems, and then help them seek help.

TAKE CARE: Of yourself, your family and friends and isolated community members.

DARE TO CARE - EVEN MORE!!

Yours in Lions

Judy Higginson

MENTAL HEALTH CHAIRMAN

LIONS CLUB OF PETERBOROUGH & DISTRICT NEWS UPDATE

At the dinner meeting on Tuesday 15 March, the town's new Community Development Officer, spoke on the new programme for youth initiatives, including re-opening the Youth Centre, driver training courses and youth awareness programs, and also how we can become involved in it. Some members are interested in becoming involved with the new programs.

On Saturday 19 March, members were at the town's Basketball Grand Finals from 4-9pm, cooking a BBQ and selling donuts to the large crowd, which was a successful night for the Club.

Sunday 20 March, saw members set up the Football Clubrooms and make salad rolls, as the Club was providing a light lunch for approximately 200 Black Dog Riders, who were on their day trip ride, having left Nuriootpa earlier.

The Black Dog Riders ride to promote awareness for men's mental health, including depression, etc. President Vanessa Malycha presented the organiser with a cheque for \$100.00, on behalf of our Club.

On Saturday 26th March, members were kept busy at the Art and Cultural Festival markets, selling donuts and fairy floss from 9-3pm. This was another successful day for the Club.

Members continue to do weekly Bingo Ticket selling in the Main Street, which is always popular.

On Tuesday 12 March, some of the Club members will be involved in cooking and serving a bbq to the public at the Steamtown Heritage Rail Centre.

A large crowd is expected to see the arrival of Diesel Loco 863, (originally commissioned here in Peterborough in June 1963), being brought home to be permanently displayed in the Centre.



Balaklava Lions

Recently, Balaklava Lions Club hosted the Tumby Bay Lions who came over to join some of our Lions help clean up property after the Pinery Fires. Some of the Tumby Bay Lions went through the same experience in 2010. Those who suffered losses feel vulnerable, frustrated and depressed as they tried to decide where to start or doubt that they will ever manage to recover.

Balaklava Lions found a family that needed help. They were reluctant to ask for help until the Lions convinced them that were there to support them in whatever they wanted done. After three days, the owner was visibly changed and became enthusiastic about the work being done. Burnt trees were cut down, the area where the house once stood was cleared and fences were repaired. Cut timber was removed and stored for future donations and for fund raising. Lions from both clubs worked solidly for four days. The owner organised an area for his replacement house.

It was a great experience for both clubs. It was like an interclub visit and we made friends who invited us to stay with them when we next visited the west coast.

On the day of the fire, our club gathered within an hour and stocked the BBQ trailer with bottled water and Lions mini cakes. We then joined Mallala Lions who had been working with Balaklava Lions for some months. A few hours after the fire went through Tragger Road where many home were lost, we called into properties. We handed out bottles of water, put mini cakes into pockets and gave many hugs.

We noted that it took some time to set up food stations for volunteers and saw that the mini cakes were a good interim measure. They fitted well into the CFS uniform pockets so maybe other clubs might like to consider donating some each summer for emergency packs

Kossie Chegwyn



**Lions Clubs International
FOUNDATION**

21st April 2016

DEADLY EARTHQUAKES STRIKES TWO NATIONS

Dear Lions, Lioness and Leos,

Over the last week we have had two earthquakes strike both Japan and Ecuador. In Japan the quake struck the Kumamoto Prefecture late last week. Another quake struck Ecuador only 24 hours later this earthquake had a magnitude of 7.8. Hundreds are dead, thousands are injured, and many more are homeless

Lions Club International Foundation (LCIF) has responded by awarding major catastrophe grants to both Japan and Ecuador, but the people impacted by these terrible disasters will need your help to recover. That's why we're asking for **your support**.

A Major Catastrophe Grant of US\$250,000 has already been approved to help fund relief efforts in Japan, with a further US\$150,000 being mobilized for Ecuador.

Your donations will help provide immediate relief – food, water, clothing, supplies, and temporary shelter – and ongoing assistance. Lions will be there to help those communities rebuild and regain hope following these disasters.

Lions your generosity enables us to respond to disasters whenever and wherever they strike. We hope that you will keep the victims in your thoughts and prayers, and we ask you to join us in giving as only **LIONS** do.

Your donation to the **LCIF Disaster Relief Fund** will enable much needed assistance to be given to Disaster related projects throughout the world including Japan and Ecuador. **Send your cheque in Australian Dollars to your District Cabinet Treasurer.**

Your donation to the Disaster Relief Fund will be eligible to go towards a Melvin Jones Fellowship or Progressive Melvin Jones Fellowship.

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

Please help

Yours in Lionism,

Tom Becker

Lions Clubs International Foundation – LCIF MD201 Co-ordinator

MDC PDG Tom Becker JP (Qual)

1 Nicole Court, ANDERGROVE. MACKAY QLD 4740

+61 (0)7 4952 259; +61 (0)428 552 295;

tombecker56@gmail.com

Vale Deceased Members

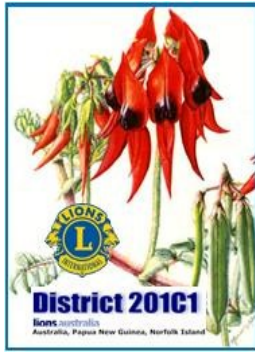
March 2016

Balaklava & District Inc

Mr Cameron (Cam) Wood

Port Augusta Inc

Ms Margaret Nobbs



DISTRICT 201C1 DISTRICT GOVERNOR HANDOVER DINNER

SATURDAY 9th July 2016

Barossa Weintal Hotel Resort in Tanunda
Saturday 9th of July - 6.30pm for 7.00pm

Cost

\$40.00 per head

(including wine on the table to start)

Please Note:

The Hotel is offering discounts on accommodation charges for Lions attending the function.

If you book accommodation, let them know when booking you are attending the Lions District Handover Dinner.

Please contact Cab Sec Vanessa with your booking.

Payments via cheque or Direct Deposit to

201C1 Administration Account: BSB 105-057 A/C No.
029004140

Stansbury Lions



President Graham Klose

Graham is sitting in a wheelchair on the special weighing scales bought for the Yorketown and District Hospital with aid of an ALF grant



President Graham Klose, Gordon Collins, Treasurer Ron Duncan

Christmas gifts were presented to all residents at local Nursing home Eldercare Elanora just prior to Christmas. Gordon Collins, prior to his health issues, was a long time member of the Lions Club of Yorketown & District before its closure a few years ago .

Nurse: "The invisible man is here for his appointment."
Doctor: "Tell him I'm sorry I can't see him right now."

A lot of people cry when they cut an onion. The trick is not to form an emotional bond.

Math Teacher: "If I have 5 bottles in one hand and 6 in the other hand, what do I have?"
Student: "A drinking problem."



*President Geoff & PDG Lyn Shoemark
together with*

President Elect Graeme & Lions Partner Enid Pascoe and the members of

The Lions Club of Golden Grove Inc.

cordially invite

Lions, Lionesses, Leos, Lions Partners & Friends of Lions

to their

2015/16 Handover Dinner

Date: Tuesday, 28th June, 2016

Time: 6.30pm for 7.00pm start

Venue: Golden Grove Tavern

*Cnr Golden Grove Road & Grenfell Road
Surrey Downs*

Cost: \$25.00ph

Menu - Choice of 3 Mains + Dessert

Drinks available at Bar

RSVP: 14/6/2016

Please advise any Special Dietary requirements

To Lyn on 8251 0753 or 0438 011 453



Friendship is the most wonderful experience as nothing is more valuable than giving yourself to serve somebody. A lion who was a credit to his generation.

Obituary

Lion Neill Oswald Blowes 1236567

Port Lincoln Lions Club Inc.—1997/2016

Lion Neill Oswald Blowes a lions member in his 40th.Year of Service with a perfect attendance record.

He was an International Lions Life Member, James D Richardson Honour Award, Melvin Jones Fellow and Club President 2011/ 2012.

Lion Neill welcomed the opportunity to support his community and indeed the less fortunate, his service record is a tribute for his direction and path that lions have the privilege to serve.

On numerous occasions Neill highlighted the issues he believed would be the successful delivery of lions working together for their communities. He was a "People Person", quiet but humble and so much wisdom vision and class.

More recently Neill was awarded The Port Lincoln Lions Club Inc. Lions Mint Excellence Award from mint chair Lion Malcolm Bagnell. His leadership and mentoring qualities was rewarded for his 20 years selling Lions Mints for a record sum of \$22,269.00.

DG Rob Royal congratulated Neill on a life of dedication for service and that he lived the Lions mantra "We Serve".

Lion Neill will be remembered by his lions friends, Marie, and many others in the community for his outstanding friendship qualities and worthiness to serve others and as a lion.

RIP

1934/ 2016

Lion Neill Oswald Blowes

President Iain Adams April 2016

Port Lincoln Lions Club Inc. (22845) 201C1





ABOVE from left, Jeff Clark (Balaklava Lions), Ned Roberts (Tumby Bay), Ian Fulton (Tumby Bay Lions president), Peter Chegwyn, Des O'Halloran (Balaklava), Tom Tierney and Deanne Liddicoat (Tumby Bay).

Lions keep busy

Since the Pinery fire last November, Balaklava Lions Club members have been busy helping victims with general cleanup tasks, including cutting up and removal of fallen limbs, tidying fence lines and house sites and more.

Word of the work Lions clubs had been doing has spread far and wide, including as far away as Tumby Bay.

Members from Tumby Bay Lions Club contacted Balaklava Lion Club's secretary, Kossie Chegwyn, a week after the fire, working on a plan to help those in need - but at the right time.

Four men from Tumby Bay, Ian Fulton, Ned Roberts, Deanne Liddicoat and Tom Tierney, arrived in Balaklava last week, to offer their help for the next week.

The men all have experienced the personal devastation from fires before, with Ian losing his home to fire some years ago.

"They have been in this position before and knew farmers would need help at this time rather than straight after the fire," Kossie said.

The men, with help from local club members, were photographed helped

clean up some properties along the "nine-mile."

When local Lions members heard the men were coming here, they were happy to open their homes to billet the men, with Snooks and Chegwyns billeting two men each.

Other Lions Club members provided meals during the week, and were very grateful for the help and expertise provided by the Tumby Bay men.

The Lions club has also has other community projects on the go, including the repainting of the gates at Balaklava Cemetery.

They are now, quite literally, "The Pearly Gates!"

And a new outdoor table and chairs setting at Ira Parker Nursing Home, set on the site of old brick and lime kilns, has been provided by the Lions Club which is greatly appreciated by residents and visitors at the Home.

The Lions Club is always looking for more community minded members, so if you'd like to join or know more about what they do, please phone Kossie on 0408 899 984.



Leonie and Ray Inglis of Balaklava (above) and the repainted gates at the Balaklava Cemetery.



Balaklava Lions Kevin Roberts, Jeff Clark and Peter Chegwyn take a well earned break after installing new seating near the Balaklava hospital.

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

Will you recognise your heart attack?



Do you feel any

pain

pressure

heaviness

tightness

In one or more of your

chest

neck

jaw

arm/s

back

shoulder/s

You may also feel

nauseous

a cold sweat

dizzy

short of breath

Yes

1 STOP and rest now

2 TALK Tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000* Triple Zero

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.

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