

# DG Zig's Zany Zorbing

February 2023

DISTRICT NEWSLETTER

Lions 201C1 Monthly Newsletter



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## What is Zig's Zorbing?

### Meaning

#### Zorbing

Zorbing (also known as globe-riding, sphereing, or orbing), is the recreation, or sport, of rolling downhill inside an orb, typically made of transparent plastic.

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? There are a lot to choose from, so stay tuned.



February 2023

# MD 201C1

MONTHLY NEWSLETTER

Welcome to the February edition of the C1 District Newsletter.

Please remember to send through your articles and photos for inclusion in the district newsletter, by the 20th of each month. Word document, pdf or in the body of an email are the preferred formats.

If you have any ideas or suggestions for what you would like to see included in future newsletters, please let me know.

Yours in Lionism,  
Petrea Stacey  
Editor

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## DISTRICT SOCIAL MEDIA

Twitter: @lions201c1  
Facebook: @District201C1LionsClubs  
Instagram: @District201c1

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## District Governor's Note

**G**reetings to all and hope that you all have a happy and healthy 2023 and beyond.

With the first half of the 22/23 Lions year over, the anticipated District growth has been less than planned however the District is in a positive membership growth. District C1 is one of 5 Australian Districts under District 201 in a positive growth phase.

While the continued push from Lions is in seeking additional members, all clubs and Lions members must remember that we all need to have a plan for our own eventual replacement in Lions so that the great work the current Lions and our past members can be remembered and continued into the future. Some clubs may feel they do not need to get new members, but as we all age our physical capability wanes and getting younger members will help in continuing the extensive and worthwhile projects and assistance Lions can and do provide in all communities. There is a wealth of experience, knowledge and assistance available from District and Multiple District to assist clubs to attract new members, we all need to "Just Ask", not only of the organisation but potential new members to join the fun and family of Lions in serving the community.

One area of Lions that has shown a huge growth is the sales of our desired, recognised and respected Lions Christmas Cake range. Over the past year there has been a 28% increase in sales which is appreciated as the world moves on from the past two years of the COVID 19 pandemic restrictions.

Over the next few months all Clubs will need to consider and appoint their management team for 2023/24 and it is important that all clubs have these officers appointed and names entered into MyLion as there are changes afoot in July to a new computer platform, so LCI wants to make sure they have the correct contact details for all clubs.

As usual, the message is that the District Team has Officers who do want to help the clubs, and we as the District Team are here to help clubs, there is no push that the clubs are here purely for the District. The District exists for the benefit of all clubs and members in reaching out to the community with a recognised brand and resources.

Stay safe in your endeavours and "have fun".

*DG Zig Osis*



# The Choose Kindness Project

Lions International is a proud Alliance member of The Choose Kindness Project, we are excited to join the 20+ organizations who have come together to put the mental wellness of youth and their families at the forefront, in celebrating the launch of the official website.

Visit [TheChooseKindnessProject.org](https://TheChooseKindnessProject.org) to access resources spanning important topics related to youth mental wellness.

The Choose Kindness Project is guided by the nation's leading organizations on bullying prevention, intentional inclusion and mental wellness.

The Choose Kindness Alliance is designed to foster collaboration and innovation that expands their reach and impact with youth, families, coaches and other caring adults.

### Bullying can be much worse for certain groups of people



### Working Toward a Solution: The Choose Kindness Project

The Choose Kindness Project is teaming up with leading nonprofit organizations to champion intentional inclusion across three pillars of work:

- Prepare parents, coaches and other caring adults with the resources and guidance they need to help young people build the futures they imagine
- Inspire a culture of inclusion, mental wellness and belonging so all young people feel safe to be themselves and allies to others
- Uplift organizations with investments in research, collaborations and innovations in order to help them expand their reach and impact.

### Addressing Challenges Voiced by Youth and Parents

To better understand the experiences that children are going through and whether parents have the resources to turn to for advice when needed, ABC and ESPN commissioned The Choose Kindness Project survey, conducted by Ipsos.

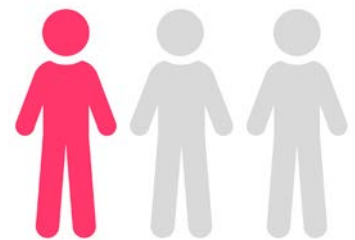
### Supporting Communities Nationwide

In too many communities, young people and adults have limited or no access to supportive programs. The Choose Kindness Project invests in expanding services of Alliance member organizations to fill gaps and bring more services to more people across the country.

### Spark Collaboration and Innovation

The Choose Kindness Project invests in collaboration and innovation among Alliance partners to unite their experience and accelerate positive impact.

Collaborations range from creating tools for parents, coaches and caring adults, to empowering students and athletes to help lead bullying prevention efforts, as well as working directly with youth to identify the most relevant and actionable acts of kindness.



1/2 of teens surveyed say that they have been bullied in the past year. Survey conducted by The Choose Kindness Project with Ipsos.



**Bullying can negatively impact key parts of a teen's life**  
The Choose Kindness Project survey conducted by Ipsos.



# LIONS MEDICAL RESEARCH FOUNDATION INC.



## SKIN CANCER SCREENING SUBCOMMITTEE

**Chair:** PDG Bryan Hearn 0410 539 274  
bandk392@bigpon+d.com

**Treasurer:** Graeme Pascoe 0438 644 827  
glempascoe@hotmail.com

**Secretary:** Linda Sullivan 0408 719 033  
[brentonsullivan@bigpond.com](mailto:brentonsullivan@bigpond.com)  
68 Barbados Drive, Seaford Rise 5169

Sandy and Beccy

Please find listed below the skin cancer screening schedule for 2023. It would be appreciated if this could be published in both District's DG newsletters and perhaps also included in any secretarial reminders that may be issued during the next month. All host clubs will be contacted in due course.

My sincere thanks to the 43 clubs who applied for inclusion and for their ongoing support of the skin cancer screening program.

Any late changes will be dealt with as they occur.

Month	Host Club	Month	Host Club
February 4/5	West Beach	Aug 12/13	Glenside
February 18/19	Tailem Bend	Aug 26/27	Murray Bridge
March 4/5	Boolaroo Centre	Sept 9/10	Mildura
March 18/19	Jamestown	Sept 16/17	Broken Hill
March 25/26	Maitland	Sept 23/24	Buronga Gol Gol
April 1/2	Adelaide Italian	Oct 7/8	Bute
April 15/16	Clare	Oct 14/15	Walleroo
April 22/23	Gawler	Oct 21/22	Mt Barker
May 6/7	Victor Harbour	Nov 11/12	Renmark
May 20/21/22	Kangaroo Is	Nov 18/19	Lameroo
June 3/4	Robe	Dec 2/3	Gillies Plains
June 17/18	Penola		
July 15/16	Tumby Bay		
July 18/19	Cummins		
July 22/23	Wudinna		
July 25/26	Whyalla		



# Foundation Spotlight: Lions Recycle for Sight

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.

We 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 pair of refurbished quality spectacles to men, women and children in need in Africa, Europe, Middle East, Indian Sub-continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania. In the past 10 years several members of our Marine Branch have been able to use their oceangoing yachts to reach and test villagers, in the remotest areas for eyesight and deliver spectacles to them.

If you have any glasses, or sunglasses, that you no longer use or need, then why not recycle them by donating them to this great program.

To send spectacles, hearing aids or unused contact lenses to the Recycle for Sight program please use the address below:

Reply Paid 3021  
Lions Recycle for Sight  
PO Box 3021  
CLONTARF MDC 4019

Please remove the glasses from any cases and pop them in a padded bag or bubble wrap.



## Service, Service, Service!

What is the Lion's motto? "We Serve"

After two successful Zoom workshops discussing service projects last year in Nov and a follow-up just last month, having a successful, well-known service project is one of the most valued aspects of a club. Service projects that demonstrate the passion of your members and that also serve your community is the cornerstone of a healthy club. It's these type of activities that allow clubs to show their enjoyment of being a Lion, demonstrates their pride in their efforts and attracts members of the public to wonder what us Lions do.

If your club has a, or many, successful service project(s), let us know about it and promote it proudly. If you review the activities that your club already participates in and you find that your club could do more service projects, find out what your members are passionate about or find out what your community needs and initiate something new. Go for it!!

If you'd like ideas on a new service project, or how to implement a new idea, contact Steve Fawcett (District GST Coordinator) or Andrew Stacey (Service Project zoom workshop facilitator) and we're more than happy to help. Go out there and serve your community. We Serve!!



# Youth of the Year 2023

The Lions Youth of the Year Program has a proud history in encouraging and fostering leadership skills in Australian students approaching the end of their high school years.



By emphasising qualities like academic skills, sporting and cultural involvement, public speaking and contribution to the community, Youth of the Year aims to bring forth the next generation of outstanding youth Australians.

Is your club participating in this year's Youth of the Year program? Do you have a local school or youth community group that you can approach?

If your club is participating, please ensure you contact our district's Youth of the Year Coordinator, Dragana Curak, and start organising your club final.

The district final will be held on Sunday 12 March 2023 at the North Adelaide Community Centre.

*“To provide an opportunity for young people to achieve success.”*



## DG Zig's Photography

This month's DG photograph is of a Lionfish, also known as Pterois.

Lionfish are characterised by conspicuous warning coloration with red or black bands, and ostentious fins with venous spines.

Juvenile lionfish have a unique tentacle located above their eye sockets that varies in phenotype between species.

Lionfish prey mostly on small fish, invertebrates, and mollusks. Lionfish are skilled hunters and feed most actively in the morning.

The lionfish is native to the Indian Ocean



Lionfish  
Photograph taken by DG Zig Osis

and Western Pacific Ocean. They can be found around the seaward edge of shallow coral reefs, lagoons, rocky substrates, and on mesophotic reefs, and can live in areas of varying salinity, temperature and depth.

There are currently 12 recognised species in this genus.



## SPOTLIGHT: Lion Ian from Maitland & District

**Name:** Ian Marschall  
(Maitland & District Lions Club)

**How long have you been a Lion?**  
Joined in 1984 but have had a few interruptions.

**Why did you join Lions?**  
For fellowship and to help the community.

**What Lions positions have you held?**  
Port City Lions N1 President 2 years. Zone chairman N1 Gawler Lions President 1 Year, Zone Chairman C1 Maitland & District, President 4 years Zone Chairman C1

**What's your favourite memory or experience in Lions?**  
Planning for the rotunda in Gawler, BBQ for the Game Fish Comp Port Macquarie, donating grasbie pumps and music hall nights in Gawler.

**Favourite quote, movie or book?**  
I am a bit boring and don't really have any favourite quotes, movies or books.





# PR Trailer Bookings 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.

Remember to plan, and book early.

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.



## Global Causes



**Vision**

LCIF helps Lions prevent avoidable blindness and care for the visually impaired. Lions are also known as "Knights of the Blind".



**Youth**

LCIF improves access to quality education, vital health services, and positive youth development for young people around the world.



**Disaster Relief**

Whenever and wherever disaster strikes, Lions are often among the first to offer aid. LCIF empowers those crucial relief efforts.



**Humanitarian**

Lions identify the world's most crucial needs, and LCIF supports them in their efforts to provide humanitarian aid around the globe.



**Diabetes**

LCIF is fighting to reduce the prevalence of diabetes and improve quality of life for people diagnosed with this disease.



**Hunger**

LCIF is on a mission to ensure all community members have access to nutritious foods.



**Environment**

LCIF is dedicated to helping Lions take on large-scale projects that will create a sustainable and healthy future for generations to come.



**Childhood Cancer**

LCIF is committed to helping cancer patients and their families, and we're constantly exploring new ways to improve quality of life for these children.



## Update from Peterborough

**A**t the December Works meeting, we donated \$300 to the high school for their help at the Lions Senior Citizens & Aged Pensioner's Christmas Dinner, serving meals & doing the dishes.

For Christmas, the club donated 17 Lions mini cakes to be given out to the Meals On Wheels clients & 12 Lions mini cakes for the Nalya Lodge residents. To help the pre-school with their Christmas raffle, we donated a Christmas pudding & a 1.5kg Lions cake.

Our local newsagency had the Santa's Letterbox in their store, which a member then collected for 'Father Christmas', who was then kept busy writing letters to 117 children from the pre-school, Primary & St. Joseph's Schools & other children around the state.

Judy Higginson & Debbie Boon are growing 'Trees for Life' for 3 landholders, with 8 boxes (50 tubestock per box) of native trees to be distributed to 3 different locations around the state.

On Tuesday 3rd January, members took down the Main Street Christmas decorations. With basketball starting again on Monday 9th January, Julie Atkinson started back at the basketball canteen for the Mon-Tues shifts, with the proceeds going to Lions. Other members will also help out with this activity.

On Saturday 14th January, Lions were at the Rodeo selling donuts to the large crowd from 4pm to 11.30pm, which was a very busy & successful night for the club. This was in a Rodeo shed near the other food shed, which proved to be a great location.

We only held one meeting this month, which was our Works Meeting on Tuesday 17th January, 2023 and so our club is now looking forward to working with the District Council of Peterborough & the Rotary Club of Peterborough with the Australia Day Breakfast on Thursday 26th January, 2023 in the Town Hall at 8am.

by Judy Higginson



Above: Rodeo selling donuts - L-R Vanessa Malycha, Terry Fowler, Jenni Kendal, Joyce Collom and Ian Slatterley.



Above: Rodeo selling donuts - L-R Terry Fowler, Jenni Kendal, Joyce Collom and Ian Slatterley.



## Please Help Us To keep Lions District 201 C1 Strong

- **JUST ASK** interested and suitable people to join us
- **BE PREPARED** to tell people what Lions do
- **PROMOTE** your good work - in the media and in person
- **TRY NEW PROJECTS** to meet community needs
- **KEEP EVOLVING** to stay current
- **INVOLVE** members in decision making and activities
- **KEEP** your relationships with fellow members strong
- **HAVE FUN** together







## Leave a Legacy

**A**bout one fifth of our clubs in District C1 have falling membership numbers and about half have fallen below the required charter number of 20. In addition, about half of our clubs have had no growth in member numbers recently.

Our Global Membership Approach (GMA) team members have no desire to name, shame or blame. We all understand, and appreciate, the difficulties organisations experience in their quest to attract and retain members. Most organisations are currently understaffed with volunteers. It is an extremely challenging task.

However, these statistics are very worrying. Unless we put in a mammoth combined effort, the trend of declining membership numbers will likely continue, and we may be unable to keep our status as a District in future. We currently have 1103 members (as of 12 January), but a District should have at least 1250 members. We are now on the brink of having to discuss the possibility of merging with C2.

Think of the situation in this way. **What legacy** do you want to leave in your club and the community your club serves? **What legacy**, or impact, do you want to leave for new members in understanding what Lions is all about? **What legacy** do you wish to leave when your time on earth is up?

**Leave a legacy** that will go on for others to follow, to be inspired by or to educate the community.

**Leave a legacy** that shows your community how much you care.

**Unless we act now, our organisation will weaken in strength, and this will diminish the amount of good we do in the world.**

We are here to assist you. Have a chat to one of our GMA Focus team members if you need help or have any ideas for rectifying this very worrying situation. Ask us about how you can **leave a legacy**.

Yours in service,  
Annette Slater  
GMA Focus Team 1 Leader (New Clubs)  
Ph 0407 189 075  
annette.slater@outlook.com.au

### Focus Team Members

New Clubs: Annette Slater, Petrea Stacey, Andrew Stacey  
New Members: Alex Coates, Erin Williams  
Member Retention: Ajay Pradhan, Lance Crook, Ursula Henderson  
Leader Support/Member Development: PDG Megan Butler



## Welcome To Our New Lions

*Welcome to the C1 District Lions family*

### ANGASTON & DISTRICT

Lynne Gregory sponsored by Wendy Pech  
Mark Gregory sponsored by Peter Pech  
Jan McKenzie sponsored by Leo Leggett

### BALAKLAVA & DISTRICT

Donald Pocock sponsored by David Lamond

### CITY OF ADELAIDE

Lord Mayor of Adelaide, Dr Jane Lomax-Smith  
(Honorary Member)

### GLENSIDE

Anne Bayetto sponsored by Ron Glasson

### PROSPECT-BLAIR ATHOL

Stephanie Ferretti sponsored by Gary Pavlich  
Ian Graue sponsored by Gary Pavlich

### TORRENS VALLEY

Sandra Clarke sponsored by Pauline North  
Peter Nies sponsored by Roger Pfeiler





# Award for Salisbury Lions

Congratulations to the Salisbury Lions Club for winning the community event of the year award for 2023 for their Dogs Day Out event.



**Australian Lions Foundation Ltd.**  
"Helping Lions help their Community"

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



**UPDATE 4**

## NEWSFLASH January 2023

### National Disaster Appeal- Floods

Dear Lions and Leos,

With the agreement of Council Chairperson Steve Boyce, we are now extending our National Disaster Appeal – Floods to include the Kimberley Region of Western Australia. Recent floods in this vast remote area of Western Australia has seen significant local impact.

Meanwhile we should also remember that Queensland, New South Wales and Victoria are currently in clean-up and recovery stages, after flooding throughout those areas, which began in March last year.

The Australian Lions Foundation will be there to support through our network of Lions Clubs on the ground.



"Helping Lions help their Community"

**For Direct Deposit:**  
Account Name: National Appeal Fund  
BSB: 036-048 Account No: 440704  
Cheques payable to the  
Australian Lions Foundation  
Can be sent to:  
Treasurer Australian Lions Foundation  
PO Box 278 Melville, WA 6956  
[www.alf.org.au/Donate](http://www.alf.org.au/Donate)

Tony Benbow OAM  
Chairman.



You are invited to

The Lions Club of Elizabeth Playford's

## 60th Anniversary Charter Dinner

3 course meal  
Soft drinks included

\$50 per person

Central Districts Football Club  
Goodman Road, Elizabeth

Saturday 25th February 2023 | 6:30pm for 7pm start

Dress Code: Semi formal / after 5

RSVP & Payment by 10th Feb 2023  
[elizabethplayfordlions@gmail.com](mailto:elizabethplayfordlions@gmail.com)  
Please include any dietary requirements

Payment to: Elizabeth Playford Lions  
BSB: 085 910 Acc No: 026 139 238  
Ref: 60th [surname]



## ALHD's Exciting News

Some very exciting news to begin the New Year with! We had a wonderful Christmas gift with our Guardian Maddie giving birth to 5 beautiful healthy puppies.

On 21st December these 3 females and 2 males were born, and Maddie is already showing what a wonderful and caring mum that she is.

All of this was made possible from the support of Alpen Ridge Australian Labradoodles who Maddie was bred by and Rusty Amber Labradoodles who donated the mating.

A big thank you to the wonderful Lions Clubs and supporters of ALHD who are sponsoring this litter, we look forward to keeping them up to date with the puppies' progress as they grow into life changing heroes.



## News from Torrens Valley

Happy New Year to all. Torrens Valley has started 2023 being busy, again.

We had a good turn up to our regular coffee morning, then it was BBQing at Bunnings Modbury, two rostered and one as a fill-in on a really hot day. Of course we were well looked after by the Bunnings staff - cold water and frozen zooper doopers as well as a fan in the tent.

Preparations are well under way for Australia Day and 5th Sunday market. At our January dinner meeting, Michael Neal from Lions Eye Health as guest speaker & President Phil inducted new member Sandra Clarke.

The club will conduct a mid-year raffle with tickets going on sale soon and will be drawn at our Club's Handover.

Our coin drive continues with the donation boxes being emptied on a monthly cycle and another donation will be made to the Community Pantry.



Above: Inducting, and welcoming, new member Sandra Clarke.



# Successful District Promo at Two Wells

Despite the searing heat, our GMA focus teams held a successful promotional event at Two Wells on Saturday 14th January.

Our members set up the promo trailer and a free BBQ for the Two Wells community in the Village Green, which is situated in the main street. We were very happy with the amount of interest shown by those people who came over for a free sausage and a chat.

Our new giant games and the activity packs were well received by the children. It was a great chance for us to practise our "elevator speeches" with members of the public.

This event served several purposes:

- to promote Lions projects in the community
- to find people interested in becoming members of Two Wells Lions Club
- to refine our Global Membership Approach (GMA) strategy for increasing our C1 District membership numbers
- to collaborate as a GMA team

We will be following up with an information night on Tuesday 31st January at the local hotel. It is hoped that the people who showed interest in becoming a Lion will attend that meeting.

Our GMA team would like to thank the members of **Golden Grove Lions Club** for cooking the BBQ, especially in such adverse weather. They really showed that they are dedicated Lions.

This promotion strategy will serve as a model for future events, where we hope to showcase various Lions projects, including Lions Skin Cancer Screening, Lions Eye Health Project and Lions Hearing Dogs.

**We, the GMA focus teams, want to work with clubs to assist you in the growth of your membership and promotion of your good work. If you would like to take up this opportunity, please contact a member of our teams.**

by Annette Slater



## 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.

February 2023	
2nd	World Wetlands Day
4th	World Cancer Day
4th	International Day of Humanity Fraternity
10th	World Pulses Day
11th	International Day of Women and Girls in Science
17th	Random Acts of Kindness Day
20th	World Day of Social Justice
21st	United Nations International Mother Language Day
22nd	World Thinking Day



# Melbourne 2024

The countdown is officially on for LCICON24 and it's time for the convention committee and our ambassadors to start spreading the word.

It is such a privilege to be the host of a Lions International Convention which attract more than 14,000 delegates from all around the Lion world each year.

For any Lions or Leos in Australia who have never attended a National or International Convention, LCICON24 in Melbourne is the perfect time to do so.

This is a unique opportunity for our members to connect with Lions leaders, members and Leos from across the globe. Attendees are sure to be inspired, entertained and meet new friends.

The last time an International Convention was held in Australia was in Sydney in the year of 2010. Those of you who attended you will know first-hand the unique experience and privilege it is to host an event of this kind.

We are sure our convention in Melbourne will be bigger and better than ever and an important part of this success is the support of you, our wonderful ambassadors.

In coming weeks and months we would love it if you could start spreading the word within your districts and networks particularly with new members who may



not have been to a Lions convention before. There are some great opportunities to get involved. This is an incredibly exciting time for Lions in Australia and all Australians as we prepare to welcome guests from across the globe and come together to celebrate the magic of community service.

Myself and the host committee will continue to share updates with you along the way and cannot wait to work with you all on what we know will be an incredible event.

Thank you for your support.

# Barossa Valley News

On Saturday 14th of January, our club held a meet and greet barbeque luncheon for the Lions Club of Morrinsville's New Zealand exchange student Kyla Kerr-Rushbrooke at the Nuriootpa RSL Clubrooms.

The fabulous luncheon was catered for by Lion Joe Vikor and his fellow Lions barbeque chefs. The lunch was attended by about 60 club members, partners and friends who enjoyed the superb meal and the opportunity to meet Kyla. Kyla celebrated her 18th birthday during her visit and has thoroughly enjoyed the hospitality and tours of the Barossa and beyond with more touring to come.

Our President, Paul Sumsion, welcomed Kyla and presented her with a number of gifts including our club banner and a 40 year calendar. Paul thanked our members who hosted Kyla and provided and arranged the tours during her stay.





## Service Clubs Association of SA (SCASA) Inc.



**Rotary**  
District 9510



The Service Clubs Association of SA invites your club members and guests to attend the **2023 Premier's Awards Luncheon**

The event will be held at the Glenelg Golf Club  
James Melrose Road, Novar Gardens  
Sunday 26th February, 11:30 for a 12 noon start.

For your convenience you can use your visa card and book your reservations by selecting the number of people (in a single booking). *Bookings will close on 17th February.*

Cost is \$47 per person (childrens menu available) and you can directly book on-line from the link in the website  
- <https://scasa.org.au/> or by the QR Code below  
- *Why not book a table of 8 or 10!*

*We consider this a prestige event so encourage you to dress appropriately & please wear your Regalia/medals.*



## Club Charter Anniversaries

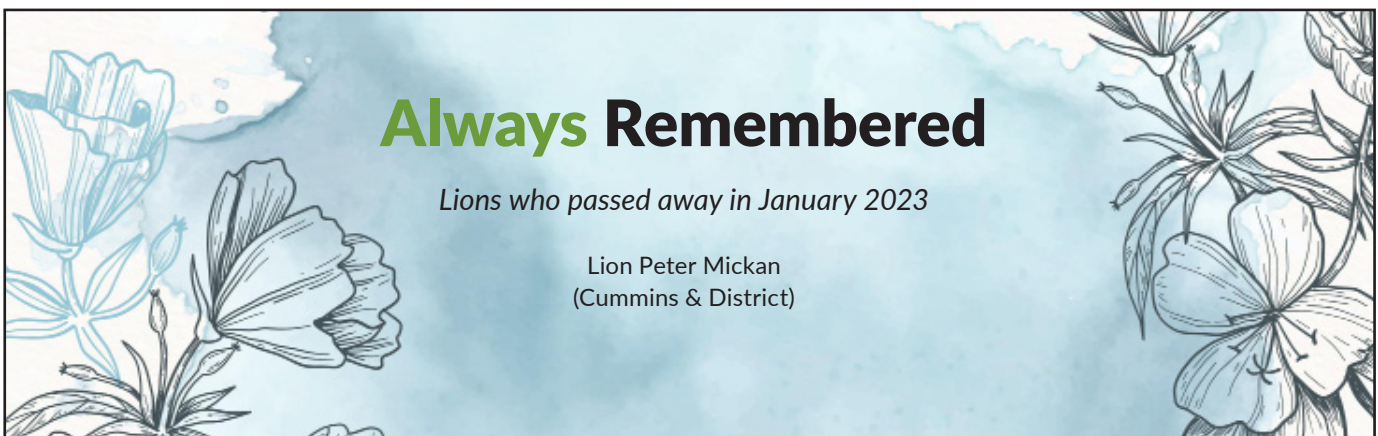
*Each month, we will celebrate the anniversary of each club in our district.*

### February 2023

**Celebrating 32 years**  
Paralowie - 28 February 1991

**Celebrating 42 years**  
Mallala & District - 12 February 1981

**Celebrating 60 years**  
Elizabeth Playford - 25 February 1963





## Gawler Lions Club News Update

It is that time of the year again, Christmas just around the corner. The Gawler Lions Club have their Christmas cakes and puddings available from the following businesses: Adelaide Road Pharmacy, Mitre 10 Gawler, Terry White Chemists, Bank SA Gawler, Gawler Dry Cleaners, Bendigo Bank Gawler, Health'E' Advice Chemist, Hewett Pharmacy, and Gawler Caravan Centre, Gawler Heritage Café at the Railway Station, or phone Dean on 0458 616 009.

We will also be at Bunnings, Gawler during December, from Thursday to Sunday 9.30am to 4pm, as well as Wednesday to Friday the week prior to Christmas, selling cakes, and puddings, along with our Christmas raffle. Come along to see us and get your Christmas cakes. Thanks to all our outlets for again supporting us.

Our Sunday Market at the Railway Station has been going well, although the weather has not been kind to us.

We also attended the Rotary Village Fair, having a very successful day with a sausage sizzle, Bric a brac stall and selling our Christmas cakes. Thank you to all the patrons that supported us, come along on each Sunday morning from 8am to 12 noon.

We also managed to fit in a BBQ at Bunnings on a very cold and wet day.

On Saturday, 20th November we held our Christmas lunch at the home of Lion Rodney and Gail Sutton, where our District Governor, Zig Osis, inducted a new member Aisley Hancock. He also presented Lion Maggie Graham with Life Membership of the Lions Clubs International for her 25 years of service. Congratulations Maggie, she was our first female member of the Club.

On Wednesday 23rd November, the Club visited Elizabeth Playford Club, and listened to a very interesting talk on "What to look out for when someone may be having a stroke"

On 25th November, we held a BBQ for Rail Care at the Gawler Central Station.



## Lion Anniversaries

Celebrating membership milestones in February.

### 5 YEARS

Lion Ljubinka Crookall  
*Burnside*

Lion Rob Crookall  
*Burnside*

Lion Philip Butterworth  
*Cleve*

Lion Chris Molloy  
*Torrens Valley*

Lion Ross Powell  
*Tumby Bay & District*

### 10 YEARS

Lion Desmond O'Halloran  
*Balaklava & District*

Lion Indira Seimon  
*Burnside*

Lion Gloria Crunkhorn  
*Richmond*

### 10 YEARS (cont.)

Lion Raymond Crunkhorn  
*Richmond*

Lion Dianne Goldsworthy  
*Richmond*

### 15 YEARS

Lion Helen McGee  
*Gawler*

Lion Hartley Modra  
*Tumby Bay & District*

Lion Terry Power  
*Tumby Bay & District*

### 20 YEARS

Lion Brian Reay  
*Gawler*

Lion Lorraine Darling  
*Moonta*

PDG Kevin Masters  
*Walleroo*

### 25 YEARS

Lion John Jones  
*Cowell*

Lion Yvonne Bradford  
*Clare District*

### 35 YEARS

Lion Desmond Watts  
*Moonta*

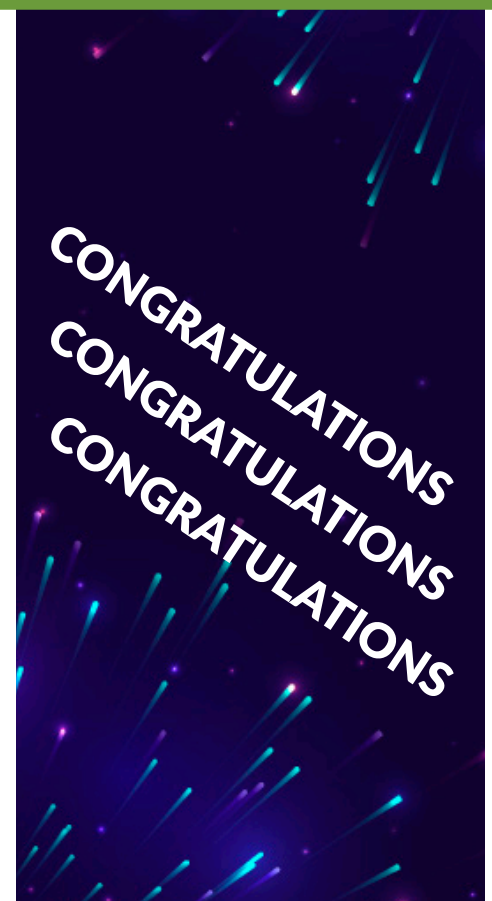
Lion Robert Black  
*Port Augusta*

### 40 YEARS

Lion Robert Wilson  
*Orroroo & District*

### 45 YEARS

Lion Stanley Heeps  
*Tea Tree Gully*





## Burnside Lions Club News

**O**ur club has been in recess over the period from Christmas through to 18th January when we reopen our Bargain Centre to receive donations.

In the period leading up to Christmas members were very active in supporting Lion, Barry Taylor with the sale of Christmas Cakes at Burnside Village - this was yet again a very successful project.

A Christmas Tree for donations of goods was put up in The Village in the weeks of December leading up to Christmas Eve. Car loads of donations were delivered by club members to St Lukes, Anglicare, Hutt St. Centre and to Aggies On The Parade....this year we found more donations of food goods than of toys . We also collected from a tree in Burnside Library and distributed these accordingly.

Our Christmas luncheon was held at The Arkaba on 12th December and as part of this event Past President, Barb Rowell, inducted Jack Batty as a new member to our club. We welcome him and look forward to his service to our community.

On Friday 15th December our club participated in Carols In The Park conducted by Burnside Council. We had responsibility to provide drinks for a crowd estimated at some 3000. During the programme Mayor, Anne Monceaux, took time to acknowledge Burnside Lions as the founding organisation of this event that our club had managed it for some 25 years and that the late Bob Rowell had left a great model to follow. She presented the club with a large gift of nuts and chocolates.... these were distributed to members at our Christmas lunch.

Vice President Mike has been very active with LEHP project, and you will find a copy of a report from him on a screening held at Kilburn Community Centre....very interesting results.

We will be welcoming a Lion, Rahul Dev, who will be transferring to our club from Golden Grove Lions....we welcome him and look forward to having him become involved in our various projects.

Lion Brett Lindvelt has notified us that he has transferred to Victoria and his expertise and knowledge in technology will be sadly missed....we wish him and his family all the best for their future.

This will mean that our club will commence 2023 with 20 active members and 7 volunteers who assist in the operation of our Bargain Centre.

Our first formal event for the year will be a Business/Dinner/Social Meeting at The Arkaba on Tuesday 24th January.

We have been asked by Burnside Council to support them on Australia Day at their citizenship ceremony in Hazelwood Park-serving of drinks to those present.

Our first Bargain Centre Sale will be on Saturday 4th February - we have been fortunate not to have too much dumping occur over the holiday break and so will be able to provide for normal business without too many hassles in having to dispose of unwanted goods.

Our Business Meeting for February will be held on Tuesday 7th at The Arkaba from 1:30. This will be an opportunity to look at programme and office bearers into the coming year.

Burnside Lions Club wish all clubs and members all the best for a successful year of service to communities in 2023.

by Rob Crookall

# Welcome to Lions Australia. Together we can change the world.

Volunteering is critical to keeping our communities well and functioning and for 75 years, Lions have been supporting communities across Australia.

Donate

Join Us





# SunSquirt Products for Lions

SunSquirt have provided information regarding their products, with specifications included.

Customised facias are available. We have 2 LITE kiosks available in aluminium or stainless steel, we recommend they live in a reasonably weatherproof location. They can be powered by the mains or a Makita battery add-on option.

Both kiosks hold 2.5L of sunscreen which is about 2500 applications. Please find costings below:

SunSquirt lite aluminum build - \$1150 (excl gst) includes the design and print of the customised facias

SunSquirt lite Stainless steel build - \$1800 (excl gst) includes the design and print of the customised facias.

Cancer Council Ultra SPF50+ sunscreen - \$75 per 2.5ltr container.

Makita Lithium Battery Kit - 2x18v batteries 1x charger 1x adapter - \$310

We would love to offer a discount for the Lions - and the larger the order the more room we have to provide a larger discount.

This is potentially a great opportunity for clubs, zones and/or district to actively promote Lions being sunsmart, providing sunscreen at community events and BBQs.

Here's an example of a Lions Club (Manly) with their customised stand.

For more information, please contact Peter Korndorfer.



**GET SUN SET**  
**SunSquirt Lite**

**BUILT TO LAST:** Durable yet light weight aluminum chassis

**FAST SWAP SYSTEM:** Simple no mess sunscreen container exchange

**HYGIENIC:** Hands free sunscreen dispensing

**SIMPLE MAINTENANCE:** Intelligent design ensuring easy to clean & maintain

**PERSONALISED:** A range of print ready templates graphics panel perfect for co-branding or sponsorship opportunities

**SPECIFICATIONS:**

HEIGHT: 1200mm  
WIDTH: 400mm  
DEPTH: 150mm  
WEIGHT: 10kg  
MATERIAL: Aluminium  
CAPACITY: 2.5Ltr  
POWER: 240v mains power (optional Makita battery power pack)

**SUNSCREEN:** Cancer Council Ultra SPF50+ 250ml water resistant broad spectrum UVA/UVB

**NO WASTING:** Gravity serving head system ensures no sunscreen wastage

**SUSTAINABILITY:** 100% recyclable reduce prints by up to 75%

**PERSONALISED:** Customisable sponsorship printing

**LONGEVITY:** Up to 2,500 applications of sunscreen per container

www.sunsquirt.com.au • WEBSITE PROTECTED by 2017903181, 2018900464, 2018100049 & 2018220079

# Christmas with Cowell Lions



**Top-left:** Kym from Kimba took leave from loading road trains with wheat to help Zorb sell tickets.

**Top-right:** Santa Claus' reindeer needed more power.

**Bottom-left:** There were a few quiet moments at times selling the Xmas raffle tickets.

**Bottom-right:** Santa and his elves (young and old)





Golden Grove Lions Club invites you to a

# High Tea



To be held at the  
**Jubilee Community Centre**

7 Jubilee Way, Wynn Vale

**Saturday 18<sup>th</sup> February 2023**

**2-4pm**

Enjoy a relaxing afternoon of delicious high tea  
and a glass of champagne

Proceeds to go to Second Chances

Guest speaker: Helen Glenville

**Tickets \$25**

Available from Daphne McWhinnie 0400 787 427  
and Lyn Rose 0412 301 557



## Volunteer for Your Health

So back into the New Year and the first month almost done..., I know! Did you make a resolution or two? Lose weight, stop smoking, or did you decide to offer a few hours a month to volunteering? Why volunteering?

Research has shown that when you help a member of your community by volunteering, it can release endorphins which make you feel happier. Volunteering can also decrease stress, increase your self-esteem, and benefit your mental health.

Look locally for your nearest Lions Club (<https://lions201c1.org.au>) and find out what they have to offer. Maybe you could help at a Nursing home reading or just sitting and listening. Become involved with the collection of Food donations and the distribution of same. Join the club's Environmental group, help at the Wetlands, or even start a local gardening club.

Whatever area you decide to volunteer in with Lions, remember, while you are helping others, you are also helping yourself.





## Lions Shop

The Lions Australia Club Shop sells a range of merchandise licensed by the International Association of Lions Clubs.

The website is operated by Multiple District 201 of Lions Clubs International, with the merchandise primarily intended for Lions Club members.

There are a range of products available including:

- Awards
- Badges & Pins
- Bags
- Cake Merchandise
- Clothing & Apparel
- Directories
- Flags & Banners
- Gifts & Stationary
- Jewellery & Accessories
- Logos & Signage
- Meeting & Event Supplies
- New Member Kits
- Peace Poster Kits
- Public Relations Materials
- Youth Exchange
- Youth of the Year

Visit [lionsclubsshop.com.au](http://lionsclubsshop.com.au)

**lions australia**  
75 years and counting



## The Seniors Alphabet

**A** is for apple, and B is for boat, That used to be right, but now it won't float!

Age before beauty is what we once said, But let's be a bit more realistic instead.

### The New Alphabet is

A's for arthritis; B's the bad back, C's the chest pains, perhaps car-di-ac?

D is for dental decay and decline, E is for eyesight, can't read that top line!

F is for farting and fluid retention, G is for gut droop, which I'd rather not mention.

H for high blood pressure--I'd rather it low; I for incisions with scars you can show.

J is for joints, out of socket, won't mend, K is for knees that crack when they bend.

L 's for libido, what happened to sex? M is for memory, I forget what comes next.

N is neuralgia, in nerves way down low; O is for osteo, bones that don't grow!

P for prescriptions, I have quite a few, just give me a pill and I'll be good as new!

Q is for queasy, is it fatal or flu? R is for reflux, one meal turns to two.

S is for sleepless nights, counting my fears, T is for Tinnitus; bells in my ears!

U is for urinary; troubles with flow; V for vertigo, that's 'dizzy,' you know.

W for worry, now what's going 'round? X is for X ray, and what might be found.

Y for another year I'm left here behind, Z is for zest I still have-- in my mind!

I've survived all the symptoms, my body's deployed,  
And I'm keeping twenty-six doctors fully employed!

from Lions Club of Cowell





## Vision Screening at Kilburn Community Centre

A successful Vision Screening was held at the Kilburn Community Centre primarily for the children of Afghan refugees. A total of 55 screenings were conducted with 22 participants recommended for further investigation by an eye health professional. The screening was carried out by volunteers from the Glenside, Burnside and Golden Grove Lions Clubs over a three-hour period from 1:30pm. It was a significant test for the volunteers as we had only the minimum number of qualified screeners available and for most of them, it was their first screening since gaining their qualification.

We were able to provide printouts of the data from the Spot Vision camera and provide these to the parents along with the Parents results letters. This was well received by the parents who, in general, appreciated receiving fully documented result of the screening.

The Lions Team was assisted by a small group of young volunteers from the Austral Asian Church at Tusmore who originally requested that the screening be carried out. They helped to manage the flow of families through the screening process and provided support in the completion of the Parent Consent documentation. Other volunteers from the Kilburn Community Centre assisted with language issues which, fortunately were not significant. It must be noted that without this support, I doubt we could have managed the screening as effectively as it was. There were a number of learning for the team and myself as the facilitator that will be addressed going forward. Some of these issues are:

### Layout of the screening stations

We set the stations in a format that appeared to work with one person going around the stations in an orderly sequence starting at Station 1 and progressing to Station 4. In practice, we found that to maintain an efficient flow of participants through the screening, this could not be maintained. As a result, conflicts arose as people tried to move in different directions. It is now obvious that the Acuity Chart station must be away from the main traffic flow and preferably parallel to that flow.

### Lighting at the location of the Spot Vision Camera

This was not a surprise, we did try a couple of locations prior to starting the screening and initially obtained consistent results. However, this consistency could not be maintained and we experience a number of camera 'Timed Out' and other iconic elusive results. A couple of 'Fixes' were tried, the use of a paper 'Visor' to screen out the overhead light did have some success but didn't work every time. More work is needed here.

### Pre-screening briefing

We did conduct a briefing before the screening started but it didn't address all the required details. I propose to develop, with the help of the other volunteers a short checklist to ensure that all matters are dealt with at future briefings and that there are there is no uncertainty regarding any issues with the processes to be followed.

### Post Screening Debrief

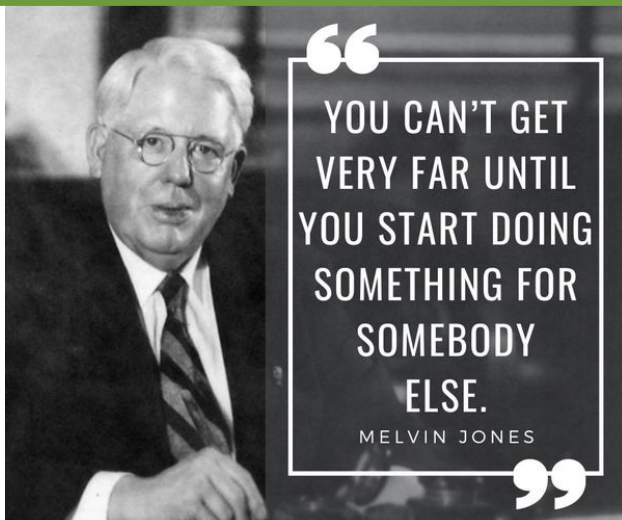
While it was my intention to carry out a debrief after the screening, the duration of the event, and the somewhat chaotic ending to the afternoon meant that this didn't happen. I propose that an item of the Pre-screening Briefing checklist will be to determine the time and location of the debrief session before we start, and that everyone is aware of it.

### The number of qualified screeners available

We had 6 qualified volunteers available, and this meant that there was very little opportunity for individuals to take a break or to rotate through the stations. On this occasion this was exacerbated by the enthusiastic response to screening as seen by the number of participants which was greater than anticipated.

Overall, I believe the exercise went well, the team were and should be well satisfied with the outcome. The response from the refugee families was very positive as was that from the organising group from the Austral Asian church and the management of the community centre. I have high expectations that we will be involved with further screenings with the Austral Asian church and the Kilburn Community Centre in the future.

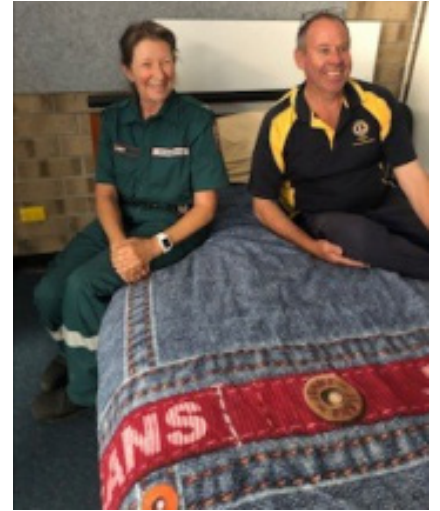
by Michael Neal



**KINDNESS MATTERS**  
At home and around the world



# Around the Clubs



**Above-left:** Clare Lions cooking sausages for Clare Primary School students in year 3-6 who were taking part in the Children’s University program. **Above-middle:** Stansbury Dalrymple Lions Club President, Jeff, presenting Lion Peter Gates with his 45 year attendance tab. **Above-right:** Stansbury Dalrymple, the new bed in the Yorketown Ambulance station.



**Above-left:** Onkaparinga Lions having a social get together at Murdoch Hill Winery. **Above-right:** Bute Lions Fauna Park - thanks to Merv and Hamish Read for shearing our Alpacas, Al and Angas. Thanks to Mick Ireland and Dave Rose for their help too.



**Above-left:** Glenside Lions enjoying Australia Day on Hansen Oval next to the bookmart. **Above-middle:** Elizabeth Playford Lions busy preparing for an Australia Day breakfast. **Above-right:** Glenside President, John Standingford inducting Anne Bayetto.



**Above-left & above-middle:** Angaston & District Lions welcoming newest member Jan McKenzie with sponsor Leo Leggett, and Mark & Lynne Gregory with sponsors Peter and Wendy Pech. **Above-right:** Port Pirie lions hard at work on Australia Day.

# “Always laugh when you can. It is cheap medicine”

- Lord Byron

## Club Jokes

I just got kicked out of a flat earth Facebook group because I asked if the 6 foot social distancing guideline had pushed anyone over the edge yet.

*from Torrens Valley Lions Club*

Bluey had been in hospital for a week and the nurses were getting absolutely fed up with his complaining.

“You’re all the same”, he grumbled. “You treat me like a dog”.

“Bluey, you know that’s not true,” soothed nurse Heather. “Now roll over.”

*from Stansbury Dalrymple Lions Club*

## Riddle Corner

1. What is the difference between a jeweller and a jailer?
2. What can you catch, but not throw?
3. What kind of band never plays music?
4. What has lots of eyes, but cannot see?
5. What two things can you never eat for breakfast?
6. What is the end of everything?

ANSWERS  
1. A jeweller sells watches and a jailer watches cells. 2. A cold. 3. A rubber band. 4. A potato. 5. Lunch and dinner. 6. The letter “G”.

## How to dispose of your Christmas Tree!



1. Bag and tie your Christmas trees as above.
2. Wear a dark hoodie and sunglasses.
3. Drag tree to a dumpster or curb as if it is heavy, looking around with suspicion.
4. Do it in the daytime while neighbors are watching.

@fridayfunnn

*From Torrens Valley Lions Club*

## Why did the scarecrow win an award?

**Because he was outstanding in his field.**

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

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