

DG Zig's Zany Zeitgeber

Lions 201C1 Monthly Newsletter

August 2022

DISTRICT NEWSLETTER



WHAT'S INSIDE

What is Zig's Zeitgeber?

Barossa Valley Tinker Shed

The Tinker Shed has been a signature project of the Barossa Valley Lions Club for many years. Learn about the amazing work they do and their incredible creations.

— page 10

District Convention Update

Read about the latest news about the upcoming Lions District 201 C1 Convention being held in October 2022.

— page 19

Lions International Marketing Award

Have you heard about this new Lions Clubs International award? Then this article is a must read for your club.

— page 24

Meaning

Noun (physiology)

A rhythmically occurring natural phenomenon, which acts as a cue in the regulation of the body's circadian rhythms.

Zeitgebers are cues given by the environment that reset the circadian rhythm. These cues literally impact the expression of our genes. The science of this process is called chronobiology.

Examples of the key zeitgebers in humans are environmental cues like sunlight, exercise, and eating.

Each month, our district newsletter will feature a new name, but always starting with the letter Z. What interesting "Z" word will our District Governor use next?



August 2022

MD 201C1

MONTHLY NEWSLETTER

Welcome to the August edition of the C1 District Newsletter.

Thank you to everyone who called, emailed and shared feedback about last month's district newsletter. It's been great to receive such a positive response.

If you have an suggestions of what you'd like to see included in the monthly newsletter, please contact me to discuss. And please keep sending through your articles, details about upcoming events, club newsletters, and anything else you would like included.

Just a reminder to please send through by the 20th of each month, to allow enough time to plan and layout the next issue. As you can see, this edition is even larger than last month and takes some time to prepare.

Until next month, take care.

Yours in Lionism,
Petrea Stacey
Editor

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Email: pstacey@forerunner.com.au
Email: IT.C1@lions.org.au

Website: www.lions201c1.org.au

DISTRICT SOCIAL MEDIA

Twitter: @lions201c1
Facebook: @District201C1LionsClubs
Facebook (Media): @lionsdistrict201c1
Instagram: @District201c1



District Governor's Note

As members can see there will be an ongoing theme to the Bulletin titles this year, utilising words starting with "Z", a letter that is perceived as not having must use in our language.

For those not familiar with Zeitgeber, it is a rhythmically occurring natural phenomenon which acts in the regulation of the body's circadian rhythms, much like the message from the DG in the monthly newsletter and the preparation needed to produce these messages.

Whilst we are in the winter period and the usual period of Zelt (Latvian for becoming green) and we experience a zneesy (an 18th century slang word for cold, frosty weather) period of the year Lions continue to serve whilst we may wish to hibernate to get through the cold period.

Our District, like just about all others in Australia, are experiencing a decline in membership and hence the number of members available to undertake service to the community is decreasing. The initiative started this year to reverse this trend is called Global Membership Approach (GMA). It's not a program but a different approach to rebuilding Lions clubs with four areas of focus: new clubs, new members, member retention, and leadership opportunities. Over the year all members will hear about this approach, hopefully C1 can turn the trend and revitalise the District so we gain more members than we lose. Just remember that finding new members is not someone else's responsibility, it is all members that need to take on the role of finding members.

So let's all do some zetetics (proceeding by inquiry) and make a zwischenzug (a tactical move interpolated into an exchange or series of exchanges to improve the outcome).

DG Zig Osis



We did it... Together

More than US\$300 million raised!

On behalf of the Lions of the world and Lions Clubs International Foundation (LCIF), we want to thank you for your outstanding commitment to Campaign 100: LCIF Empowering Service.

It was our sincere pleasure to announce at the 104th Annual Lions International Convention in Montreal that we successfully reached – and even exceeded – our campaign goals.

Because of your leadership and support, LCIF raised a total of US\$324.6 million during this historic campaign.

We are grateful to each and every one of you for everything you have done to make this campaign so successful. We could not have accomplished this amazing milestone without your hard work and dedication. This success is a reflection of your leadership and humanitarian spirit.

Throughout your years of service to this campaign, your leadership and example helped ensure that LCIF can continue empowering those serving to improve health and well-being, strengthen communities, and protect the vulnerable in the years and decades to come.

Even during the course of the campaign, the impact of Campaign 100 was felt globally through:

- New grant programs in Childhood Cancer and Hunger to improve quality of life for those in need
- Mobilized the Refugees and Displaced Persons fund to provide safety and security for those fleeing their homes during immensely challenging times
- Increased ability for LCIF to quickly award grants in times of disaster and during global crises like the COVID-19 pandemic
- Continued support for the world's youth through Lions Quest programming and grants
- Innovative grant projects to protect and restore our environment to improve the well-being of all communities
- Lives changed for the better – many even saved - because of Lions' service in vision, diabetes and other humanitarian efforts globally

We should all be very proud of what our organization was able to accomplish because of LCIF and Campaign 100.

Let us not forget that the needs of the world continue to grow, and we must build on this campaign success to ensure the future of our foundation's ability to magnify our service to those in need around the world for generations to come. We thank you for your continued support, and look forward to working with you in service in the years to come. While the campaign is coming to an end, our work together as Lions empowered by LCIF continues.

With sincere gratitude,

Dr. Jitsuhiro Yamada
Past International President
Campaign 100 Chairperson



LCIF Appeal for Ukraine Refugees

The mission of the Lions Clubs International Foundation (LCIF) is to empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding.

Behind every LCIF grant, there's a story filled with inspiration, impact and kindness.

Since the end of March 2022, LCIF has awarded more than US\$619,125 for refugee relief to Lions serving in Poland, Hungary, Romania, Austria, Slovakia, Armenia, Lithuania, Finland, Turkey and Bulgaria to support Ukrainian refugees who have crossed their borders. LCIF's grant funds are expected to help more than 81,000 refugees.

LCIF also awarded grants to Lions in the Ukraine to address the critical needs of people who remain in the country with about 6.5 million displaced people staying in Ukraine, according to United Nations data.

Glenside Lions Club has donated \$30,000 to this LCIF Appeal. This is one of the highest donations by any individual Club to this LCIF Appeal. Congratulations!



**Lions Clubs International
FOUNDATION**
LIONS AUSTRALIA FUND



Global Leadership Team Update

Thank you to everyone who 'tuned' in for DG Zig's first Zoom session. It was certainly an informative session for attendees to hear the goals and plans for the year, and for everyone to put a face to the name of the cabinet officers.

The July session of "MyLion - help is here" will have been held by the time you read this newsletter, but another session can always be organised for anyone who missed out or would like to revisit the topic.

PDG Megan Butler
GLT Coordinator



Zoom Information Workshops/Meetings

Date	Topic	Time	Presenters
Thursday 25 August 2022	Starting a Leos Club	7pm - 8pm	Kai & Ruth Spence
Thursday 22 September 2022	Conducting a Community Needs Assessment	7pm - 8pm	GST Coordinator Steve Fawcett
Thursday 27 October 2022	Service Ideas	7pm - 8pm	GST Coordinator Steve Fawcett
Thursday 24 November 2022	Membership Ideas	7pm - 8pm	GST Coordinator Alex Coates

International Institutes

Information can be located in Learn on MyLCI

<p>Advanced Lions Leadership Institute</p> <p>4 November 2022 to 6 November 2022</p> <p>Denpasar, Denpasar City Bali, Indonesia</p> <p>Due Date 8 September 2022</p>	<p>Faculty Development Institute</p> <p>2 December 2022 to 4 December 2022</p> <p>Perth, Australia</p> <p>Due Date 3 September 2022</p>	<p>Lions Certified Instructor Program</p> <p>14 April 2023 to 17 April 2023</p> <p>Christchurch, New Zealand</p> <p>Due Date 14 January 2023</p>
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For any training needs or enquiries, please email the team at GLT.C1@lions.org.au

Website Update

The district website is undergoing a rebuild with an updated backend, but the same overall design.

You'll find a few pages/sections reinstated, updated information and on the 'Club Initiatives & Projects' page, we have included a club project database. This feature enables site

visitors to search for specific projects, events and activities to find out which clubs are involved, or search by club to find out what particular activities a club is involved with.

Please contact Petrea Stacey if there are projects that are not listed for your club, or any activities your club no longer participates in, so the database can be updated.

The website is a resource for members in our district, as well as promoting our clubs, projects and news to the general public. Check the site regularly for more updates and features.

The website upgrade will be live from 12 August 2022. Check it out then.

www.lions201c1.org.au



Foundation Spotlight: The Lions Alzheimer's Foundation (LAF)

LAF is dedicated to funding scientific research which will help doctors understand and prevent the condition.

The Lions Alzheimer's Foundation (LAF) was launched in Perth, Western Australia, in 2016, after more than 10 years of fundraising from Lions clubs throughout Australia.

Previously, the Lions Club of Claremont Nedlands, 201W1, and the Lions Club of Bullcreek, 201W2, managed the Alzheimer's research fundraising and awareness programme supported by many other dedicated Lions members around Australia, paying particular attention to our original committee members from the South Perth, Carine, Gosnells and Moora Lions Clubs.

Lions Clubs aim to provide support where it's needed most. Our members devote their time and energy to manage and support a broad range of fundraising activities.

So far, LAF has raised funds which paid for the latest eye camera technology to help scientists detect the condition decades before symptoms begin.

So what is Alzheimer's disease?

In 1907, German psychiatrist and

neuropathologist, Dr Aloysius "Alois" Alzheimer, published a paper on presenile dementia for the very first time, based on a patient study.

It wasn't until 1910 that the condition became known as Alzheimer's disease.

Alzheimer's is a chronic neurodegenerative disease and the most common form of dementia.

The condition starts slowly, worsening over time as it damages the brain and causes symptoms including memory impairment, confused thinking and behavioural changes.

Did you know?
Maggie Beer is an Ambassador for the foundation.

For more information, please contact:

Daniel Martins
Secretary
secretary@lionsalzheimers@outlook.com
or phone 0417 414 951

or visit the foundation website:
www.lionsalzheimersfoundation.com.au



FROM DISTRICT CBL

Reminder of the dates for nominations & notices of motion to the 201C1 convention in October

Closing Date: 23rd August 2022

- District Governor 2022/23
- First Vice District Governor 2022/23
- Second Vice District Governor 2022/23
- LMR Representative 2023/25
- District Convention Host 2024
- Notice of Motion of a Constitution / By Laws or General Nature

Note: Notices of Motion must be accompanied by a full explanation for circulation to Clubs for their information.

Forms for Nominations are available on the District Website and are to reach Cabinet Secretary, Lion Sandy Royal, and myself strictly by the closing date.

PDG Lance Leak OAM



Gilbert Valley Lions Club
Caring for the Environment. Serving the Community.

Gilbert Valley Lions Club Inc

Invitation to
Our Hand Over Luncheon Sunday 14th August 2022

At Riverton Bowling Club Rooms

12.30pm for 1.00pm start

Cost \$25 per head

RSVP to Secretary Ron Hier by the 7th of August 2022
0428 811 536 or secretary.gilbertvalleylions@outlook.com
(for catering purposes)

Drinks available from the Bar

Bowls & flat soled shoes for a roll up

DG Zig's Photography

This month's newsletter cover features an Anemone fish. A spectacular photograph taken by DG Zig in 2016 during a holiday trip to Cairns.

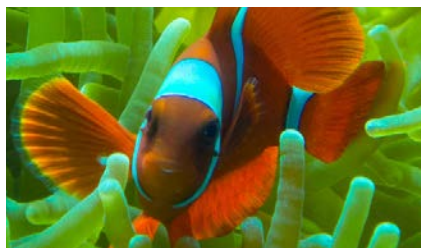
The Anemone fish is commonly known as a Clown Fish. This particular one, is an Eastern Anemone fish which is found along the Great Barrier Reef and in the Pacific region.

They reside in Anemones, but they do not get stung by the plant.

Did you know?

Did you know that Nemo and his Dad, Marlin, from Finding Nemo, are ocellaris clown fish ... also known as false clownfish or clown anemone fish.

There are 28 species of anemone fish,



Clown Fish
Photograph taken by DG Zig Osis

and they come in many colours, such as pink, red, yellow, black, brown and multi-coloured stripes.

They are usually orange with three white bands on the head and body. The white bands are outlined in black. Their bodies are a bit more than 3 inches (88 millimeters) long on average, but they may grow up to 4 inches (110 mm), according to the Animal Diversity Web (ADW). The tail is rounded and the dorsal fin is lined with 11 spines.



SPOTLIGHT: Cabinet Treasurer

Name: Tony Pederick OAM
(City of Adelaide)

How long have you been a Lion?
12 years

Why did you join Lions?
To provide community service

What Lions positions have you held?
Club: President, Secretary,
Treasurer, Chief Stamp Collector

District: District Governor, Cabinet
Treasurer, Zone Chairman

MD: Convention Chairman,
Member of Redistricting
Committee, Council of Governors

What's your favourite memory or experience in Lions?
Attending the Lions Children of Courage Award evenings at Government House, and seeing recipients receive their medals from the Governor.

Favourite quote: "If you do not ask, you will not know the answer."





District PR Trailer 2022-23

*Do you have an event coming up?
Have you booked the district PR trailer?*

The PR Trailer comes with all the PR materials you need, but you are welcome to utilise your club's own materials. We just ask that the trailer is returned in the same condition it was picked up.

You will need to organise to pick up, and drop off, the trailer from Gawler. The storage area is not accessible over the weekend.

Please note that the trailer will need to be signed for when picking it up.

Remember to plan, and book early.

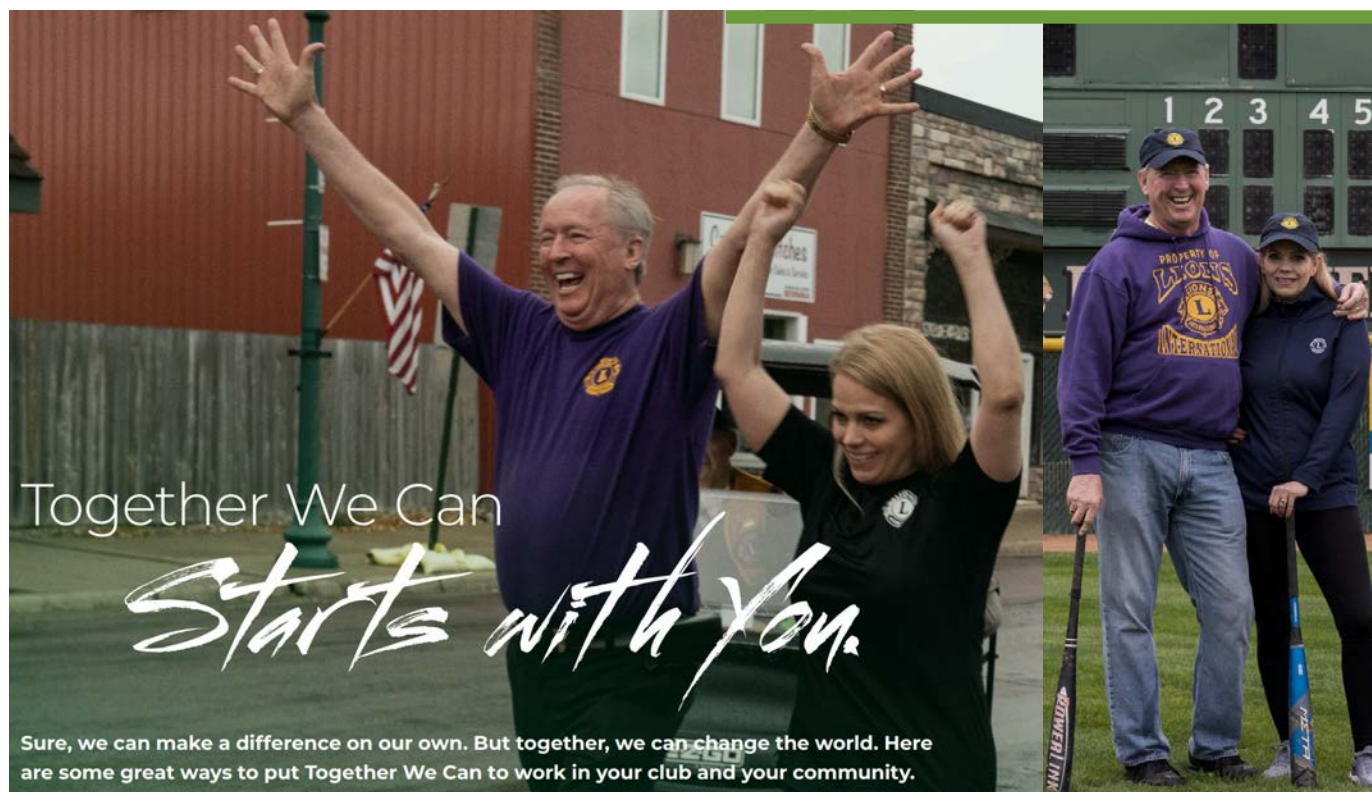
Book the PR trailer for your club event today by contacting:

Peter Korndorfer
Ph: 0402 483 059
E: korndogg1866@gmail.com



PR Trailer Bookings 2022-2023

Club	Dates Required	Event
Balaklava Lions Club	24 September 2022	Balaklava Races







THE GILLES PLAINS LIONS CLUB

KAYAK CHALLENGE

September 14th- 18th, 2022

Show your support for President Lion Lance who will be kayaking **170km** along the River Murray from Morgan to Mannum to raise funds for the Australian Lions Childhood Cancer Research Foundation (ALCCRF).

Donations can be made via EFT to
Gilles Plains Lions Club
BSB: 105 118
ACC: 0445 80840
or online
donate.mycause.com.au/charity/2047
(Please label Kayak Challenge)

alccrf.lions.org.au



WE'RE BACK

SEPTEMBER 18, 2022

The South Australian iconic event, Lumary City to Bay Fun Run, is the biggest fun running event in our state's history. It has been hampered by pandemic cancellations of recent years, however, everything is back on track and ready to start for 2022.

Whether you're an elite runner, recreational jogger, or just enjoy a stroll, this event is open to everyone; all ages and abilities. It is a totally inclusive event. Register and participate, while raising funds for your projects or chosen charity. Of course, these steps and distances will also count towards C1 Making Strides.

This year, Lions have been given the opportunity to volunteer on the day, across all areas of the course. So, if you're not participating in the run itself, why not get members from your club together and volunteer, helping making this great event a success.

If you'd like to volunteer on the day, please contact Charlie Robinson on 0424 644 624 or charliehelenrobinson@gmail.com

Charles Sturt Lions Support Ukrainian Community

The Charles Sturt Lions Board Members attended the Kozak Bar in the Ukrainian Community Centre in Hindmarsh on Friday, 1 July for a special presentation from our Club of a \$1,000 cheque donation to the Association of Ukrainians in SA Inc.

The money donated will go to assist the Association's social services section with the work that they are doing with traumatised Ukrainian refugees arriving in Adelaide daily from horrendous conditions caused by the war in Ukraine. Governments can only do so much to assist, and the great and many needs fall to those ordinary people like us in Lions, who with our donations, can make a world of difference. The scale and magnitude of this crisis cannot be underestimated.

I had the joint pleasure of presenting President Frank Fursenko with the cheque and introducing our new President Dragana Curak who officially assumed her role on 1 July, which just happened to be the night of the presentation. This was my last official duty as the out going President and Dragana's first as the incoming President.

We all enjoyed a delicious homestyle traditional meal serve by the ladies in the kitchen and bought up big on take home portions of the same. To add to the special occasion, it was our Secretary Mark Daker's birthday and everyone present in the Kozak Bar sang the Ukrainian happy birthday song to him. Boy was he surprised. Two videos of the night can be viewed on the Lions Club of Charles Sturt Facebook page. A great night was had by all!





Glenside Lions Supporting ALHD

Glenside Lions donated \$5,000 to Lions Hearing Dogs in July.

We have supported Hearing Dogs regularly. Since 1980, Australian Lions Hearing Dogs (ALHD) have provided a set of "furry ears" to many hundreds of Australians, all made possible from the ongoing support of our generous donors and the Lions Clubs across Australia. Each Hearing Assistance Dog costs ALHD upwards of \$37,000 to train, deliver and support, and is gifted free of charge, to its deaf or hard of hearing new owner.

One in six Australians has some form of hearing loss, with this number expected to rise to one in four by 2050. Severe or profound hearing loss currently affects close to 400,000 people. Whilst hearing loss impacts all ages, the numbers are greater in older Australians.



Above: Australian Lions Hearing Dog

MD Directory Correction

Please note that there is a spelling error in the new MD directory.

The President of the Port Lincoln Lions Club's name is spelt: Michael Wynne.

If you find any errors, or there are any changes to be made, in the directory related to our C1 District, please let our Cabinet Secretary know so they can be noted.

Did You Know?

We know that Lions make an incredible impact in our communities around the world. But did you know ...

Lions donate **2 million hours of community support** each year.

Lions make **our communities more liveable**.

Lions invest **millions of dollars into environmental projects**.

Lions funded the development of a **Cervical Cancer Vaccine**.

Lions helped fund the **Bionic Ear**.

Lions invest 5 million dollars per year **developing young leaders**.



Welcome Our New Lions

Welcome to the C1 District Lions family

BAROSSA VALLEY

Katie J Van Der Wijngaart sponsored by Kenneth Milne

CITY OF ADELAIDE

Lucy Hood MP sponsored by Petrea Stacey

GILLES PLAINS

Roberto Giorio sponsored by Debra Poole

GILLES PLAINS

Janice McShane sponsored by Ursula Henderson

NORWOOD

Gilda Campbell sponsored by Jill Whittaker

PORT LINCOLN

Julie Wynne sponsored by Michael Wynne





Barossa Valley Tinker Shed

Many interesting and varied items are made at our shed. Graham Munday and Keith Pfeiffer make beautiful serving platters, boards and lazy-Susans from timber from our local wine barrels. These are hugely popular at local markets. Over the years Moss Munchenberg has produced gavels with sound blocks, 40-year calendars and pens. We are proud to say these have pride of place on many corporate and government desks as well as being presentation gifts at Lions meetings for guest speakers. Kathy Piscioneri's work is also in high demand. Her furniture is made from rare timbers and is influenced in the modern Scandi style. She is a perfectionist and her works reflect this.

Under the supervision of Moss Munchenberg, and using his vast experience, there have been some musical instruments restored; two very old violins that had been handed down through families and a more modern electric guitar. All instruments are now in top condition and playability.

We have made many items for the local community, significantly for the Christmas festivities including a grand throne for Santa and cartoon cut-outs for photos of cheeky smiling children's faces for their families to treasure over the years. Information booths were made using reclaimed pallets for the Barossa Vintage Festival, and this was a fun group project. Our latest activity was making storage cabinets for the Angaston and Penrice Historical Society to safely store their wares and archives.

The Tinkers Shed provides an invaluable vehicle for the promotion and awareness of health and emotional issues that tend to affect many people particularly after retirement. It is not uncommon for men to become disconnected, withdrawn and socially isolated after their working lives. Often they have moved from their family homes into a unit or retirement

facility and have lost the much loved shed that they once had in their former backyards. Here lies our purpose!

At the Tinkers Shed we see friendships made, people helping each other, jocular comments and laughter. The usual cuppa and enjoying lunch together are all factors leading to great camaraderie.

We support and provide information relating to men's health from many organizations. Brochures and books are always available at the shed for anyone attending. The Barossa Valley Tinkers Shed is equipped with a cardiac defibrillator. The Lions Club of Barossa Valley funded this equipment for our shed. Our members had an instruction session on the use of the defibrillator along with CPR. We hope that we never have to use it, but should it be necessary it may very well save a life.

With the exception of the last two years we hold an Open Day every November to showcase our facility and the items we produce. These days always include the mandatory sausage sizzle!

We network with other men's sheds and we have had several of these groups visit us. We encourage and welcome visitors during our opening times on Tuesdays.

Without the dedication of Guy and his band of helpers, plus our "Shedders" there would be no Tinkers Shed. Everyone involved plays an important role in the success of our shed.

Contact details are: Guy Martin Phone 0417 822 396
Email: guysue1954@gmail.com

The shed address is 601 Research Road, Nuriootpa S A. Open Tuesdays 9.00 am – 3.00 pm

Guy Martin - Tinkers Shed Chairman





News from Peterborough

Handover, meetings, DG visit, convention prep and more

At our dinner meeting held on Tuesday 21st June 2022, President Julie Atkinson inducted into the Club, our new member Joyce Collum, with her sponsor Vanessa Malycha involved in the ceremony too.

President Julie conducted the induction and then gave Joyce her welcome kit and membership certificate. Vanessa was given a sponsorship certificate. Club members then came up to welcome Joyce into the Club. Welcome Joyce!

Joyce has joined in various activities and will become the new Lions Mint Chairman, ensuring all businesses are well stocked with the Lions Mints!

Our 43rd Handover was held on Saturday 2nd July, at the Railway Hotel, with District Governor Zig Osis officiating in returning Julie Atkinson as President again.

Approximately 50 guests attended, including local community members, and members from several Lions Clubs, including: West Beach, Jamestown, Port Augusta, Port Pirie, Crystal Brook.

President Julie gave her President's report, before handing out the

attendance badges to members, ranging from those with a 1 year badge through to our Charter Member, Laurie Edmonds – 43 years! Well done Laurie! After Julie's induction, she then presented her Board of Directors for the coming year. Everyone then enjoyed fellowship.

The following day, a pooled Luncheon for members & guests was held at the Den.

At our works meeting on Tuesday 19th July, we were pleased to have District Governor Zig Osis and Jennifer attend our meeting in the Den, which included a supper afterwards.

Members had started the meeting earlier at 6.30pm, so we could do the business session, before listening to District Governor Zig, who then outlined his plans for the year, including several environmental projects, including 'World Ocean Day,' etc.

Members then enjoyed the pooled supper afterwards with District Governor Zig & Jennifer.

The Lions Convention Committee members will hold their meeting on Tuesday 26th July to continue preparations for next year's District Lions Convention.



Above: President Julie Atkinson, new member Joyce Collum & Joyce's sponsor Vanessa Malycha

Below: Club members at the works meeting.



Above: Members receiving their attendance badges

Below: DG Zig inducing Julie Atkinson



Torrens Valley Lions Club

Our 2022/23 Handover Dinner, conducted by 1st VDG Peter Korndorfer was held last month at Birdwood with 40 members, partners, Lions members from other clubs and friends attending. As always, we enjoyed a lovely meal cooked and served by Birdwood Lutheran Ladies.

Our big raffle is almost ready to be launched with a draw date of December 2022.

We have several Bunnings BBQs booked in, we will be providing and serving sausage sizzle at Kenton Creek tree planting on Fri 29th July and then at the 5th Gumeracha 5th Sunday Market.

A couple of coffee mornings have been organised for social get-togethers with one being held on the weekend, so members who are working during the week do not miss out.



Above: VDG Peter Korndorfer conducted the club handover. President for 2022/23 Phil Dennis.



**BUILDING
THE FUTURE**

Lions 201 C1 District
Convention 2022



Hosted by Charles Sturt Lions Club
with support from West Lakes Seaton, West Beach and Richmond Lions Clubs

lions201c1convention.com.au

The Friday AGM and Saturday Convention will be held at the Woodville West Torrens Football Club, upstairs in the Eagles Function Room, Oval Avenue, Woodville South.



The Gala Dinner will be held on Saturday 22nd October at the West Lakes Golf Club.



On Sunday 23rd October there will be a Remembrance Ceremony honouring those members and partners who have died in the last 12 months.

For further Details please contact the Lions Club of Charles Sturt Secretary and Convention Committee Secretary:
Mark Daker
Mobile: 0438 817 588
Email: charlessturlions@gmail.com

201C1 Lions District Convention 2022

October 21st - 23rd

INVITATION

TO ALL LIONS MEMBERS AND
PARTNERS

At the Eagles Function Rooms
33-39 Oval Avenue, Woodville South

With a GALA DINNER
On Saturday evening
At the
West Lakes Golf Club

26 Lochside Drive, West Lakes

Details of acceptance and payment on the
Registration Form



2022 Lions District 201C1 Convention

21ST – 23RD OCTOBER 2022



Hosted by Charles Sturt Lions Club

With Support from West Lakes & Seaton, West Beach and Richmond Lions Clubs

Convention Attendance Registration

Club Name _____

		Title	First /Preferred Name	Family Name	First Convention? Tick for Yes
Lion	1				<input type="checkbox"/>
Lion	2				<input type="checkbox"/>
Partner	3				<input type="checkbox"/>
Guest	4				<input type="checkbox"/>

Contact Details of Person Submitting Form (Preferred method of contact if required: Email: ☐ Phone: ☐ or Postal: ☐)

Unit and/or Street No: _____ Street Name: _____ or PO Box: _____

Town, Suburb: _____ State: _____ Postcode: _____

Mobile Phone: _____ Home Phone: _____ Email: _____

Convention Location: Woodville West Torrens Football Club.

upstairs in the Eagles Function room, 33 – 39 Oval Avenue, Woodville South.

DATE	EVENT	TIME	Cost (\$)	Nº.	Total (\$)
Friday 21 st October	Delegate Registration Light Meal District Annual General Meeting including elections and motions	4.00 pm – 6.00 pm 6.00pm – 6.30 pm 6.00 pm – 9.00 pm	\$45 Inc. Meals & Convention Pin		\$
Saturday 22 nd October	Delegate Registration Tea and Coffee Plenary Session - Opening Ceremony including flag ceremony & Welcome to Country Keynote Speaker	8.00am to 9.00am 9.00am – 9.45 am 9.45 am – 10.30 am			
	Morning Tea	10.30 am – 10.45 am			
	Guest Speakers	10.45 am – 12.30 pm			
	Lunch	12.30 pm – 1.30 pm			
	Guest Speakers	1.30 pm – 3.00 pm			
	Afternoon Tea	3.00 pm – 3.15 pm			
	Guest Speaker	3.15 pm – 4.00 pm			
Sunday 23 rd October	Guest Speaker	10.00 am – 10.45 am			
	Remembrance Ceremony	11.00 am – 12.00 pm			
	Passing of the Flags to Peterborough Lions Club	12.00 pm – 12.30 pm			
	Light Lunch and Networking	12.30 pm – 1.30 pm			

Programme subject to change

District Gala Dinner, West Lakes Golf Club.

26 Lochside Drive, West Lakes

Saturday 22 nd October	Three Course Dinner Entertainment, Raffle & Silent Auction Dress: Ladies After Five and Gentlemen Dinner or Lounge Suit	6.00 pm for 6.30 pm	\$65		\$
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**Dietary needs?**

First Name:

Family Name:

Gluten Intolerant: ☐ Lactose Intolerant: ☐ Vegetarian: ☐ Vegan: ☐ Diabetic: ☐

Other Dietary requirements _____

First Name:

Family Name:

Gluten Intolerant: ☐ Lactose Intolerant: ☐ Vegetarian: ☐ Vegan: ☐ Diabetic: ☐

Other Dietary requirements _____

Payment Methods:Electronic

- ❖ Registrations & Payments Close: C.O.B. Monday 3rd October 2022
- ❖ Electronic Funds Transfer to: BSB: 633000 Account No: 185382488
- ❖ Account Name: **C1 Lions Convention 2022**. Please put your family name and initial as subject, and email remittance notice to Convention Treasurer: **jkdos49@gmail.com**

Other payment

- ❖ Cheques to be made payable to: C1 Convention 2022
- ❖ Cheques posted to: PO Box 253, Woodville, SA 5011

TOTAL PAYMENT _____

Payment Method

Electronic: ☐Cheque: ☐**Please submit completed Registration forms either by email or postal by Monday 3rd October 2022**❖ **charlessturlions@gmail.com**

or

❖ **PO Box 253, Woodville, SA 5011***Office Use***ENTERED:**Visit www.lions201c1convention.com.au for more information



Global Service Team Update

Nominations for the Lions International Kindness Matters Service Award close on August 15th. Does your club have an outstanding service project that is eligible? Then make sure you send your nomination through.

This prestigious award is given annually to a handful of Lions and Leo clubs for performing an outstanding service project in one of our global cause areas. Nominated at the club level, the Kindness Matters Service Award is a challenge for Lions and Leos to develop exceptionally innovative and creative service projects with the aim of leaving a positive impact in their communities. Below, you'll find more information about some of the 2020-2021 winners' service projects.

July 1 to October 31: Nominations are open

August 15: Deadline for club service chairpersons and Leo club presidents to electronically send one nomination to the district global service team (D GST) coordinator

September 15: Deadline for D GST coordinator to electronically send one nomination to the multiple district (MD) GST coordinator

October 31: Deadline for MD GST coordinator to electronically send one nomination to Lions International and copy the multiple council chairperson

January: Winners are selected by the Lions International Board of Directors Service Activities Committee; winning clubs notified

March: Winning clubs to receive their award from Lions International



Steve Fawcett
GST Coordinator

Award Criteria

For clubs to be eligible, they must be in active status, have completed a service project that meets the needs of a cause area and have reported it in MyLion or their official regional reporting system.

Use the following criteria to determine if a service project could be considered for this award.

1. Addresses needs within Lions Clubs International and Lions Clubs International Foundation causes: diabetes, environment, vision, childhood cancer, hunger, disaster relief, youth, humanitarian
2. Demonstrates creativity and innovation
3. Achieves impact of scale and long-term sustainability
4. Elevates the Lions brand

Hints & Tips A Frames & Banners

We have all been there, sitting on a chair behind a table trying to sell raffle tickets for the Annual Lions Christmas Stocking fund raiser, or selling poppy pins on Anzac Day and we wonder why people do not make eye contact and walk by.

So what is the answer? Show everyone who passes/gets near, that this is a Lions activity and as such it is safe to engage. They know it is legit, and they won't get the high pressure sell. They are more relaxed and willing to engage, even just for a chat and say what a great job Lions does.

We can do that by using A-Frames with either generic branding (Lions logo and some generic words like "Another Lions Community project"), or project

specific logos and specific wording (use wide white board markers) announcing clearly that all funds raised today will be directed to a specific project: like Childhood Cancer Research, flood or fire relief, local hospital equipment etc. People are more willing to donate or buy a ticket if they see where their money is going.

With A Frames today, you can have multiple skins for various projects and just clip in the one that fits today's activity. A1 laminated skins are cheap to get these days from a variety of sources, including online from organisations like Vista Print or Office Works.

Banners are great as well, as they can be seen from some distance away. If nothing else, it is exposing the Lions brand to the community, and this may



not pay off today, but maybe in the future. Tear drop banners are available from the Lions Shop or many other organisations, just ask Dr Google. Don't wait any longer, get you're A Frame or tear drop banner today.

PDG Rob Royal
GMA Coordinator



Plan International

Glenside Lions make half yearly donation

Glenside Lions Club have donated \$612 to assist in looking after a child with Plan International; a charity for girls' equality. They have a dream and the child has a plan.

They strive for a just world for all children, and equality for girls. They believe a better world is possible. An equal world; a world where all children can live happy and healthy lives, and where girls have equal opportunities. This is the world we are helping them create.

Because a better now for her, means a better future for everyone.



Port Pirie Lions Club

Presentation of a special award

Lion Michael Baldock was presented the James D Richardson Honour Award on the 18th day of June, 2022 at the Port Pirie Lions Club's annual handover, which was held at the Port Pirie RSL.

The award was presented by President Elect, Chris Hurling, and Treasurer Elect, PDG Lance Leak OAM.

Congratulations Michael.



DG Zig Attends LCI Convention

DG Zig travelled to the International Convention in Montreal, Canada in June

The Lions Clubs International Convention, was an eye opening event in the presentation, and the number of Lions from across the globe, meeting for the first time face-to-face in 3 years.

The Australian contingent were well represented from across the 19 Districts, and we all made new friends and contacts with many lions.

The issues we are experiencing with membership and projects to undertake, is also shared by other Districts across the globe. Several new ideas were shared, some that could be implemented in Australia, some that had their local flavour that may not work, but worthy of a trial.

The emphasis from International President Brian E Sheehan was "together we can", and in providing service and in all Lions activities, to have FUN! A theme that I am trying to show this year in having fun, especially with my club visits.

Many Lions that I spoke to, I mentioned the 2024 International Convention, that will be held in Melbourne. Generally, most people indicated that they would be, or would like to, attend. So as a District, we will need to provide volunteers to assist in Melbourne in 2024 alongside the other 18 districts, to welcome the overseas visitors to our country.





News from the Lions Club of Burnside

The Lions Club of Burnside celebrates at their annual handover dinner

Our Handover Dinner was conducted at The Arkaba Hotel on 28th June. The handover was conducted by Zone Chairman, Ray Najar, representing our District Governor who was an apology for the night.

Installed into office were:

- | | |
|-----------------------------|--------------------|
| • President: | Rob Crookall |
| • Vice President: | Mike Neal |
| • Secretary: | Barry Taylor |
| • Treasurer: | Indira Seimon |
| • Membership Director: | Tim Jordan |
| • Immediate Past President: | Michele Alexandrou |

The evening programme was divided between a number of guest speakers.

Firstly we heard from Kira Beaubois (YOTY finalist 2020) who shared her experiences following her participation in this competition.

The Honorable Vickie Chapman followed the induction with a toast to Lions - this was to be her final duty as a Member of Parliament and recognised her long association with Burnside Lions.

Following the induction and dinner, Chris Schacht, former Labor Minister for Science, addressed the audience - he spoke on the topics of China and Space and wove the two topics together with a very powerful presentation.

We had 32 present for this event with support from members of the newly formed Torrens River Lions Club Branch. The support from President Charlie, and those accompanying her, was greatly appreciated.

Our monthly Bargain Centre Sale was conducted in fine weather and managed to raise \$1,750.

We continue to attract new customers from outside of our local area.

Hopefully all clubs have made members aware of our 60th Birthday Celebration to be conducted on Saturday 13th August in The Burnside Ballroom.

At this point in time we can still accept late responses but need to receive these by no later than August 10th - give Rob a call on 0413 002 445.

It has been difficult to locate retired members who have moved to new addresses etc.... if you know of any, please let Rob know so contact can be made.

It was with sadness that we noted the passing of Trevor Denman, a past member and President of Burnside Lions. Many Lions attended Trevor's funeral and it was moving to see this recognition given to Trevor and the support shown to Julie.



Above: Lions Club of Burnside Handover.



Global Membership Approach

The GMA Focus Area teams have been developing their Action Plans and in some areas the plans are quite advanced. These plans will be reviewed by the district Executive over the next couple of weeks so it should not be too long before they are distributed to Cabinet and all clubs.

Some of the actions identified will be initiated by the District GMA teams in conjunction with specific clubs. Such examples of this include the establishment of new clubs on the west coast. Some information sessions have already occurred and have been assisted by the local Zone Chair. Other actions however will depend on the involvement from existing clubs. Examples of such plans include a major push to establish Leo Clubs and Club Branches. Both require the involvement of clubs, however there will be significant district resources mobilised to assist clubs take on these membership growth opportunities.

Other actions being identified will involve the distribution to clubs' information sheets on various activities being recommended to clubs to aid them grow the membership. Supporting materials and resources will be made available by district to assist with the club's efforts. The importance of having a variety of service project options is also to be a key part of the action plans being generated.

So, club Presidents and Secretaries, expect GMA updates in your mail over



the next few months. Importantly, if your club has already identified some opportunities or have plans in place, please contact the GMA team to register your interest or request for assistance from district with your membership growth activities.

Remember, membership growth just doesn't just happen. Clubs and district must take on a proactive approach. This means setting up a plan of activities that are relevant for your club and community, and this is every member's responsibility. If you feel you do not have the skills or resources to develop and implement membership growth plans/activities, please contact the district GMA team and that assistance will be provided. Please refer to the Lions Directory for contact details of the GMA team members including GMT, GST & GLT leads, or your Zone Chair.

PDG Rob Royal
District 201C1 GMA Chair



Cowell Lions Club

Welcoming new members to the Club

It is an absolute pleasure to welcome three new members to the Cowell Lions Club.

We give a warm welcome to Diane, Birgid and Tash. Tash might just be the youngest lions member in our district (we'll need to check). I am sure they will be great members, but with the departure of Mark and Conchite to Broome, they will have big shoes to fill.



Above: Tash, our newest member sponsored by our third newest member Birgid.

Below: Gavin Roberts inducting Diane and Birgid at the Zone picnic day.





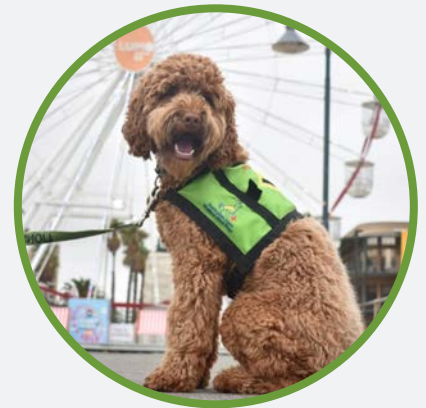
Type 1 Diabetes Awareness

Keeping blood glucose levels (BGL) within a normal range can be difficult to achieve for people with type 1 diabetes. Aside from food and exercise, many factors beyond our control can also affect BGL, such as weather, stress, illness, hormones, lack of sleep and dehydration. Mentally this can be a lot to deal with and can impact how a person is able to manage their diabetes, ultimately affecting their physical and emotional health. This is the foundation that Australian Lions Hearing Dogs' Diabetic Alert Dog Program was built on: to assist those affected physically and emotionally by type 1 diabetes.

It goes without saying that having a dog by one's side comes with love and companionship, a constant support for mental health. But ALHD's Diabetic Alert Dogs are also outstanding in their trained ability to utilise their sense of smell to alert to a change in a person's blood glucose levels.

Type 1 diabetes is an auto-immune condition where the body cannot produce sufficient insulin to regulate

blood glucose levels. The onset of this condition is common in childhood and there is currently no cure. Low blood glucose, also known as hypoglycaemia, occurs when the level of glucose in your blood drops below what is considered healthy for the individual, leading to seizures, coma and even result in fatality if not treated. Dogs can detect an upcoming hypoglycaemic event before the onset of symptoms. These dogs will be especially helpful for the 25% of people with type 1 diabetes who experience hypoglycaemic unawareness, which is the failure to sense a significant fall in blood glucose below normal levels. Because of this, Diabetic Alert Dogs act as a reliable safety net, ensuring quick response to administering medications or sugar sources to stabilize blood glucose levels. They are trained to support their future recipients, responding to fluctuating blood glucose levels, retrieving a Hypokit, as well as triggering emergency alarms for help if the situation turns dire.



Prototype Medical Alert Dogs are currently in training, with our first Diabetic Alert Dog, Sal, predicted to be placed with her recipient in late 2022. ALHD's program is still being developed and will be polished and fully implemented alongside the completion of the Training Centre expansion. Australian Lions Medical Alert Dogs can be identified with their green lead and jacket, which clearly shows the role of the dog and the program's status as an initiative of Lions Clubs across Australia.

For more information or enquiries regarding ALHD's Medical Alert Dog Program, please contact Project Coordinator, Lion Laura Harris at laura@lionshearingdogs.com.au.

District Convention Update

The Convention Committee is pleased to announce that our Guest Speaker at the C1 Convention will be Matt Cowdry OAM MP.

Matt was born on 22nd December 1988. He is an Australian Paralympic swimmer winning 13 gold medals with a total of 23 medals won. He has represented Australia in the 2004, 2008 and 2012 Paralympic Games and 2006 and 2010 Commonwealth Games. Matt is a member of the Liberal Party and was elected as Member for Colton in 2018 and re-elected in 2022, being elevated to the position of Shadow Treasurer.

After retiring from swimming but prior

to politics, Matt worked as a business adviser for leading international firm KPMG. He also has a strong history in advocating for the needs of children and those with disabilities.

Matt is an advocate in improving the environment. Matt works with local community groups meaning that he understands the critical role that organisations play in our community. He is passionate about his work in the community and enjoys working with local residents on the issues they care about and advocating on their behalf.

We look forward to welcoming Matt to the Lions District 201 C1 Convention in October.



**BUILDING
THE FUTURE**
Lions 201 C1 District
Convention 2022



Save the Date

The Lions Club of Elizabeth Playford
will be celebrating their



*60th
Charter
Anniversary*

Saturday
25
February
2023

Invitations will be sent
closer to the event



Club Charter Anniversaries

Each month, we will
celebrate the anniversary of
each club in our district.

August 2022

Celebrating 57 years
Port Pirie - 7 August 1965

Celebrating 53 years
Gilbert Valley - 27 August 1969

Celebrating 43 years
Peterborough & District - 8 August 1979

Celebrating 25 years
Adelaide West - 29 August 1997

Celebrating 13 years
Norwood - 24 August 2010



75 Years and Counting

For 75 years, we've served with uncommon kindness, putting the needs of our neighbours, our communities and our world first. Since the first Lions club was formed in Lismore, NSW in September 1947, we have grown to be Australia's largest service club organisation.

We look back at our storied past with pride, but we know it's only the beginning. Every day, we're building on our legacy with the goal of making an even greater impact in the future.

Always Remembered

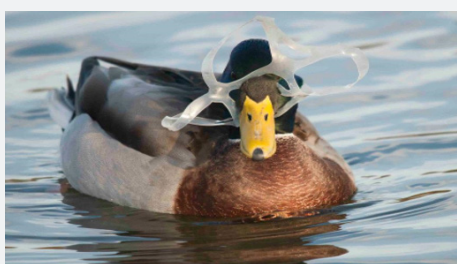
Lions who passed away in July 2022

Lion Raymond Hausler
Barossa Valley



C1 Lions & the Environment

It is part of my role to send a newsletter out monthly offering information on the environment. My focus will be on world and local waterways and how we can maintain the health of these rivers, oceans, and wetlands so that our native fauna and flora continues to thrive. Remember, if our waterways are healthy, so are we.



If a C1 club does have a project that they are doing that would come under the heading of 'Environment', please send a short description to me and I will send it out in my next newsletter.

A Clean Up Day along a local creek bed, or a neglected coastline, planting seedlings no matter how large or small the project may be, or just encouraging community members to recycle whenever they can.

Visit the National Geographic website to read about freshwater pollution:
www.nationalgeographic.com/environment/article/freshwater-pollution.



Patrick Williams
Environment Coordinator

Lion Anniversaries

Celebrating membership milestones in August 2022.

5 YEARS

Lion Alex Coates
Salisbury

Lion Aubrey Kaehne
Whyalla

10 YEARS

Lion Alan Richardson
Tumby Bay & Districts

Lion Kenneth Montgomery
Mallala & District

Lion Helga Strupeit
Quorn

Lion Anne Freebairn
Quorn

Lion Wayne Fleming
Barossa Valley

15 YEARS

Lion Pamela Thomson
Wudinna

20 YEARS

Lion Chris Catlin
Adelaide Italian

Lion Ian Fulton
Tumby Bay & Districts

25 YEARS

Lion David Clapp
Whyalla Mount Laura

Lion John Green
Bute & Districts

Lion Iole Gazzola
Adelaide West

Lion Tony Salvari
Adelaide West

Lion Domenic Staltari
Adelaide West

30 YEARS

Lion Bernie Matson
Rostrevor

40 YEARS

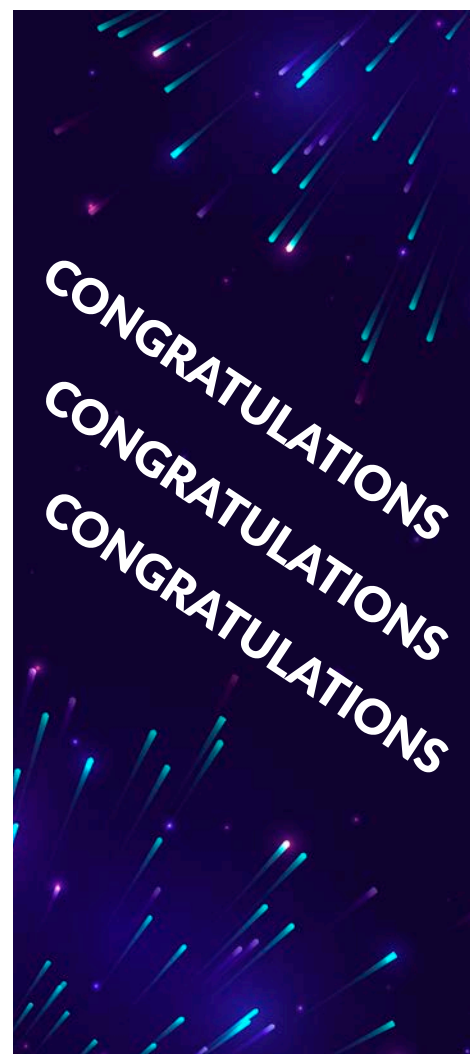
Lion Leslie Haynes
Jamestown

45 YEARS

Lion Graham Nicklen
Modbury

55 YEARS

Lion Charles Mattner
Onkaparinga





National & International Awareness Days

The following dates include a variety of national and international awareness days for various organisations and subject areas that may be of interest to you and your club.

Consider organising a service event or fundraiser that aligns with the purpose and objectives of a particular awareness day.

August 2022	
5th	Jeans for Genes Day
8th	Dying to Know Day
10th	World Lion Day
12th	World Elephant Day
13th - 21st	National Science Week
16th	Cupcake Day - RSPCA
19th	World Orangutan Day
16th - 22nd	Keep Australia Beautiful Week
September 2022	
1st - 31st	National Biodiversity Month
1st	National Walk to Work Day
5th	Amazon Rainforest Day
7th	National Threatened Species Day
16th	International Day for the Preservation of the Ozone Layer
17th	World Clean Up Day
18th	World Water Monitoring Day
21st	Zero Emissions Day
25th	World Rivers Day
26th	World Environmental Health Day
30th	World Maritime Day

Check out the Calendar on our district website for more national and international awareness days coming up: www.lions201c1.org.au



Blanket Salisbury with Love

The club's most successful project event to date

The Lions Club of Salisbury held their annual Blanket Salisbury with Love event on July 17th.

Held at the Mawson Centre, in Mawson Lakes, they dodged the rain and had their biggest collection of blankets, clothes and non-perishable foods donated, and sold a few Lions cakes and puddings too.

Thank you to everyone who donated and/or contributed to the event. It was the most successful one to date.

Well done to event coordinator Lion Beau Brug and the whole Lions team for a very successful event!





District Governor's Handover Awards

The following awards were presented at the DG Handover in the Barossa Valley on July 9th.

Congratulations to all recipients.

Service Appreciation Jewel Award

PDG Ken Bradford
ZC Ray Najar

Distinguished Service Award

PDG Rosemary Gale
Lion David Schwartz

Lions Australia Jewel Award

Lion Graham Pascoe
Lion Charlie-Helen Robinson

Lions Walnut Plaque with Lion

PDG Lance Leak OAM

Mary Jamieson Award (ALCMF)

Lion Ted Osborne
Lion Val Dix

Bob Cooter Award (LMRF)

Lion Carol Barnes

Ian Stockdale Award

Cab Sec Yvonne Bradford

Melvin Jones Fellowship

Asst Cab Sec Malcolm McKay
ZC John Reed
Cab Treas Gerry Van Niekerk
GMT Coord (Dist) Alex Coates

International Presidents Medal

Club Sec Kossie Chegwyn

Footprints award (perpetual)

Lion Peter Chegwyn

Lions Australia Outstanding Fundraising & Partnerships Achievement Award

PDG Dean Noll





Lions International Marketing Award

Club marketing is a great way to recruit new members, spread the word about service activities and increase visibility in the community. And now, your club has the opportunity to gain recognition for its marketing efforts with this exciting new award!

Timeline

Below is an outline of when each step of the Marketing Award process will begin. Please note that the marketing campaign submitted for award consideration must be completed between July 2022 and December 2022.

July-December 2022: Clubs apply
Club marketing chairperson or club

president submits the online application to their district by December 31.

January 2023: District judging

Club applications are reviewed; district governor selects one application to advance to their multiple district council chairperson.

February 2023: Multiple district judging

District finalists are reviewed; council chairperson selects one application to advance to the finals.

April 2023: Marketing committee selects winners

The marketing communications committee reviews the finalists and

selects the winners, one from each constitutional area (CA).

May 2023: Winning clubs notified

Visit www.lionsclubs.org for more information.



Global Membership Team Update

An update from our District GMT Coordinator, Alex Coates

Action Required - Retention
I have written about retention on a number of occasions but it is crucial that we work hard to retain our members. The overall retention rate for our district is 87.4% which ranks us the 11th best district in Australia. Let's work hard to get in the top 10.

Sadly, as far as new member retention is concerned, we only retain 46.2% which is the lowest by 20% when compared with other districts in Australia. This is terrible when you consider that we say we are an organisation about serving our community with fun and fellowship and less than 50% of our new members have stayed over a year. I challenge every member to raise this to 60% as a minimum by the end of this year.

This is a challenge for every member in our district to support our fellow Lions, ensure our service activities are relevant to our members and the community and that our club meetings and activities are enjoyable to attend.

Interesting Facts to Share When Recruiting New Members

International

- There are 1.4 million Lions in the world
- There are 47,000 Lions Clubs in the world.
- Lions Clubs International Foundation has awarded more than \$1 billion in grants

Local & National

- Australian Lions Foundation assists with grants to local clubs to help the community after natural disasters
- Lions have been serving the Australian community for 75 years

July Membership Stats

Our district currently has 1,104 members, so we need to recruit 147 members to move out of transition.

This year, so far, we have added 11 members and dropped 5 for a net gain of 6 members. If we gain 6 members each month, it will take 25 months to reach our target. Let's aim for a minimum net gain of 10 members per month!



Alex Coates
GMT Coordinator

New Members & Inductions

Each club should have a membership plan to gain new members and retain our current members.

One way to retain new members is to ensure that as soon as they sign their membership form and you have accepted them as a member of your club they are added to MyLCI and invited to activities and meetings.

A member doesn't have to be inducted before they can serve. Ensure that the induction of a new member is a special event for the new member and your club.

It is good to invite their partner or family to come along to the meeting, ask a member of the DG team or your Zone Chair to induct them.




1 August - 14 November, 2022

Making Strides

How?
Any Lion member in the C1 District can record their steps/kms when they walk, run, skate, bike, row or swim. Lions will send their records to the project coordinators to support their club.

Why?
By Lions getting out there and being active, we hope to encourage family, friends and the community to get active too, adopt a healthy lifestyle, and raise awareness for diabetes.

Prize
The winning club will be presented with an award by DG Zig Osis.

A Virtual Trip Around the World, Raising Awareness for Diabetes & the Environment

Track
Track the progress of clubs and the district on a map with a district tally. This will be updated on the district website and Facebook page.

How far can we travel together? Can we beat our record of 69,007.57km, set in 2021?

This year, C1 Making Strides will have an environmental focus with surprise locations along the way.

For more information & to submit your recordings please contact Petrea Stacey & Steve Fawcett
c1makingstrides@gmail.com



Gilbert Valley Lions Club

**Caring for the Environment.
Serving the Community.**

Everyone Is Welcome!

In 1987, Lions Clubs International voted to welcome women to join the Lions family.

Today, they are the fastest growing segment of Lions! For a Lions Club to have women join, brings to that club a diversity of skills, new and vibrant ideas that can put a new perspective on all activities and projects.



Being a Lions member is a privilege and empowers everyone to have their voice on issues that are important to them, and for their communities. Female members can join and start their own projects, such as the Quilting Club, Lions Against Violence and the Torrens River Club Branch, a virtual club focusing on the environment and the creative arts.

If you are interested in helping your community, keen to see it continually grow and improve, then do not hesitate to join your local Lions Club.

For further information
please contact
Pat Williams 0411 492 223



Glenside Lions
Art Show

Save the Date

Gala Opening Night:
Wed 26 October 2022

Open to the Public:
Thurs 27 October - Sun 30 October 2022



LIONS MEDICAL RESEARCH FOUNDATION'S FREE SKIN CANCER SCREENING MOBILE UNIT

About 2,000 Australians die from skin cancer each year. Australia has one of the highest rates of skin cancer in the world with more than 100 skin cancer treatments every hour.

**Don't be a statistic.
Be someone who books in early.
Please consider your family too. Book now.**

The Lions Medical Research Foundation in conjunction with the Lions 201 C1 & C2 Districts will be running a "Free Cancer Screening Program" for the benefit of the local community.



WHEN: 9, 10, 11 August 2022
WHERE: 2022 Eyre Peninsula
Field Days at Cleve SA

Contact the Cleve Lions Club to book your spot now
clevelandions78@gmail.com



Club Handovers



Above-left: Adelaide Italian Lions Club Board for 2022/23. **Above-middle:** Peterborough & District Lions Club Handover. **Above-right:** President Julie Atkinson being inducted by DG Zig Osis.



Above-left & above-right: Paralowie Lions Club Handover held at the Salisbury North Football Club.



Above-left: City of Adelaide Lions Club Handover with members being presented with the LCI Kindness Matters Service Award by DG Zig Osis. **Above-middle:** DG Zig joined by members and guests at the handover. **Above-right:** Angle Vale Lions Club handover dinner with Mayor Glenn Docherty.



Battery Recycling Project

Have you heard about the exciting new Lions Home Battery Recycle Project? This is now becoming very popular with clubs Australia wide.

Your District Governor will need to sign an MOU and possibly present to a cabinet meeting, but the opportunity is there to become involved, as many clubs have already done.

Ecycle Solutions are the only Australian company that will allow Lions to be dedicated collectors and allow us to display our club logo at all collection points.

For more information, contact Pat Williams on 0411 492 223.





Busy Lion Bees

On Saturday 23rd of July, the City of Adelaide Lions Club held a working bee in North Adelaide, for their Hear Me Roar! Project.

Across the day, over 35 volunteers gave their time to assist in the project's two initiatives: making multipurpose cushions and port pillows for patients and disadvantaged youth across SA, and to sort, label and pack books to promote and encourage reading for our youth across the state.

Another incredibly successful day, with over two hundred cushions and port pillows made, and over 1,300 books sorted and packed (with thousands still in boxes ready to be sorted in the coming weeks).

The project's reputation continues to grow, with more people getting involved, more organisations and groups supporting us with donations, and the list of who we support continues to increase.

Thank you to all the Lions from our club and several other clubs, friends, and members of the public who came along. There was a real buzz in the room, with lots of laughs, throughout the day.

www.hearmeroarproject.com.au



Peace Poster Contest

This competition is aimed at youth who are 11, 12 or 13 years old. Each year the contest features a specific peace theme.



PEACE

This program involves a multi-level competition; including club, district, national and international levels.



CREATIVITY

Use artistic and creative skills to create an original artwork and develop self-expression and personal growth



EDUCATIONAL

Enriched educational experience in the areas of learning, creating, communicating, technology and achievement



BUILD CONFIDENCE

Gain increased confidence, self-esteem, motivation and encouragement to undertake new challenges



UNDERSTANDING

Increase awareness and understanding about the importance of world peace and respect/tolerance towards others

CONTACT US

District Chairperson

Julie Pickles 0411 637 513
dajpickles@bigpond.com

Contact your local lions club:
www.lions201c1.org.au



Peace Poster Kits Now Available

www.lionsclubsshop.com.au



Port Lincoln Lions Club

An interesting and informative month, with a major fundraising breakfast at Ravendale Race Course for Mystery Box Rally; A Cancer Council initiative.

It was a very early start (5:30am) in which we need to be prepared to serve by 7am.

We served 190 egg and bacon

sandwiches, and over 50 sausages.

A huge thank you to Chris Bunder who gave his time and expertise, and had the whole place running like clockwork.

A net profit of \$900 made this a worthwhile event.

Our barbecue at Drakes on Friday, 1st July was also well attended, and \$525 gross was taken.



Lions Medical Research Foundation SA (LMRF)

We exist to promote, foster and fund research and education into the prevention, detection and cure of disease. Through our work we strengthen communities, enhance people's quality of living, create positive interactions and foster the health and well-being of individuals.

The Foundation's Board of Trustees, consists of six Lions members, three elected from each of the District 201C1 and 201C2 who serve three year terms.

The Foundation manages a fund initially begun and earned from the efforts of Lions members through the auspices of what was the SA Lions Channel 7 Personality Awards Quest which, from

1973 to 1998, raised over \$5 million for groups and projects including, but not limited to: Camp Quality, Canteen, Channel 7 Children's Appeal, State Emergency Service, Royal Flying Doctors Service, Country Fire Service, Australian Lions Hearing Dogs, Neurological Research, and more.

In addition, \$500,000 of the funds raised was used to establish the Lions Heart Foundation to make donations and award scholarships in cardiology research.

In 1997 it was concluded that the scope of the Heart Foundation was too restrictive and should be broadened to include all aspects of medical research and education.



Thus the name of the Foundation was changed to the Lions Medical Research Foundation and its objects broadened to the funding of and otherwise promoting research and education into the prevention, detection and cure of disease and/or injury.

Your support of your Foundation will enable it to continue and build on its contribution to health in all of its forms in the years ahead.

For more information, please visit www.lmrfsa.org.au

LMRF Board Vacancy

Lions Medical Research Foundation (LMRF) Board Member Position

As a Lions volunteer based organisation, we promote and fund research and education into the prevention and management of disease via research funding and skin cancer screening. Through our work, we enhance better health, quality of living and strengthen communities.

Board members are expected to:

1. Regularly attends board meetings which are held every second month on the fourth Wednesday of that month.
2. Makes serious commitment to participate actively.
3. Volunteers for and willingly accepts assignments and completes them thoroughly and on time.
4. Stays informed about Foundation matters, prepares themselves well for meetings, and reviews and comments on minutes and reports.
5. Builds a collegial working

relationship that contributes to consensus and outcomes.

6. The LMRF has two operating committees – research committee and skin cancer screening committee

Description of Competencies, essential for optimal performance as a Board Member:

Governance – it is essential that board members have good governance experience and contribute effectively to Board performance

Integrity – demonstrates personal integrity, respects confidentiality and insists that the company behaves ethically while acknowledging conflicts of interest

Independent minded – thinks independently and has the confidence to express views

Courage – knows how and has the courage to ask incisive questions

Good judgement – exhibits sound, balanced judgment for the benefit of all and focuses on the important issues basing decisions and actions on sound business and common sense

Perspective – effectively applies and contributes his/her special skills, knowledge or talent to the issues.

Commitment to learning – prepared to take the time to understand the Foundation and its business

Dependability – reads materials and comes prepared to participate and engage in Board discussions

Respect - supports Board decisions once the decision has been made

Ability to present opinions – has the ability to present ideas and views, clearly, frankly and constructively

Willingness and ability to listen – listens respectfully

Flexibility – is open to new ideas, differing opinions and responsive to the possibility of change

Strategic Insight - thinks strategically

For more information, please contact
Lion Phillip Donato OAM
LMRF SA Chairperson
0416 229 885 / lmrfsa@gmail.com



Around the Clubs



Above: Rostrevor Lions Club at St Peter's Girls School and **Below:** ready at a drink station for the SARRC Hills to Henley event.



Above & Above-right: Gilles Plains Lions Club inducting 2 members. **Below & Below-right:** Balaklava and Mallala Lions Clubs meeting with Zone Chair visit and a talk by Mayor Rodney Reid.



Above: Lion Kennedy Mavungandize from Angle Vale Lions Club presented with a Premier's Certificate Award.

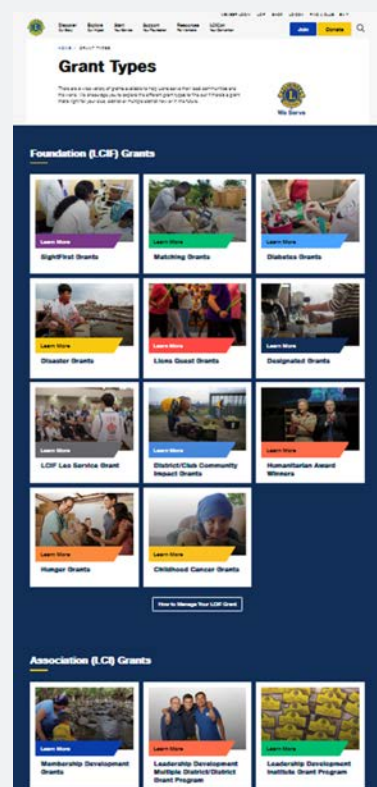
Lions Buried Treasures

There is a wealth of knowledge and an abundance of resources available to Lions around the world via the Lions Clubs International and Lions Australia websites, MyLion and MyLCI. But there is so much information, and so many routes in which one can take to find what they're after, it often feels like a long journey to find what you need.

PDG Rob Royal and VDG Steve Fawcett will share with us each month a 'buried treasure' that you and your club may find useful.

GRANTS! Did you know there is a long list of grants that are available to clubs? There are grants available through various foundations such as ALF and ALWF but LCIF has a wide range of more general grants offering some great opportunities for your club to take advantage of.

Visit: www.lionsclubs.org --> Start Your Service --> Grant Types.





District Officers 2022-23

Introducing your District Officers for 2022-23 (these positions are not part of cabinet, but perform district roles that are reported to their respective chairpersons who report to cabinet on their behalf).



PDG Don Pritchard
DG Advisor



PDG Megan Butler
DG Advisor



PDG Tony Pederick OAM
DG Advisor
Diabetes Awareness/Prevention



Petrea Stacey
Webmaster & District Newsletter Editor



Ajay Pradhan
District Records & Historian



Charlie Robinson
Media Liaison



David Schwartz
MyLion Activities Mentor



PDG Dean Noll
District Assets & Property



Pat Williams
Environment Action Officer



Ray Najar
Disaster Relief Coordinator
LEHP & Mental Health



PDG Kevin Masters
Australian Lions Childhood Cancer
Research Foundation



Dot Marschall
Australian Lions Children's Mobility
Foundation



District Officers 2022-23 (cont.)

Introducing your District Officers for 2022-23 (these positions are not part of cabinet, but perform district roles that are reported to their respective chairpersons who report to cabinet on their behalf).



Vanessa Malycha
Australian Lions Hearing Dogs



Yvonne Bradford
Australian Lions Foundation Liaison



PDG Lance Leak OAM
Lions Clubs International Foundation
Liaison



John Chefalachis
Lions Christmas Cakes & Puddings
Lions Mints



Andrew Stacey
Leos
Australian Lions Wellbeing Foundation
Chairperson



Julie Pickles
Peace Poster & Essay



Dragana Curak
Youth of the Year



Karen Hutchison
Charles Sturt 2022 Convention
Chairperson



Shirley Dearlove
Peterborough 2023 Convention
Chairperson

Did You Know?



Did you know that the Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland, and operating throughout Australia and overseas.

They receive requests from humanitarian organisations, either travelling to a developing country or supplying shipping container loads of suitable humanitarian aid from Australia, to groups in these countries.

Over the 26 years that the Australian program has operated, the program has delivered over 7 million pairs of refurbished quality spectacles to men, women and children in need all over the world.

"If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old."

- Edgar Watson Howe

Club Jokes

I told my suitcases that, because of Covid, there would be no holidays this year. Now I'm dealing with emotional baggage.

From Modbury Lions Club

8 Health Checks for people in the bush

1. Pee on a tree or tuft of grass
2. If you're set upon by ants ... Diabetes
3. If it dries fast ... High Sodium
4. Smells like meat ... High Cholesterol
5. Forgot to unzip or pull down knickers ... Alzheimers
6. Missed the tree or tuft of grass ... Parkinsons
7. Dribbled on boots ... Enlarged prostate or weak pelvic floor
8. Can't smell it ... Covid

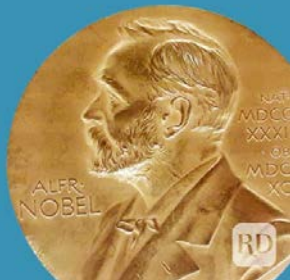
From Cowell Lions Club

Riddle Corner

1. What has one eye, but can't see?
2. How far can you walk into the woods?
3. What belongs to you, but everyone else uses it?
4. Two fathers and two sons are in a car, yet there are only three people in the car. How?
5. Until I am measured, I am not known. Yet how you miss me, when I have flown. What am I?

ANSWERS
1. A needle 2. Halfway - after that, you're walking out 3. Your name 4. They are grandfather, father, and son 5. Time

Knock, knock.
Who's there?
Nobel. Nobel who?
No bell, so I just knocked.



Computer History

The oldest computer can be traced back to Adam and Eve.

Surprise! Surprise!

It was an Apple.

But with extremely limited memory.

Just 1 byte.

Then everything crashed.



What did the ocean say to the sand?

Nothing – it just waved.

A cow in an earthquake is called a milkshake.



Please send us your jokes and riddles to be shared with the District.

Newsletter Editor

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District Governor

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