



ALL ABOARD TO SERVE

District 201C1 Lions Clubs Bulletin

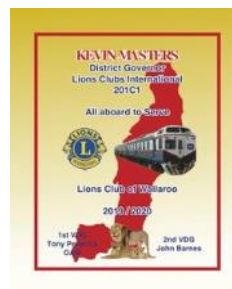


DG Kevin

ON THE LINE WITH KEVIN

NEWS FROM YOUR DISTRICT

AND BEYOND



March 2020

MEMBERS AS AT 1/7/2019	NEW MEMBERS SINCE 1/7/2019	DECEASED AND DROPPED MEMBERS SINCE 1/7/2019	DISTRICT MEMBERS AS AT 1/3/2020	INC/DEC SINCE 1/7/2019
1206	118	119	1205	-1

World Wide 1,418,175



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2. PDG Carlene King OAM, Salisbury Hearing Dogs, MD Convention
3. LMRP, Zone 10 Picnic, New Members list.
4. Athelstone, Tea Tree Gully,
5. Lions Hearing Dogs
6. Torrens Valley, Stansbury Dalrymple
7. Amusements
8. Lions Eye Health Program.

Dear Lions

It has been a period of losses this month, the sad passing of PDG Carlene King OAM after a period of time in the Royal Adelaide. I did visit her in hospital some 4 days before, Carlene was my mentor, and when I started my Lions Career, it was Carlene who was chief instructor in Brisbane's Emerging Lions Leadership course over 15 yrs ago who looked after me as I was recovering from a spinal operation and organised a golf cart to pick me up to take me to the classroom each day, and at that stage didn't know she lived down road on York Peninsula in Pt Vincent.

She will be missed as was evident at cabinet meeting last Sunday she always brought a homemade cake or goodies to the meeting

It was Carlene's wish that there was to be no funeral service or death notice in paper at the time, but Carlene's family may be organizing a memorial service at later date, PDG Lance Leak is working with the family to see if Lions could be involved, we will let everyone know of dates.

Another Lion Harry Dury from Golden Grove Lions Club also passed away, to the family you have our condolences from the District.

DGE Tony fresh back training in Chicago, who tells me it only got to minus 3-4 while he was there (minus 18-20 while I was there). He has got new idea's and changes for the District, and we will be working closely together during the period coming up to hand over, which will be seamless.

PDG Megan Butler will be taking over Carlene's duties as District Training Officer and will be sending out dates for training later on.

On a brighter note we will be having a meeting to see if we can resurrect Unley Lions Club on the 28th Feb again this is one of DGE's membership projects, as you know we are still in transition so please help by bringing new members to your club meetings.

I will be attending a Service Clubs function at Government House on the 17th Mar. Did attend a anniversary dinner last night 24th Mar. with the Prospect/ Blair Athol Lions Club, thank you for a enjoyable night !

Regards

DG Kevin



15th—18th May 2020



Bulletin placed

Contact Details

Lions Club of



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IMPORTANT INFORMATION



Information about the forthcoming Multiple District Convention will be forwarded as a separate notice.

The convention will be held in Adelaide from 15th to 18th May 2020 headquartered at the Adelaide Showgrounds (Wayville).

Please be encouraged to attend, especially the business sessions.

At 9am on Saturday our Guest Keynote Speaker will be **Dr James Muecke AM (2020 Australian of the Year)**

Several other keynote speakers have been engaged and the final of the Australian Leo of the year and the final of the Australian Youth of the Year will be held during the convention.

A writeable registration form can be found at

[Registration Form](#)

HEARING DOGS VISIT TO SALISBURY

Great to have the Australian Lions Hearing Dogs come to a recent Lions Club of Salisbury meeting to speak about this great Lions project and we presented them a cheque to contribute to their projects!

This year is their 40th Anniversary of serving the community by training and supplying the members of community affected by hearing loss with Hearing Dogs.

Each year they train approx 20+ dogs per year (record 24 dogs last year) with a value of \$37,000 per dog. However, they provide the dogs for free to the community that need them.

This program is generously funded completely by Lions Clubs and the community.

Thanks, Lions Beau Brug



VALE PDG CARLENE KING OAM



It is with great sadness that I inform you of the passing of Past District Governor Lion Carlene King OAM. Carlene passed away today (4th Feb) at around 3pm at the Royal Adelaide Hospital, where she had been for a short time. Carlene is a much respected and loved member of our organisation, having served at many levels. She was our first female District Governor in 1994-95. Carlene held many positions with Lions Clubs International :-

National Manager, Youth and Community Projects, Lions Australia, 1995-2008; Coordinator, International Youth Exchange Programs, 1995-2008; Chairman, Lions Quest Youth Foundation; Life Member, Lions Clubs International, since 1987. Chairman, Lions Prostate Cancer Awareness Project, 2000-2008. Group Leader at International District Governors Elect Seminars, 2008-2009. Special Events Coordinator at 7 international conventions. Faculty Member and presenter at 8 international conventions and 11 Lions Leadership Institutes. Chairman of training school, in Sydney, for 700 incoming District Governors of Lions International, 2010. Founder, Young Leaders in Service Awards.

At a District level she is currently Global Leadership Team leader, a position she has held for several years. She achieved all of these things within Lions, and she will be remembered as a mentor and advisor. Her willingness to share experiences and knowledge has been greatly appreciated by many who crossed her path. She will be missed. Rest peacefully Carlene.

Lion Yvonne Bradford (Cabinet Secretary Dist 201C1)





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WARNING—WARNING—WARNING

COUNTERFEIT \$50 NOTES

MESSAGE FROM GOLDEN GROVE LIONS

At our last BBQ at Parafield Bunnings on 11 February, our club was handed two counterfeit \$50 notes. They were very good copies and were only discovered when our treasurer John tried to bank them. I have notified Bunnings. I wonder whether you would forward this email to the clubs in our zone (District) please, as it would be good if our Lions members were forewarned, just in case it happens again. I don't know how many of our clubs do Bunnings BBQs, but I guess that the criminals would see any stalls as soft targets.

The notes are a bit thicker and have a rubbery feel. Bank staff said that they will tear also. The two notes had exactly the same serial number. They have very good colour production, with a very good copy of the small left hand window.

Many thanks,

Annette Slater, President, Golden Grove Lions Club

Editor's note. The above message was sent to Zone Chairman Peter Korn-dorfer. I have included it in the Bulletin for clubs to be aware.

LIONS MEDICAL RESEARCH FOUNDATION

Lions Medical Research Foundation South Australia Honours Graeme Pascoe AOM

In the December 2019 AGM of the LRMF included presentation to Graeme Pascoe OAM of a Robert Cooter A.M. Recognition Award

This was a much deserved award for the many years service given by being both a trustee for the foundation, and treasurer for that group.

Chair Dr Phillip Donato thanked Graeme for his outstanding service noting that he would be missed and as a treasurer he has served by providing an exceptional level of service. The current Trustees gave Graeme significant applause and thanks.



Chairman Dr Phillip Donato (OAM) presents Lion Graeme with Dr Robert Cooter award

ZONE 10 PICNIC DISTRICT 201C1



ZONE 10



YOU ARE INVITED TO THE ANNUAL DISTRICT

201C1 ZONE 10 PICNIC GET TOGETHER WHICH WILL BE HELD AT THE PORT LINCOLN LIONS HOSTEL, NORTH SHIELDS ON SUNDAY THE 29TH OF MARCH 2020, FROM 10.30 AM ONWARDS.

LUNCH WILL BE PROVIDED AT A MINIMAL COST AND BRING YOUR OWN DRINKS.

RSVP TO GAVIN ROBERTS ON

0428831339

OR EMAIL gavrob@outlook.com



Australian Lions

Childhood Cancer
Research Foundation

LIONS BIGGEST BBQ 2020

Register now for 2020

See www.alccrf.lions.org.au

For registration forms and organize Your BBQ to raise funds for Children's Cancer research Foundation

NEW MEMBERS FEBRUARY, WELCOME

Club	Member	Sponsor
Adelaide Italian Inc	New	Armando Verdiglione
	Anthony Versace	
City of Adelaide Inc	New	Rupal Gupta
	Jennifer Naqvi	
	New	Reena Gupta
Kimba Inc	New	Ryan Raygan
	Warren Wood	
Paralowie Inc	New	Bevan Forbes
	Anthony Rowe	
Paralowie Inc	New	Tammy Suidgeest
	Caroline Mathieson	



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LIONS CLUB OF ATHELSTONE Inc
DISTRICT 201 C1 PO BOX 63 ATHELSTONE SA 5076

AN INVITATION

To test yourself, your club and your friends (as well as have a fun time) at a

QUIZ NIGHT



IN SUPPORT OF THE

- The Campbelltown S.E.S.,
- The Campbelltown St. John Ambulance division
- The Campbelltown City Band.

At the Campbelltown Function Centre
(Rear of Council Chambers on Montacute Rd)

On Saturday the 14th March 2019.

7.00pm for a 7.30pm start

B.Y.O. drinks, glasses and nibbles/supper
Tea and coffee supplied

Tables of 8 per team
(limited number of teams)

Admission \$15.00 per person

Many prizes

BOOKINGS Phone Michael Cook 8337 7082 . 0432955472
Email mico@chariot.net.au

NEWS FROM ATHELSTONE CLUB

Photo's of the Bury Lions Club (UK) collecting for the Australian bushfire appeal.

Michael Cook, Athelstone.



TEA TREE GULLY HAS A NEW BARBECUE TRAILER

A couple of Bulletin issues ago it was reported that Port Augusta Lions club had sold Tea Tree Gully Lions club their "Chip Van." This was not correct, as we have no need for it.

We the members of Tea Tree Gully Lions, together with the help of a much appreciated ALF grant, did in fact purchase a new custom built BBQ Trailer. We took possession late last year, and have been using it on a regular basis, the club members are pleased, as everything slides in and out with ease and seeing that we are all getting on in years, there's, no more heavy lifting, pushing, and shoving. and best of all no more aching backs.

IPP Tom Brewer. Tea Tree Gully Lions Club Inc.



President Jack Rogers & Lion Enzo Bronzi



AUSTRALIAN LIONS HEARING DOGS.

ATTENTION: Region Chairmen, Zone Chairmen Club Presidents -

Lions Clubs & other organisations in Australia generously donate to our Hearing Dog Program, thus allowing us to procure, train and provide fully trained Hearing Dogs for Deaf and Hard of Hearing people all over Australia.

We provide every dog free as a gift from the Lions Clubs of Australia.

Because this is a Lions Project, it's necessary for all the Lions of Australia to be kept informed of the events and proposed changes that will be occurring at the Training Centre at Verdun in South Australia. Since July last year, we've been striving to bring you up to date with monthly articles in your District Newsletters, and although this has been successful and with good feedback, it's so much better when you have your District Chairperson standing in front of you explaining everything directly to you, and answering questions. Plus there's an added bonus if the Dist. Chair. can bring along a Hearing Dog and the owner to the meeting also. Fantastic opportunity to learn first hand how the Hearing Dog provided by Lions has changed their life.

To help you find your ALHD representatives in your State, we've compiled the following list:-

State Co-ordinators & District Chairs. available as Guest Speakers in Australia.

C Dist. State Co-ordinator: Margie Thomas. (M) 0418 806 775 summerleas1@gmail.com
 N Dist. State Co-ordinator: John Chate. (M) 0438 704 188 johnchate@bigpond.com
 Q Dist. State Co-ordinator: Andy Fitzgerald. (M) 0417 629 957 andyfitzgerald51@gmail.com
 T Dist. State Co-ordinator: Geoff Clow. (M) 0408 281 176 geoff49@bigpond.net.au
 V Dist. State Co-ordinator: Maureen Capizzi. (M) 0400 050 719 maureencapizzi@bigpond.com
 W Dist. State Co-ordinator: Bob Halford. (M) 0459 952 672 halford2017@gmail.com

District Chairs:-

C1. Lion Vanessa Malycha. (M) 0407 513 447.	C2. Lion Margie Thomas. (M) 0418 806 775	N1. Lion Mark Scott. (0428 526 545.
N2. Lion Tracy Anderson. (M) 0418 163 787.	N3. Lion Gladys Mitchell. (M) 0414 545 549.	N4. PDG Robert (Bob) Smith. (M) 0452 513 072.
N5. Lion John Chate. (M) 0438 163 188.	Q1. No Dist. Chair. listed. Contact State Co-ordinator.	Q2. No Dist. Chair. listed. Contact State Co-ordinator.
Q3. Lion Wendy Robson. (M) 0428 704 188.	Q4. Lion Juanita Goodland. (M) 0458 001 888	T1. Lion Geoff Clow. (M) 0408 281 176
V1-4. Lion Nick Martinelli. (M) 0450 646 255	V2. Lion Maria Baade. (M) 0401 717 602	V3. Lion Peter Harrison. (M) 0413 596 959
V5. Lion Glenys Needham (M) 0408 105 343	V6. Lion Robyn Harrison. (M) 0408 485 682.	W1. Lion Joy Sinclair. (M) 0422 017 050
W2. Lion Bob Halford. (M) 0459 952 672.	All other enquiries please call Aust. Lions Hearing Dogs :- Office Hrs: 8.30am to 4pm Monday to Friday.	

Now it's up to you, we're all waiting for you to call us.

More news next month.....

The Board of Directors, CEO & Staff.

Australian Lions Hearing Dogs.





TORRENS VALLEY CLUB SUCH A BUSY START TO THE NEW YEAR

For those that were/are impacted by the recent bushfires and floods our thoughts go out to you and hope the rest of the year brings better times. If you think your local Lions Club can be of assistance to you, your family or community group, please contact one of your local club members to arrange a chat and see if they are able to assist.

Our Club was asked by Blazeaid organisers if we could assist with compiling a roster of volunteer groups for the catering of daily dinners for their volunteers based in Lobethal. The local churches of Birdwood, Gumeracha, Kersbrook and Houghton, Springhead Community, Mt Pleasant Men's Shed, Onkaparinga Lions Club and our own club all being rostered on for January and February and March. Each organisation being rostered for 1 day per fortnight.

The new Year brought a new member to our Club, big welcome to Dennis and Allison Schilling of Williamstown.

Club members completed the painting of the foyer of the Birdwood Hall. Thank you to all members who assisted and to Kath Phillips for providing morning tea on the work days.

Our next event being the Australia Day breakfast at Federation Park, Gumeracha. All Club members and Partners assisted with the cooking and serving of the free breakfast of bacon, eggs, sausages and baked beans, on behalf of the Adelaide Hills Council, for over 200 people. The weather was just right and the waterslide again proved popular with the children.

Our Club has continued to support the Birdwood Community Pantry, for those in need, during December, January and February with donations of groceries and meat for the freezer. Thank you to those who have donated via the local schools and Library at Gumeracha. A special thank you to Lion Bob Willoughby & Mt Pleasant butchers for their generosity & support.

We have cooked at several Bunnings BBQ's, with 3 before Christmas being cancelled due to extreme heat.

We have started preparations for our 2nd Fun Dog Show at Gumeracha in March and have plans in place for a community fundraiser.

In the coming months we will continue to BBQ at Bunnings, cook breakfast for those attending the Dawn Service in Gumeracha and continue to support the Community Pantry and Blazeaid.



STANSBURY DALRYMPLE REPORT

been involved, working in with Stansbury Progress Association, and for three years previously the Yorketown Lions had been involved before the formation of the Stansbury Dalrymple Club. This year, we provided over 350 breakfasts, serving toast, eggs, sausages, bacon and freshly cooked pancakes with a variety of toppings. Stansbury residents have the opportunity to nominate an individual who has shown a great sense of community and involvement during the past year, and preceding ones, and a committee makes the final selection. The winner is announced at the breakfast and presented with framed photos of aspects of the town. This year's winner was local pharmacist George Kokar. Particular mention being made of his role during the evacuation caused by the Yorketown Fire. The Stansbury CFS was also acknowledged by the presentation of a framed photo and a plaque because of their long term commitment and especially during several fires recently including the major one near Yorketown fire in November.

Australia Day 2020. What a perfect morning it was to celebrate our National Day with breakfast on the Stansbury Foreshore and the naming of the Stansbury Citizen of the Year. This is the 12th year that our club has



Citizen of the Year recipient George Kokar, 2019
Citizen of the Year Lion Margaret Johnson, Progress
Chairman Don McPhee, MC Lion Iain McQueen.



CFS TEAM



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A shopkeeper was dismayed when a brand-new business much like his own opened up next door and erected a huge sign which read 'BEST DEALS.'

He was horrified when another competitor opened up on his right, and announced its arrival with an even larger sign reading, 'LOWEST PRICES.'

The shopkeeper panicked, until he got an idea. He put the biggest sign of all over his own shop. It read... 'MAIN ENTRANCE'

101

SUDOKU



Complete the puzzles such that each row, column, 3x3 box contains the digits 1–9.

Solution is on last page

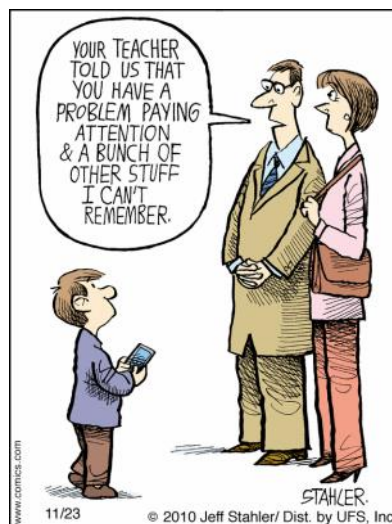
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A man walked by a table in a hotel and noticed three men and a dog playing cards. The dog was playing with extraordinary performance.

"That must be a very smart dog," the man commented.

"Not so smart," said one of the players.

"Every time he gets a good hand, he wags his tail."



The 13 Essential Vitamins

Vitamin A helps form and maintain healthy skin, teeth, bones and soft tissue.

Vitamin C is needed for the growth and repair of tissues throughout the body.

Vitamin D helps the body absorb calcium, and is made when skin is exposed to the sun.

Vitamin E helps with the formation of red blood cells and is an antioxidant.

Vitamin K, also known as the clotting vitamin, allows the blood to coagulate.

Vitamin B1, or thiamine, helps cells convert carbohydrates into energy.

Vitamin B2, or riboflavin, works with the other B vitamins and is important for growth and the production of red blood cells.

Vitamin B3, or niacin, helps the digestive system, skin and nerves to function.

Vitamin B5, or pantothenic acid, is essential for growth and food metabolism.

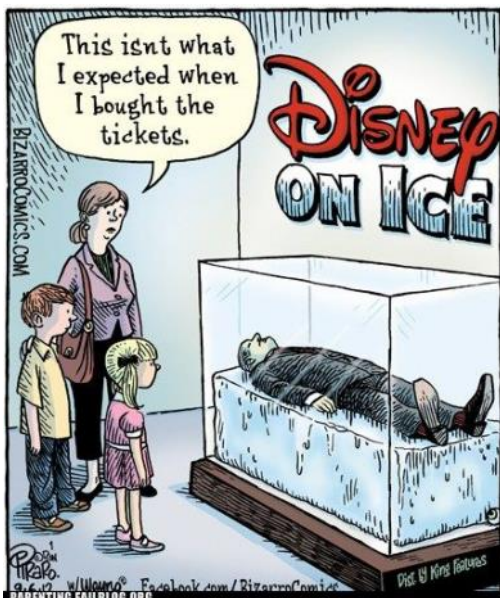
Vitamin B6, or pyridoxine, helps the body make antibodies and hemoglobin, and helps maintain nerves and blood sugar.

Vitamin B7, also known as biotin, is essential for food metabolism.

Vitamin B9, known as folate or folic acid, helps with tissue growth and cell function.

Vitamin B12 helps with the formation of red blood cells and is important for metabolism.

Sources: A.D.A.M.; National Institutes of Health





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LEHP-Australia
Lions Eye Health Program



As we move into Term 1 of another school year what better time could there be for Lions Clubs to get involved with their local kindergartens or primary schools.

The children's vision screening project supported by the Lions Eye Health Program (LEHP) is an ideal way to do just that.

Even better, this program can be delivered on either a school or community basis. Participating Lions Club members need to undertake some "online" training followed by some hands on training in the use of the testing equipment. Of course it goes without saying that holding a current working with children certificate is mandatory.

The basic concept of the program is to identify vision problems in young children as early as possible thus providing their parents or guardians with an opportunity to take steps to remedy these problems.

Children learn and participate in a wide variety of activities through their eyes. Whatever children see is normal for them however 1 in 5 will suffer from undiagnosed problems. These would include difficulties in reading or seeing a ball. If they can't read they can't learn, if they can't see a ball how can they kick or catch it. On a National basis over the last 12 months 2235 children have been screened with 422 being referred to an optician for further testing and the opportunity for living a much more fulfilling and productive life. Kids deserve that opportunity.

The screening program only takes a few minutes per child but the outcomes can be life changing for the children involved. It must be emphasised that it is screening NOT diagnostic.

Information about the program can be accessed via the lehp.org.au website or better still by inviting either of the C Districts LEHP reps, PDG Bryan Hearn, McLaren Districts LC or Lion Rob Winter, Noarlunga Morphett Vale LC to attend a club or zone meeting to explain the program in more detail and to demonstrate the testing equipment involved.

GET INVOLVED

PDG Bryan Hearn
LEHP rep.
C Districts

0410539274
bandk392@bigpond.com

Lions Eye Health Program - Australia Inc

PO Box 433 Warringa NSW 2076

T: 1800 010 234

E: enquiries@lehp.org.au

W: lehp.org.au

ABN: 72 801 551 517

Sudoku solution

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

Bulletin editor, Ted Osborn (e) U164 /32 Homestead Ave Walkley Heights SA 5098 (H)08-8368-1826 (M)0403 065 357
tednelse@bigpond.com (Gilles Plains) 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

101	6	7	1	8	4	9	2	5	3
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