

District C1 Bulletin

Rob's Dream

November 2015



DG Rob Royal

Contents

Barking Mad p 4

Make a difference to a disabled child p.5

LCIF p. 5

Clare Lions p.6

Eye Health p.6

Refugee Crisis p. 7

Paralowie and Peterborough Lions p. 7

New Lions p.8

YOTY Zones 10 & 11 p. 8

Lions 100 Years Celebration p.10

Glenside Lions p. 9 and p. 10

Bandit Graduates p.10

Mental Health and Lions p.10

Deceased Lions p. 10

Burnside Lions p. 11

Pt. Augusta Lions p.11

Pt. Lincoln Lions p.11

Conventions pics p.12



International President, Jitsuhiro Yamada

What a month it has been. Finally Sandy and I have moved into our new home in Clare. All that means is a heap of work unpacking and reorganising. plus some feature wall painting, shelves to be made, office to be setup with its inbuilt desk and of course look after what is there already, like the vegi garden and new plantings etc. I'm not complaining, it is really quite exciting, but we could have organised it at a different time of the year. I have to say that many Lions have helped us move and settle into our new home. We thank you all, and maybe this is a side benefit of belonging to a great international organisation. The friends one makes and unsolicited help that occurs when special events occur is amazing.

Then there was the C2 convention at McLaren Vale. It was a good convention with a good mix of info sessions, great guest speakers, social and the required AGM activities.

Importantly for us in C1 they passed a couple of important motions at their convention. These being:

Having a joint C1/C2 Convention in 2017 hosted by C2 Club Edwardstown and the C1 club City of Adelaide where it will be a true joint function of the two districts

That the expanded Skin Cancer Screening project be supported by Lions clubs to ensure that it moves to the next level with a mobile screening facility.

After the C2 convention Sandy and I had a few clubs to visit on the west coast, this time with our new caravan. What a way to have your first real test run. We then moved the van to Port Pirie for the convention.

From a personal point of view I was really pleased how the C1 Convention panned out. It is an increasingly difficult balance job of mixing quality of program and cost of function. Add to that rules imposed by some organisations re catering in festival centres (or pay the higher costs of their "preferred caterers") and it becomes a real balancing act. And the Port Pirie Convention Committee did it well. In my view very well, and I thank all the convention chair and committee members for pulling that off.

Obviously when one organises an event like that some minor inconveniences occur. Friday night's opening ceremony was in my view just right. A simple but tasteful flag ceremony, followed by a sensitive remembrance ceremony with that so fitting background music provided by the local trio. The supper that followed offered plenty of food/drink for all associated with the necessary

opportunities to meet with both old and new friends.

Saturday's sessions went well. All nominations were successful, so congratulations to Paddy (DGE), Megan (1VDG) and Phil (2VDG) and Phillip (LMRF).

Notices of motion were passed. Thanks to all, as we now can move forward with the planning of a joint 2017 convention with C2 and also to move the Skin Cancer Screening project to the next level. Some valid questions were raised about the project and its funding and management. That was OK as the subcommittee is already preparing a detailed Business Case that will address all issues including initial Capital (once off) costs and ongoing costs over at least the next 5 years including vehicle maintenance and housing, drivers, screener training, screener transportation and accommodation, screening logistics via clubs etc.

I would expect that this plan will be distributed soon and it will define how the initial capital costs will be delivered and then the ongoing 5 year costs are to be handled. There is a high level of confidence that a number of commercial and medical professional organisations may well meet the ongoing costs for the next 5 years. That will mean that Lions clubs will not have any additional costs imposed on them at all. Club involvement will be in assisting with the logistics of bookings etc. for a screening in their locality.

If for some reasons additional funds are required, then we will need to go back to all Lions and clubs at the next convention for that approval before any commitment is made. Also it is important to state categorically a concern raised by some with some past bad memories that this project will not go ahead in any way by borrowing any funds at all.

This project already saves lives. This project already has reduced community health cost significantly by identifying potential problem lesions early where treatment costs are measured in tens or hundreds of thousands of dollars. And we are not even adding the personal impact of early detection. After going to the next mobile level we will be delivering more screening events and importantly the van will proclaim to the world that this is a Lions event. We will raise our profile in your community significantly. We will save more lives, and we will reduce the impact of skin cancer in our community.

Then we had Past International President Barry Palmer AM. I think most considered his address as both very powerful and most relevant. We were very fortunate to have him with us. This was requested over 2 years ago!!!



*PIP Barry Palmer
speaking at the Port
Pirie Convention*

Saturday afternoon started with the C1 Youth of the Year final. Again, what a group of future leaders. If there were a couple of qualities that described the finalists these were personal confidence and real connection to issues confronting our community today. Thanks to Ken Bradford for pulling this together.



The Youth of the year Contestants

Then John Muller had some significant statements on club health and growth. For some it may have been a bit challenging, but he was right. We must review where we stand in our community and how our clubs are run. Then we can think about growing.



John Muller addressing the Conventioneers

Y100 Celebrations and programs were put forward by Y100 Coordinator Rosemary Wenham. More is coming in the next few weeks on this great opportunity for clubs to be involved in this national campaign with News Limited papers and magazines. Please check out the web site for more info. If you have a query please contact Rosemary Wenham or myself.

Registrations of interest are required by the end of next month before News Limited papers and magazine start publicising the 100 project campaign and start the soliciting from the community their recommendations for what they think are the more important projects in their community

First thing Sunday we had a presentation from COTA, all about retaining mobility as we age adding to our quality of life. I noted that local member and Minister Brock made many notes about the benefit of the program. I am going to sign up when they establish in Clare. I urge you to check it out.

The convention was closed on Sunday after an open forum on how can Lions and Government at all levels work better with Lions heavies Barry Palmer & John Muller and polities mayor John Rodhe and local MP and Minister Geoff Brock. This session was a risk, however it was moderated well by Carlene King who kept us all on track.. It could have been a flop or great success. We ran out of time and we could have gone on for another hour or so. The subjects raised were relevant and I am confident that the overall view was that it was a very positive event.

Sunday evening resulted in a very layback and relaxed happy hour or so. What a great way to end a convention weekend? If you were there and enjoyed it, tell your friends to go next year.

If there were things that you think could have been improved please let me know. For those who attended there was a review form in your registration bag. If you did not complete it at the even please do so now and return to the Convention Chair Lance Leak. If you do not, how do you expect us to improve on this event for next year? Please complete these forms and send them back.

In summary, a great month and I feel a great convention. If you were unable to engage this time, please consider going to the next convention.

To all Cabinet members I urge you to plan your attendance at the next Cabinet Meeting in February 13/14 in Peterborough. Saturday evening could well be a special event at the Railway Museum and evening light show, followed by cabinet meeting Sunday and maybe a casual BBQ before going home on Monday. If you work please plan for it. Make it a great full weekend. Importantly we will also show to our regional members that we are not just a city based organisation. From the city it's a 3 hour drive, come as a group, hitch a ride. Book into a pub, motel, and cabin or bring a caravan and camp on the Lions Shed paddock!! However you get there, just come. If you want to make a mini tour out of it with a van, please say so and we will organise something on the way there or on the way home. (Station visit? Eco site visit, check out Radium Hill? Do some gold panning? etc. etc. Suggestions anyone?)

Next month I hope to have a plan to put to you requesting assistance in establishing a new club on the west coast and may be another in the metro area. Also there is some news about

new Leo's clubs being established in the Hills (Birdwood) and the city (Golden Grove). I hope to have more great news on these new clubs in the next Bulletin.

Yes I know this article is big, but a lot has happened in the last month.

I just wish that more Lions than the 32 clubs that attended the convention attended. Only 200+ individual Lions registered for the convention, while these figures were a little better than the last few years, in my view they are also disappointing. Too many Lions are missing out on the positives from attending conventions. We all learn new things and we all can have a great time doing it !!

I look forward to meeting more Lions at the next convention.

Regards

DG Rob

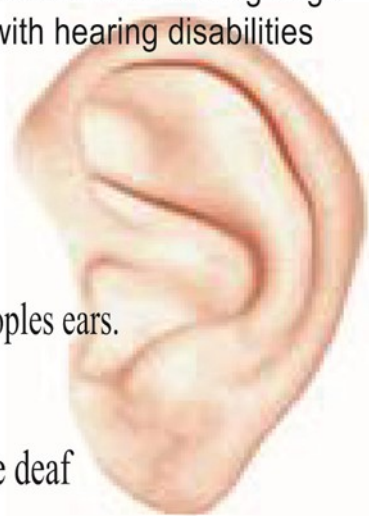


Barry Palmer, Carlene King and guests at the Mayoral Reception

Barking Mad

To some people the sound of a barking dog can drive one silly

For some people they only wish they could hear the sound of a barking dog. It is these people that Lions Hearing dogs want to assist. Lions Hearing dogs is your LIONS HEARING DOGS project for people with hearing disabilities



Your individual or CLUB Support can be music to deaf people's ears.

Lions Hearing Dogs are providing the ears for the deaf and hearing impaired people of Australia

Be proud to show your Club Support when your thinking about donations and further support by buying the new 2016 Calenders and pens even as a gift to people speaking at your Club meeting

Please contact Bill Holmes 08-83887836
E: hearingdogs@picknowl.com.au
or David davhearing@Picknowl.com.au

Lions Hearing Dogs
Mount Barker Road
Verdun SA

www.hearingdogs.asn.au
home page-Support us



Lionsclubs.org.au
Activities-Disabilities

WOULD YOU LIKE TO MAKE A DIFFERENCE TO A DISABLED CHILD?

What do YOU do with those postage stamps on the letters you receive in the mail?

By snipping the stamp off before you dispose of the envelope in your recycle bin you can make a difference.

The Australian Chapter of Lions International Stamp Club (LISC) is always seeking new and used postage stamps, philatelic material AND unwanted collections which are sorted and sold at auction with all proceeds donated to the Australian Lions Children's Mobility Foundation. Please clip around the used stamps, leaving no less than 1/8" and no more than 1/4" around the stamp and send them to your nearest co-ordinator.

As the DG approved District C1 co-ordinator I decided to volunteer for this position after hearing what an amazing job can be done by something that most of us throw away on a daily basis with little or no thought.

There is no cost involved, but you can help by just by snipping off the stamps leaving around 5mm all around each stamp, and sending to me at:

PDG Lyn Shoemark

4 Libra Place

Modbury Heights. SA 5092

Once I collect a certain amount (usually around 3 – 4 kgs) I then send them off to the Australian Lions Stamp Collecting Club President – at present residing in Victoria. Each year this Stamp Club collects stamps from all around Australia, processes them (this includes trimming, weighing, sorting etc.) and then sells them.

The funds raised from their sale is then given to the Australian Lions Children's Mobility Foundation (ALCMF) to purchase items for children with disabilities. In the past the funds have purchased Walkers – last year they funded the purchase of 2 walkers for around \$14,000, the year before they also funded 2, and the year before, 1.

Due to the Government now taking on the provision of walkers, Lions and the ALCMF are now funding other items that are required by children, such as wheelchairs, bathing and feeding aids, lifters, crutches etc. So you can see that you can be responsible in helping to provide items that children and their families may not have been able to purchase themselves, but which will make an enormous difference to their daily lives.

I look forward to receive any stamps that the members of your club may wish to provide for such a worthy cause.

PDG Lyn Shoemark, District Coordinator for Used Stamp Collection



**Lions Clubs International
FOUNDATION**

I trust the information I am providing is giving Lions a better view of what Lions Clubs International Foundation (LCIF) is all about & how those all-important dollars you donate are used to assist areas of concern worldwide.

This month I provide information on ways to give to the Foundation.

WAYS TO GIVE

LCIF relies on the generosity of YOU to carry out its humanitarian work. Donations make possible its worldwide efforts to restore sight, provide disaster relief, support youth & address other humanitarian needs.

To support these programs, there are four areas of giving from which to choose when making a contribution: Area of Greatest Need, Disaster, and Sight & Youth. Donations within these four areas are eligible for Melvin Jones Fellowship recognition; donations beyond these areas will be honoured by LCIF but will not be eligible for MJF recognition.

Area of Greatest Need: Supports all program areas & allows LCIF the flexibility to supplement initiatives where additional funding is necessary or where the need is most urgent. The funds go to projects that meet diverse community needs beyond sight, disaster & youth, such as the measles program, water wells & vocational training programs for the disabled. Donors are encouraged to consider this option when making a gift.

Disaster: Enables LCIF to direct the funds to the areas most in need following disasters to provide for immediate, mid & long-term relief. The Foundation will be able to immediately provide funds for large-scale disaster relief, rather than collecting & distributing funds over a period of weeks or months.

Sight: Funds seek to support hundreds of sight-related activities.

Youth: Supports the Lions Quest program & other initiatives such as educational infrastructure improvements & programs to assist at-risk youth.

Recognition Programs: Another area of providing funds to LCIF is by recognising Lions and/or members of community who your club believes has done an outstanding job. These include such awards as the Melvin Jones Fellowship, etc. - All Recognition Programs will be covered in a future Information Update.

PDG Lyn Shoemark

District C1 LCIF &
International Relations Chairman

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, look under Club information, then down to become a participating club.

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**. All Clubs should have received 2 copies of the poster of the new Children's Eye Health 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 them to hold the poster, promoting our 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! Some of the photos will be printed in the Dec-Jan Lion Magazine.

(Continued next page)

A monthly update from the Lions Club of Clare District

From "The Argus"

SUCCESSFUL SKIN CANCER SCREENING WEEKEND

Last weekend, 19th & 20th September, Clare Lions held a very successful FREE Skin Cancer Screening event in Clare. 214 members of the public, both young & old, were screened by trained Professional Demographers for signs of skin cancer. Patients with suspect areas of skin were handed a letter, and a recommendation that they attend their nominated GP for further investigation. Our great Lions Volunteers, helped with the necessary paperwork required, before ushering people to the examination rooms where the professionals carried out the screening process. The project provides no formal prognosis or diagnosis.

This FREE Lions Project is staffed by Volunteers and continues to save the lives of members of our community where either a screening service is not available, or those services are very limited. This can only happen with the continued support of our local community. Thank you, from the Clare Lions Club.



A happy Stephanie Bennett, our 200th patient after her screening on Sunday afternoon.



Lion Ian Denton, hard at work booking people in for their screening appointments.

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



An international refugee crisis is unfolding before our eyes. Hundreds of thousands of men, women and children from Syria and parts of Iraq flee violence in their homeland, seeking safety in Europe. Many European nations have agreed to take in refugees, but some governments are not equipped to handle the massive influx of people – most carrying with them what's left of their worldly goods in one or two suitcases. International aid organizations have responded. Along with federal governments, agencies such as United Nations High Commissioner for Refugees (UNHCR) is taking the lead, setting up refugee camps and organizing aid and support.

Lions Clubs International is providing assistance as well.

Lions Clubs International Foundation (LCIF) has provided grants to support refugee camps in Jordan and Lebanon.

- At the 2015 International Convention in Honolulu, we honoured Save The Children with our Humanitarian Award, providing US\$250,000 specifically for refugee camps inside Syria.
- International President Yamada has challenged Lions in all countries that have taken in refugees to contact their local and federal government to offer assistance.
- IP Yamada has also challenged Lions in other nations to contact Lions in the countries hosting refugees. There may be opportunities to provide support through international joint service projects.

Lions Clubs International Foundation (LCIF) is accepting donations to a designated fund. Send your donation to your nearest Lions Club who will forward your donation to their District Cabinet Treasurer for banking into the LCIF account. 100% of every donated dollar goes in Grants to Lions Clubs at the coal-face helping the refugees to rebuild their lives. A solution to the Syrian refugee situation falls upon governments around the world to solve through diplomatic measures and mutual cooperation. Until a solution is found, Lions are focused on the displaced refugees and how we, as Lions, can help provide basic necessities and bring dignity to those in need.

Sincerely,

Nigel Jeny

Board Trustee Lions Clubs International Foundation

Melvin Jones Fellowship

At a recent meeting of the Lions Club of Paralowie, President Elizabeth (Libby) March was presented with a Melvin Jones Fellowship. Libby was honoured for her work over a number of years in the Paralowie and other Lions Clubs and her recent stint as The District Hearing Dogs Chairperson. The award, that left Libby speechless! Was presented to her by IPP Graham Duffield and Lion Frank McRae.



LIONS CLUB OF PETERBOROUGH & DISTRICT NEWS UPDATE

Our Club Handover was held on Saturday 19 July, at the Railway Hotel, where outgoing President Chris Arbon gave her President's Report, and then gave attendance badges to members for their years of service.

Incoming President Vanessa Malycha, was inducted as President by Past District Governor, Lance Leak. Approximately, 60 guests attended the Handover. The following day, members enjoyed a pooled luncheon at the Clubhouse.

Our Club has been involved in many catering jobs recently, including:

- Saturday 4 July: Catered lunch for the Australian Girls Choir at Steamtown Railway Museum. Afterwards, most of the members attended their concert in the Town Hall.
- Tuesday 25 August: Catered for an evening meal for the Tractor Club in the Peterborough Football Clubrooms. The Tractor Club was travelling from Millicent to Alice Springs.
- Wednesday 23rd September: Saw the Club catering for the Austin 7 Car Club, with the 37 Car Club members enjoying an evening meal in the Football Clubrooms. The Car Club had driven from Adelaide and then spent three days sightseeing in Peterborough and surrounding areas.

The Lions Club of Orroroo hosted a combined dinner meeting with the Lions Club of Booleroo Centre, and our Club on Tuesday 1 September. Ten members from our Club drove to Orroroo, to hear guest speaker, 2nd Vice-District Governor Megan Butler. This is an

annual event, with each Club taking their turn to host the combined meeting.

Members have been busy pruning, weeding and fertilising the Lions Rose Garden and Memorial Wall gardens at the cemetery.

Members have been out to a farm to collect cow manure, which is bagged and sold at the monthly Art Markets. This is a popular fundraiser for the Club.

Lions were kept busy selling donuts and fairy floss at the Markets, which were held in the Main Street on Sunday 4 October, the long weekend.

The Club have made donations to: \$100.00 to the Lions Prostate Cancer Research; \$50.00 each to Haemophilia Foundation and Cranio Facial Foundation.

President Vanessa Malycha and Judy Higginson will be attending the annual Lions District C1 Convention to be hosted by the Lions Club of Port Pirie from Friday 16 October to Sunday 18 October.

Lions members are looking forward to the Annual Aged and Senior Citizens Christmas Dinner and Concert, which will be held in the Town Hall on Friday 27 November.

NEW MEMBER LIST

September 2015

Adelaide Italian Inc

Carmine Obbiettivo Sponsor- Claude Pronol

Athelstone Inc

Janita Hill Sponsor Malcolm McKay

Elizabeth Playford Inc

New Michael Sponsor Trish Lisa Aplin

Gilbert Valley Inc

Richard Ashman Kelvin Schwartz

Mallala & District Inc

REYNOLDS-ROWE SAND Sponsor Ken Montgomery

CAROLINE SCUTCHEON Sponsor Ken Montgomery

Milayne USNAINSKY Sponsor Ken Montgomery

Stansbury Dalrymple Inc

Barry Schilling Sponsor Peter Gates

ZONE 10 AND 11 YOUTH OF THE YEAR FINAL

Youth of the Year Zone 10 and 11 final was hosted by the Lions Club of Whyalla Inc on Sunday 13th September at the Whyalla Sea Rescue Squadron Inc Clubrooms.

Contestants, Lions members and family members were welcomed with morning tea to fill in time while contestants were interviewed by the judges.

The judges on the day were Pat Walker (ex teacher with 20 years involvement with Youth of the Year), Brett Spanberg (Principal Whyalla Stuart High School) and Trish Casey (Financial Adviser – Bridges). The Lions Club of Whyalla Inc are very grateful to the judges for giving up a whole Sunday to assist this very worthy cause. I think they went home with a few more grey hairs.

We had 3 contestants on the day. Kimberly Simmonds representing the Whyalla Club, Vinuri Gange representing Port Augusta Club and Alesha Hannemann representing the Cleve District Club.

Interviews were held during the morning, followed by a lovely BBQ lunch before the impromptu questions and prepared speeches were delivered.

Pat Walker Judges spokesperson, address the contestants and supports and stressed how magnificent it was to be in the presence of 3 such inspirational young ladies and congratulated their schools and parents for their support. Pat said that even though there can only be 1 winner, all contestants were winners in their own right for putting themselves out there and having a go at advancing themselves in the community.

Youth of the Year Zone 10 & 11 winner was Vinuri Gange from Port Augusta Club.

Public Speaking Winner was Alesha Hannemann from Cleve Club.

Congratulations to the winners, especially Vinuri, and we all wish her every success at the District Final in Port Pirie in October. Whyalla Club wishes to sincerely thank Kimberly Simmonds for supporting our Club with Youth of the Year for the past 2 years because we know exactly how involved her life is.

Thank you to Dean Parish for supplying the NAB banner and last but not least, to Whyalla Club Youth Chairman and Master on Ceremony for the day, Garry Pattingale and his wife Colleen for their continued support of the youth in our community. They have also been involved with Youth of the Year for 20 years.



Lions Clubs International

Celebrating 100 Years of Service

Our Centennial Celebration brings Lions together to celebrate 100 years of life-changing humanitarian service. Starting with the kick-off in July 2014 and ending in June 2018, Lions in clubs around the world will join in the celebration by expanding our community project work and inspiring others to join us in service.

It's an exciting time to be a Lion. Let's celebrate together!

Ways your Lions club can celebrate and serve

Organize Centennial Service Challenge projects to benefit youth, vision, hunger, and the environment and share your successes with your local media and on MyLCI.

Participate in the Centennial Membership Awards by inviting new members and sponsoring a new club and encourage your new members to participate in Centennial service projects.

Identify needs in your community and plan a Centennial Community Project to make a lasting local impact and share your Centennial projects through social media with the #LIONS100 hashtag.

Centennial Resources

Visit lions100.org for everything Centennial, including planning guides, project ideas, presentations, and videos to inspire

Join the Centennial Service Challenge at lions100.org/centennialservicechallenge

Invite new Lions to join you in service and celebration at lions100.org/centennialmembership

Start your Centennial Celebration today!

1. Talk about the Centennial with your club and invite them to join the celebration.
2. Choose a Centennial Club Chairperson and/or committee.
3. Create a plan for your club to Lead through Service, Invite for Impact, and Connect with your Community.
4. Share your plan with your District Centennial Coordinator — other clubs can benefit from your ideas.
5. Share the impact of your service on MyLCI at mylci.lionsclubs.org

Skin Cancer Screening by Glenside Club

Glenside Lions conducted a Skin Cancer Screening at the Burnside Community Centre on 25th and 26th July. Lion Noel O'Brien and his committee made the arrangements for this screening which is the first in Metropolitan Adelaide. This is a District 201C1 health project. 219 people from our community were screened over the two days.



Glenside Lions working with the screening unit.

Bandit Graduates

The Lions Club of Clare District is proud to announce that Bandit the Hearing Dog has passed his final test and has been issued with his Accreditation Disk. Bandit and his boss Melva Jones recently attended our meeting to receive his Disk, and to meet the members and partners of the club, a few of whom had not been involved with his training. Melva spoke of how Bandit has changed her life in so many ways. A big change she tells us is that she is able to sleep soundly, knowing that Bandit is in the house with her and will alert her to anything which may be of harm to her. Hearing Dogs Chairman, David Kennedy also attended the meeting to present our Club with our Hearing Dogs Banner Patch, and to give us more information about the program at Hearing Dogs. David is a very entertaining and informative speaker.....invite him to your club, he would love to talk to you.



Deceased Members

August 2015

Booleroo Centre & District Inc Mrs May Wauchope

Kimba Inc Mr Ian Cavenett

Unley Inc Mr Norman Forest

Glenside Lions donates \$20,000 to Legacy SA



The Club has just completed the 23rd year of Lions Club of Glenside Art Shows. This year we had over 150 exhibitors with some 460 works and again received a lot of comment for both the quality of the works and the professionalism of the event. The art show was



held from 20th to 26th May this year. Art show chairman Lion Bruce Spangler said this is another successful year for the Club.

In the centenary of the Anzacs' Gallipoli campaign this year, we were honoured to be able to work with Legacy SA as the beneficiary of the Art Show and delighted to present them with a cheque for \$20,000. Present to receive the cheque was Mark Boucher, Incoming President of Legacy SA and Geoff Barnes, Legacy Manager of Fundraising.

Legacy supports families of deceased armed forces personnel. Their volunteers are known as Legatees and these are the people who are assigned to look after family members of service men and women. There are 500 Legatees in SA and they have 19 staff members. They are very much in need of new volunteers as the average age of SA Legatees is 80 years. There are fifty thousand people eligible for Legacy benefits so they are actively raising funds.

MENTAL HEALTH – 'LIONS CARE'

I believe this is a very important portfolio, and I have asked a few organisations for information, which I am still awaiting on, including from beyondblue, and will forward this information to Clubs when I receive it.

I had hoped to have had this information for Mental Health Week, which ran from 2nd to 10th October nationally, with the World Mental Health Day always being held on the 10th October. Mental Health Week aims to activate, educate and improve community awareness and knowledge about mental health illness and reduce the stigma and discrimination associated with mental health problems.

Many groups associated with Health organisations, and community groups, including Lions, make the community aware of Mental Health Week through an official launch, community sessions, festivals, art exhibitions, theatre, or seminars etc. I attended a Mental Health Seminar in Port Pirie in late September, with 8 guest speakers, including the police, Uniting Care Wesley health team etc., and ex Senator Mary Jo Fisher, ambassador for Beyondblue, who spoke on her bipolar, which was an interesting night. The night showed how all the services worked together towards society's mental health illness and drug problems.

I hope that Lions members took the opportunity to attend some of these sessions in their communities to learn more about mental health, and to see how mental health illness can affect anyone, and how that you can help someone by being aware of changes in a person and try to help them, or get them to seek professional help. I am encouraging Lions to look at running community seminars and working with other health organisations, and becoming more actively involved in this campaign throughout the year. Awareness and education will help to take away the stigmatisation and discrimination of mental health problems, so people can freely discuss their problems, like any other health problem, without being ridiculed or shunned.

During 2015/16, Beyondblue and Lions are again coming together 'joining hands', under a National C category 'Lions Care' project to tackle social isolation, depression and anxiety. The 'Lions Care' project offers three ways to show that Clubs care through becoming involved in the 'beyondblue bridge builder', the 'Black Dog Ride Ambassador', and 'Be a Lions Great Mate'. There is great information on this project on our Lions website. Go to Activities, then down to Health and then across to 'Lions Care' 2015-16 National Project.

Your Club can compete for one of three Melvin Jones 'Lions Care' Awards, one for each of the three categories, which will be announced at the 2016 Lions Australia National Convention in Echuca. Details and information on how to enter are on the site.

I will be promoting the 'Lions Care' project, as through this project we can make a big difference to the lives of people affected with mental health problems in our own communities. If we can help save lives, then we will have succeeded – 'Lions Care'!

Judy Higginson – Mental Health

From Port Augusta Lions President

This month has seen Lion Shaun and myself attend the Volunteering SA & NT meeting at the Institute meeting room on Wednesday 2nd September 2015. I am still trying to find the time to draft up a page for our Lions Club to be included in the Volunteers SA & NT advisory booklet, so people in the community can get to read it and know of our Club and about some of the things we get involved in, along with other community and professional volunteer groups.

Next we had our dinner meeting on Monday 14th September and it was a good social evening with an informative guest speaker, Mr. Rolf Geeling from the Standby Response support and crisis service after suicide group.

To end our month of service to our community we had a very good attendance of 17 Lions and 5 helpers who all put in a great team effort to take table orders, well done girls and boys, to cook, plate up and serve 144 delicious main meals as well as dessert to a lot of West Augusta Football club players and supporters at their presentation night on Friday 25th September. It was a very busy night and everyone done extremely well. So a big thank you to all who helped on the night with their service and their humor.

Our Christmas Stocking raffle books are here now so see Lion Ivor, or Brenda for your raffle books to sell. The raffle will be drawn on Friday 11th December so get them sold quickly. Starting this Thursday and Friday we have a spot out the front of the Commonwealth bank to do sales and have the dates for the days we are allowed to sell in October, November and December, approved by the council to be there

For Fun

Through the pitch-black night, the captain sees a light dead ahead on a collision course with his ship.
He sends a signal: "Change your course ten degrees east."
The light signals back: "Change yours, ten degrees west."
Angry, the captain sends: "I'm a Navy captain! Change your course, sir!"
"I'm a seaman, second class," comes the reply. "Change your course, sir." Now the captain is furious. "I'm a battleship! I'm not changing course!"
There's one last reply. "I'm a lighthouse. Your call."

From Burnside Lions

Testing the Goods for Sale:

Some of our members will go to extraordinary lengths to test the goods for sale. Laurie is seen here testing out the bar-bells and if he can use them, then they must be Saleable.

Recently, we have had the services of some volunteers, Wally and Nicholas who have helped with testing and cleaning goods for better presentation.



Port Lincoln Lions



Past President Neill Blowes recently received the Melvin Jones Fellowship award from Past President Gavin Roberts.

From the Convention



First Conventioneers from Paralowie
Mayor of Pt. Pirie and Reg Tiller
At the DG Banquet



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, 509. 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