



District C1 Bulletin

Rob's Dream



DG Rob Royal

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International President, Jitsuhiro Yamada

The year is now well on its way. DG club visits by the DG team are almost finished with only a few to be complete by the end of September/early October.

One of the common comments by the DG team after the club visits was how many clubs are doing so well. Doing well in terms of membership stability and real growth. These clubs it was observed had a few common factors noted by the DG team:

Meetings while they followed an agenda, were relaxed, fun and did not take all night

There appeared to be a spread of projects for members to take on

Members respected each other

There were also a spread of social activities

It was fun to be a member of the club and achieve something for the community

It sounds obvious, but for the 9 clubs that fit that mould, unfortunately there is one that does not. So think about your club health and if you see areas with your club that you think need to change then do something about it. The GMT/GLT team has been very busy lately. Late August the GLT team ran a very well received Guiding Lion two day workshop at Pt Vincent. Thanks to Don Pritchard for putting this together and the team that helped deliver the variety of content.

This means we now have another 12 or so Guiding Lions who are well qualified to not only work with new clubs, but also those clubs that need to regenerate themselves and to start growing again in a sustainable way. So use them! If you need help to review the club's performance, or assistance on developing a marketing plan, or assistance in building community contacts / relationships, then contact the GMT team.

Following on this line of thought, the Pt Pirie Convention has a number of sessions that will be of value to all club management teams. Specifically we have a major address by John Muller, the Constitutional Area Leader Global Membership Team. On Sunday morning we have an open forum where all delegates can question/comment with our panel of senior Lions including PIP Barry Palmer AM, John Muller OAM and SA Govt Minister for Regional Development and the Local Council mayor on all matters relating to the building of contacts/ relationships with government at all levels. This session will be moderated by our most valued GLT

trainer Carlene King OAM.

This should prove both interesting and valuable to all. We will also have sessions where Club Presidents can meet with over your "bagged" lunch with Barry Palmer, or the club Membership team Chair with John Muller. These are great opportunities to have basically one on one chats with some very experienced Lions, not only to learn and listen, but also to pass on your views about Lions Issues of importance to you and your club.

I mentioned earlier that it has been a busy time, especially if you add in the ANZI Forum in Auckland at the beginning of September. What great events these are. To me there are two great reasons for attending an ANZI forum. The first and most obvious one is to learn through the many and varied sessions on a whole raft of subject matters. The other and possible of more value is meeting in a relaxed environment Lions from all around our region, including NZ, Indonesia, Pacific Islands and Australia. This includes some of the key players in LCI including past and current International Presidents. When you see and hear what we are all doing around the world and having a good time doing it, you really start to get some feel for how great this organisation is. Besides that you will make some great friends from all around the globe which will add a lot to that next holiday/trip whether in Australia, NZ or Indonesia. In fact anywhere in the world. What a hoot! Next Forum in 12 months' time is in Indonesia. Think about it.

I must finish on a sad note, acknowledging the passing of long time C1 Lion Ray Dix from the City of Adelaide club. Ray will be remembered by his absolute dedication to the Australian Lions Children's Mobility Foundation over its whole life. Yes Ray did "Serve" and he certainly did make a difference.

DG Rob

Notice. Rob and Sandy have retired from the working world and have bought a house in Clare. Our new address is 6 Opie Street, Clare, SA 5453. Phone contact at this stage is only via mobile so please be patient while Telstra sorts things out. We may have internet by the end of September!!



At the ANZI Forum Rob made a new friend who he thought would share all of the lollies he had around his neck

Deceased Members

August 2015

Kimba Inc Mr Ian Cavenett

Unley Inc Mr Norman Forest

It is with regret that I advise members of the passing of PDG Geoff Oates, on Sunday 30 August, in Victor Harbor. He was well known amongst C1 Lions

Our thoughts are with Lions Lady Eileen and their family during this time

Change of Club Officers

Paralowie had a change of Secretary from the 20th August, 2015.

Lion Julie Pickles

dajpickles@bigpond.com

contact No is 0411 637 513.

Libby March

Introducing Children's Eye Health

LEHP-Australia has recently launched Children's Eye Health as part of its program! Partnering with the Centre for Health, LEHP has developed a set of information brochures, posters, stickers and colouring sheets.

In addition LEHP has also updated its preventable eye disease materials and our website!

Lions – get involved with LEHP and make a difference in your community.

LEHP resources are free of charge! They can be ordered directly from the website lehp.org.au or by calling the National Program Manager on 1800 010 234

Are there children or a school near you that could utilise and benefit from our resources?



Melvin Jones Award Burnside Lions

President Barry Taylor presented Lion Indira with a memorial Melvin Jones Fellowship to commemorate and to honour the outstanding contribution to the welfare of those in need by her late husband and former member Lion Dr Reggie Seimon.





Elizabeth Playford Lions Club Shannon's Memorial Cruise

2015 GUMERACHA SHOW & SHINE

8 November 2015



Best of Show Voted by the public

Best Commercial Vehicle Voted by the public

Best Hot Rod - Best Modified Bike Voted by the public

Best Vintage Car - Best Vintage Bike Voted by the public

Best Pre 1978 Car - Best Pre 1978 Bike Voted by the public

Best Post 1978 Car - Best Post 1978 Bike Voted by the public

Best Car Club Stand - Best Bike Club Stand Graham Stewart Bob Jane Modbury



Sunday 8 November

Gumeracha sporting oval

10.30am to 3pm. All proceeds & gifts will be presented to Defence Special Needs Support Group for Children, the Lions Australia Spinal Cord Fellowship and the Smith Family



- FREE Public Health Screening
- Adelaide Classic Rock & Roll Dance Demonstration
- FREE Children's Rocker Cover Races
- DJ & MC Peter Panagaris
- FREE kids face painting
- Father Christmas with giveaways for the kids
- CASABLANCA Retro Fashion Parade
- Racing Cars & Bikes on Display
- FREE kids amusements
- Defence Force Memorial Service
- Club Car Owner's Memorial Service
- Lions Food & Drink Stalls
- Car and Bike Club Stands & Displays
- Automotive memorabilia Stalls



Adelaide Car Valuations



Public entry by Gold coin donation, Individual participant entry \$10 plus a wrapped Christmas present per Vehicle
Club car stand \$100, Club motorcycle stand \$100, Commercial trade stand \$150

For more Information contact Peter Panagaris 0403 328 910 or Ray Johnson 0413 277 191

gumerachashowandshine@gmail.com

www.gumerachashowandshine.org



GOLDEN PORT PIRIE 1965 – 2015 A ROYAL OCCASION

Your Annual District Convention is but a short few weeks away, from 16th – 18th October 2015.

Registration Forms are now available and circulated widely and we ask if you will forward them to P.O. Box 602, Port Pirie, 5540, as soon as possible to help us with our arrangements. We are working towards providing you a great weekend and it can only be better with a great attendance.

VENUES

Cabinet Meeting : Savoy Soccer Club, Main Road, Solomontown. (Parking available nearby at the boat ramp. 2 minute walk)

Friday Opening and Saturday Business Session : Northern Festival Centre, Gertrude Street. (Parking available)

Saturday Night : Port Football Club, Wandearah Road (Parking available, They have a great Chairman)

Sunday Morning Forum : Royal Port Pirie Yacht Club, Main Road, Solomontown (Parking in boat ramp)

Closing Brunch : Lions Park, adjacent to RPPYC

REMEMBRANCE CEREMONY

The tribute to our passed loved members will be held on Friday Night Opening session.

WE REQUEST THAT WHERE POSSIBLE, A MEMBER OF YOUR CLUB WILL TAKE PART IN THE CEREMONY PLEASE. A special flower tribute will be used.

CROWN and TIARA BANQUET

To honor DG Rob and Lion Sandy, our Royal Couple, we have selected Red and Gold as the colors for the convention. There will be a special gift for all attending.

We ask you to wear a Crown or Tiara to honor our special couple at the banquet and I am sure a special gift may be available for the best of each.

As it is also our 50th Anniversary as well, as small ceremony will take place on the night to commemorate our achievements.

NORTHERN FESTIVAL CENTRE

In respect to N.F.C. requirements, food and drinks are not allowed to be taken into the centre except for water. Due to this, morning tea and lunch on Saturday will be served in Memorial Park, just outside the centre.

CLUB PRESIDENT'S

D.G. Rob's International Guest Past International President Barry Palmer A.M. wishes to meet with all Club President's attending the convention. This meet and greet will be at lunchtime on Saturday.. This will be a wonderful opportunity to hear about our international opportunities from a great Lion, whom is recognized as one of the best ever International President's.

CONVENTION HIGHLIGHTS

Election of our District Leadership for 2016 / 17 and beyond

Decision for a combined C districts convention in 2017 to celebrate L.C.I. 100th year centenary

Address by Past International President Barry Palmer A.M.

District Final for the NAB Youth of the Year Program

Address by PDG John Muller OAM

Address on the Lions Spinal Cord Research Project (A very exciting project)

Sunday Forum involving senior Lions and community representative on "Maximising Lions and Local and State Government Opportunities".

NOT TO BE MISSED

The Port Pirie sub Branch, located on The Terrace has a wonderful world class museum, featuring the only Vietnam War Huey Helicopter outside if the National War Museum in Canberra. Should time permit our club highly recommends a visit to view their terrific displays.

SEE YOU HERE

DG Rob and the Lions Club of Port Pirie look forward to hosting your convention with fun fellowship, the renewal of old friendships and making new ones, with a little amount of business in between, as we ask you to celebrate our Golden Anniversary in the company of our Royal Couple.

PDG Lance, Convention Chairman

NEW MEMBER LIST August 2015

Booleroo Centre & District Inc

Shirley Piggott Garry Wauchope (sponsor)

City of Adelaide Inc

Anne Lemarie Rita Martella (sponsor)

Chenghao Pan Petrea Stacey (sponsor)

Clare District Inc

Transfer Kate Haines Snowtown Inc

Transfer Keith Welke Snowtown Inc

Transfer Fay Welke Snowtown Inc

Gilles Plains Inc

Deborah Swamidoss Ray Norton (sponsor)

Onkaparinga Inc

Karen Nourse Wendy Greer (sponsor)

Orroroo & District Inc

Duncan Alexander Mick Spry (sponsor)

Gayle Anderson Mick Spry (sponsor)

Paralowie Inc

Judith Croucher Frank McRae (sponsor)

Mary Jarrett Frank McRae (sponsor)

Torrens Valley Inc

Transfer Raymond Johnson Elizabeth Playford Inc

Unley Inc

Anthea Jones Marlies Nelson (sponsor)

Short and Funny

A sandwich walks into a bar. Barman says, "Sorry, we don't serve food in here."

What do you call a smart group of trees? A brainforest

What do you call a rich elf? Welfy

What do you call it when a dinosaur crashes his car? Tyrannosaurus Wrecks

What happens to a frog's car when it breaks down? It gets toad away

Did you know if you were to stretch your blood vessels out end to end in a straight line, you would die?

To his delight seated at the bar is an elderly looking lady. The gentleman walks over, sits alongside of her, orders a drink, takes a sip, turns to her and says "So tell me, do I come here often?"



Photo L - R, Trying the new scales

Acting Clinical Services Coordinator Tanya Gutsche, President Graham Klose and Administration Officer Sandie Jeffrey.

Donations to the Combined Lions Clubs of Maitland, Minlaton and Stansbury Dalrymple from grain collected at Viterra's Pt Giles and Ardrossan operations have again allowed the clubs to support local organisations.

The Lions Club of Stansbury Dalrymple, with support from the Australian Lions Foundation, used its share to purchase equipment for the Yorketown Hospital. The \$3870 donation funded a new ward drug trolley and wheelchair scales.

DIABETES RESEARCH AT THE UNIVERSITY OF ADELAIDE – THE “WHEY TO GO STUDY”

Adelaide has been recognised internationally as a centre of excellence in diabetes research for some years now. Our group at the University of Adelaide, based in the Royal Adelaide Hospital, has focussed not only on understanding diabetes better, but also on improving treatment.

We are excited to inform readers of a new dietary study now underway in people with type 2 diabetes. It involves the use of whey protein shakes before meals, in order to improve blood glucose control. We call it the “Whey to Go” Study.

Whey protein is a by-product of cheese making, and is rich in essential amino acids. We previously showed that a dose of whey, taken before a meal, slows the emptying of food from the stomach, and reduces the rise in blood glucose after the meal.

We now want to find out whether this approach is effective for longer-term treatment. In the “Whey to Go” study, volunteers with type 2 diabetes are taking flavoured whey protein shakes before two of the main meals each day, over a period of 12 weeks. We want to see whether whey protein can improve diabetes control over this length of time.

If you think you may be interested in volunteering, or would like more information on other diabetes studies we are conducting at the University of Adelaide, please do not hesitate to contact me or my very friendly team members, Michelle, Helen or Jacqui. You can phone us on 8222 5039 or email diabetes@adelaide.edu.au.

Dr Linda Mignone, Endocrinologist, The University of Adelaide



This article was included as a request. From a Lion. I have been assisting medical research (on heart disease not diabetes) and it has become clear to me that this is an area in which Lions can give back to the community. If you can help, contact Dr. Linda

Harry Webb (District Bulletin Editor)

TAMWORTH PEEL VALLEY LIONS LOOK FOR SOMEONE SPECIAL

Since 1994 the Peel Valley Lions Club has sought out and honoured a country music personality who has given voluntary service to the community through his/her connection with the genre.

Over the 22 years of the Award, recipients have included singers, songwriters, musicians and those who work tirelessly behind the scenes – and invariably they are quiet achievers who have never sought recognition or superlatives for their charity and community efforts.

President Anne Sanders has announced that nominations for the 2016 award are now being accepted and anybody may nominate someone (via your local Lions Club) who they think are deserving of the recognition.

“Anyone with a country music connection who has given of their time and talent to assist charity through their music is eligible,” Anne Sanders said.

“It may be someone who entertains members of their community, works on major country music fundraising events, and something as simple as giving their time for free to help out in caring and support programs.”

Nominees don’t have to be Lions Club members but nominations need to be made through your local Lions Club and must be made in writing to: The Secretary, Peel Valley Lions Club, PO Box 957, Tamworth, NSW, 2340 or via email to secretarypeelvalleylions@gmail.com and need to be in by December 18, 2015.

A panel will sift through the nominations and the 23rd Peel Valley Lions Club Australian Country Music Service Award will be presented during the 44th Tamworth Country Music Festival in January 2016. The recipient will receive a one-off trophy crafted by respected artist Fred Hillier and will also be given the opportunity to nominate a charity to receive a \$500 donation on his/her behalf from Peel Valley Lions Club.

Enquiries should be directed to Terry Hill on (02) 6765 6042 or email terryanddihill@bigpond.com



John Everingham (Kingscliff Lions)-Paul Ensby (Winner)-Terry Hill (Peel valley Lions)

Golden Grove Lions Recognise Melvin Jones Fellowships



At a recent meeting of Golden Grove Lions, Lyn Webb was presented with a Melvin Jones Fellowship. Lyn was honoured for her work over a number of years in the Golden Grove Lions Club, the District and other Community and Lion groups. PDG Peter Panagaris, who presented the award asked that all those who had been honoured with this award to join Lyn.

Those in the above photo are Peter Panagaris, Lyn Webb, Harry Webb, Graeme Pascoe, Robert Krieg, Warren Henriks and Robyn Lamming

Guest Speaker August Dinner Meeting Dr. Betsy Williams, RFDS

At the August dinner meeting the Port Augusta Lions Club members were privileged to have Dr. Betsy Williams from the RFDS give a talk and show some wonderful photos of her journeys from the Port Augusta RFDS base. Some of the points from her talk included that she was the first RFDS female doctor in this region, how the work changes at any time from running a clinic in the outback to an emergency retrieval with little notice. After the speech was finished the Port Augusta Lions Club gratefully donated a cheque to the RFDS Auxiliary Port Augusta for the amount of \$1,000.



*Peter Carman
presenting a
cheque to Dr.
Betsy for \$1000*

Port Lincoln Lions



Vice District Governor's Visit



The August Work Meeting was held at the Pt Lincoln Men's' Shed.

This was an opportunity for Lions to see what the Men's' Shed is all about, with a look at the facility and projects. The pavers which Lions helped to fund for the entrance are on site ready to be laid. Thanks to our hosts at the 'shed'.

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



Lions Clubs International FOUNDATION

URGENT NOTICE



You all would have heard that there was an 8.3 magnitude earthquake off the coastline of Chile on 16 September where over 1 million people have already been evacuated. As a direct result of the earthquake, Tsunami warnings have been given for some coasts of New Zealand, Fiji, Hawaii, Mexico, Ecuador, Peru, Japan, New Caledonia, Samoa, Russia and other Pacific nations. Government officials are monitoring the situation, especially as aftershocks of 4.7 magnitude have already been experienced, with the likelihood of many more.

At present Chile Lions Clubs are providing food, water and essential items to the displaced families, **SHOULD** your **Lions Clubs** or a **Lion** wish to help LCIF and the Lions of Chile, please send your cheques made out to LCIF Disaster Relief **ONLY TO:**
Cabinet Treasurer Jenny Rayner at PO Box 55, Lyndoch SA 5351 so that she can

bank your donation into the LCI/LCIF Newcastle account and notify LCIF.

Remember if you send your donation marked Disaster Relief then it will be eligible to be used towards a Melvin Jones Fellowship to recognise the wonderful work one of your members has done in serving their community.

UPDATE: Many thanks to those clubs who have sent donations towards the Nepalese Earthquake. The rebuilding of communities in Nepal continues, with LCIF Grants and Nepalese Lions helping families move from tents to a more permanent shelter before the winter arrives. Lions are also helping in repairs to schools so the children can get back to school.

PDG Lyn Shoemark
District 201 C1
LCIF Chairman

More Funnies

A man was driving down a quiet country lane when out into the road strayed a rooster. Whack! The rooster disappeared under the car. A cloud of feathers.

Shaken, the man pulled over at the farmhouse, rang the doorbell. A farmer appeared. The man, somewhat nervously said, "I think I killed your rooster, please allow me to replace him." "Suit yourself," the farmer replied, "you can go join the other chickens that are around the back."

One evening a grandson was talking to his grandfather about current events. The grandson asked his grandfather what he thought about the shootings at schools, the computer age, and just things in general. Grandfather considered this question for a few minutes then said:

I was born before: television, penicillin, polio shots, frozen foods, Xerox copiers, contact lenses, fax machines, Frisbees and the pill.

There were no credit cards, laser beams or ball-point pens. Man had not invented pantyhose, air conditioners, dishwashers and clothes dryers. Clothes were hung out to dry in the fresh air and man hadn't yet walked on the moon. Your Grandmother and I got married first, and then lived together.

Pizza Hut, McDonald's, and instant coffee did not exist.

We were the last generation to actually believe that a lady needed a husband to have a baby. No wonder people call us 'old and confused' and say there is a generation gap.

When do you think I was born?

1950



Lions Clubs International FOUNDATION

Continuing to provide the 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.

FUNDING & PARTNERSHIPS WITH LCIF

With the funds LCIF receives via your donations, together with funds from sale of awards that clubs present to its members & members of their community to recognise outstanding efforts it does a great deal of good worldwide. Through collaborations with non-profit partners, LCIF controls its resources & accomplishes much more than we could on our own. Who & how this is done differs in many ways.

REMEMBER PLEASE NOTE:

Every dollar that is donated by Australian Lions & Clubs remains in Australia - it is used to continue to assist with grants & projects being carried out in Australia by Australians to assist Australians, unless a club designates on their application form that the donation is for a specific purpose &/or periodic disaster, e.g. Measles.

Major Collaborative Partners

Alcon - Alcon provides Lions working with SightFirst projects in Latin America the opportunity to purchase low-cost, high-quality phacoemulsification consumables.

The Carter Centre - LCIF has awarded The Carter Centre more than US\$40 million to prevent "river blindness" in Latin America & Africa. So far, over 148 million treatments of Mectizan® have been delivered.

Special Olympics International - The Special Olympics-Lions Clubs International Opening Eyes Program began 2001 and since then over 350,000 athletes have been screened & prescription eyewear provided to more than 110,000 athletes.

World Health Organization - Has partnership with LCIF on the Project for the Elimination of Avoidable Childhood Blindness all over the world.

Some of the Corporate, NGO & Government Partners

Bausch + Lomb - Is partnering with LCIF to develop the Paediatric Cataract Initiative.

Bill & Melinda Gates Foundation - Awarding LCIF with \$1 for every \$2 that LCIF provides to enable Lions to manage and implement the Measles Initiative, which has assisted vaccinate over 41 million chil-

dren so far & will continue for some time still.

The Conrad N. Hilton Foundation - The Hilton Foundation is giving US\$150,000 for the Lions' health education activities in Mali & Niger as part of the West African Water Initiative.

Essilor - Works with Lions to identify institutions in areas with significant blindness prevention needs and supplies lenses & lab equipment at cost, assists train Lions volunteers on how to make new glasses, helps secure frame vendors & find customers to purchase recycled materials from Lions Eyeglass Recycling Centres.

Johnson & Johnson Vision Care - Asia-Pacific - Committed US\$2 million to help fund Sight for Kids screenings for 17 million children throughout Asia since 2002. Sight for Kids involves eye health awareness, education & children's eye screening.

There are even more organisations that have joined with Lions for specific projects and these can be found at <http://www.lcif.org/EN/about-lcif/partners.php>

PDG Lyn Shoemark

District C1 LCIF &
International Relations Chairman

Now that I'm older:

It is hard to make a comeback when you haven't been anywhere.

The world only beats a path to your door when you're in the bathroom.

If God wanted me to touch my toes he'd have put them on my knees.

. When I'm finally holding all the right cards everyone wants to play chess.

. It is not hard to meet expenses . . . They're everywhere.

The only difference between a rut and a grave is the depth.

These days I spend a lot of time thinking about the hereafter . . . I go somewhere to get something and then wonder what I'm "here after".

Funny, I don't remember being absent-minded.

It is a lot better to be seen than viewed

The biggest lie I tell myself is ..."I don't need to write that down, I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

I don't trip over things, I do random gravity checks!

I don't need anger management. I need people to stop annoying me!

Old age is coming at a really bad time