

## Our District Bulletin

### News from District 201C1 and Beyond

MARCH 2022



#### MEMBERSHIP MARCH

It is that time of year again. Autumn, where we transition over the three months of March, April and May from the hot, uncomfortable Summer months where many Lions Clubs simply go into recess.

With the cooler days and perfect evenings of March it makes perfect sense for us to come out of our Summer rest period and get back into – yep, Membership.

As you are probably aware from visiting members of the DG group, Zone Chairs and GLT-D, GMT-D and GST-D Coordinators it has been my intent this year not to focus on Membership as such but that which saw a small group of Chicago businessmen led by Melvin Jones turn an idea into a worldwide community service organisation – service.

They built their small organisation in 1917 into what it is today on the foundation of returning something back from what their community had given their businesses, with community service, giving rise to our Lions motto “We Serve”.

If you really want to grow your membership, get out there and **serve**. I often say “It is We Serve, not We Fundraise” but fundraising does have a very important place in our endeavour to make our communities and in general the world a better place.

But to get new members, you have to get out there and provide Excellent Service to your communities, and as International President Alexander says – do it with **compassion**, do it from your heart.

Your community will see that compassion, and some will wish to share in it's giving. And to add my little bit – remember to be compassionate when it comes to your own. Always in the past it has been the custom to not help your fellow Lions – but if a fellow member has fallen through to cracks of society and would receive your aid and sustenance if they were just a community member, show your compassion and give that Lion a helping hand.

How does your club provide Excellent Service to your community? Simply answer your community needs. Wait. Simply? Well, it is a bit more than that, but if broken down – it comes to appear as something achievable. And the best news is if your club is not serving your community well, it certainly did in the past.



We just need to be **SMART**. Find a service project your club can achieve with excellence.

It has to be clearly defined – that is, **SPECIFIC**. For example “We are going to offer our services to Council to prune and dead-head all the roses in the local parks every weekend.”

We want it to be **MEASURABLE** – so you can monitor your progress and results easily. In this case, we want our community to be able to measure it's progress, and they can because you are doing it right in front of them.

And is this potential project **ACHIEVABLE**? I'm sure a bunch of grumpy old farts and some nice ladies can handle some secateurs and move a few wheelie bins over from the gardening shed, or from the council depot. Maybe we will have to get a few specialist secateurs and other tools – I've got a bit of arthritis in my back, but others have the affliction in their hands. *Now it's ACHIEVABLE!*

Is this project **REALISTIC**? Perhaps we may have to cut the effort back to every fortnight, and just do the main park across from the Town Hall. Leave the rest for Rotary and Apex when they see how much fun we're having. Definitely a **REALISTIC** project now.

#### **District Governor**

Lion John Barnes (Carol)  
34 Highview Grove  
MOONTA BAY, SA, 5558  
Mob : 0448 895 170

For other District Officers  
please see page 5





And what sort of TIME LIMIT are we going to put on this project. Well, we are going to have so much fun doing it and interacting with people in the park, we shall just make it an ongoing SIGNATURE SERVICE EXCELLENCE project.

Just a couple of more hints:

- Meet your community's **NEEDS**, and
- Increase the **AMENITY** of Your Community,
- Be **VISIBLE** to your community

**PHYSICALLY** – e.g. 75 Year Lions Australia Anniversary Garden; Peace Poster and/or Essay Contest; Lions Youth of the Year  
Or something else that you can do in a public space

- In the **MEDIA** – **Website, Facebook** or others **e.g. Instagram**. Above your paygrade? Then in your local paper. Haven't got a local paper? Start a local community newsletter, put it in the local shops. A local **community newsletter** – **not** a Lions Club newsletter. Canvas other community groups for articles. Why not get those shops to advertise for a small charge.

**ENGAGE** with other community groups, sport groups, etc. See if they need a hand, or perhaps they can help you – Serve through Diversity and with Kindness, from your Hearts. As the Meerkat says "Simples, huh?" Get out there and enjoy doing some service in the lovely Autumn weather.

**Lion Awareness Day – Saturday 5<sup>th</sup> March**

Has your Lions Club got something organised among all the other clubs across Australia for Lion Awareness Day on the 5<sup>th</sup> of March? PR Material can be found here:

<https://lionsclubs.org.au/members/resources/#pr>

**Clean Up Australia Day – Sunday 6<sup>th</sup> March**

As part of the Lion Awareness Day, make a weekend of it and participate in Clean Up Australia Day.

<https://www.cleanup.org.au/>

**Lions Australia 75<sup>th</sup> Anniversary Garden**

If you haven't, why not make a start on your 75<sup>th</sup> Anniversary Garden. If your club hasn't considered participating, refer to the process above. If it may be a bit too much, why not a joint garden with some of your Zone clubs? Don't know what I'm talking about? Talk to your Club President or Zone Chairman.

**Battery Recovery Project**

Participate! I hear Lions saying "Oh, ALDI, Foodland, Drakes are already doing it!" They are only single stores in your area. Put the collection boxes everywhere else – look at the suggested locations in the documentation you should have received – such as Retirement Villages, Nursing Homes. A protocol has been developed to safely have collection boxes at schools. National Caravan Park groups are being approached.

Talk with your Zone Chairperson, GST-D Steve Fawcett or MD Environment Coordinator Pat Williams. We are working on Lions Branding for the battery collection stands, watch this space.

"We Serve"

Governor John

## YOUTH OF THE YEAR

The time has now come to re-contact your schools ready for the Youth of the Year contest. Following Covid restrictions and other issues there has been some delays but the program will be held soon. The Youth of the Year program is an exciting Lions youth development project in our district and across Australia and is a fantastic showcase of our talented young people in Years 10 to 12. The District final for this Lions year will be held on the final weekend in March or the first weekend in April, ready for the State final later in April.

Lion Erin Williams from Salisbury will be organising the program for the first time this year, please give her your support. Erin looks forward to hearing from you very soon. If you need any assistance please feel free to contact Erin.

Please contact Erin with your nominees as soon as possible. Erin is available to talk to you on the telephone or via Zoom.

Erin Williams can be contacted via email at [Lion.erin.williams@gmail.com](mailto:Lion.erin.williams@gmail.com).

Alex Coates, Youth Chair, District 201C1



## UPCOMING CONVENTION LOCATIONS AND DATES

### DISTRICT 201C1

**2022** Hosted by CHARLES STURT WOODVILLE HIND-MARSH , WEST LAKES SEATON, WEST BEACH, AND RICHMOND 21st to 23rd October

**2023** Hosted by PETERBOROUGH

### MULTIPLE DISTRICT

**70th** Perth WA **CANCELLED**

**Mini Melbourne** 14th to 15th May 2022

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

**72nd** Darwin TBA

### INTERNATIONAL

**104th** Montreal 24th to 28th July 2022

**105th** New Delhi 1st to 5th May 2023

**106th** Melbourne 21st to 25th June 2024

## REPEATED ANNOUNCEMENT

"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*

## CHANGE OF MEETING VENUE

The Lions Club of Gilles Plains now meets in the Function Room at the Settlers Tavern, 249 Montague Road, Ingle Farm.

Business Meeting 1st Tuesday of month

Dinner Meeting 3rd Tuesday of month.

For bookings please ring Ted Osborn 0403 065 357 before 12noon on the day before



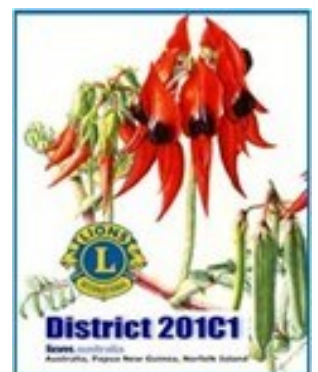
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20. Laughter is the best medicine
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## NEW MEMBERS FEBRUARY 2022 WELCOME TO LIONS

Club	Member	Sponsor
Gilles Plains Inc	Honor	Renesi Mongagi Lance Crook
	New	Jacinta Young Graham Spiers
Port Augusta Inc	New	Elaine Rendell Anne-Marie Fawcett
	New	Jordon Howe Jan Thompson



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





**Australian Lions Foundation Ltd.**

**"Helping Lions help their Community"**

[www.alf.org.au](http://www.alf.org.au)



**NEWSFLASH March 2022**

## **National Disaster Appeal Queensland & New South Wales**

To all Lions & Leos Clubs,

With the agreement of Council Chairperson Delwyn Seebeck, the **Australian Lions Foundation** is launching an appeal, to support those residents in the areas of **Southern Queensland and Northern New South Wales**, who are currently being impacted by devastating rain and flood waters.

If clubs wish to donate, you can either send your cheque directly to the Treasurer of the Australian Lions Foundation or make a deposit direct to the National Appeal Fund Account, as detailed below. If you are making a direct deposit, **please ensure you put your club number as a reference** so that we are able to maintain records. Clubs please note that donations to the Disaster Appeal are not eligible for awards credits.

**Account Name: National Appeal Fund**  
**BSB: 036-048 Account No: 440704**  
**Cheques payable to the Australian Lions Foundation**  
**Can be sent to:**  
**Treasurer Australian Lions Foundation**  
**PO Box 278 Melville, WA 6956**



The public may also wish to donate direct to the Foundation by using the "GiveNow link" button on the Multiple District Website and the Australian Lions Foundation Website. All public donations received over \$2 are tax deductible. Please consider supporting this appeal to help those in need.



## PERTH MD CONVENTION CANCELLED

**lionsaustralia**  
we serve



24 January 2022

Dear Lions

The Multiple District Council met last weekend to discuss amongst other things, the arrangements for the Lions Australia Multiple District Convention planned for May 2022 in Perth. Multiple District Conventions play an important role in the democracy of our organisation but more so, provide the opportunity for fun and fellowship that are important to us all.

It is therefore with regret that the Council has decided to cancel the 'in-person' event. Unfortunately, the lack of clarity around the opening of the Western Australian border presents an insurmountable logistical and financial risk for our association, and for individual members. It is the intention to provide a virtual experience for members and these plans will be developed over the coming weeks.

There are several other activities associated with Convention that will need to be considered including Notices of Motion, the election of an International Director candidate, and the Youth of the Year and Leo of the Year events. We will communicate these arrangements through the E-Newsletter over the coming weeks.

I would like to take the opportunity to thank PDG Alan Hawkins and all the members of the Perth Convention Organising Committee. The Committee has worked hard over many years to organise the Convention to celebrate the 75th Anniversary of Lions in Australia, as well as the 60th Anniversary of Lions in Western Australia.

Delwyn Seebeck

MD 201 Council Chairperson 2021-22



[www.lionsclubs.org.au](http://www.lionsclubs.org.au)

**National Office** Multiple District 201 of Lions Clubs International Inc. Australia, Papua-New Guinea and Norfolk Island  
Locked Bag 2000, Newcastle NSW 2300 **p** 02 4940 8033 **f** 02 4940 8034 **e** [info@lions.org.au](mailto:info@lions.org.au) ABN 63 592 786 032

**SEE NEXT PAGE FOR DETAILS OF MELBOURNE MINI CONVENTION**



## MD 201 MINI-CONVENTION – MELBOURNE - 14 -15 MAY 2022

It is with considerable pleasure that I can announce to you that the Lions Australia National Council has endorsed a proposal to hold a Mini-Convention in Melbourne on the weekend of 14-15 May 2022. We are so excited to be able to get together!

We were all disappointed that we needed to cancel the Perth Convention due to uncertainty about interstate travel. Although it is not possible to convene a full Convention at short notice, the Council was keen to bring together Lions from around Australia for fun, fellowship and inspiration at a short weekend Convention.

This Convention will be about great keynote speakers, hospitality and experiencing some exciting and entertaining presentations including...

- The National finals of our Leo of the Year competition with entertaining speeches from our talented and community-spirited young people.
- The National finals of our Youth of the Year competition – always a highlight!
- Remembrance Ceremony where we can pay our respects to those Lions who have left for higher service.
- Celebrating our two big anniversaries! 60 years of Lions in Western Australia and 75 years of Lions in Australia.
- The chance to enjoy fellowship and a few laughs with Lions with informal drinks following the Saturday program.
- Experience the hospitality of Melbourne with your District colleagues for drinks and perhaps dinner on Saturday night.

More details of the program will be released in the coming weeks including our keynote speakers and officials.

**This year, our Notices of Motion and the election of International Director candidates will be conducted remotely by online voting to ensure that travel restrictions do not affect our Lions ability to participate. Further details will be advised in the coming weeks.**

### The Venue

**The Convention will be held in the Crown Conference Centre adjacent to the Crown Promenade Hotel, in the heart of the beautiful city of Melbourne.** The venue is only a short ride from Melbourne Airport using the airport bus or by taxi, and for those drivers, the adjacent multi-level car park is very affordable at less than \$20 per day.

For simplicity, when you register you can purchase vouchers for coffee and tea during the Convention, and there is a myriad of restaurants and cafés within a short walking distance for lunches.

### What do I do to register?

**Registration will open soon. Registration is via the Lions online shop and a link will be provided.**

The venue is strictly limited to 750 guests, so please register early to ensure you can book your seat!

It's been a long year for all of us and it will be wonderful to catch up with all our Lions friends and celebrate our 75th Anniversary!

Stay tuned to our Newsletter, website and Facebook page for more information.

Looking forward to seeing you in Melbourne!

Rob Oerlemans Executive Officer





## AROUND THE CLUBS

### HONORARY MEMBER AT GILLES PLAINS



Renesi (Renee) Mongagi has been introduced as an Honorary Member of the Lions Club of Gilles Plains inc. Renee who lives in Popondetta (ORO Province) Papua New Guinea, is an acquaintance of Lion Lance Crook who has travelled to PNG on several occasions. (Some members of the District may remember the project "Lights for Sananada" and "Pigs for Sanananda")

Renee is our contact for used spectacles that the club on occasions send to her. She distributes them to members of the communities that she serves as a Community Nurse.

The club has sent several Kg's of used Spectacles over the past 12 months at the same time supporting the Lions Recycle for Sight national campaign. (Usually on the basis of 3 boxes for Lions and one box for PNG).

Renee is assisted by her daughter Zoe.

Picture above shows Zoe in blue shirt and Renee in yellow shirt.



The club decided to support Renee by making her a part of Lions Club in recognition of the work that she does in her local communities.

Picture shows R to L, Cynthia, Jeffrey and Zoe in their Lions Shirts.

### NEWS FROM CLARE CLUB



### Lions Furniture Store

February 2022

Up to the end of January we received 236 items of furniture and sold 116. For this period to the end of January we did 20 pickups and 12 deliveries. This was a big effort considering we were open for only two weeks at the end of January, although some of these pickups were in later December (after we closed), when we went to Burra to pick up goods that were too good to refuse.

Sales during later January were more than normal (for the two weeks) but have since steadied down to a more normal pattern. Every now and then someone comes in and buys a fair bit all at once. It's like that with pickups – there is a constant stream of requests for donations of furniture to the Store with a bigger lot every week or so.

Thanks to all those who have helped out, including volunteers. The roster for the next few months is filling up, but still some gaps in the store in March and April.

**Dave & Allan**

### GLEESON WETLANDS

The Wetlands is in good shape and recent weed germinations, including caltrop, were treated with herbicide.

The new plantation area has been watered recently. A second set of steps and a handrail still need to be fitted leading down to this area.

Sticks in the area around the woodlot have been picked up and this area has been recently mown – for the third time since early spring.







# AROUND THE CLUBS

## NEWS FROM WEST BEACH

In late 2021 the club resolved to help a young girl living at Grange, who was suffering from a brain injury. We made a donation of \$1933 towards the costs for adaptation of her bicycle to enable her to continue riding with her parents and siblings.

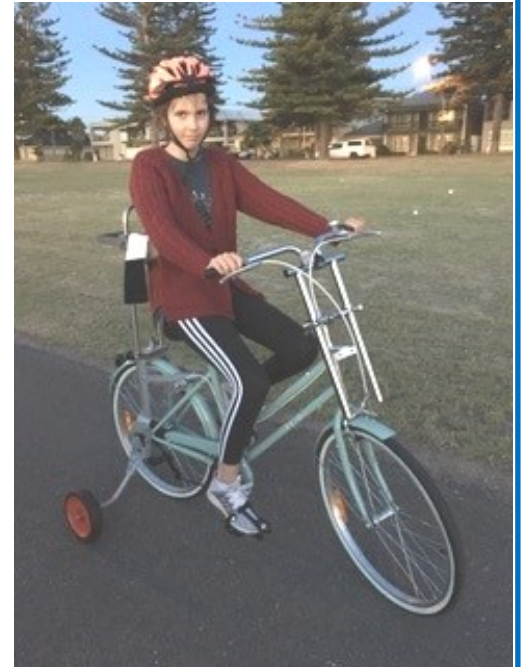
Liaison took place between the club, Vaal Dix, the District 201C1 Chairan for the Australian Lions Children's Mobility Foundation and Novita to determine the best means of achieving success.

Her mother recently sent the club an expression of thanks for the donation, together with a photograph of her daughter, Julia, enjoying her renewed freedom to ride again with the family.

The club has previously helped young children to become mobile and will continue to devote funds to this end.

At its meeting on 16<sup>th</sup> February 2022 club members were enthralled by a guest speaker, who had the skill and determination to save 25 lives following an engine failure on take-off of his charter flight from Sydney Airport.

Captain Rod Lovell "ditched" his aircraft a twin-engine DC3 in the waters of Sydney Harbour in 1994 after reviewing his options and taking a decision not to attempt a return to the runway, landing in the water 46 seconds later!



The subsequent events including various inquiries deemed the accident "pilot error" notwithstanding numerous engine spark plugs malfunctioning. Rod was subjected to a range of sanctions, including loss of his pilot's licence, by Federal Government agencies, notwithstanding Rod's applications for review by the Administrative Appeals Tribunal and Commonwealth Ombudsman.

Rod has written a book, entitled "From Hero to Zero", about his experience and speaks passionately about his battles with bureaucracy.

Our photograph shows Rod being presented with the club bannerette by President David, accompanied by Lion Lyn, who organised the talk. Those with keen eyesight will see that our bannerette is appropriately emblazoned with the club symbol of the famous Vickers Vimy aircraft flown by Sir Ross Smith and his brother Sir Keith Smith, the first pilots to fly from England to Australia in 1919.

Needless to say Rod was thrilled with his gift.







## AROUND THE CLUBS

### ANNOUNCEMENT—ZONE 9 PICNIC

The annual Lions Zone 9 "picnic" will be held on Sunday March 27th at Cowell in the "Men's Shed" Story Rd (Nth) from 10.30 am (coffee time) to whenever we've had enough and tell you to all go home.

Story Rd (Nth) is accessed by turning off the Lincoln Highway onto the Cowell- Kimba Rd., proceeding for approx **thirty (30) metres** & Story Rd (Nth) is straight ahead with the "Men's Shed " another 50 metres on the right. Some sort of Lions signs will be erected, probably advertising furniture sales.

BYO drinks (especially fancy drinks). We have a fridge full of beer & some wine to purchase if you under cater or spill more than you consume

Please RSVP so we can shuck the best oysters in Sth Aust, net the best Blue Swimmers & kill the choicest macropods, bovines, ovines or avians that are roaming free.

Depending on the weather forecast we may take a short sea voyage to our picnic site, but if the weather is inclement we will spread out in & around the "Men's Shed"

Steve can you please forward this to Whyalla, Whyalla-Mt Laura, Kimba & Wudinna because, try as i might MyLCI will not come up with email addresses for clubs

**Please send numbers by Sunday 20th March** to: [<cowellions80@gmail.com>](mailto:cowellions80@gmail.com) or myself: [janalla@bigpond.com](mailto:janalla@bigpond.com)  
Cowell Lions look forward to welcoming Z-9 Lions members & assorted hangers on Sunday March 27th to our Zone 9 "picnic".

Cheers n beers  
Zorb  
Zone 9 Chairman



**Mark and Conchita's Farewell**

### NEWS FROM PORT LINCOLN

#### Remember how we used to do BBQ's?



#### Then we got the trailer



**New Paving at the Hostel House.**

A farmer in the field with his cows counted 196 of them, but when he rounded them up he had 200.



## AROUND THE CLUBS

### LIONS CLUB OF PETERBOROUGH & DISTRICT Inc.

Lions Club of Peterborough & District Inc., are proud of Lions member, Shirley Dearlove, who recently received the 'Citizen of the Year Award 2022', at the Australia Day Breakfast on Wednesday 26<sup>th</sup> January, held at Victoria Park.

Shirley received her Award for a range of activities, including Lions work within our Club, including being President for 2 years, and currently in her 2<sup>nd</sup> year as Secretary; also for being on a range of other committees including the Rodeo Club, and her work within the tourism industry, etc. Congratulations Shirley!!

Shirley was also part of the Peterborough Player's Amateur Theatre Presentations, who received the 'Community Event of the Year Award'.

Our Lions Club were also honored to be nominated in this category for 'Community Event of the Year Award' for multiple events including: Lions Senior Citizens Christmas Dinner, hosting both the Diabetes Awareness Screening Day and also the Skin Cancer Screening Bus; and our Lions Rose Garden at the Cemetery.

President Julie Atkinson and Vanessa Malycha were proud to accept the Certificate of Appreciation on behalf of the Club.

Lions members again worked with the District Council of Peterborough and the Rotary Club of Peterborough in providing the Australia Day Breakfast, by supplying the crowd breakfast cereal and fruit, coffee, tea and juice, whilst Rotary cooked the BBQ.

On Wednesday 2<sup>nd</sup> February, Shirley Dearlove, President Julie Atkinson, and Judy Higginson met with Lion Doug Booth from the Lions Club of Clare, who was going to write about Shirley's Award and our Club activities for the Website.

They met at the Lions Memorial Fountain for past Lions members, in the Main Street and spoke about the Fountain and the history of the Club and its activities.

Members are still hoping to be involved in the Basketball Grand Finals on Saturday 5<sup>th</sup> March, providing a BBQ etc., dependent on numbers allowed to attend the Sporting Complex due to COVID restrictions and requirements.

The Club is making plans to start doing Bingo down the Main Street again, after almost a 2 year break. Plans are to do it fortnightly, rather than weekly and members are looking forward to getting involved in this again.



Members preparing for Australia Day Breakfast



With Doug Booth





## 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



**24TH to 28TH JUNE 2022**

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





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## Community Rewards



**Introducing Lions Australia Community Rewards** - a new fundraising channel for Lions Clubs Australia via the Doing Good rewards/giving mobile app.

This loyalty program won't affect your other loyalty or fundraising programs but is even better because it's automatic... when you **SHOP** at participating retailers, you **SAVE** money (no points or anything, \$\$\$ are paid back on your card) plus you automatically **GIVE** to the **Lions Australia Fund** by LCIF.

All it takes is **2 minutes** to create an account & register your credit/debit card. Retailers will automatically recognise your card and reward you discounts. Your data is safe and we promise your tax-deductible donations will be well spent.



Every transaction makes a difference.  
Every microdonation to Lions counts.



Download the Doing Good **app** and **sign up** to **Lions** with access code

**lion2992**

or simply scan this **QR code**

Learn more: Watch this Lions Australia explainer video

<https://vimeo.com/591965559>





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## Community Rewards



Lions Australia is offering members of our community special discounts every time you shop, all while supporting charity.

**Shop in-store and online to Save \$\$\$ and Give to Charity**



**Save up to 25% at participating retailers like:**

Woolworths

**pet**  
stock

**asics**

**kate spade**  
NEW YORK

THE ORIGINAL  
**Ben Sherman**

**HOYTS**

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Sign up with **code LION2992** via mobile app OR  
Scan this QR Code on your phone  
or click the button to register

**Register now!**



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](mailto: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**





## SKIN CANCER SCREENING PROGRAM C1 2022

The program was again put on hold until April because of the covid situation within our state. This decision will be reviewed in mid March and clubs with scheduled screenings will be notified. Clubs that had screenings postponed will be contacted to reschedule.

The entire program is on the website <https://www.lmrfsa.org.au/skin-screening-folder/events>.

C1 has 12 planned events for this year, and the unit will be in the NT for quite a period undertaking screenings in that area. A considerable difference has occurred in the number of volunteer screeners that we have. Currently, when everyone has finished their training we will have 21 trained screeners. This has always been the limiting factor to running this program, and so the work done in recruiting has paid off. All screeners MUST complete the professional certificate of Dermoscopy as a minimum standard for our program. This program is usually reserved for post graduate GP's so you can assure Lions we are well trained and professional.

We have started linking with a number of trained Doctors and that has really helped. Like last year a training day will be held for all screeners before we recommence our screening.

In 2021 we welcomed Lions Vanessa Malycha and Yvonne Bradford onto our admin team and both have indicated they really enjoyed the events they attended.

As always if you are interested in volunteering for this program as a screener, admin support or driver please contact me and I can discuss how we run the program.

Lion Carol Barnes

C1 Screening Coordinator.

## AUSTRALIA'S SKIN CANCER EPIDEMIC

- Australia is the skin cancer capital of the world.
- **Two out of every three Australians will be diagnosed with skin cancer.**
- It is the most common cancer affecting young Australians.
- Early diagnosis has a dramatic and critical impact on successful treatment because skin cancers can grow rapidly.
- If a melanoma on the skin's surface is treated, you have a better than 95% chance of a normal life span. But, if not diagnosed and treated, that same melanoma can, in only a few months, grow down into the skin just 4mm – it is then odds-on that you will die within 5 years.
- **Every day, 6 Australians die from skin cancer.**
- Quite aside from the human cost, the cost to the Australian health system is over \$1 billion a year; and to the Australian economy in lost productivity over \$2 billion a year.
- **Skin specialist services in SA and NT are limited or non-existent outside of Adelaide –**
- There are no public funded skin cancer screening programs.
- There are 39 dermatologists in SA/NT – all live and have their principal practices in Adelaide.
- If a Darwin resident has a skin abnormality that they are worried about examined in Adelaide, the cost of time off work, travel, accommodation, and medical costs not covered by insurance is a minimum of \$1,500.
- For Australia's indigenous population, who make up a third of the Northern Territory's population and earn just \$270 per week, skin cancer screening and/or treatment are simply out of reach.



## WHAT IS DIABETES?

**Submitted by:- Coralie Cross Nurse Practitioner, Credentialed Diabetes Educator**

**District 201C1 Chair, Diabetes Awareness/Prevention**

Diabetes Mellitus is a condition where the body is unable to effectively use glucose due to a lack of the hormone insulin and/or an inability to use insulin effectively. Insulin is a hormone produced in the pancreas by the Beta cells.

Glucose is the sugar our body uses for fuel and is digested from carbohydrate containing foods.

Insulin is necessary for the body to burn glucose. Glucose is the bodies fuel, so without the ability to burn glucose, the body cannot sustain life. Therefore diabetes affects all parts of the human body.

The aim of treating and managing diabetes is to live well, slow progression and prevent potential complications.

There are several different types of diabetes; the three most known are Type 1, Type 2 and Gestational.

Type 1 diabetes is an autoimmune condition. This means the body's own immune cells have for still unknown reason turned on the Beta cells in the pancreas and destroyed them. People with Type 1 diabetes are unable to produce any of their own insulin and must inject insulin in order to live. While mostly associated with younger people, Type 1 diabetes can occur at any age.

Gestational diabetes occurs during pregnancy and is due to the action of certain placental hormones that block the action of insulin. It is sometimes managed using lifestyle strategies, but often requires medication or insulin injections. Gestational diabetes usually resolves once the baby is born. It does raise the risk factors for Mum and baby to get Type 2 diabetes later in life.

Type 2 diabetes is the most common form of diabetes in Australia. More than 1.2 million Australians are currently living with Type 2 diabetes.

Type 2 diabetes is a complex disorder in which multiple functions related to producing or using insulin are not working properly. It is not a 'mild' form of diabetes. All forms of diabetes are serious, and all forms of diabetes can have serious consequences.

While it is possible with early diagnosis and intensive management to achieve remission, Type 2 diabetes will not 'go away'. It is still sitting in the background and will re-emerge if the intensive strategies lapse.

It is important to remember Type 2 diabetes is progressive in nature and will deteriorate over time, Type 2 diabetes is managed by a combination of lifestyle strategies, medication/s and insulin.

Risk factors for Type 2 diabetes include family history, ethnicity, age, previous gestational diabetes, high blood pressure, high cholesterol levels and lifestyle factors such as smoking, poor sleep, sleep apnoea, stress, alcohol intake, food choices/portions and limited physical activity.

When we look at the risk factors, we divide them into modifiable and non-modifiable risk factors. We can not change your family history, ethnicity or medical history and the alternative to getting older is not very pleasant. These are risks we cannot change.

But we can manage high blood pressure and high cholesterol with medication, and we can do something about our lifestyle choices including smoking, healthy sleep habits, reducing stress, healthier food choices, smaller portion sizes and increasing our physical activity levels.

Over the coming months we will look at healthy lifestyle strategies to support wellness not just for those living with diabetes, but for everyone.

### References

Diabetes Australia <https://www.diabetesaustralia.com.au/about-diabetes/diabetes-in-australia/>

Australian Institute of Health & Welfare (AIHW) <https://www.aihw.gov.au/reports/diabetes>

National Diabetes Services Scheme (NDSS) 'Diabetes facts and figures' December 2021  
National Diabetes Services Scheme (NDSS) 'Australian Diabetes Map' 2021

**Coralie Cross** MNurs: NP (Diabetes: Rural, Remote & Indigenous Health)

Credentialed Diabetes Educator, RN

York & Northern Local Health Network

Working: Monday to Thursday

Email: [Coralie.Cross@sa.gov.au](mailto:Coralie.Cross@sa.gov.au)

Phone: (08)8842 6524

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## Ileostomy Association of South Australia Inc.

*Submitted By PDG Don Pritchard:-*

### ***The Ileostomy Association needs Volunteers***

The Ileostomy Association of SA Inc (IASA) is a not-for-profit registered charity that supports people who are living with a stoma.

These are people like me who have generally undergone urinary or bowel cancer to create an opening in the abdominal wall to allow the discharge of urine or faecal matter. The opening is referred to as a stoma and people with a stoma are referred to as ostomates.

The Association assists its members and those who care about them to manage and live with a stoma. This is done in two ways:

Firstly, the Association distributes products that are required to be used for the normal functioning of a stoma. These are termed appliances (eg disposable bags) and pharmaceuticals (sprays and wipes) and are provided to members freely under the national Stoma Appliance Scheme.

Secondly, we provide support and information to members (currently around 2,500) about living with their stoma and how they can access specific assistance as required. Stomal Therapy Nurse clinics are available for those who may need clinical advice or assessment. Lions District 201-C1 already has been involved recently in financially assisting the training of a Stomal Therapy Nurse on Yorke Peninsula.

The Association's members range in age from very young children to 100+ year olds. About half are male and female and a third of members live outside the Adelaide metropolitan area.

The Association is managed by a Committee and operated by a small team of paid staff and a group of very dedicated volunteers. My voluntary role on the Management Committee is Treasurer, which keeps me busy for around 30-40 hours a week.

We are heavily dependent on our volunteers to assist in packing products to be either mailed out to members, or ready for collection at our Mile End office.

**There is an urgent need for more volunteers who are willing to give a few hours a month to assist our current team, either in the warehouse or the office.**

If you are able to help or would like more information, please give me a call on 0417 835 761 or email me on [donp@ileosa.org.au](mailto:donp@ileosa.org.au)

I look forward to hearing from you.

Best wishes,

PDG Don Pritchard







A Program of Lions Clubs International Foundation

Call us: 1800 805 334

## Social and Emotional Learning - Training & Resources

### BREAKING NEWS!

Lions Quest teacher training is now available online!

Since 1988, thousands of teachers and students in Australian schools have benefited from the research-based *Skills for Growing* and *Skills for Adolescence* programs.

The teacher-training is now delivered in a 2-hour online (Zoom) module, making it more accessible to teachers Australia-wide.

### WORKSHOP DATES:

- **Thur March 17:** 4:00 – 6:00 pm EDST (Registrations close March 3)
- **Wed May 18:** 2:00 – 4:00 pm EDST (Registrations close May 4)



Visit the [Lions Quest website](http://Lions Quest website) for more details.

The \$225 fee covers the PD as well as your complete resource package for one year level. Sponsorship from your local Lions Club may be available.

[Register today!](#)

**Don't delay - space is limited.**

- If you would like to learn more about Social and Emotional Learning and how Lions Quest *Skills for Growing* (F-5) and *Skills for Adolescence* (Yrs 6-8) can make a difference in your school, visit our website and watch our introductory webinar.
- If you were trained in a previous edition of the program and would like the latest edition, please contact us at [lionsquest@alwf.org.au](mailto:lionsquest@alwf.org.au) to order your copy - \$99.00 plus postage. You may also be interested in participating in the workshop as a refresher.
- If you are interested in hosting a dedicated session for your own group of up to 20 participants, please contact us at [lionsquest@alwf.org.au](mailto:lionsquest@alwf.org.au)

W: [lionsquest.org.au](http://lionsquest.org.au) E: [lionsquest@alwf.org.au](mailto:lionsquest@alwf.org.au) P: 1800 805 334



## Environment

A core project of Lions Clubs International



Hello All of you Volunteers,

So, the month of March approaches and with it a chance to get your community involved in an Environmental project, the very popular "Clean Up Australia Day" event. Contact your locals Lions and non-Lions volunteers and find an area in your community, a park, beach front or a local water course that needs a tidy up! Engage you're your local council and see if they can assist in any way. Contact the CUA group and register for your Kit before the run out!

Click on the link and it will take you straight to a simple 3 Step plan to become involved.

[Clean Up Australia](#)



March is also the month where traditionally it is **Lions Awareness Month**. Why not hold a combined event, a Clean Up Australia Day event, and Lions Awareness event afterwards when the work is done, fire up the bbq and sit and discuss the mornings work. This is another opportunity to meet your local community members who have the same interests, looking after the Environment.

Click on the link and apply for your FREE Lions Promotion Pack!

<https://lionsclubs.org.au/members/resources/>

This is a great opportunity for your club to meet new potential members, or at least to plant the seed of becoming a local Lions volunteer.

If you need any help organising an event like this, give me a call and we can talk.

Pat Williams, C1 Environment Guy!

E: [simba103@bigpond.com](mailto:simba103@bigpond.com)

M: 0411 492223

Happy Mingling!

"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."







## LAUGHTER IS THE BEST MEDICINE

After having dug to a depth of 10 feet last year, British scientists found traces of copper wire dating back 200 years and came to the conclusion that their ancestors already had a telephone network more than 150 years ago.

Not to outdo the British, in the weeks that followed, an American archaeologist dug to a depth of 20 feet, and shortly after, a story published in the New York Times: "American archaeologists, finding traces of 250-year-old copper wire, have concluded that their ancestors already had an advanced high-tech communications network 50 years earlier than the British".

One week later, Australia's Northern Territory Times reported the following: "After digging as deep as 30 feet in his backyard in Tennant Creek, Northern Territory, Crackers Johnson, a self-taught archaeologist, reported that he found absolutely stuff-all. Crackers has therefore concluded that 250 years ago, Australia had already gone wireless.

...Makes ya feel proud to be Australian don't it?

I caught up with a bloke I used to know at our school reunion recently. I discovered he was worth around \$4 million, and he told me the amazing story of how he got so rich. Basically, when he left school he had little or no formal qualifications, but he was good with his hands and he knew how to sell.

He knew he was never going to make it in an office job, so it was nose to the grindstone time. He left school at 15 and bought an old 4WD and spent a few weeks fixing it up, he then sold it for profit. He then used the money to buy another and so on. He did this a lot over the next 35 years, buying, repairing, selling, buying again.

He eventually moved onto newer models and then onto top of the range 4WDs in the last few years. Even during the really bad times he plugged away. He worked long hours, sometimes not seeing his wife and kids for days in pursuit of his goal.

Then his uncle died and left him \$4 million.



"FREE HAMMOCKS, all over town. It's like a miracle!"

### Inventive warnings..

On Tesco's Tiramisu Desert - Do not turn upside down.  
(Printed on the bottom of the box.)

On Marks & Spencer Bread Pudding - Product will be hot after heating

On packaging for a Rowena iron - Do not Iron clothes on body

On Nytol (a sleep aid) - Warning: may cause drowsiness

On a Korean kitchen knife - Warning keep out of children

On a string of Chinese-made Christmas lights - For indoor or outdoor use only.

On a Japanese food processor - Not to be used for the other use

On Sainsbury's Peanuts - Warning contains nuts

On an American Airlines packet of nuts - Instructions: open packet, eat nuts.

On a Swedish chainsaw - Do not attempt to stop chain with your hands

A couple go for a meal at a Chinese restaurant and order the 'Chicken Surprise'.

The waitress brings the meal, served in a lidded pot.

Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams back down.

'Good grief, did you see that?' she asks her husband. He hasn't, so she asks him to look in the pot. He reaches for it and again the lid rises and he sees two little eyes looking around before it slams down.

Rather perturbed, he calls the waitress over, explains what is happening and demands an explanation.

'Please sir,' says the waitress, 'what you order?'

The husband replies, 'Chicken Surprise.'

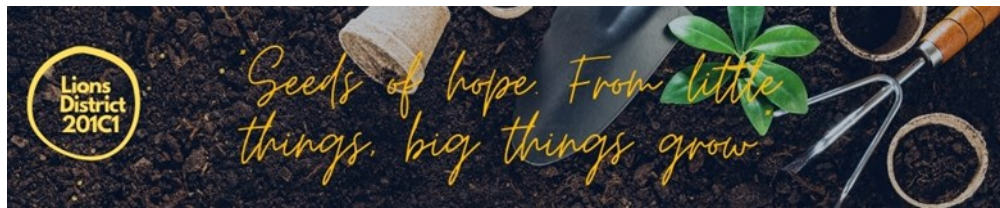
'Ah! So sorry,' says the waitress, 'I bring you Peeking Duck'

I met this chap at the Olympics. I said to him "Excuse me but are you a pole vaulter?" He replied "No, I'm German, but how did you know my name was Walter."





## 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 gardenised 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 copses 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](mailto:charliehelenrobinson@gmail.com)





## LIONS DISTRICT 201C1 CLUB COVID-19 CONSIDERATIONS

As Lions serving our community, we understand you will come into contact in the coming days/month with many people, and wish to encourage safety of your own self, above all others.

Lions Club officers should be aware by now of the need for compliance with Covid-19 rules as set by SA Health, and the need to protect members, volunteers, customers, beneficiaries and the community at large, from the risk of infection.

If you have the opportunity to implement safe distancing measures, including the use of regulated posters from SA Health, we encourage you to do so. However if not, we would like to think that you would discuss this with your Club at your earliest convenience. For example, Lions are currently selling Christmas Cakes and/or raffles at various venues around your area.

We would like to suggest the following guidelines:

- Have signs up if possible, displaying Covid safe practises.
- 
- Have sanitisers available for people to use. Wash your own hands frequently.
- 
- If your LGA (Local Government Area), you or your Club goes into lockdown, let us know. Contact me, Charlie or Gerry, the District Disaster Recovery Officer.
- 
- Use this District Chat group on Facebook for quick conversations and updates where possible (a) District 201C1 Lion Members Chat Group
- 
- If you need help understanding Covid-19 compliance and you haven't had any luck through usual channels, contact me, Charlie.
- 

Wishing you all a safe fundraising week/month ahead.

**Charlie Robinson**

**Lions District 201C1**

**Public Relations and Marketing Officer**

