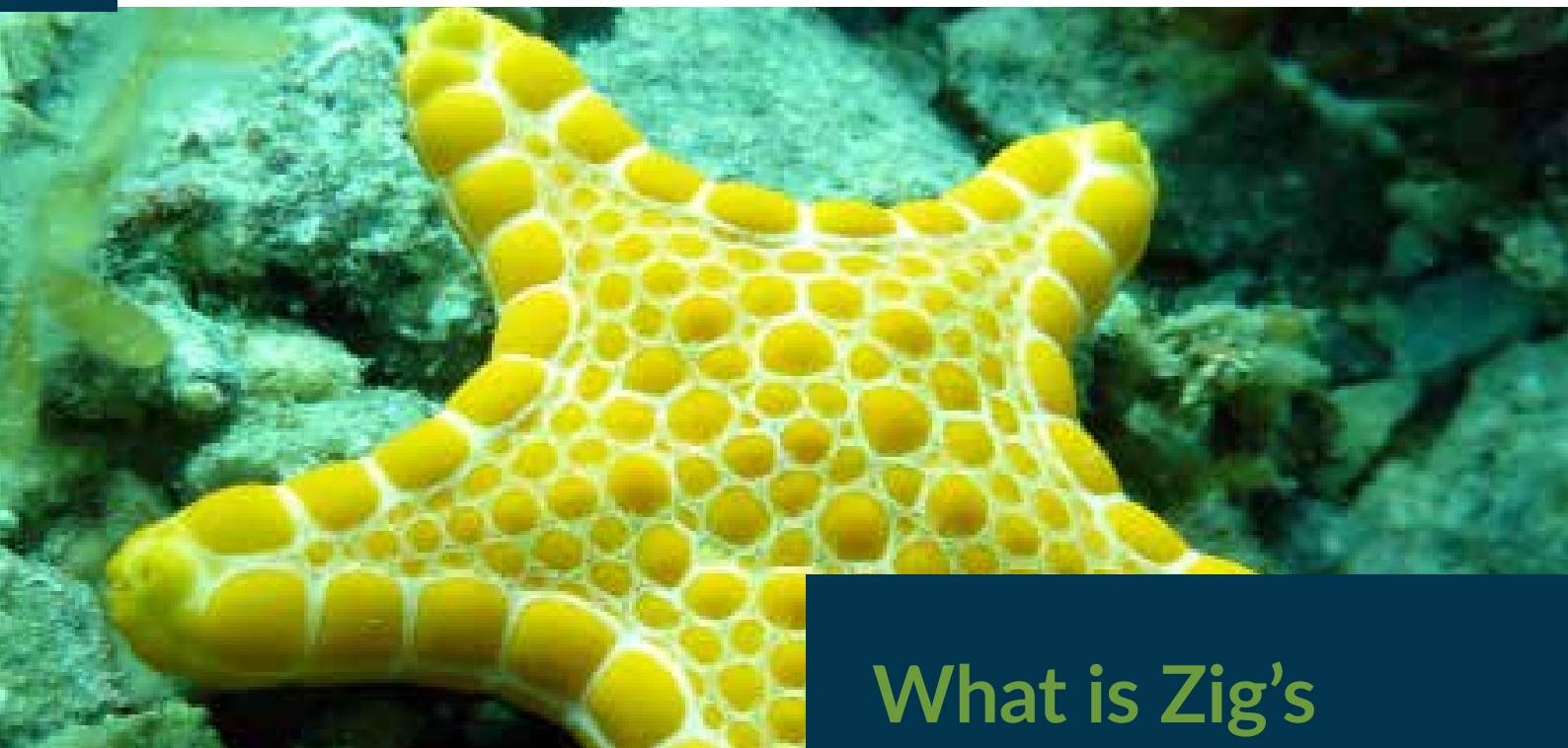


Zamang of the Zine

Lions 201C1 Monthly Newsletter



WHAT'S INSIDE

Foundation Spotlight

This month's foundation spotlight it all about Need for Food Australia. This program is the leading provider for emergency fodder at state and national levels.

– page 5

C1 District Convention

Read about the recent C1 District Convention from Committee Chairperson, Karen Hutchison, and view a selection of photos from across the weekend.

– page 20

Medic Alert Dog, Sal

Read about life-saving medical alert labradoodle gifted to Adelaide type one diabetic.

– page 29

What is Zig's Zamang of the Zine?

Meaning

Zine
Noun

A small circulation self-published work of original, or appropriated, texts and images, usually reproduced via copy machine.

Zamang/Zaman

Indonesian/Arabic/Hebrew word for era, also used in several languages with similar meaning.

So the Zamang of the Zine has passed whereby this edition would have taken many days just to print but with technology we can produce this Zine by computer. If it is taking too long to read do so in stages between naps. This produced at lower cost than newspapers like the Advertiser and even The Australian.



November 2022

MD 201C1

MONTHLY NEWSLETTER

Welcome to the November edition of the C1 District Newsletter.

Thank you to everyone who contributes to this newsletter each month. We continue to receive a variety of articles to feature each month and the feedback has been very positive as a result.

On the district website, under Projects, Club Initiatives & Projects. You can search projects/events/activities by activity or club. Please check this database and advise which activities your club is no longer involved with and what new activities need to be added. It's a great resource for ideas and to see what other clubs in the district are involved with.

If there's a project or story featured about another club that sparks your interest, please reach out to that club for more information. Share and collaborate ideas.

Don't forget to check out the district website where you can find a full archive of past newsletters: www.lions201c1.org.au

Yours in Lionism,
Petrea Stacey
Editor

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Website: www.lions201c1.org.au

DISTRICT SOCIAL MEDIA

Twitter: [@lions201c1](https://twitter.com/lions201c1)
Facebook: [@District201C1LionsClubs](https://www.facebook.com/District201C1LionsClubs)
Instagram: [@District201c1](https://www.instagram.com/District201c1)



District Governor's Note

I attended the Council of Governors (CoG) meeting just prior to the ANZI Forum in Cairns in late September and got to meet International President Brian Sheehan, Past International President Douglas Alexander as well as 1st International Vice President Dr Patti Hill.

During the Council of Governors (CoG) meeting many issues were raised for consideration and included;

- Melbourne 2024 International Convention and the progress of the work to form the Convention. The Convention Committee have appointed as the C1 Convention Ambassador for Melbourne, Yvonne Bradford.
- Multiple District has launched a 30 by 30, 50 by 50 challenge to grow to 30,000 members by 2030 and to 50,000 by 2050, a challenge that will involve all Lions members not just Membership Chairpersons.
- Lions Trademark concerns in the requirements of who is licensed to supply Lions branded material, including clothing, name badges and banners with the Lions logo. Additional details of the legal requirements will be passed onto all clubs for adherence to the licensing requirements.
- Public Relations and Promotion is strongly supported at MD level by Sari-Elle Kraemer who is available to assist clubs in forming media releases and associated PR material. Sari-Elle Kraemer can be contacted at skraemer@alphaconsulting.global.

MD Appointments to Committees

- Christmas Cake C District Co-ordinator is Dennis Hazeldene (Hahndorf & Districts) until end of June 2025. The C1 District Co-ordinator is John Chefalachis from Adelaide Hellenic club.
- Youth of the Year C District Co-ordinator is Darryl Morley (Kingston SE) until June 2024.

The ANZI Forum was attended by over 300 delegates and included many informative sessions including;

- Environment projects
- PR and social media
- Virtual world and meetings
- Hearing Dogs
- Safety in service and insurance
- Specialty Clubs and finding opportunities for new clubs
- Service projects and planning for success
- Childhood Cancer
- Leadership opportunities
- Young Lions and Leos



From Lions Clubs International

The Power of Human Spirit

Sensory Courtyard Awakens Children's Abilities.

The challenges that a parent of a child with special needs faces are significant. From a lack of support to issues at school to learning how to deal with their son or daughter's behaviour, this 24/7 responsibility often leaves parents feeling exhausted and alone. Add to that, they often must deal with the unkindness of others when they venture out in public with their child.

But now, thanks to Lion Mary Robinson, a hallway of the Fremont Public Schools administration building in Fremont, Nebraska, has been transformed into an oasis for children with special needs.

The Sensory Courtyard is an area dedicated to engaging all five senses. Home to a hobbit house, a fossil garden, a tree swing and even a "Snoezelen Room," the Sensory Courtyard is a sanctuary for children with a multitude of special needs who might otherwise not be able to explore their world safely and comfortably.

The power of the human spirit

Lion Mary teaches students who are blind and visually impaired at Fremont Public Schools. She came up with the idea for the courtyard after learning about a child who was blind, but began making great strides when he started gardening with his mother.

Robinson worked with her John C. Fremont Lions Club, neighboring clubs, local nonprofit organisations, artists, architects and the school board to bring her dream to life. Lions Clubs International Foundation (LCIF) also helped bring this dream to life by awarding a US\$75,000 grant to the Lions of District 380 for the courtyard.

Children, young adults and entire families enjoy the hands-on experiences of the courtyard. Basalt columns showcase the visual, tactile and audible properties of flowing water. Dancing lights and reflections soothe the spirit. As natural light filters through the glass ceiling, families gather at the sensory table to learn and play games together while listening to calming wind chimes.

"I love taking my son there and seeing his face light up with each new sensation and sensory element," said Miranda Long of Fremont. "Looking around the courtyard, I see the smiles of children and parents. It's a beautiful experience."

A new awakening

The courtyard encourages the exploration of new textures, promotes positive attitudes and inclusion and enriches educational and motor skills development. It also raises awareness of special needs within the community—from visual impairment and mobility limitations to tactile defensiveness.

The Snoezelen Room in the courtyard is a relaxing, multisensory environment that benefits children with autism, those with behavioural concerns, people with visual impairments and even older adults with cognitive disabilities. The room helps reduce anxiety, stimulate reactions and encourage communication. Lights, sounds, textures and smells can be used to calm agitation or spur exploration.

"When you are given a diagnosis of autism, developmental delay or anything else that places your child in the special needs category, you quickly become overwhelmed by all the things that the doctors, family, friends and society tell you they can't do," said Summer Mau, a board member of the Autism Center of Nebraska. "I wanted to do everything I could for my children. The Sensory Courtyard offers us a fun family experience, free of judgment of the abilities my children lack. There are not many situations in our community where we get to experience things together as a family."

Find out more by visiting www.lionsclubs.org and Explore Our Impact.



The Choose Kindness Project

Lions Clubs International Foundation (LCIF) is proud to be a founding member of The Choose Kindness Alliance, a coalition of the nation's leading nonprofit organizations championing bullying prevention, intentional inclusion, and youth mental wellness.

The Choose Kindness Project is an initiative, guided by the 20+ members of the alliance and supported by ABC, ESPN, and the Walton Family Foundation, dedicated to inspiring a more inclusive world where all young people feel empowered to be themselves and safe to create the futures they imagine.

Follow @TheChooseKindnessProject on Instagram for expert guidance, vetted resources, research, and inspiring stories to support parents, coaches, and other caring adults.

Lions Quest, LCIF's signature youth education program, is a social emotional learning program which gives students the skills to navigate life and prevent bullying and substance abuse. For over 30 years, Lions Quest has impacted more than 20 million children across the globe by providing students and educators with the skills necessary to celebrate diversity and establish positive relationships.



Global Leadership Team Update

Zoom Information Workshops/Meetings

Zoom link will be sent to clubs prior to the date

Date	Topic	Time	Presenters
24 November 2022	Service Ideas	7 - 8pm	GST Coordiantor, Steve Fawcett
19 January 2023	PR - Selling your club	7 - 8pm	MD Facilitator - TBC
23 February 2023	Social Media	7 - 8pm	Petrea Stacey

If you have a particular subject or idea for a future Zoom session, please email me with your ideas. These sessions are for you, the Lions member, and the team are open to suggestions.

Australian Institutes

Regional Lions Leadership Institute

17 February 2023
to
19 February 2023

Sydney, New South Wales

Due Date 10 February 2023

For any training needs or enquiries, please email the team at GLT.C1@lions.org.au

the bike trails adjacent to the school. With the arrival of these bikes, students will take part in a basic bike maintenance course to understand how to maintain and use the mountain bikes.

This project touches many aspects of the Lions ethos; supporting local community groups, supporting the youth, and continuing to create a circular economy, as suggested through the Lions Environment Portfolio. The funding assistance offered by the ALF also embraces the funds donated by Lions members Australia-wide.

Special thanks to Patrick Williams from the Gilbert Valley Lions Club, Russell Miatke from Bike SA, the Australian Lions Foundation and Diane Allen from the school on a huge combined effort to make this project a reality.

The school can't wait to see their students use these bikes over the coming years, exploring some of the local bike trails right on their doorstep.

Written by Emily Williams
April 7, 2022 (Lions Australia Story)

Refurbishing Bikes

Gilbert Valley Lions Club Supports Local School

After three years of hard work, 20 refurbished mountain bikes and new helmets are now available for the the students of Riverton & District High School in South Australia. This has been made possible by a joint effort between the school, Gilbert Valley Lions Club and Bike SA, with funding support from the Australian Lions Foundation (ALF).

Fitness, low muscle-tone and opportunity for personal risk taking

continue to be identified challenges that underpin the school's HPE program. Short mountain bike programs have been undertaken in the past with excellent outcomes for fitness, balance, and enjoyment for the outdoors through the use of





Foundation Spotlight: Need for Feed Australia

Need for Feed was established back in 2006/07 in response to, what was at that time, the driest period on record and what became known as the Millennium Drought. The bushfires that raged as a consequence of the drought affected many farmers and rural communities.

At that time, reportedly 3 farmers per week around Australia were taking their own lives and many others walking off the land, unable to cope with circumstances beyond their control. This is what caught the attention of a Lions Club member. Like many of our great Lions projects, the idea behind it came from one club member with a special interest in making a difference.

That Lions Club member was Graham Cockerell, who had lost his own father years before to farm related suicide, and didn't want see other farmers and their families go through the same heartbreak.

The point is, says Graham, "My father wasn't a bad farmer, in fact quite the opposite. He found himself in circumstances beyond his control where he could see no other "way out".

Graham had given away one small truckload of his own hay to a group of farmers burnt out in East Gippsland. When he saw the scale of the destruction and spoke to those

affected, he returned home determined to do something about it. He talked to his Lions Club, got them on board and rounded up a group of mates to get involved with the fundraising and finding more hay.

From quite humble beginnings, as an organization our Lions club project Need for Feed has grown and grown to the point where we could now be considered the leading volunteer organization providing hope and help for farmers and rural communities across most of the country.

They are now recognised as the leading provider of emergency fodder at a state and national level by governments and other agencies. That is in no small part due to the hard work and dedication of our band of Lions members and other volunteers.

The total value of aid delivered over the life of the project to date would be in excess of \$30 million.

They came to the forefront for the Black Saturday bushfires in 2009 and have continued on each year through fires, floods and droughts to provide fodder and raising funds to keep the trucks rolling.

For more information, visit:
www.needforfeed.org



Club Superhero

Does your club have a Superhero worth acknowledging?

Does your club have a Superhero or two working with you? Someone who deserves a little more recognition? Don't forget you can nominate them for the 201 Heroes for LCIF campaign.

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:

- Presentation of a Melvin Jones Fellowship or a Progressive Melvin Jones Fellowship.
- Acknowledgement on the Lions Australia website on a dedicated page that highlights the contributions of Lions.
- Acknowledgement at Convention.

Nominate a hero now!



District Governor's Note (cont.)

Continued from page 1

As well as allowing for all Lions to catch up with friends and make new friends at the many breaks.

These forums and Conventions allow for the members to hear from other members of projects that can work, ideas for membership attraction and to socialise in a friendly environment. The engagement of members in seeking information was also evident at our District Convention recently where healthy discussion and ideas were raised during MC Andrew Stacey's presentation on the Youth Portfolio.

Over the 28 – 30 October weekend, I also attended the C2 District Convention and enjoyed catching up with fellow Lions and hearing more great speakers and ideas that can be used by any Lions club.

I urge members to consider the opportunities that these forums provide to all and to attend future events.

Remember – Have Fun and Respect your fellow Lions and the Lions Organisation.

DG Zig Osis



DG Zig's Photography

This month's DG photograph is a Goniasteridae - Vermillion Star - *Pentagonaster Dubeni* in Rapid Bay, South Australia.

5 arms, deeply incurved so that ends of rays become finger-like arms. Disc and arms uniform red or orange or yellow, frequently with white edges to the dorsal plates. Centre to arm tip up to 8 cm.

Vermillion Sea Stars feed on encrusting invertebrates and sponges. Though it is quite commonly seen, and often photographed, almost nothing else is known about this species.

Vermillion Sea Stars are native to Australia with a distribution across South Australian coasts. These can be found on rocky substrates, to a depth



Goniasteridae - Vermillion Star - Pentagonaster Dubeni
Photograph taken by DG Zig Osis

of 160m. They can be found on or near the seafloor.

Diet: Carnivore
Diet Categories: Sponge, Encrusting Invertebrates, and Invertebrates.

This is another stunning photograph taken by DG Zig on a scuba diving trip. He captures the underwater environment beautifully, the vibrant colours and amazing sealife.



SPOTLIGHT: Zone Chairperson Zone 1

Name: Trevor Symonds (Rostrevor)

How long have you been a Lion?
33 years

Why did you join Lions?

Joined at Tintinara to help the local community.

What Lions positions have you held?

Club: Secretary, President & Treasurer

District: Zone Chair in C1 & C2

What's your favourite memory or experience in Lions?

Attending my first convention in Mildura.

Favourite quote: "Volunteers don't get paid, not because they are worthless, but because they are priceless."

Favourite movie: The Life of Brian

Favourite Book: Sun on the Stubble by Colin Thiele (from my school days)



PR Trailer Bookings 2022-2023

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 with PDG Dean Noll or VDG Peter Korndorfer, pick up and drop off of the trailer. It is

generally housed in Gawler, and the facility is not accessible on the weekend. The trailer may also be stored at other locations depending on use. Please get in early and organise the pick up and drop off.

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

Club	Dates Required	Event
West Lakes-Seaton Lions Club	6 November 2022	Fort to Fort at Semaphore
Torrens Valley Lions Club	13 November 2022	Williamstown Promotion

The trailer will either be at the Lions Club of Gawler or The Lions Club of Elizabeth Playford. Contact VDG Peter Korndorfer on 0402 483 059 or korndogg1866@gmail.com for more information.



Stansbury Dalrymple Lions Club



The Lions Club of Stansbury Dalrymple have proudly donated a bench seat to be located at Harbour Masters Park.

It has now been put in place by the Memorial Board with the Lions plate attached. If you're visiting the area, please take the time to visit Harbour Masters Park.





Historic Tree Planting at the Nuriootpa RSL

On Thursday, 29th of September 2022, Lions Club of Barossa Valley members prepared a site on the grounds of the Nuriootpa RSL Club for the planting of an Aleppo Pine tree. This tree was propagated from a cone from the Aleppo tree that was planted at the Australian War Memorial in Canberra, giving it a direct lineage to Lone Pine Ridge at Gallipoli.

At about 2.00 pm on that day, Peter Herbert who provided the Aleppo Pine for the RSL with the assistance of Lions club member Scotty Milne, who is the Vice President of the Nuriootpa RSL planted the Aleppo Pine and began the planting ceremony. Present at the planting was Wes Klingner, RSL grounds manager, Elly Milne, Lions members Wayne Fleming, Trevor Irrgang, Gail Fleming Vice President, Tom Wauer Secretary and Moss Munchenberg.

It was a very significant and moving event.



Above: Wayne Fleming, Trevor Irrgang, Les Klingner, Peter Herbert, Scotty Milne, Gail Fleming, Elly Milne & Tom Wauer



Above & Below: Lion Scotty Milne and Peter Herbert planting the Aleppo tree.



Golden Grove Lions Rain, Hail or Shine

Once again, the Golden Grove Lions Club were out braving the weather at the St Kilda Adventure Park for their 40th Anniversary.

The seagulls were the club's best customers, as the rain kept the 2,000 people that were expected away.

Unfortunately, we couldn't change the weather, but we still enjoyed the

experience and each other's company. A happy family of lions who are always smiling and supporting each other.





SCASA Awards Nominations Open

On behalf of the SCASA committee, I am delighted to advise that we have received notification that the Department of Premier and Cabinet have approved a grant which will allow the committee the opportunity to provide monetary prizes for the 2022 Premier's Community Service Awards.

We ask that you please consider nominating projects or activities you have undertaken in South Australia within the following areas Community Activity, Event, Environment, Health, Social Inclusion or Team (2 or more Service clubs) Youth. It only requires a 500 word description of the project and there are prompts on our website for the information to be included.

We ask that you give some thought to nominating an outstanding Volunteer for the Heide Taylor Award or a young person for the Allan Sloane Award with criteria on our website and remember that they do not have to be a member of a Service Club.

We also look forward to hearing about a school that is community minded and is a worthy recipient of the Harry Tillyer Award.

Nominations will close on the 15th December 2022 so that our 3 independent judges will have time to read and consider all the nominations before making their decisions on the winners and runner ups.

All award winners will be announced at our Awards luncheon on Sunday 26th February at the Glenelg Golf Club. A link to book for the luncheon will be put on our website <https://scasa.org.au> once nominations close.

AGM Thursday 17th November.

We have made the decision that from this year we will hold our Annual General Meeting on the third Thursday of November each year.

It will be held at the Hope Café 243 The Parade, Beulah Park at the rear of the Clayton Wesley Uniting Church at 7pm. A light supper will be provided. Everyone is welcome and we are interested in your thoughts about how we can promote the work of Service Clubs to the wider community.

To assist with catering please send your rsvp to bheard167@gmail.com or 0417 197 219.

We thank you for all the wonderful work that you continue to do to assist and improve our great state.

Bronwyn Heard, Chair of SCASA

Clare Lions Induct New Lions

Recently, we inducted Jo Kelley into our Club, sponsored by PDG Rob. As a bonus, we get Jo's daughters, who have been taught the benefits of community service. Welcome Jo, Jasmine and Francis.



Welcome To Our New Lions

Welcome to the C1 District Lions family

BURNSIDE

Stephen Aitchison sponsored by Timothy Jordan

GLENSIDE

Malcolm Schluter sponsored by Karl Katchmar

PORT PIRIE

Mark Moreton sponsored by Christine Hurling

Andrea Wood sponsored by Christine Hurling

WHYALLA MOUNT LAURA

Christopher Nolan sponsored by Robin Forbes

Timothy Risborg sponsored by Robin Forbes





Tumby Bay & District Lions Community Support

The Tumby Bay Hospital Auxiliary has taken delivery of the newest addition to patient comfort with a new specialist 'Enterprise' hospital bed.

Described by the Tumby Bay nurses as “..just amazing” this new bed was funded by the Tumby Bay and District Lions Club.

At a cost of around \$4500.00 the bed and mattress is designed specifically for hospital use. Funds raised from the Lions weekly meat tray raffles at the two Tumby Bay hotels went towards the purchase of the bed.

It features the highest security and safety for patients with minimal gaps between the mattress and side boards, adjustable posture position, height and length adjustment.

The under-bed lighting on both sides helps patients in leaving and returning to bed at night. The bed complies with new international hospital standards.

Onboard battery powered control panel and motorised articulation makes moving the bed easy and safe. Featuring multiple positions for patient comfort and care the bed can be lowered to assist patients in moving in and out of bed and for nursing staff to administer health care.

The ease of mobility, back-lit control panel and low height is appreciated by the nursing and cleaning staff, being easily moved around the hospital allowing movement between wards and for cleaning.

Lions Clubs International is the largest service club organisation in the world with the Tumby Bay & District Lions Club operating since it was chartered in 1979.

A spokesperson for the Tumby Bay club said, “Tumby Bay Lions Club continues to support the community in so many ways and this addition to the Tumby Bay hospital is just one of the benefits the tireless work of club members throughout the year has produced. The Tumby Bay Lions Club meets every month with a large portfolio of projects, events and social activities. The club is one of the largest clubs in the district and welcomes new members.”

Further Information:
Ren Kelly
M: 0419814042
E: kurkara@bigpond.com.au



Award Winners

The Port Augusta Lions Club was awarded the 'Excellence in Community Services by a Volunteer Group' award at the recent Port Augusta Business Awards. Great recognition for a very hard working club.

Congratulations to all members of the Club. Well deserved.





DG Team Visits Around C1

DG Zig, 1st VDG Peter and 2nd VDG Steve, have been busy visiting clubs across our district.



Above: 2nd VDG Steve visited Charles Sturt Lions Club and inducted a new member, Julie. **Above-middle & Above-right:** 1st VDG Peter visited the Onkaparinga Lions Club for a fun and informative evening.



Above: 2nd VDG Steve visited Adelaide Hellenic Lions Club. **Above-middle & Above-right:** DG Zig visited Whyalla Mount Laura Lions Club and inducted two (2) new members.



Above & Above-middle: DG Zig visited Port Augusta Lions Club. **Above-right:** DG Zig visited Booleroo Lions Club. **Below-left:** VDG Peter visited Maitland & District Lions Club. **Below-middle & Below-right:** VDG Peter visited Stansbury Dalrymple Lions Club.





Burnside Lions Club News

Our monthly Bargain Centre Sale once again saw an income of about \$1700 being blessed with good weather and large numbers of customers seeking bargains.

In this month we were hosted by Glenside Lions Club at their monthly dinner meeting - 10 of our members chose to attend.

Our monthly Business Meeting was attended by Vice District Governor, Steve Fawcett. Steve had travelled down from Port Augusta and we were thankful to have his input into our meeting. He outlined the DG's planning for his Lions Year. Membership was discussed and a plan was put in place to hold another in-depth meeting early in 2023 with the District GME Team to develop a plan to reach out into our local community to seek new members.

We welcomed Steve Aitchison along to this meeting - he had been with Lions previously and has decided to rejoin. Steve was keen to learn more about our club and following the meeting indicated that he was now keen to join and participate in one of our activities.

Steve was inducted at our special dinner meeting celebrating our 60th year of service on Tuesday 25th October being sponsored by our Membership Director, Lion Tim Jordan. This event welcomed past members and partners in sharing memories of club events in the past. This was ably supported by Vice president Mike Neal's visual display of photographs of the club's activities in years gone by.

We have been fortunate enough to attract another volunteer to assist with our Bargain Centre book section. Theodora attended our last sale as a new customer and noticed a need



Lion Michele Alexandrou and Jack Batty MP.

for us to have someone take control of the endless donations of books....she has librarian skills and has now got this department in good order-books displayed by author and in alphabetical order (a huge effort much appreciated by both members and customers seeking particular books).

An increase in volunteer support (we currently have seven) in our Bargain Centre is an indication of interest by people in our customer base who have an interest and skills in what we do and forms a vital part in the ongoing operation of the Centre, supporting Burnside Lions in the Community.

Article prepared by Rob Crookall

Tea Tree Gully Update

Once again the Tea Tree Gully Lions Club members have been caught out working for their community,

After a number of other projects this year, this time it's at a "Kindy", the Surrey Downs Kindy were celebrating their 40 years in the community, taking care of our little preschoolers.

To celebrate their 40th we donated and installed an archway, together with a bench seat, installed on the seat is a plaque dedicating both the items from the Lions to the Kindy.

We had a couple of residents supervising us, so we made sure we did the installation correctly,

Lions Roger and Bill made steps to enable the little residents easy access.

Yours in Lions.
Tom Brewer.



Left: Seat and archway installed.



Right: Lions Roger, Bob, Bill and Tom.



District Position Vacancy

Are you looking for a challenge? Do you have experience working with the media (radio, TV and/or print)?

District is looking for a new Media Liaison officer to work as part of a team to share our good news stories, projects and service.

Liaise with, and be the first point of contact, with the media, organise lions to be interviewed, produce stories about Lions, and help promote the amazing work Lions do.

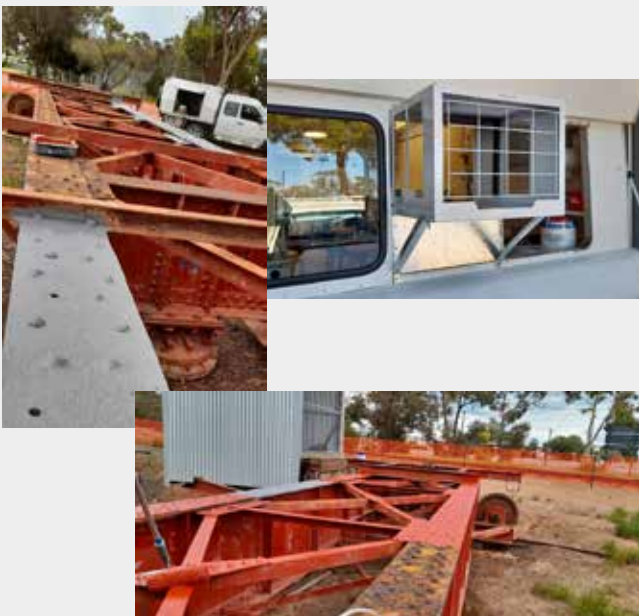
You'll be supported by the portfolio chair and team, district, and of course, MD PR.

If you're interested, contact Petrea Stacey (IT.C1@lions.org.au or 0410 625 005) to find out more.

Balaklava Lions

Lions from the Balaklava & Districts Lions Club are always working hard. Recently, they put an air conditioner in their donut van, so it is all ready for summer.

The club also continues to work on restoring the turntable. They recently started painting. Fantastic work!!!





WORKING BEE

Come along, have a chat and lots of fun stuffing & sewing cushions for patients & disadvantaged youth across SA.
(no experience required)

AND we will also be sorting, labelling & packing book bags for disadvantaged children.

Drop in and say hi for an hour or 2, or stay for the morning or afternoon. Any time you can spare to help is appreciated.


Sunday, 6 November 2022
9:30am - 4pm
North Adelaide Community Centre
(176 Tynte Street, North Adelaide)

RSVP
secretary@adelaidecitylions.org.au or 0410 625 005

Hope to see you there!

For more information visit www.hearmeroarproject.com.au

Youth Exchange and Camps Are Back!




17th - 27th January 2023
MILLICENT, SOUTH AUSTRALIA

An International Youth Exchange Camp for youth aged 16 - 20 years
Have fun whilst developing leadership qualities, self-esteem and confidence.



Activities include: snorkeling Kilsby Sinkhole, Urimba Wildlife Park, Granite Island, Lions Hearing Dog and Medical Alert Dog Centre - Hatfield, beach swimming, Naracoorte Caves.

To register your interest contact:
youthexchange@lions.org.au



Busy in Port Augusta

The Lions Club of Port Augusta have been very busy with events, Mitre 10 BBQ, car boot sale, meetings, making donations to Army and Navy Cadets, and much more.



Above: Donation to Navy Cadets.



Above: Mitre 10 BBQ.



Above: Car Boot Sale.



Above: S.A. State H.O.G. Rally.

1 August - 14 November, 2022

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.

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.

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

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

Adelaide Hellenic Lions

In October, the Adelaide Hellenic Lions Club held another fabulous club meeting. Members were joined by 2nd Vice District Governor, Steve Fawcett, and Zone Chairperson, Karen Hutchison, and Lion George Hutchison.

Banners were exchanged and gifts given from the club's 50th Anniversary celebration earlier this year.





Torrens Valley News

The Lions Club of Torrens Valley have had a busy month with several BBQ's being held to help out community groups and at Bunnings Modbury.

One such event was held at Parra Wirra National Park for Trail Runner SA. Good directions were given by our President with a footnote "don't get lost - we will not be able to find you!" We all did get lost, even the President! All in all we had a successful BBQ and the runners were well fed.

We have our raffle tickets for sale at \$2 per ticket and great prizes kindly donated by Bunnings Modbury and our club, Two Brothers Meats of Lobethal, Paracombe Premium Perry and Rebekah Sharkie. Tickets are available from Club members.

We now have the delicious Christmas cakes delivered and ready for sale. We will be selling raffle tickets and cakes at various venues up until Christmas.

Containers for the collection of single vision eyeglasses are located at Kersbrook, Birdwood, Gumeracha, Williamstown and Mt Pleasant.

Club members met at the Rocking Horse Cafe for coffee with an article being placed in a local publication mentioning that people could pop in and have a coffee with us and have a chat about what "Lions Do" and how they may be able to help us help the community we live in.

Bunnings Modbury held a World Food Day on Sat 15th Oct, where the Club had a stall selling home made jams/ marmalades & baked goods, Lions Christmas cakes & raffle tickets.

A social BBQ was arranged at Lion Mal and Lion Anne-

Marie's house in Birdwood where we sat and watched cars from the Bay to Birdwood Run drive by. A good day with fabulous weather and great company. Our next social event is a Bonfire night & dinner at President Phil and Sue's place.

Our October Dinner meeting was held at Gumeracha Hotel with Guest Speaker Sonny Morey who spoke about his early life as part of the Stolen Generation, then as a footballer then being asked to join SAPOL. A very interesting speaker.

The Club continues to support the local Community Pantry and will be providing festive food items to be included in the Christmas hampers for those in need this Christmas. We have recently provide fuel vouchers for the Pantry to give to those experiencing great hardship.

Our Club will again be providing sausage sizzle for the local Torrens Valley Little Athletics Club.

Another busy month is planned for December.



Clare District

This morning we took delivery of Tents and Sleeping Bags which the Clare Lions Club has donated, to Uniting Families SA to assist with emergency accommodation.

A BIG shout out to Kym and Leonie at Sports Power Clare for organising a great discounted price though Oztrail, and for donating other sundry items to assist those who need it. Thanks to PDG Rob Royal for his great effort in seeing this project through.





Mrs. Harris Goes to PARIS

The Lions Clubs of Athelstone & Rostrevor Proudly present an afternoon at the movies

Date: Sunday 6th November 2022
Time: 1pm (movie starts at 1:30pm)
Venue: The Regal Theatre (275 Kensington Rd, Kensington Park)
Cost: \$25 per person (Includes movie, ice cream & popcorn)

Raffles on the day!

All proceeds raised to support Ronald McDonald House

Bookings Essential
 Please contact Michael Cook
 M: 0432 955 472
 E: micocook36@tpg.com.au
 Eventbrite



PORT LINCOLN CLUB HOSTEL

Market Day

1055 Lincoln Highway, North Shields
 Sunday November 6th, 2022
 Time 9:00am till 2:00pm
 RFDS Doughnut van on site

BBQ - TEA - COFFEE - CAKES from Lions Stall
Live Music on the Day

LAP THE MAP FOR DIABETES

LAP THE MAP
13-14 NOVEMBER 2022 Always.
 lions australia

Charles Sturt Lions Club

Our recent Lions General Meeting was fantastic! We inducted a new member, Julie Racioppi, (sponsored by Marijka Ryan), presented named towels to some of the members of the Special Olympics Swimming Team, (with remaining towels boxed for the rest of the team), who have headed to Tasmania for national competitions.

We also had a visit from our Second Vice District Governor Steve Fawcett and his wife, who drove up from Port Augusta as well as our Zone 3 Chair, Karen Hutchison and hubby also attending.

Top-right: Charles Sturt Lions members at their recent general meeting. **Bottom-right:** Charles Sturt President Dragana and 2nd VDG Steve presenting towels to members of the Special Olympics swimming team.





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.

November 2022

Celebrating 56 years
Port Augusta - 21 November 1966

Celebrating 47 years
Bute & Districts - 10 November 1975
Cummins & District - 18 November 1975

Celebrating 46 years
Athelstone - 4 November 1976

Celebrating 45 years
Adelaide Italian - 29 November 1977

Celebrating 43 years
Tumby Bay & Districts - 28 November 1979

Always Remembered

Lions who passed away in October 2022

Lion Irene de la Haye
Walleroo




Lions Clubs International



More Glasses

The Gilles Plains Lions Club continue to be very busy collecting, sorting, packing and sending off glasses for the Lions Recycle for Sight program.

On this occasion, they have sent off boxes weighing 8.04kg and 8.94kg.



New Members in Angaston

PDG Phil Bowman induced new members, Rosalie Robertson and Adam Howard at a recent meeting. Rosalie is sponsored by Barry Chinner and Adam is sponsored by Ashton Hurn.



Lion Anniversaries

Celebrating membership milestones in November.

5 YEARS

Lion Sue Watson
Moonta

Lion Allan Giles
Tumby Bay & Districts

Lion Angela Vaughan
West Beach

10 YEARS

Lion Claude Pronol
Adelaide Italian

Lion Christine Wood
Rocky River

Lion Trevor Wood
Rocky River

15 YEARS

Lion David Lamond
Balaklava & District

Lion Marilyn McKinstry
Golden Grove

20 YEARS

Lion David Stoddart
Clare District

35 YEARS

Lion James Brown
Clare District

Lion Peter Chegwyn
Balaklava & District

Lion Malcolm Roberts
Whyalla

40 YEARS

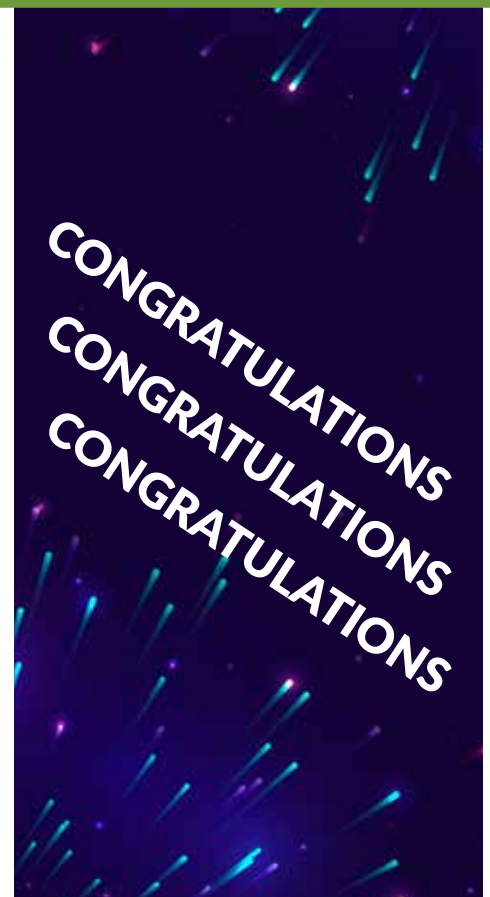
Lion Reginald Ayliffe
Rostrevor

Lion Leon Jarvis
Whyalla

45 YEARS

Lion Giuseppe Conti
Adelaide Italian

Lion Diodoro Iuliano
Adelaide Italian





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.

November 2022	
1st - 30th	National Diabetes Awareness Month
1st - 30th	Movember
1st	World Vegan Day
5th	World Tsunami Awareness Day
7th	Orange Day - UNiTE to End Violence against Women
7th - 13th	National Recycling Week
10th	World Science Day for Peace and Development
11th	Remembrance Day
13th	World Kindness Day
14th	World Diabetes Day
16th	International Day of Tolerance
21st	World Fisheries Day
25th	White Ribbon Day

December 2022	
4th	Wildlife Conservation Day
5th	World Soil Day
5th	International Volunteer Day
6th - 12th	Coastcare Week
10th	Human Rights Day
11th	International Mountain Day



Gawler Lions Catering

Recently, the Lions Club of Gawler catered for the school sports day at the Gawler East School.

Thank you to all the volunteers and staff from the school.

A big thank you to the Gawler Lions Club members and volunteers for all of their help to ensure the running of the event, and the day, was very smooth.

The Club sold 65kg of sausages to the students, staff, parents and grandparents at the event.

It was a very successful day, and our member enjoyed the event as much as all the participants and supporters.

Caption This!!!





Note from the C1 Convention Chair

Just wanted to say thank you all so much for attending the C1 Lions Convention and making it a great success, as we on the committee have had a lot of positive feedback from most of you attended. The 2 venues that were used for the 3-day event went above and beyond to making the event a huge success and the feedback regarding the food was amazing. Everyone enjoyed the selection that we had and thoroughly enjoyed the Gala dinner.

There was also great feedback regarding our special guest speakers as I think we all learned a lot from them such as from Professor Toby Coates AO and the groundbreaking surgery his team do in changing the lives of young people with early onset of Diabetes. Patrick Williams and his passion for the environment and helped us with ideas that when can do in our day to day live to change the environment. We also had so many other inspiring speakers Matt Cowdrey OAM MP, PDG Ann Eldridge with idea's on getting us new members, and Bob Korotkoff OAM who spoke about Lions Insurance. David Horne from Lions Hearing Dog was also one of our speakers.

I think the highlight was that everyone had a great time catching up with old friends and learnt what we need to do to build the future of our Lions within the community and also how to attract new members like younger ones. I would like to also thank the stand holders and for the information you shared with fellow Lions. The Peace Poster this year was amazing. We have some very talented young students and would like to say congratulations to the winner, and to all that participated in the peace posters.

I would have to say thank you to Zig Osis, Jennifer Osis, Dragana Curak, Mark Daker, David Firth and Lisa Anderson without all your hard work the Convention would not have been a big of a success as it was so with that, I thank you. We worked well as a team.

Karen Hutchison
Convention Chairperson





C1 District Convention 2022





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.



Nespresso Bulk Recycling Program

A simple and convenient way to collect and recycle Nespresso capsules at scale.

Nespresso's Bulk Recycling Program is a free-of-charge recycling solution for customers and businesses seeking to collect large quantities of used aluminium coffee capsules on behalf of their community or workplace.

You can participate by either becoming a Private Collection Point, such as for your residential complex or workplace, or be promoted as a Public Nespresso Collection Point, enabling members of

the public to access and recycle using your recycling boxes.

When you register for Nespresso's Bulk Recycling Program, you will receive a free recycling kit, containing three boxes which can each hold up to 1,500 capsules. The boxes have been specially designed for the collection, storage, and transportation of used aluminium capsules. Once a box is full, you can organise a free pickup to send the collected capsules to Nespresso's recycling facility in NSW.

For more information, visit www.nespresso.com and follow the Sustainability & Recycling link.





FREE EVENT





Join us as we 'Lap The Map' for diabetes prevention!

The Lions Clubs of the City of Adelaide and Australian Hearing Dogs are joining together to host a casual walking event to promote a healthy lifestyle and raise awareness of the diabetes epidemic in Australia.

Every Step Counts!

WHEN: Saturday, November 12th
3pm for 3:15pm start

WHERE: War Memorial Drive, North Adelaide

DISTANCE/ROUTE: 5km following the Torrens Parkrun course!

Start at the Weir on Torrens River. Follow path nearest river. Pass under four bridges. At 2.5 kilometer mark turn back and retrace path to start/finish line.




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

Working Bee at the Riverton Cemetery

On Friday October 21, a chatty and happy group of students from the Riverton Primary School attended a working bee at the Riverton Cemetery. The students, working with members of the Gilbert Valley Lions Club, helped to spread mulch around recently planted seedlings, which are showing good steady growth, particularly the Saltbush.



..., and this is how it is done, note President supporting the tree!



A fun time was had by all.

For further information
please contact
Pat Williams 0411 492 223

Protect yourself from identity fraud



- Shred your documents
- Use public computers with caution
- Be careful on social media
- Use strong passwords
- Use security software on your computer
- Monitor your bank transactions
- Request a copy of your credit report



Virtual Travel

Thank you to all the clubs across the district who have already joined, and continue sending through their figures, for the challenge.

Here's a quick recap of where we've travelled since we left Easter Island, Isla de Pascua at the end of September:

- Santiago, Chile
- Iguazu Falls
- Lima, Peru
- Panama Canal
- San Andreas Island
- Jamaica
- Haiti

We have now travelled 28,137km. Fantastic!!

We still have a long way to go before we can beat how far we travelled in 2021.

There is still time to join us on this virtual journey, as we raise awareness for diabetes and the environment, explore amazing locations around the world, all while getting active.

You can: walk, run, cycle, row, swim or skate. It all counts.

Record your steps/kms on your smart phone, smart watch, pedometre, Google maps, or if you prefer, count out loud 1, 2, 3 ... we're sure that would get at least a few people asking about what you're doing.

Remember, the challenge runs from 1 August to 14 November, 2022, so not long to go now!

Petrea Stacey & Steve Fawcett
c1makingstrides@gmail.com

District AGM Elections

Results of the elections at the 2022 C1 District Convention.

District Governor 2023/24

Peter Korndorfer
Lions Club of Elizabeth Playford Inc.

First Vice District Governor 2023/24

Steve Fawcett
Lions Club of Port Augusta Inc.

Second Vice District Governor 2023/24

Ray Najjar
Lions Club of the City of Adelaide Inc.

3 Year Director of the Lions Medical Research Foundation (SA)

Dorothy (Dot) Marschall
Lions Club of Maitland & District Inc.

District Convention Host Club 2024

Lions Club of Cowell.

CONGRATULATIONS!





Lions Club of Richmond's Recycling

A list of recycling completed by the Lions Club of Richmond.

Activity	Quantity
Scrap steel	11 - 12 tonnes per year
Paper and books (taken to Lonsdale) to be made into kitty litter	12 - 13 tonnes per year
E-waste recycled	Up to 5 tonnes per year
Electrical cords, copper, brass, silver etc.	1 tonne per year
Clothing, bedding etc. given to other charities or sold to Industrial Rag	5 tonnes per year
Cardboard recycled	3 cubic metres per month
Plastics and glass etc. recycled in yellow top bins	2 cubic metres per month
Soft plastics bagged and taken for recycling	2 - 3 large garbage bags per month
Hard rubbish	8 cubic metres per month
Reading glasses collected for Lions Recycle for Sight	Several cake boxes per year
Hearing aids collected	Sent to Lions Recycle for Sight
Batteries	Taken to Morphetville waste transfer depot
Material - given to Glenelg Quilters	2 - 3 boxes per month
Scrap timber	Where possible, is used to make planter boxes, cheese/cutting boards, stools, table toilet roll holders etc. Some timber is given as kindling to hills' households.

Gilbert Valley Lions Club

Riverton Cemetery

Well, what a day. Working bee 2 this week. Thanks to Lion Carmel Paxton, Lion Gwyn Morgan and Lion Micheal Johnson for helping out and Friends of Lions John Lloyd and his BOBCAT, Brian Salmon and Luke Robertson 39.75 volunteer hours.

Whipper snipping, mowing, staking seedlings, moving prunings & mulch. Lit up the two heaps of prunings. Raked up leaf matter around graves.

Moved the entrance stone blocks for white ant repairs to posts - they will be returned.

Day 3 will be spreading mulch, etc.





Around the Clubs



Above: Rostrevor Lions Club - Happy Father's Day from Bunnings Windsor Gardens.
Above-middle: Great fun day at the Kadina Show & Shine. **Right:** Gilbert Valley Lions Club meeting where the members agreed to support the Blister Pack Recycling Project, along with other worthy activities.

Bottom-left, Bottom-middle & Bottom-right: Adelaide Italian Lions Club out and about supporting their local community.



Above & Above-right: Clare Lions working hard at the Clare Show, running 2 bars, a BBQ and cafe.

Right: Lion Alison receiving the golden bag from President Julie at the Paralowie Lions Club.

Far right: Andrew Stacey from City of Adelaide Lions delivering 1,384 books to 346 students at Elizabeth North Primary School for the Hear Me Roar! Project.





Peterborough & District Lions Club News

Our Club held a successful Lions Market in the Town Square on Saturday 1st October, 2022, from 9am to 1pm, with 15 stall holders participating. Our members were kept busy on the Bbq, selling steak sandwiches & sausages on bread to the large crowd. Other members sold Christmas cakes, Lions Mints & Bingo Tickets.

Members were kept busy making boxes of fruit & cheese and nibblies at the Lions Den in the afternoon, in readiness for the Adelaide Symphony Orchestra on Saturday 8th October in the Town Hall, at 4.30pm. Most of the boxes were pre-ordered, but were also on sale at the event to the large crowd. This proved to be a very successful fundraiser for our Club.

The local basketball season started on Tuesday 11th October, with some of our Club members selling chocolates, chips, etc in the canteen. A new commercial hot dog machine, donated by President Julie & Shane Atkinson, was demonstrated to Club members for use during the basketball season. Basketball is held on Monday & Tuesday nights, and when it is our Lions meeting nights, friends would help run the canteen for Lions.

This fundraiser, was last year done by Julie out the back of her car, but has proved so successful that the Basketball Committee had allowed Julie & Lions the use of the canteen.

Members sold bingo tickets in the Main Street from 9-12pm on Thursday 20th October. This is done on a fortnightly basis, only just starting after a winter break.

Shirley Dearlove, Vanessa Malycha and Judy Higginson will be attending the Lions District Convention from Friday 21st October to Sunday 23rd October in Adelaide, which they are really looking forward to.

Lions Convention Chairperson Shirley, will present our Lions Convention Presentation to the District again, after doing it last year, only to have Covid cancel the event! We look to forward to a wonderful Convention and meeting our Lions friends again!



Above: Lions Markets (L-R) - Terry Fowler, Ian Satterley, and Laurie Edmonds.



Above: Lions Markets (L-R) - Lyn Fowler & Vanessa Malycha.



Above: (L-R) Shane Atkinson, Lyn Fowler and Vanessa Malycha.



Above: (L-R) Lyn Fowler and Vanessa Malycha.



Love Your Sight

Fun, laughter and vision are

Lions Club of Elizabeth Playford Inc members having fun at their meeting decorating their paper glasses to promote World Sight Day.

Around 90% of vision loss is preventable or treatable if it's detected early enough.

This #WorldSightDayAU, take the pledge to #LoveYourEyes and get an eye test as soon as you can.



Gleeson Wetlands

The Gleeson Wetlands are at Clare, about 140km North of Adelaide, in Mid North South Australia.

The Clare Region has many attractions, including its natural beauty, its wineries its restaurants, conservation parks, and one of my favourites, the Riesling Trail for walking and cycling. The Gleeson Wetlands has now formed part of the link to the Riesling Trail for users to enjoy.

The Clare District Lions Club aims to make the Gleeson Wetlands one of Clare's most popular places for walkers and bird watchers.

If you're in the area, it's a great place to visit. Gleeson Wetlands can be approached via Christison Avenue, which involves a walk of 250 metres from the car park, or via Phoenix Avenue, with a walk of 120 metres from that car park.



Above & Below: After the recent rains.





Medic Alert Dog Sal

Life-saving medical alert labradoodle gifted to Adelaide type one diabetic.

An Adelaide woman has been gifted a special labradoodle which might save her life.

Eliza Bartlett, 30, who has type one diabetes, was gifted the first ever Australian Lions medical alert dog, an 18-month-old labradoodle named Sal, who can detect the scent of a hypoglycaemic event and react accordingly.

Sal has undertaken 12 months of training and is able to alert Bartlett to her low blood sugar levels, as she is asymptomatic.

“Living with diabetes is scary, it can be dangerous, just a split second and I could lose my life,” Bartlett said.

“Having Sal here takes that anxiety away because I know she’s here with me and she can support me and get help if I need.”

If Bartlett has a hypoglycaemic event, Sal will either fetch her kit when she is in need of sugar, get the assistance of someone in the home, or press an emergency button which is connected to a list of contacts.

Sal’s trainer Laura Harris said if Bartlett fell unconscious in the home, she knew to go and press the button.

“She will probably expect Fritz after but in real life she’ll just press that button until someone comes along,” Harris said.

Each medical alert dog costs upward of \$37,000 to train



Above: Eliza Bartlett, 30, who has type one diabetes, was gifted the first ever Australian Lions medical alert dog, an 18-month-old labradoodle named Sal, who can detect the scent of a hypoglycaemic event and react accordingly. (9News)

Below: If Bartlett has a hypoglycaemic event, Sal will either fetch her kit when she is in need of sugar. (9News)



but Lions Hearing Dogs is providing them at no cost.

Five more dogs just like Sal are undergoing training and well on their way to graduating into the field, but Lions hopes to train 30 each year.

Over 120,000 Australians currently suffer from type 1 diabetes, and each year 580 die from the disease.

Written by Lucy Shale (9news.com.au) - Oct 26, 2022

Around the Clubs (cont.)



Above-left: Booleroo Centre & Districts Lions Club event. **Above-right:** Community meals prepared by Kadina Lions Club.

“Laughter is the sun that drives winter from the human face”

- Victor Hugo

Club Jokes

An old farmer was inconsolable after his dog went missing. He took out an ad in the newspaper, but two weeks later, there's still no sign of the mutt. "What did you write in the ad?" his wife asked. "Here, boy," he replied.

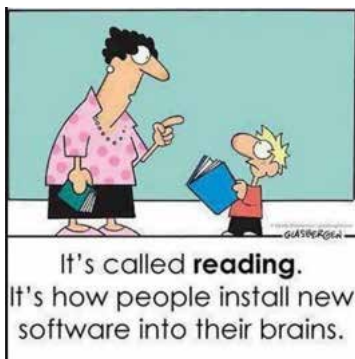
From the Lions Club of Clare District

My boss told me to have a good day, so I went home.

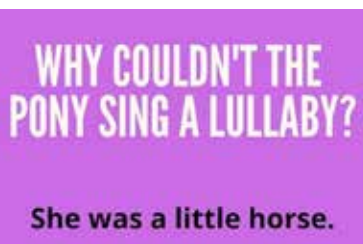
Why is Peter Pan always flying? Because he Neverlands.

What kind of music do chiropractors like? Hip hop.

From Lions Club of Barossa Valley



From Lions Club of Stansbury Dalrymple.



Riddle Corner

1. I have keys but do not lock. I have space but have no room. You can enter but not come in what am I?
2. What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?
3. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

ANSWERS
1. Keyboard 2. The word is starting; starting, starting, string, sting, sing, sin, in, I. 3. An apple a day keeps the doctor away;



From Lions Club of Modbury.

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

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