



Our District Bulletin

News from District 201C1 and Beyond



District Governor
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For other District Officers
please see page 5

DECEMBER 2021 RESPECT & KINDNESS

On Sunday I participated in the Psychological First Aid (PFA) course for our Adelaide Hills 201C2 response group from local clubs. It was very interesting, eye-opening and is an important part of disaster response operations we have not just neglected, but were not terribly aware of. I do remember Lion Pat Williams trying to raise our awareness in this area many years ago, but he could not get any traction.

There will be further training, with one more free session being held at Mallala to support incidents on the Yorke Peninsula such as the Edithburgh Fire, and the Arthurton Fire.

Thank you all those who participated, but there is a need for more which will take a load off the Red Cross Profilers who are short in number.

One part of then training that stood out, and unfortunately is topical for me at the moment is the need to treat victims with respect.

But we need to remember to treat our fellow Lions and others around us with respect, and kindness. At all times. If you see disrespect or unkindness in action, please call it out. Have courage and step up to protect the victim. For the recipient is surely a victim similar to someone being assaulted.

RESPECT

From the Lions Australia Code of Conduct

Lions should genuinely acknowledge and respect each other’s individual values, beliefs, efforts and ideas

Each Lion Can Demonstrate this by:

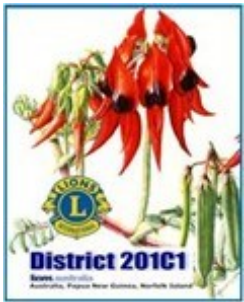
- valuing and acknowledging the opinions and contributions of everyone
- treating everyone fairly, courteously and with respect
- contributing to dialogue and discussion in a constructive manner
- ensuring the way they work promotes trust among others
- using language which is respectful to clients, the community and others
- abstaining from all forms of unacceptable or unlawful behaviour such as discrimination, harassment, bullying and victimisation.

KINDNESS

From “Kindness Matters” by Mikayla Ansley, 2018-19 Peace Poster Essay Winner

Kindness is a simple but powerful thing. It can be as small as a smile or a wave, or as big as sponsoring a child. Even if you don’t realize that you are doing it, that can still make someone’s day. Kindness matters more than you think.

Governor John





UPCOMING CONVENTION LOCATIONS AND DATES

DISTRICT 201C1

2022 Hosted by CHARLES STURT WOODVILLE HINDMARSH CLUB, WEST LAKES SEATON, WEST BEACH, AND RICHMOND 21st to 23rd October

2023 Hosted by PETERBOROUGH

MULTIPLE DISTRICT

70th Perth WA 6th to 9th May 2022

71st Gold Coast Qld 28th Apr to 1st May 2023

72nd Darwin

INTERNATIONAL

104th Montreal 24th to 28th July 2022

105th New Delhi 1st to 5th May 2023

106th Melbourne 21st to 25th June 2024

ANZI PACIFIC FORUM (POSTPONED)

JUST ANNOUNCED

"To help ensure that clubs are able to meet the growing needs in our communities, the International Board of Directors passed another resolution to make it easier to invite new members to serve with us.

Here is an overview of the new resolution approved by the Board of Directors:

Charter and entrance fees waiver – We have waived all charter and entrance fees from January 1 through June 30, 2022. Charter and entrance fees are also currently waived through December 31, 2021."

Yours in Service,

Douglas X. Alexander

International President



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Ray Najar
District 201C1
Zone Chairman - Zone 2

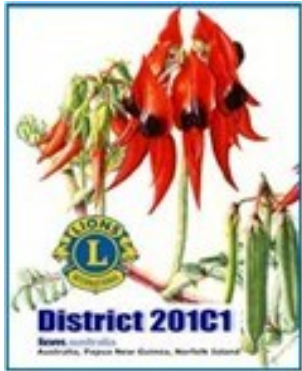
Lions Club of the City of Adelaide Inc.
1st Vice President
- Leadership Chairman

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✉ rayrnajar@gmail.com
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"Fidelity Integrity and Service"

NEW MEMBERS NOVEMBER 2021 WELCOME TO LIONS

Club	Member	Sponsor
Booeroo Centre & Districts Inc		
New	Brenton Smith	Gregory Flitton
New	Chris Smith	Gregory Flitton
Paralowie Inc		
New	Vicki-Anne Nelson	Tammy Suidgeest
Port Lincoln Inc		
New	Michael Wynne	Iain Adams
Tumby Bay & Districts Inc		
New	Terrence Blacker	Richard Curtis
New	Renton Kelly	Wayne Bran-



The Black Cockatoo represents Empowerment, Happiness and Contentment. It is a celebratory totem and usually heralds Coming rain.



CHRISTMAS CAKE AND PUDDING DELIVERY ISSUES 2021

Supply and Delivery issues Traditional Foods

There are continuing ongoing major production and delivery issues facing Lions Cakes and Puddings in 2021. To help resolve these issues and give Traditional Foods some breathing space, all orders received up until the 24th of November will be processed over the next 3 weeks with preference given to date order was received before the 24th of Nov. Orders received after the 24th of Nov would be processed but will not be guaranteed delivery before Christmas.

It has been an exhaustive battle over the last 6 months getting to this point, with severe production limitations due to COVID19 restrictions in Melbourne.

Finding and hiring staff has been near impossible with many available people already being on Job Keeper payment of \$750 per week, combined with \$450 payments by the State Government to anyone getting a COVID 19 test, has crippled production capabilities and the production schedule being reduced daily due to numerous forced isolations through Tier 1 and Tier 2 notifications by the DHHS. A normal production schedule requires 105 staff to be present but, on some days, this drops to just 50 to 60 staff present.

Traditional Foods has a staff based of family units and the unfortunate side effect was the loss of entire crews due to one isolation notification. Traditional Foods to date has remained COVID19 free due to diligence and adherence to all social distance guidelines.

Where possible additional shifts have been worked and Saturday production introduced to help increase production and fill orders in a speedy way.

In addition to production problems, transport driver strikes, go slows, COVID19 depot lockdowns and driver COVID19 testing requirements has dwindled the pool of drivers available in the country. This has doubled down on the workload of the remaining transport industry who have worked extremely hard to maintain supply. Some Companies are now refusing to do residential deliveries putting more pressure on those who do.

Please ensure that this information is circulated to Clubs. If a Club has an issue, please ask them to email me and I will pass them on to Traditional Foods for follow up. Telephone calls are only making the situation worse as all Traditional Food staff are currently filling gaps in production and warehousing to ensure as much stock is sent out as possible in the quickest possible way.

This will not make many Clubs happy, but it is the best we can do now. A full review of this season will take place in January 2022.

PDG Terry Collison

Lions National Cake and Mint Coordinator

0439 468 786





**PLANNING AN OVERSEAS TRIP?
WHY NOT ATTEND THE INTERNATIONAL CONVENTION**

LIONS CLUB INTERNATIONAL CONVENTION 2022 IS IN MONTREAL CANADA

When Lions and Leos come together to celebrate, the future of service gets brighter. That's why we're thrilled to see you at LCICon 2022 in Montréal, Canada next year! Get ready and [register today](#).

LCICon 2022 Montréal

Take in Montréal's rich history and culture at LCICon 2022! From beautiful architecture and a buzzing arts scene to a wide variety of cafes, restaurants and shops, Montréal offers an LCICon 2022 experience like never before!

At the Palais des congrès de Montréal Exhibit Hall, where the convention takes place, you'll be greeted by beautiful contemporary windows and modern art that truly represents the incredible diversity of Lions Clubs International.

Connect with Lions International staff as well as Lions and Leos from around the world in the Exhibit Hall while exploring the many facets of our organization. And if you're a delegate from a club in good standing, vote in the International Election.

Join us in the famous Bell Centre, to listen to a wide variety of topics from world-renowned keynote speakers at our Plenary Sessions. And, of course, hear from our organizational leaders about the past, present and future of Lions International. But that's not all — at the International Show, which will also take place in the Bell Centre arena, you can catch world-class entertainment!

It wouldn't be LCICon without service opportunities — which we'll tell you about closer to the date. Take part in, or simply enjoy, the Parade of Nations featuring thousands of Lions from all over the world.

Staying safe

As always, safety is always a top priority for us. This year, we will be partnering with local officials to apply all recommended health and safety guidelines. We'll let you know more about the safety procedures as we get close to LCICon 2022.

Getting to Canada: Entry Requirements

It's important to note that in order to enter Canada, there are some requirements.

Things you will need:

- An up-to-date passport
- Proof that you are fully vaccinated



[Ctrl+Click on this link for more information](#)



CENTRAL AUSTRALIA MUSEUM

Article supplied by PDG Bryan Hearn OAM JP (District C2)



Isn't it amazing how some projects can get away from you and almost take over your life.

Following the publication of my book **"Making a Difference"** in which I documented the chartering of over 400 Lions, Lioness and LEO clubs in Central Australia I resolved to commence collecting Past District Governor banners.

The first District Governor for Central Australia as a standalone district was Bevan Rutt in 1964/65. Prior to that date SA/NT was coupled up with various other States. Since then and including our 2 current DG's John Barnes and Darryl Morley, Central Australia has had 135 District Governors.

The project has since expanded and now includes a wide variety of memorabilia and banners from Lions clubs not only in Central Australia but from all round Australia and overseas.

Currently I would have, in total, nearly 2000 banners but I am missing some PDG banners and am hoping member clubs may have some of these in their collection which they might care to donate to the museum. All banners and other memorabilia will ultimately be displayed in the new Hearing Dogs Centre where I have been promised some space in which to house the collection.

The missing PDG banners are as follows:-

J 1964/65	Bevan Rutt	J 1965/66	John Le Cornu	J 1966/67	Ralph Knox
J 1967/68	Brin Clarke	J 1968/69	Colin Ringer	J 1969/70	Arthur Mitchell
J 1971/72	Doug Mitchell MBE	J 1972/73	David Raven	S2 1977/78	Jack Davis
S3 1978/79	David Cain PSM	S3 1982/83	Dr Bob Coulthard AM	S3 1986/87	Rob Leader
S3 1987/88	Rob Carless	S3 1988/89	Peter Jarvis OAM	S1 1990/91	Keith Gowling
S3 1996/97	Bob Dewell OAM	S1 1997/98	John Mertin	C1 2002/03	John Tayler
C1 2007/08	Jim Hewitson	C2 2007/08	Tony Bransbury	C1 2008/09	Tom Martin
C1 2010/11	Ray Marks	C2 2010/11	Graham Smithers	C1 2011/12	Lyn Shoemark
C2 2011/12	Trevor Jacobs	C2 2012/13	Ron Pascoe	C2 2013/14	Rhys Roberts OAM
C1 2014/15	Rosemary Wenham	C2 2017/18	Judy Glastonbury		

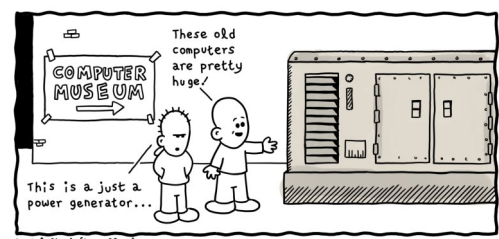
I'm aware that some of these PDG's didn't have banners but have included them in the list anyway as there maybe alternate memorabilia available. In 1979/80 Jack Tank was the District Governor for District S2 and he did something that, as far as I am aware, no other DG undertook. His wife Fay, had her own banner dedicated to "Lions Ladies" and I'm happy to report that I do have one of her banners.

At this point I have to express my sincere thanks to those club representatives that have donated items to the museum and particularly Lion Rob Crookall, Burnside LC and PDG Dean Noll, Gawler LC who each recently donated over 500 banners and badges to the collection.

Any donations representing both past and current Lions, Lioness and LEO clubs or DG's can be mailed to me at 105/91 Main Road, McLaren Vale, SA 5171 or contact me on 0410539274 for further details or to arrange a meeting to hand over whatever might be made available.

Many thanks in anticipation of a huge response

PDG Bryan Hearn OAM JP





DISTRICT 201C1 DIRECTORY 2021-2022

District 201 C1 Directory 2021-2022

DISTRICT 201C1

cabsec.c1@lions.org.au
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DISTRICT EXECUTIVE

DISTRICT GOVERNOR

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22 Westall Avenue Flinders Park SA 5025

2ND VICE DISTRICT GOVERNOR

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Unit 164/32 Homestead Avenue Walkley Heights SA 5098

ZONE CHAIRPERSONS

CHAIRPERSON ZONE 1 Norwestern Suburbs -
Adelaide Hellenic; Charles Sturt; Prospect Blair Athol; Richmond; West Beach; West Lakes Seaton

Karen Hutchison (George) - *West Lakes—Seaton*
westlakesseatonlions@gmail.com
0432 680 12212 Poseidon Court, Osborne, SA 5017

CHAIRPERSON ZONE 2 Adelaide City East -
Adelaide West; Burnside; City of Adelaide; Glenside; Onkaparinga (Leo: Glenunga International High School,

Ray Najar (Sabah) - *City of Adelaide*
raynajar@gmail.com
0408 502 393
2 Windarra Avenue Burnside SA 5066

CHAIRPERSON ZONE 3 Eastern Suburbs - Adelaide
Italian; Athelstone; Modbury; Norwood; Tea Tree Gully, Rostrevor; Gilles Plains

Paddy McKay (Malcolm) - *Norwood*
mckaypam@tpg.com.au
0423 033 911
11 Torrensview Road Athelstone SA 5076

CHAIRPERSON ZONE 4 Adelaide Plains - Angle Vale,
Elizabeth Playford; Golden Grove; Paralowie; Salisbury; Two Wells; Mallala

Julie Pickles (David) - *Paralowie*
dajpickles@bigpond.com
0411 637 513
3 Browning Crescent Parafield Gardens SA 5107

CHAIRPERSON ZONE 5 The Valleys - Angaston;
Barossa Valley; Gawler; Torrens Valley; Gilbert Valley; Clare

John Reed (Joan) - *Barossa Valley*
joan-reed@bigpond.com
08 8562 2102
3 Yattarna Crescent Nuriootpa SA 5355

CHAIRPERSON ZONE 6 Yorke Peninsula - Bute;
Kadina; Maitland; Minlaton; Moonta; Stansbury Dalrymple; Wallaroo; Balaklava

PDG Kevin has resigned from this position, DG John Barnes is looking for a new Zonie for this Zone

CHAIRPERSON ZONE 7 Northern Agricultural -
Booleroo Centre; Jamestown; Peterborough; Orroroo; Port Pirie; Rocky River

Yvonne Bradford (PDG Ken), Clare District ymb3003@westnet.com.au
Mob ; 0418 850 556 , PO Box 1015 Clare SA 5453

CHAIRPERSON ZONE 8 Spencer Gulf - West -
Kimba; Port Augusta; Quorn; Whyalla; Whyalla Mt Laura; Wudinna

Steve Fawcett (Anne-Marie) - *Port Augusta*, grumpysteve62@bigpond.
Com Mob ; 0477 006 102, PO Box 2175 Port Augusta SA 5700

CHAIRPERSON ZONE 9 Lower Eyre Peninsula -
Cleve; Cowell; Cummins; Lock; Port Lincoln; Tumbay Bay

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janalla@bigpond.com
0427 292 088
PO Box 58 Cowell SA 5602




201 Heroes For LCIF



Lions Clubs International
FOUNDATION

Would you like to recognise an outstanding Lion in your club with national recognition, acknowledgement and the presentation of a Melvin Jones Fellowship?

As part of the Campaign 100 program, Lions Australia is looking for 201 Heroes within Australia and Papua New Guinea. Lions nominated by clubs will be recognised by:

1. Presentation of a Melvin Jones Fellowship.
2. Acknowledgement on our Lions Australia website on a dedicated page that highlights the contributions of the Lion.
3. Acknowledgement at the District Convention.

If you would like to recognise your club hero, please follow these instructions.

1. Make your donation of US\$1,000 to LCIF in the usual way.
2. Complete the information below to let us know why your Lion is a hero.



Lions Clubs International
FOUNDATION

We will contact you before making the award public on the website.

For further information, please contact the Lions National Office via lcif.ops@lions.org.au or your District LCIF Coordinator

LCIF Heroes.docx

Please note :- Application form is available from Bulletin Editor or LCIF Co-ordinator PDG Lance Leak



MORE HAPPY SNAPS FROM THE CONVENTION





PROMOTING LIONS WORK IN A PANDEMIC

My day job provides a unique perspective to community pressures and challenges during these times. I work in healthcare, so it must be stated up front that I am pro-vaccination and pro anything which assists us to move forward as a community.

As the prime family carer for my mother while she was still alive, it was essential for visitation rights to remain vaccinated against the flu. So it was never a challenge for me to consider receiving the covid vaccination when I was due. As it turned out it happened pretty quick as I was front line. Why? Well, for the last few years I managed communications and media for Clinpath Pathology, including picking up the gig for "drive through traffic updates for the ABC and others". I changed jobs due to pandemic exhaustion, but I'm still in healthcare. I'm one of the lucky ones who can (change jobs).

Lions has played no part in these types of public health communications (aside from the fact that I'm a Lion and community focused individual), however, we Lions do generally play a major role in other emergencies, such as bushfires and floods.

It made me wonder why we weren't involved, as our aim is to SERVE our community at all times. I researched. I found that over in India (for example), they have hundreds of Lions actively creating covid vaccination hubs for the poor and underprivileged, serving their communities.

Granted in our state, during lockdown, we were told to stay home – but what else could we have done??? ie even from home?

"Brands that survive in the long-term understand that it's not the product that makes them who they are, it's the idea. Powerful ideas are what people gravitate towards."

Consider. If Lions weren't active because we weren't allowed to SERVE due to not being allowed out, or not being vaccinated, would we be missed? Will it affect you, the public or your Club? What do you and your club feel about this? Have you had a discussion among your members about this?

Charlie Robinson
District 201C1
Public Relations

Gilles Plains Lion

☎ 0424 644 624
✉ charliehelenrobinson@gmail.com

📱 📷 🌐 lions201c1.org.au

Fidelity, Integrity and Service

Are you, or will you be, vaccinated if it means you can still make a difference and SERVE in the community, or does it really matter at the end of the day if you vaccinated or not?

I don't need to know if you have been vaccinated or not, but let's start talking about this as a Lions family, and encourage those in our community to play their part in keeping us safe.

If you would like to contact me - my email is charliehelenrobinson@gmail.com

ZONE 1, 2, 3, 4, PICNIC AT TUSMORRE PARK

Fun picnic day. We braved the chilly wind, admired the beautiful setting, soaked up the sun when it peaked out and shared stories. Thank you Ray Najar for the organisation. The brave souls





AUSTRALIAN LIONS HEARING DOGS

With your help we can change the lives of children living with Type 1 Diabetes




Australia has one of the highest global rates of Type 1 Diabetes in children, and with our provision of Assistance Dogs, it was an easy decision to develop a program that would change, and potentially save, the lives of many living with Type 1 Diabetes.

In 2020 we commenced development of our Medical Alert Dog program, and now we are only months away from the placement of our very first Diabetic Alert Dog who will provide support and intervention to someone who is managing the many risks associated with Type 1 Diabetes.

For 11-year-old Clay and his mum, Sarah, a Diabetic Alert Dog would be a dream come true. Clay was diagnosed with Type 1 Diabetes just over 12 months ago at age 10, and the journey to manage Clay’s blood glucose levels effectively has not been an easy one. “Clay’s blood glucose levels can fluctuate between seriously low and dangerously high on any given day. I have lost count of the tears and time off from work trying to keep Clay safe”, Clay’s Mum, Sarah, shares.

Clay was diagnosed with Type 1 Diabetes after presenting to the hospital on August 8th, 2020. On that same day, Clay received his first insulin injection. After the injection, Clay asked Sarah, “Do I have to do that again?”. When Sarah shared with her son that he would have to have the injections every day, Clay was inconsolable; “I had to step behind the head of his hospital bed to wipe away my tears, the last thing he needed was me adding to his distress. It hurts to see your child in pain”.

Type 1 Diabetes is a complex, dangerous, and sometimes fatal diagnosis. Most people are diagnosed as children and struggle to safely manage their blood glucose levels during adolescence.

Clay uses a sensor inserted on his stomach to monitor his blood glucose levels. The readings are sent to the family’s smart devices, including Clay’s watch and phone. Every 10 days, Clay has to remove the sensor and replace it with a new one, changing sides each time. They apply numbing cream to the new sensor site to ease the pain, and rash cream to the previous site, to soothe Clay’s reaction to the sensor’s glue.

A Diabetic Alert Dog is taught to identify the smells associated with low, and high blood glucose levels, and alert their owner or companion to intervene with either a sugar source or insulin. A Diabetic Alert Dog is simply a life-saving companion; they work alongside technology to alleviate anxiety and concern for everyone involved.

Sarah has been looking into a Diabetic Alert Dog for the past 8 months, but has felt disheartened by the soaring price tag associated with the dogs. “Some providers are charging families up to \$20,000-\$30,000, a price many of us cannot afford. I felt it was unachievable for our family”.



Australian Lions Hearing Dogs

The most special part about our Diabetic Alert Dogs, is that unlike other providers in Australia, **we will provide them free of charge as a gift from us; a gift from you.** With your support, we can change the lives of children, adults, and families, suffering from Type 1 Diabetes.

Thank you in anticipation of your donation.

To make a donation to the Diabetic Alert Dog Program:

Bank deposit/transfer
 BSB: 035 094
 Acc No: 118 965
 Acc Name: Lions Hearing Dogs Inc.

OR Cheque: ‘Lions Hearing Dogs Inc’
 PO Box 164, Hahndorf SA 5245

OR Online:
www.lionshearingdogs.com.au/donate



LIONS YOUTH EXCHANGE UPDATE

Lions are operating some internal camps in Australia and are excited to have the return of international travel but the return of lions exchanges is still far off and due to COVID19 will look very different.

Diabetes camps!

At the moment we have 3 diabetes camps running in 2022.

Camp Cockatoo - T1D (15-18yrs). 8-14 April, 2022. Sunshine Coast, Qld. 20 youth places. Diabetes camp for type 1 youth.

Camp Kookaburra - T1D (18-21yrs) 26-30 May, 2022. Newcastle, NSW. 20 youth places. Diabetes camp for type 1 youth.

Camp Koala - T1D (15-18yrs) 3-9 July, 2022. Queenscliffe. Victoria. 30 youth places. Diabetes camp for type 1 youth.

Camp Noorla Yo-Long - (15-18yrs) April, 2022.(Date to be confirmed) Millicent, South Australia. 20 youth places. The camp is designed to promote leadership development and self-confidence over 7 days. LEOs are encouraged to attend. Working on the development of this new camp.

** please stay tuned if you are interested in being involved **

International Youth Exchange & Camps Inbound program:

July, 2022 there are camps happening in Europe but only for Europeans to attend. This has to do with the ability of open borders and COVID-19. We have been in touch with Germany looking at their COVID-19 Policy that they will run.

There is no inbound or outbound youth exchange to or from Australia in 2022 YET!

This is because the world has changed and is now a different place and we have to go through and absolutely re-assess what countries we will accept youth from and what countries we are comfortable allowing our youth to travel to. The way Australia dealt with youth exchange has now forever changed. It will be re-vamped/re-branded and different. There are many factors affecting this: COVID-19, Lions Australia Child Safe Policy, reduced airlines and changed flights paths in and out of Australia, host families and protection with COVID-19 etc.

At this time, we anticipate inbound youth in January and July 2023 and outbound in January, July and December 2023.

Questions we need to sort out: For example

What happens if one of our 16 year old youth tests positive to COVID-19 in the 24 hour lead up to flying home from youth exchange from USA? If not hospitalised, where will they be accommodated, who will look after them. Heaps of questions. Yes, there will be insurance coverage for being covered for COVID-19 but insurance will also now be more expensive. Lions Insurance will also have to examine insurance Policies and come up with the best insurer for COVID-19 coverage.

Rest assured myself and the National youth exchange team is not being idle as we try and work out in finite detail our re-entry to international youth exchange.

Kindest Regards

Beau

Lion Beau Brug

MD201C1 Lions Youth Exchange & Camps

District

Chairperson

Thanks,

Beau Brug





HALL OF FAME INDUCTEE LIBBY KOSMALA



Libby Kosmala (Partner of Stan) of the Prospect Blair Athol Lions club was recently inducted into the South Australian Hall of Fame.

From Google

Legendary Para-shooter Libby Kosmala has marked her induction into the Sport Australia Hall of Fame by revealing she would like to attend the Paris 2024 Paralympics, this time as a coach.

Libby – the winner of 13 Paralympic medals including nine gold at a record 12 Paralympics between 1972 and 2016 – described her inclusion in the prestigious Hall of Fame as a wonderful way to cap off her career.

“It was an exciting weekend,” Libby said.

“It’s a beautiful medal, unbelievable. I showed it to a couple of people yesterday and they said, ‘Oh, you’d better get that insured. That looks like real gold and silver!’ It’s magnificent, beautiful. I’m very honoured and very happy with it all.

“I’ve had lots of people call to say congratulations. I was on the news last night on Channel Seven. There’s going to be a big celebration in a few weeks, too, which is lovely.”

Kosmala joins seven other Para-athletes in the Sport Australia Hall of Fame: swimmers Priya Cooper and Matthew Cowdrey, wheelchair tennis player David Hall, wheelchair basketball player Troy Sachs, wheelchair racer Louise Sauvage, alpine skier Michael Milton and multi-sport Para-athlete Frank Ponta.

Paralympics Australia Chief Executive Lynne Anderson said Kosmala’s induction befitted her extraordinary career.

“Libby is a national treasure and an indelible part of the Australian Paralympic story,” Anderson said.

“No one has competed at more Games and few have won more medals. To have remained near the top of her sport for such an incredible length of time is a testament to Libby’s great determination, skill and positivity.

“I’m grateful the Sport Australia Hall of Fame has recognised Libby as one of the greats of Australian sport and I’m so pleased also to hear that she continues to work with some of the nation’s up-and-coming shooters.”



Kosmala and Sauvage are among the former Para-athletes who have provided artefacts from their careers to display at the Paralympics Australia museum at The Hangar at Essendon Football Club in Melbourne. The museum opens next month.

Kosmala, 79, won a bronze medal in swimming at the 1972 Heidelberg Games before switching to shooting, in which she excelled for decades, including winning four gold medals at the New York 1984 Games and three gold medals and a silver at Seoul four years later. Her final Paralympics was Rio 2016, though she continues to compete and coach.

“Mine is a mental sport – they say 90 percent mental – and that helped me keep going,” she said. “I didn’t necessarily keep going that long at that level because I wanted to, I had coaches who said, ‘You’re up to world standard so you’ve got to go!’ Kosmala’s love for the Paralympic Games and shooting remains. She said she enjoyed watching Tokyo 2020, gaining a perspective she’d never experienced.

“It was very interesting because I saw sports that I hadn’t seen before. When you’re at the Games, you haven’t really got the time or energy to look at the other sports. You spend a lot of time watching fellow competitors in your own sport. For example, I didn’t know what goalball was all about and I really enjoyed watching it on the television. I watched the Games non-stop and really enjoyed it.

“If I find the money and I’m still healthy and well, I might go off to Paris and have a look. I’m coaching able-bodied and disabled shooters, though not many disabled unfortunately. One or two young girls I’m coaching could make the Paris Games and if they did, I’d be very keen to go and watch and support them. I’d love to find a wheelchair shooter and get them to Paris as well.

“I’m still shooting and still enjoying it. So why not keep coaching and encouraging the juniors?”

By: David Sygall, Paralympics Australia

[Follow the link to read Libby’s Story](#)



AROUND THE CLUBS

DISTRICT PR CHAIRMAN VISITS ONKAPARINGA CLUB

Submitted by Lion Nigel Brockhoff

Lions Club of Onkaparinga members enjoyed some bubbly company at their November meeting in Woodside this month. An effervescent Lions member at Gilles Plains, Charlie-Helen Robinson gave a brief but interesting account of her roles in public relations, including the one she performs for our District 201C1. Many readers who listen in to the ABC radio station 891 will already be familiar with Charlie-Helen through her many regular appearances on the afternoon drive programs. That she enjoys her work as a Lions member adds to the many facets of her community work. We enjoyed her company at our meeting up here in



Lion Charlie-Helen was tickled pink to receive a hand-turned pen, the handiwork of Onkaparinga's oldest member 95 year old Milton Page, who last month celebrated 50 years as a Lion.



the

Hills.

NEWS FROM BURNSIDE CLUB

Submitted by Rob Crookall

Our Social Meeting for October was held at The Arkaba Hotel and we had Zone Chair, Ray Najjar, and GMT Coordinator, Alex Coates address us as guest speakers.

The topic of the night was membership and the challenges we face in gaining new members.

Alex showed some promotional Lions videos which served as the catalyst to a Q and A session...lively discussion came from this and some ideas for us to think about were noted.

As a result an over all positive feeling was gained about our membership and the direction our club was taking.

In this month members contributed 388 hours of service.

Our Bargain Centre Sale for November was blessed with fine

weather and we had a positive outcome raising \$1450 from sales.

In the coming month we will have our normal monthly sale plus will open for two extra days for the National Garage Trail Sales.

Our Christmas Cake sales are under way and members will be participate at a stall at the Burnside Village Shopping Centre in the weeks leading up to Christmas.

A donations Christmas Tree will be in place in The Village in the coming weeks. Members will deliver goods left as donations to various charity groups in the city and local area for distribution to those in need. Anglicare in Gilbert St, Adelaide are one example of organisations we support.

Our last Business Meeting decided to hold our 60th Birthday celebration on Saturday 14th of May 2022 at the Ballroom of The Burnside Civic Centre.

This will be an afternoon Civic Reception....the Mayor has offered to host this event. Lions from sister and daughter clubs plus any others wishing

to attend are invited....to help with planning of numbers likely to attend we would ask

members to send an email indicating their wish to be invited to President Rob Crookall at

rob_crookall@yahoo.com.au There will be a cost to cover catering for those attending this event.

Our attached photo for this month shows Lions Wally, John E and Brett collectively giving advice to a customer at our last sale....the customer eventually bought the item....but did suggest that he would work out how the item worked!!!!





AROUND THE CLUBS

MD201 KINDNESS MATTERS SERVICE AWARD—CITY OF ADELAIDE LIONS CLUB

The City of Adelaide club has been awarded the annual MD201 Kindness Matters Service Award which challenges Lions and Leos to develop exceptionally innovative and creative service projects with the aim of leaving a positive impact in their communities.

Article by Lion Doug Booth

“The Hear Me Roar! Project was founded by our club in 2016 Hear Me Roar project coordinator Petrea Stacey said.

“It started by creating care packs and making multi-purpose heart shaped cushions for both adult and child patients in hospitals.



Indiana (Little Roarers Cub), Kelly (Backpack 4 SA Kids), Petrea (City of Adelaide Lions), and Addison (Little Roarers Cub)

“It quickly grew to include making port pillows (small rectangular cushions that attach to seat belts to provide cushioning to the chest and/or abdominal area for people with port/incision/surgical/trauma sites),” Petrea said proudly. “We added personality cushions (round cushions with different faces) for children in hospital going through cancer treatment or craniofacial surgeries. “Our cushions were then also made for disadvantaged and vulnerable youth (0-18years) in various organisations and foster care. “The project has expanded to include making scrunchies, baby bibs and more for these children also.”

In 2018, the project started another initiative, sorting and labelling children’s books, and packing them into age-appropriate book bags for distribution.

“Youth literacy is a big problem and every child should have access to books. So, these book bags are distributed to disadvantaged and vulnerable youth across South Australia,” Petrea said.

“Up until now, the project has supported over 7700 individuals across SA.”

Petrea said the project has developed into a true Lions team effort with at least six other clubs giving their support, including the Adelaide Hellenic Lions Club.

“This project brings Lions, families and friends together to work together in a social environment while being hands on, and making a difference to so many in the community,” Petrea said.

“The project is unique in that it doesn’t focus on one group or one initiative, and the support provided to the community is widespread.

“Since the project started, we have delivered 850 care packs, 1144 adult cushions, 1828 kids cushions, 840 port pillows, 2074 bags of books (four books in each), and 1011 misc. items (such as bibs, scrunchies, dressing gowns, sanitary items etc.), with hundreds more currently being made and/or about to be delivered,” she added.

“The quality and scope of the projects submitted was amazing, and I thank those Districts who submitted entries,” Delwyn Seebeck, Council Chairperson Multiple District 201, said. Steve Fawcett, Lions MD 201 C1 Global Services Team Coordinator, praised the club’s success. “It is a well-received acknowledgement of the pioneering work undertaken by the City of Adelaide Lions,” Steve said.

As well as the City of Adelaide Lions Club’s entry Hear me Roar, the Leo Club of Melbourne Next Gen was successful with its entry Next Gen for 1000 Hopes. The two winning entries will now be forwarded to LCI for inclusion in the Global Judging, with the winning entries (maximum 30 with a minimum of three being for Leo Clubs) not expected to be announced until late January 2022.

FOOTNOTE: The Kindness Matters Service Award is designed for clubs who create high-impact service projects within one of the Lions International and Lions Clubs International Foundation (LCIF) cause areas, including diabetes, childhood cancer, environment, hunger, vision, disaster relief, youth or humanitarian.

Overall objectives include:

- Encouraging creativity and recognizing high-impact service projects
- Rewarding clubs for high-calibre service activities within each of Lions International’s causes.





AROUND THE CLUBS

A LOT HAPPENING AT ATHELSTONE

CHRISTMAS SLEIGH RETURNS

Tijana Birdjan

The Athelstone Christmas sleigh is back this year after taking a year's hiatus due to Covid-19 restrictions.

The sleigh will travel around Athelstone on November 29-30 and December 1-2.

Athelston Lions Club member of 40 years Michael Cook said the sleigh has covered almost every street in Athelstone over the years. "Father Christmas hands out goodies to the children and

club members sell Lions Christmas cakes and puddings from the sleigh," Michael said.

"Many of the children we saw in the early days now bring their own children."

Many residents look forward to seeing the sleigh and had asked when it would be out on the streets.

Michael said the sleigh was created in the 1980s and was constructed by the late Bob Albrecht who cut the

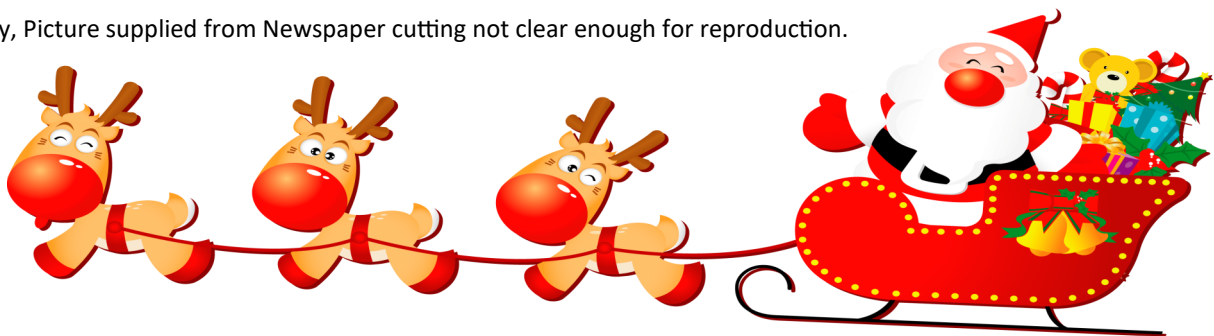
reindeer out of pieces of styrofoam.

"We added a music system and the late Bert Lynn made bells out of shell cases," Michael said.

They maintain and touch up the sleigh regularly and redecorate it with new tinsel.

The Lions Club of Athelstone is also looking for volunteers to help with the sleigh. "We need people who are willing to walk around with the sleigh," Michael said.

Sorry, Picture supplied from Newspaper cutting not clear enough for reproduction.



AGEING WELL & EXPO & CELEBRATION ORGANIZED BY THE CAMPBELLTOWN COUNCIL

Tuesday 23rd November 10.30 a.m. -3.30 p.m.

There were over 30 stalls including Lifestyle options, Community Groups, Wellbeing Activities & Demonstrations. Over 300 people attended

The Lions Club of Athelstone had a Christmas Cake stall & Lions promotion. We were just inside the entrance hall... stall 1. We had a successful day selling cakes & puddings.

The council also paid the club to cook & serve the BBQ.

We had also organized for the Hearing Dog Centre to be represented & 2 girls came down from Verdun.

We had the District Trailer on display & we were grateful for the banners lent by District.

Lion Val Jarvis



Lions Yvonne Menz, Lion Joe Vainia, Lion Marjorie Cook & Lion Michael Cook who manned & served the BBQ at the expo



AROUND THE CLUBS

GILLES PLAINS SUPPORTS OPERATION FLINDERS



9 November 2021

Att: Ajay Pradhan
Secretary
Lions Club of Gilles Plains



Dear Ajay,

Please accept our sincere thanks to the Lions Club of Gilles Plains for once again demonstrating your support to the young people of your area by making a very kind donation to Operation Flinders. Your Club's ongoing commitment to our cause is most appreciated.

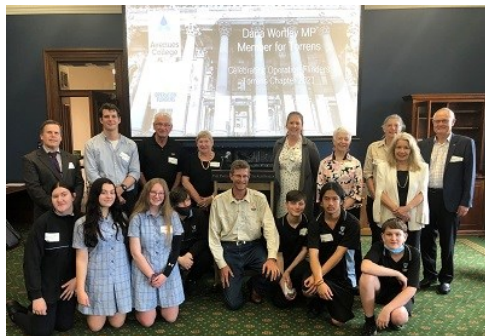
As I am sure you are aware, while there has always been a certain amount of challenges for teenagers during this period of their lives, never has it been so easy for them to fall into a negative pathway resulting in confronting situations for themselves, their families and local community. The level of peer pressure that can now be exerted particularly through social media channels makes for a very challenging era, especially for those young people that do not have a stable family environment. The number of scenarios we encounter at Operation Flinders with stories similar to the above, or sadly, much worse, is far too numerous to mention.

The support of the Lions Club of Gilles Plains will allow us to continue to provide the opportunity for local youth to participate and derive the benefits from our outback intervention program.

Once again thank you on behalf of the youth who will have potentially a life-changing experience in the Flinders Ranges.

Kind regards,

Jonathon Robran
Operation Flinders Foundation



Operation Flinders Foundation
Level 1, 12 Angus Avenue
Edwardstown SA 5039
P (08) 8245 2666
E administration@operationflinders.org
www.operationflinders.org

[Ctrl+click on the link for more information](#)



AROUND THE CLUBS

PORT AUGUSTA REQUIRES SUPPORT

Lions Helping to Make a Difference in Men's Health!



The Lions Club of Port Augusta has approved the featured service project for the current 2020/2021 year.

The district has a number of Lions clubs that are within the surrounding areas that could well be accessing this unit.

As the Zone 8 Chairperson I would like to invite the other Lions Clubs in Zone 8, as well Zones 7 and 9 to join with Port Augusta to raise this service project as a multizone Zone project. However, all district clubs are invited to support this project.

District Lions Clubs within Zones 7,8 & 9 including: Booleroo Centre & District, Cowell, Jamestown, Kimba, Orreroo & District, Port Pirie, Port Augusta, Peterborough & District, Quorn, Rocky River, Whyalla, Whyalla Mount Laura, and Wudinna.

The unit is expected to be commissioned by June 2022 and will ensure that public patients across the Health Network will have the same level of service that is available in Adelaide.

Lions Challenge:

To raise \$45,000 to match The Male Bag Foundation's \$45,000 grant!



Steve Fawcett

The Service project is to raise at least \$45,000.00 to assist in facilitating the purchase of a leading-edge prostate cancer biopsy machine for the Flinders and Upper North Local Health Network. The transperineal biopsy machine will be based at Port Augusta. The balance of the machine's cost will be assisted by funds raised by the Whyalla Prostate Support Group. With \$45,000.00 being donated by the Malebag Foundation.

Health Network CEO Craig Packard:

"...also thanked Port Augusta Lions who saw the unique health value of the project and immediately stepped up to raise funding for the Health Network. The Network and Lions are now in regular contact with the Foundation, and I am confident our shared mission will be delivered on time and have lasting benefits for our community".

DONATE TODAY

Mail cheques to:
Lions Club of Port Augusta
PO Box 644,
Port Augusta SA 5700

BSB: 035 065
Account #: 234 641
Account Name:
Lions MB Prostrate Account

Contact Steve Fawcett: 0477 003 102
www.portaugustalionsclub.org.au



England has no kidney bank, but it does have a Liverpool.



AROUND THE CLUBS

WHAT'S HAPPENING IN PETERBOROUGH

OUR CLUB TO HOST THE LIONS DISTRICT CONVENTION IN 2023!!

Both Vanessa Malycha and Shirley Dearlove attended the Lions District Convention in Salisbury, which was held on Friday 15 to Sunday 17 October.

Vanessa attended the Flag Ceremony on Friday night and the Business Session on Saturday, where she helped out on both days.

Shirley, who is our Club's Convention Chairman, attended the Saturday Business session only, where she successfully presented to all the District Lions Clubs and delegates in attendance, our presentation on running for the Lions District Convention in 2023. Thank you to all the Lions at the Convention for your support!

So, we are looking forward to hosting this event, which will also benefit the town and community and continue to get our Lions name out there! Most of the groundwork has been done, as we were to host the Convention last year, but was cancelled due to COVID.

Judy Higginson is currently doing the Lions Mints for the Business Houses, whilst the Lions Mint Chairman, Julie Grenfell, is out of action with a broken ankle. Wishing Julie a speedy recovery. The Business Houses continue to support this worthwhile fund-raising cause.

A working bee at the Lion Rose Garden on Sunday 31st October, saw some members start to paint the railing around the rose garden and then enjoy morning tea afterwards.

Vanessa Malycha attended training in Stansbury on the weekend of 13-14th November, re paperwork for the Lions Skin Screening bus, in readiness for when our Club hosts the bus on the weekend of 4-5 December.

Lions are really looking forward to holding the Lions Senior Citizens and Aged Pensioner's Christmas Dinner again on Friday 26th November, 2021 in the Town Hall, for people aged 60 years and over. More details next Bulletin.

In our Lions Den, Lions members and friends have been busy painting the Christmas Pallet Decorations made by our local tradie, Cassie, in readiness for displaying around the business houses in the Main Street. These decorations will soon be put up by members with the help of the MFS and then taken down prior to New Year's Eve.

President Julie Atkinson has attended meetings with Rotary and other groups for the Twilight Markets on Friday 10th December, which will replace the Christmas Pageant.

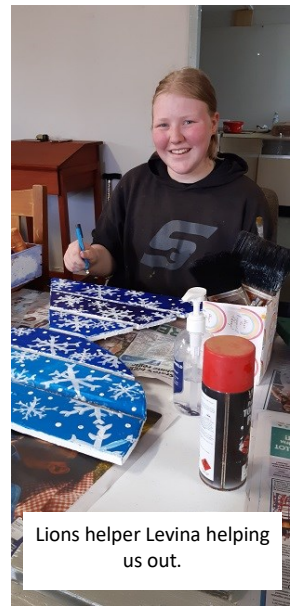
Children and grandchildren's letters will be again collected in the large red letterbox at the Newsagency from Friday 19th November to Friday 10th December, in readiness for Father Christmas to answer. Each year, this project gets larger.



Painted railing around the rose garden



Morning tea provided by Vanessa Malycha & also enjoyed by Chris Arbon.



Lions helper Levina helping us out.



AROUND THE CLUBS

GILLES PLAINS GARDENS



The following are gardens established over the years by Lions Clubs.

Lion Kevin “Bob” Dyer Memorial Reserve. Napier Street, Hillcrest

Bob was club treasurer for many years. He also served as auditor.

Lion Peter Wesbroom Memorial reserve. Lurline Street, Gilles Plains

Peter was a charter member and served as president.

Ray Norton Reserve Park. Hawkins Ave, Hillcrest

Although not named for Ray’s Lions Membership, it was established by the council to honour Ray’s service as a councillor, alderman and mayor of the city of Enfield (before amalgamation with Port Adelaide).

Peter Lehman Reserve. Millbank Ave, Gilles Plains

Again not named as a Lions park, but so named as Peter was a charter member and had a lot to do with the Blind Welfare Association and passed away while he was a member of the club.

CLARE CLUB CATERING

Catering at Watervale Bowls Club for Clare Valley Children’s Centre End of Year Function

Thank you for the brilliant work of the whole team on Friday 12th November. The men on the BBQ, John Giersch and Ken did a great job (against the odds at times) to provide beautifully cooked Chicken and Beef Mignons provided by Michael Day, while Art, Allan and Yvonne worked in the kitchen to provide the accompaniments to the meat. Jon Mutter was chief table setter and general allrounder. Many compliments were paid to our team by our clients and a fun and relaxing evening was enjoyed by all. We all went home tired!

WHAT’S HAPPENING AT TORRENS VALLEY



October saw our Club at the bbq again and again. Firstly at Bunnings then for Trail Running SA at Mt Crawford, the 3 bbqs for Torrens Valley Little Athletics at Birdwood over 3 weeks allowing committee members to focus on training the children, another at Hills Alive at Gumeracha then the 5th Sunday Market at Gumeracha.

Our Christmas raffle is now up running with great prizes on offer for \$2 per ticket.

Christmas cakes sales have begun. Preparations are underway for our Christmas dinner.

Our last dinner meeting guest speaker was Tania Milsom, Victim Contact Officer, who spoke to Club members on scams, very informative.

Our November guest speaker will be from the Crash Investigation Branch.

Club members met one evening to discuss membership and event ideas, several small committees were formed to investigate some of the ideas further.

THE FACT THAT THERE’S A HIGHWAY TO HELL AND ONLY A STAIRWAY TO HEAVEN SAYS A LOT ABOUT ANTICIPATED TRAFFIC NUMBERS.



AROUND THE CLUBS

ATHELSTONE CLUB CELEBRATIONS

LIONS CLUB 45TH ANNIVERSARY

Tijana Birčjan

The Lions Club of Athelstone celebrated their 45th anniversary at the Highbury Hotel on Saturday, November 6.

Mayor Jill Whittaker and Mordialta MP John Gardner were special guests at the event along with 48 representatives from the Lions, Rotary and Kiwanis.

Secretary of the club Val Jarvis said the highlight of the night was the presentation of Life Membership to President John Heffernan who has been a member of the Lions Club of Athelstone for 37 years.

"He has held positions of president, secretary and treasurer many times while in the club," Val said.

"Club members were pleased that John got a surprise on the night.

"Lion Michael Cook who introduced John spoke about John's service, and past district governor Tony Pederick presented the award.

"President John Heffernan presented principal of Charles Campbell College Kevin O'Neill



President John Heffernan was presented the Life Membership by past District Governor Tony Pederick.

with a certificate of appreciation for his positive approach to involve Lions and his students in community work."

"The college recently raised over \$1,120 for the Lions Childhood Cancer Foundation. Maria Kitching the fundraising teacher at the school organised for the collection of donations and Lions cooked a

barbecue at the college.

Others also spoke at the event. John Gardner congratulated the Athelstone Lions Club on their anniversary and community service.

Lions Club of Athelstone past member Dennis Ryan, a foundation member of the club, spoke about the club's formation.

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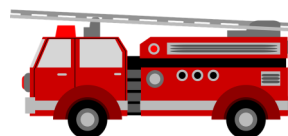
GILLES PLAINS SES GUEST SPEAKERS

Enfield State Emergency Service

Can't stop the smiles of our community engagement members sharing how to prepare for storm flood and heatwave!

We love volunteering and sharing about the ses what we do and how you can protect your home and selves. Thanks to the Gillies Plains Lions Club for having us.

For more information on how book a speaker message us!



<https://www.facebook.com/100001164624668/posts/4497092837006159/?d=n>



SEEDS OF HOPE. FROM LITTLE THINGS, BIG THINGS GROW.



Get set to plant commemorative gardens to mark 75 year anniversary in 2022

The countdown is on for the celebration of Lions Australia’s 75th anniversary in September 2022.

Local Lions District 201C1 clubs are encouraged to start planning and planting commemorative gardens to mark the special occasion.

The goal is for Lions clubs across Australia to plant at least 75 gardens before the official anniversary in September 2022 and DG John Barnes says, “The gardens will be a great way to recognise the anniversary and celebrate the impact of Lions with the local community by creating their own colourful impact. We encourage the planting of commemorative gardens to recognise the significance of the occasion. Lions Australia’s 75-year anniversary is an exciting milestone and a great opportunity to recognise our local volunteers who have made such a difference over the years. We look forward to planting and nurturing our Clubs gardens in the coming months and celebrating within the communities that we serve.”

Early conversations have sprouted ideas such as “sensory gardens”, native bush gardens, joining forces with local community groups on collaborative gardens and simple rose gardens. Each will take on their own life and grow into a lasting tribute to our community.

TYPES:

Sensory Gardens: Include features, surfaces, objects and plants that stimulate our senses through touch, sight, scent, taste and hearing.

Community Gardens: Single piece of land gardened collectively by a group of people. Community gardens use either individual or shared plots on private public land while producing fruit, vegetables, and/or plants grown for their attractive appearance.

Native Gardens: showcase innovative and artistic ways of using native plants on a domestic scale. These include examples of native plants used for hedging, structural planting, screening vegetation, specimen plants, formal and informal garden beds, pots, and as cospes of trees

The District has draft letters for use to send to Councils for permissions to use areas and we are happy to discuss your initiatives to support ideas.



For more information about our 75-year anniversary, contact Lion Charlie, Public Relations 0424644624 charliehelenrobinson@gmail.com





HUMOUR FROM CLUB NEWSLETTERS

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."
 My bucket list: keep breathing.
 Camping: where you spend a small fortune to live like a homeless person.
 Just once, I want a username and password prompt to say, "Close enough."
 Being an adult is the dumbest thing I have ever done.
 I'm a multitasker. I can listen, ignore and forget all at the same time!
 Retirement to do list: Wake up. Nailed it!
 Went to an antique auction and people were bidding on me.
 People who wonder if the glass is half empty or half full, miss the point. The glass is refillable.
 I don't have grey hair; I have wisdom highlights.
 Sometimes it takes me all day to get nothing done.
 I don't trip, I do random gravity checks.
 My heart says chocolate and wine, but my jeans say, please, please, please eat a salad!
 Never laugh at your spouse's choices. You are one of them.
 One minute you're young and fun. The next, you're turning down the car stereo to see better.
 I'd grow my own food if only I could find bacon seeds.
 Losing weight doesn't seem to be working for me, so from now I'm going to concentrate on getting taller.
 My body is a temple; ancient and crumbling.
 Common sense is not a gift. It's a punishment because you have to deal with everyone else who doesn't have it.

I came. I saw. I forgot what I was doing. Retraced my steps. Got lost on the way back. Now I have no idea what's going on. But, I remembered to send this to you.

A farmer drove to a neighbor's farmhouse and knocked at the door. A boy, about 9, opened the door. "Is your dad or mom home?" said the farmer. "No, they went to town." "How about your brother, Howard? Is he here?" "No, he went with Mom and Dad." The farmer stood there for a few minutes, shifting from one foot to the other, mumbling to himself, when the young boy says, "I know where all the tools are, if you want to borrow one, or I can give Dad a message." "Well," said the farmer uncomfortably. "No, I really want to talk to your Dad, about your brother Howard getting my daughter Suzy pregnant". The boy thought for a moment, then says, "You'll have to talk to my Dad about that. I know he charges \$500 for the bulls and \$150 for the pigs, but I have no idea how much he charges for Howard."

A drunken man staggers into a Catholic church and sits down in a confession box and says nothing.
The priest coughs to attract his attention, but the man says nothing.
The priest knocks on the wall three times in an attempt to get the man to speak.
Finally, the drunk replies:
"No use knockin' mate, there's no paper in this one either."

I asked a supermarket market worker where they kept the tinned peaches. He said, "I'll see," and walked away. I asked another and he also said, "I'll see," and walked away.

In the end I gave up and found them myself, in Aisle C.

It took
"Click it or Ticket"
to get people to
wear a seatbelt.
I wonder if
"Mask it or Casket"
might work?
Donald Ray Whatley



ENVIRONMENT NEWS



Environment

A core project of Lions Clubs International



Hi All C1 Recyclers,

See below an article written by PDG Grant Hewitt from W2. Do you have anyone in your Zone/Club who does a bit of their own recycling? If so, do not keep it to yourself. Why not do a brief write up on your project, send it to me and we can share your efforts with the rest of C1.

Environment

“While the health and wellbeing of humanity is always a major focus for Lions across the globe, the forthcoming COP26 conference promises to raise the ante in how we respond to the health and wellbeing of our planet. Lions in Australia are very engaged with environmental projects from tree planting to recycling and cleaning up the landscape. Our National Environment Coordinator Pat Williams newsletters continue to provide great ideas for projects and food for thought.

At convention I mentioned that we Lions could be leading by example in care for the environment. I have 3 bins for organic, recyclables and landfill curb-side waste and additional boxes in my garage for soft plastics, batteries and e-waste, printer cartridges and container lids. I also collect refundable containers from my strata complex and the motel units where I do some part-time maintenance work. I suggested at work recently that we could do better with waste from the motel units and so management are now installing dual compartment bins in each room to help separate recyclables from landfill. I’d love to hear from other Lions what they are doing personally and with their Clubs to show leadership in helping the environment. And I’m happy to be shown up as a laggard if others are doing more!”





ENVIRONMENT NEWS CONT



Sustainable gastronomy means cuisine that takes into account where the ingredients are from, how the food is grown and how it gets to our markets and eventually to our plates.

The United Nations Educational, Scientific and Cultural Organization (UNESCO), the Food and Agriculture Organization (FAO) and the UN General Assembly work to facilitate the observance of **Sustainable Gastronomy Day**, in collaboration with Member States, UN organizations and other international and regional bodies.

Some of **UNESCO's** initiatives include:

- Launching the UNESCO Creative Cities Network, created in 2004 to share best practices and develop partnerships in 7 creative fields. As of 2020, 26 cities have been designated Creative Cities of Gastronomy.
- Promoting clean energy for local restaurants (eg.using gas and electricity instead of coal, using natural gas rather than carbon).
- Raising public awareness of sustainable gastronomy through TV food channels, gastronomy shows and food cultural exhibitions.



This Photo by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-sa/4.0/)

Patrick Williams
C1 Environment Coordinator
E: simba103@bigpond.com
M: 0411 492 223

“I acknowledge Aboriginal people as the Traditional Custodians of the Lands on which we live and work. I pay my respects to the Elders past, present and future, and recognise their continuing connection to the land and waters.”



LIONS EYE HEALTH PROGRAM



LEHP-Australia
Lions Eye Health Program



Sausages Save Sight

Well they can if they are bought from a Lions Club BBQ or Sausage Sizzle where the proceeds are donated to the Lions Eye Health Program (LEHP), a national project of Lions Clubs, that aims to reduce the incidence and impact of vision loss in Australia. When considering where to 'put to work' the profits from your next Lions Club BBQ (Bunnings or otherwise) please consider this:



- Over half-a-million Australians are vision impaired in both eyes to the extent that they can no longer legally drive.
- 90 per cent of vision loss in Australia is avoidable or treatable.
- Too many Australians are losing their sight, when it didn't have to be the case.
- The annual cost of vision related problems to the Australian people is over 16 billion dollars.
- But apart from this, research has found that people with vision loss are at an increased risk of; falls, hip fractures, depression, social dependence and early admission into nursing homes.
- 1 in 5 children has an undetected vision condition.

Profits from an upcoming BBQ being run by your club, if donated to LEHP, will contribute towards education programs to encourage all Australians to have Regular Eye Examinations to detect the effects of Diabetic Retinopathy, Age-related Macular Degeneration and Glaucoma.

Funds will also be used to conduct Vision Screenings in schools, sporting and community centres throughout the country, to detect undiagnosed vision problems in children, so they will not fall behind in school because of poor vision and can have the best possible start in life.



LEHP can supply posters, brochures, audio visual presentations, stickers and other promotional items to support your 'BBQ to Save Sight'.

Donations can be sent to: **The Treasurer, LEHP-Australia, PO Box 86 Camperdown Vic 3260**

Or by Electronic Funds Transfer (EFT):

Account Name: **Lions Eye Health Program**

BSB: **633 000** Account Number: **108999475**

Please use the word BBQ and your Club Name as a reference

Thank you for considering supporting Lions Eye Health Program - Australia as part of your Lions Clubs International Vision Global Cause and local service challenge.



OPPORTUNITIES FOR OUR YOUTH

Take a look around your local community ... what is your Lions Club doing to foster the development of your youth?

LEO CLUBS provide a great opportunity for young people from 12 to 30 years of age to get involved in their community, make friends, have fun and make a positive difference in their world.

In my experience, many young people are genuinely interested in 'giving back' to their community but this opportunity is only possible if LIONS CLUBS make the decision to sponsor a LEO CLUB.

As you are making plans for this new Lions year, please consider forming a LEO CLUB in your area. The benefits are immense, and it will not 'cost' your club anything - as it is a club project, the expenses come from your community account.

Please contact me if you are interested in finding out more about starting a LEO CLUB - I would be happy to help you get it up and running.

Thanks,

Lion Beau Brug
District Leo Chairperson
Beau.brug@live.com.au
0430188175

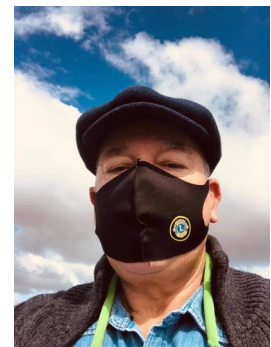


Leadership
Experience
Opportunity

LIONS MASKS WITH EMBLEM



We have organised Lions District 201C1 face masks. Contact Charlie via charliehelenrobinson@gmail.com if you are keen to get your hands on one (or two). \$15 each with proceeds to the Lions Medical Research Foundation (SA).



**Got my 1st date
of the year
already lined up.
I mean it's a
court date but it's
still a date and
I'm dressing up.**