

## NEWSLETTER

SEPTEMBER 2024



**FABRÍCIO OLIVEIRA**  
INTERNATIONAL PRESIDENT  
2024-2025

## From DG Steve

What an interesting month it has been weather-wise around C1, from a bit of winter rain and pleasant blue-sky days to heavy rain bands and recently some of the hottest days on record.

I have had the pleasure to visit a number of clubs this month as part of my DG visits. It is no surprise that we do have great clubs. This is a reflection of their members; the friendliness and combined comradery is infectious.

We are like-minded people whom make our lions district great, like the weather we often find ourselves being challenged through to being excited with what we have achieved.

There is a great piece on the development of a new branch club in this edition. It is becoming clear to me that the work and planning that previous cabinet's and DG's have undertaken is starting to achieve great outcomes.

Numbers for our convention are growing, so if you have not yet booked your accommodation and registered for the Cowell 2024 Convention please do so. Accommodation is filling fast so if you leave it too long you may need to stay a bit further out of town. Please contact Convention Chairperson Allan Zerna if you are having issues with accommodation.

The Convention Committee are going to great lengths to ensure that this convention will be enjoyable and fun!



This month I get the opportunity to attend the Council of Governors meetings, where the current District Governors come together to undertake the administration and running of the Multiple District. There are several committees i.e. finance, administration, legal, nominations for MD roles etc.

I will ensure that any relevant details from this meeting will be passed on to you in the next edition.

Cheers,  
*Steve Fawcett*

District Governor  
Lions District 201 C1

# Gluten Free Cakes

**G**luten Free Cakes - these will go into production on 19th August. Please note details below:

The Gluten Free cake will be plain wrapped and will not have any Lions details and therefore will not be subject to LCI or MD duties nor will the number sold be added to District sales. Clubs must not put any Lions logo or details on packaging.

The cake will be 400gm, round and will have a sticker/label with all the required health information.

The cost is \$5.50 (\$55.00 a carton of 10) RRP \$10.00.

Orders must be in cartons of **three or mixed** with a club's normal order (preferred) see order form.

There is a special order form for the gluten free cakes is located on the National Cake site.

The shelf life of the gluten free cakes is 12 months from production.

This is a **TRIAL ONLY** and we will see how sales go in the next couple of seasons before proceeding with a Lions gluten free cake but this should help clubs that have customers asking for this product.

If any enquiries please call me.

John Chefalachis  
District Cake & Mint Chairperson

Phone: 0404 280 036  
Email: jchefalachis@icloud.com



## Welcome To Our New Lion Members

Welcome to the District C1 Lions Family.

### Elizabeth Playford

Alison Hanks sponsored by Erin Williams

### Gilbert Valley

Neil Rogers sponsored by Tracey Wostikow

### Paralowie

Charlotte Cane sponsored by Riley Nelson  
Riley Nelson sponsored by Alan Nelson

### Port Lincoln

Kim Heaven sponsored by Terry Aldenhoven  
Stephen Heaven sponsored by Terry Aldenhoven

### Richmond

Ronald Coleman sponsored by David Frith  
Trevor Douglas sponsored by Peter Grosvenor  
Michelle Sneddon sponsored by Jenny Moore

### Tumby Bay & Districts

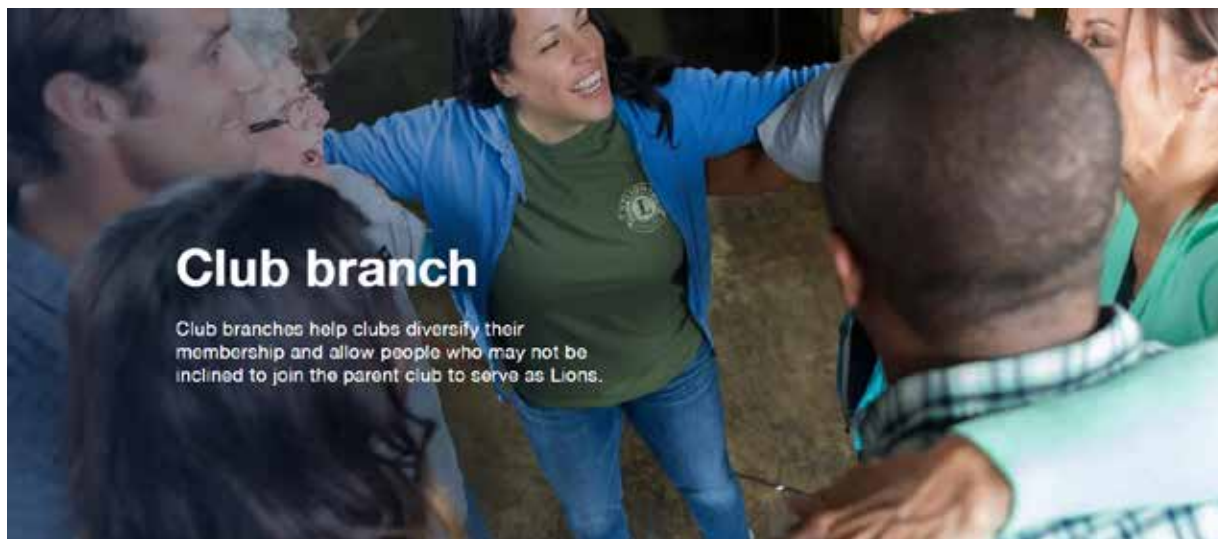
Bill Murray sponsored by Wayne Branson  
William Richardson sponsored by Alan Richardson

*The 201C1 2026 Convention Committee needs new members to help plan and implement the MD201 Convention at the Adelaide Showgrounds in May 2026.*

If you believe you have something to offer and would like to be part of the Convention Committee, please give me (Rob Royal) a call on 0418 803 938 There is a lot of work to do, but it will be fun, and you can be part of it!



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## Club branch

Club branches help clubs diversify their membership and allow people who may not be inclined to join the parent club to serve as Lions.

## Branch Clubs

### What is a Club Branch?

A club branch allows your club to expand into new areas or activities by bringing together a small group of people who want to make a difference in their community, who for a variety of reasons may want or need to operate separately and independently of the parent club. Key features of a Club Branch are;

- Must have at least five members (not the 20+ to charter a “standard club”).
- Have their own President, Secretary and Treasurer and bank accounts.
- Are guided by a Branch Liaison Officer from the host club.
- Club Branch members are full members of the host club
- Hold independent meetings, when and where that suits them.
- Club Branches have their own activities and can provide community services not covered by the host club, which are of interest to them and their capabilities that may not be necessarily of interest to, or capable of, members of the host club.

### Why have a Club Branch?

You can create a club branch for many reasons, some being:

- A family club branch, which can consist of extended family members (children, great-grandchildren, nieces, and nephews)
- The young professional club branch which is comprised of young adults who are starting their careers who can network and have meetings and activities which suit their lifestyle and time availability, while serving their community in some way.
- A cultural club branch which is comprised of people from a specific community group with a common regional/ language background who are interested in serving their communities.
- A small group of Lions. This allows the establishment of a Lions presence in smaller communities where a “standard” Lions Club requiring 20+ members isn’t feasible.

### Where to look for opportunities to establish a Club Branch

- Community groups — existing formal groups who may leverage their organisation with the assistance of Lions International and our insurance, foundations etc.
- Informal community-based groups that may need to be more formally organized to cover matters like insurance, access to community grants etc. (eg environment groups, refugee support groups, community assistance groups, various cultural groups etc).
- In regional areas it may be that the communities are small and can never support the establishment of a “standard” Lion Club but is geographically too far from the parent club to become an active part of the parent club.

### Where to go for more information and assistance?

Contact the District GMA Coordinator Rob Royal on 0418 803 938 or email [rob.royal@adam.com.au](mailto:rob.royal@adam.com.au)

I intend to set up a ZOOM workshop on the why and how to setup a Club Branch, if you are interested in participating in a workshop, please email me and register your interest.

# News from Peterborough

On Thursday 4 July, Peterborough Home Hardware celebrated their 20th Anniversary, where customers who made purchases were given 2 free donuts. The owners paid for the donut mixes. Lions Catering Van was in the backyard of the shop and members were kept busy making over 418 donuts!!

Members have also been using the Catering Van to sell donuts on Don Ferguson Drive off of the Main Street, which has been very popular.

After our Handover on Saturday 6 July, members met at the Lions Den on Sunday 7 July to enjoy a shared pooled luncheon, which was a great day.

Judy Higginson handed over 8 cartons of Trees for Life (480 trees) sapplings to a landowner in Port Lincoln, meeting him at Port Augusta. Another 2 cartons went to Roxby Downs.

Monthly working bees at the Lions Rose Garden Cemetery has seen plans to change the seating and Lions Rose Garden sign around and to also replace some of the roses. Members also have weeded around the Remembrance Wall.

The Club recently received a yearly payment for cleaning the toilet weekly at the Cemetery, which goes into our administration account. After years of cleaning the toilets, unfortunately, this project has been put on hold, as the old toilet was unsafe and was closed and we are awaiting for Council to build new toilets.

Members continue to do bingo in the Main Street on a fortnightly basis.

Recently, the Club made donations to:

- Lions Hearing Dogs \$200.00.
- LEHP: \$140.00 donation on top of the \$60.00 (15 members x \$4.00).
- Lions Australian Mobility Foundation: \$121.80 for ring pulls taken for recycling.

On Mon 5 August, President Ian Satterley was interviewed on our local Community Radio Station 5PBS about Lions and our various projects, which was then replayed on Saturday 10 August.

Some members joined in the Zoom meetings on 'Meet your District Cabinet' and the recent 'Service Projects'.

- At this 'Service Projects' Zoom meeting, we had 2 Lions members from 2 different states join in, who enjoyed the meeting & plan to join in regularly!

- So, don't miss out! Join the next hour long Zoom meeting to learn more about Lions, connect with other Lions members and have fun, all within your own lounge room!

At our Lions dinner meeting on Tuesday 20 August, we had our District Council CEO, Mark Austin speak to us about Council working together with the service clubs, including our Club.

- President Ian outlined his ideas and plans for beautifying the area around the Lions Memorial Fountain, which he had previously discussed with Mark & other Council workers.
- Quotes and plans for the area included seating and tables similar to the Lions Club of Port Pirie ones, which has Lions emblems on them.

We recently catered for the Port Augusta Caravan Club with a BBQ at Steamtown on Thursday 22 August. President Ian Satterley and Laurie Edmonds cooked the BBQ, whilst Julie Atkinson, Shirley Dearlove and Judy Higginson served the meat and salads, which were made by members, Julie, Shirley & Vanessa Malycha.



# Upcoming Training Opportunities

There are a lot of opportunities for leadership training with Lions. Check out the upcoming programs available.

## Lions Leadership Development Programmes 2024/25

- Develop your leadership skills
- Learn more about Lions
- Enjoy fun and fellowship
- Share experiences with others
- Become an effective leader
- Skills for Lions, business & family

## Regional Lions Leadership Institute

**Dates:** 7th to 9th March 2025

**Location:** Brisbane, Queensland

**Application Deadline:** November 30th 2024

The Regional Lions Leadership Institute is targeting those Lions and Leos (over 18 years of age) who are looking to take on leadership positions at Club or District levels, maybe for the first time. It focuses on the skills required to build teams and manage people effectively. It also builds knowledge of Lions activities outside of club level and includes strategies for making change to move our organisation forward. There are no pre-qualifications required.

## Faculty Development Institute

**Dates:** 11th to 13th April 2025

**Location:** Brisbane, Queensland

**Application Deadline:** December 29th 2024

The Faculty Development Institute is designed to develop and expand the number of skilled lions' trainers who can then conduct training at Club, District and Multiple District levels. The curriculum is designed to enhance training delivery skills and training techniques to increase the quality of training and overall effectiveness of Lions leadership programmes.

Qualified candidates are those Lions who have some experience as instructors at local Lions training events, have demonstrated basic instructional skills, and have a keen interest in further developing those skills.

Lions participating in the FDI will be required to conduct a local training event within six months of attending the institute, in order to complete the FDI.

## Lions Certified Instructor Program

**Dates:** 10th to 13th January 2025

**Location:** Christchurch, New Zealand

**Application Deadline:** 27th September 2024

The Lions Certified Instructor Program is designed to develop and expand the number of the most senior skilled lions' trainers. Lions who complete the LCIP are eligible to serve as faculty at locally approved institutes (FDI & LCIP), as well as International FVDG/DGE Seminar and other training-related events conducted by LCI and from July 2020 it will be a requirement to have LCIP certification to be on faculty for these training programs.

There are several pathways into LCIP but for this course it covers Lions who have training experience, but have not served as FVDG/DGE Seminar Group Leader or Lions Clubs International-directed institute faculty.

For further information or the application form please contact:

Megan Butler - Leadership Coordinator  
glt.c1@lions.org.au or 0411 616 649



## Club Charter Anniversaries

### September 2024

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

**Celebrating 11 years**  
Angle Vale - 8 September 2014

**Celebrating 54 years**  
Rocky River - 16 September 1970

**Celebrating 57 years**  
Gawler - 12 September 1967  
Kadina - 28 September 1967



**ICON** Icon Cancer Centre  
**CALLING VOLUNTEERS!**

Would you like to be a volunteer driver?

**REQUIREMENTS:**

- Valid Drivers License
- Background Check
- Full Demerit Point
- Reliable
- Compassionate

admin.windsorgardens@icon.team  
08 8164 3600 08 6477 3639  
480 Specialist Centre, Level 1, 480 North East Road, Windsor Gardens SA 5087

## Pedare Pride Cubs

Our Cubs took part in Walk A Mile In My Boots on August 8. Together we raised an amazing total of \$1377 to support those doing it tough at Hutt St Centre in the CBD. This money will provide meals, laundry services, showers, lockers, dental and medical services and wellbeing activities for the centre's clients.

Our sock monkeys project is taking a long time to complete, but the finished product will be worth all of the effort. We are learning sewing and persistence skills.

On August 22 we welcomed Jess from Australian Lions Hearing Dogs to our meeting. She accepted the 35 dog toys we have made for the dogs in training at the centre in Verdun. This is the second year that our Cubs have decided to make the dog toys.



## Pedare Leo Club

Our Alpha Leos are working on two projects. Like the Cubs, the members brainstormed ideas for projects and then voted to make their decisions.

They decided to make baby cot blankets for Back Packs For SA Kids. This involves learning how to knit and sew, which are new skills for most of the members.

They are also making about 120 key chains using paracord and paper beads. The Leos have decided to present them to the Year 5 Pedare Christian College students at the end of the year, as they will each be given a key for their locker in Year 6.

Annette Slater  
Golden Grove Lions Club



# Always Remembered

Lions who recently passed away.

**PDG John Barnes**  
Kadina

**Anne Gilfillan**  
Gilbert Valley

## ALCCRF Support in SA

The Australian Lions Childhood Cancer Research Foundation (ALCCRF) support South Australian Childhood Cancer Projects

Clubs around our Multiple District might think that the ALCCRF only supports research projects in the larger capital cities, predominantly on the East Coast. This of course is not the case.

Our largest project undertaken during our 15 years history was the Lions Kids Cancer Genome Project, \$4 million. This was funding the genome sequencing of 400 of the worst effected children around Australia with cancer. The outcome from this project then was shared back to the children's hospitals via the Zero Children's Program, so the whole of the country benefited, including SA.

Earlier this year ALCCRF approved a project that came to us through Cancer Australia's "Priority-driven Collaborative Cancer Research Scheme - PdCCRS". Dr Kate Vandyke was the recipient and her project is with the University of Adelaide and is focused on priming the blood-brain barrier to improve drug delivery and treatment outcomes in diffuse midline glioma (DMG). This project aims: -

1. To determine the optimal dosing schedule of anti-cancer agents when used in combination with transient vasculature modifying agents (TVMAs), in order to maximise the concentrations achievable in the brain while minimising side effects on living organisms;

2. To determine whether TVMAs increase tumour sensitivity to cancer drugs in mouse models of DMG.

As of last month, I am pleased to announce that the ALCCRF has approved funding of \$600,000, over 3 years, for the South Australian Immunogenomics Cancer Institute (SAiGENCI) of the University of Adelaide.

The project is the "Identification of Genomic Factors Controlling Therapy Outcomes and Survivorship in Paediatric Brain Cancer Patients". The project will be utilising biobank of samples, housing formalin-fixed, paraffin-embedded and/ or frozen tissue samples collected over 80 years. This is an exciting addition to the projects we have undertaken over the past 15 years and continue to undertake.

As stated above, our projects are not just in the two largest cities in Australia (Sydney and Melbourne), as we also have projects in Adelaide, Perth, the Gold Coast and Newcastle.

We, the ALCCRF, will pursue the best projects wherever they are situated.

PDG Ron Skeen OAM  
Chairperson ALCCRF

Australian Lions

Childhood Cancer Research Foundation 

# Junior Public Speaking

## Burnside Lions Club and Walford Anglican Girls School Junior Public Speaking Competition

Earlier this year, Burnside Lions Club partnered with Walford Anglican Girls School, led by Karen Toms, to host a Junior Public Speaking competition.

The inaugural Club Final took place on Wednesday, August 21, 2024, at the Dulwich Community Centre. This event, a collaborative effort with Walford Anglican Girls School, was met with enthusiastic feedback from participants and attendees alike.

The esteemed panel of judges included Anne Monceaux, the Mayor of Burnside, Lion Anne Bayetto from the Glenside Lions Club, Lion Thora Humphreys from the Burnside Lions Club, and Lion Rob Crookall from Burnside.

The competition was a resounding success, with the judges facing a challenging task in selecting the winner. After careful deliberation, Phoebe Williams was awarded the Club Winner Certificate.

Looking ahead, Burnside Lions Club is excited to partner with Walford Anglican Girls School once again in 2025 to host the competition. We encourage other Lions Clubs to consider collaborating with primary schools in their communities to organise similar events. As more Lions Clubs and schools become involved, we plan to expand the program to include Zone and District Final events.



# C1 Lions Anniversaries

Each month, we recognise and celebrate Lions' membership milestones.

### 5 Years

Lion Deborah Winter  
Gilles Plains

Lion Gwenda Green  
Gawler

Lion John Hampton  
Moonta

Lion Melissa Jones  
Salisbury

Lion Scott Heidrich  
City of Adelaide

### 15 Years

Lion Mostyn Paul Munchenberg  
Barossa Valley

### 20 Years

Lion Laurie Altamura  
Adelaide Italian

### 25 Years

Lion Ralph Annetta  
Adelaide Italian

### 35 Years

Lion Colin Raison  
Rocky River

Lion Michael Esposito  
Adelaide Italian

Lion Wayne Hanley  
Rocky River



# News from Athelstone-Rostrevor

The Lions Club of Athelstone-Rostrevor has been busy supporting Foodbank SA and the SA Road Runners Club.

## Help For Foodbank SA

The Lions Club of Athelstone-Rostrevor held a food drive for Foodbank at the Newton Gardens Shopping Centre on the 21st and 22nd of July. It was our first foray into this type of project in lieu of making a cash donation. Needless to say we are thrilled with the result and President Cameron thanks those members who were able to assist in making this project such a success.

An extract from Foodbank's response is as follows:

"Thank you so much for supporting Foodbank SA & NT with your food drive donations! Your food drive raised \$288 and 79kg which will help provide 614 meals to those in need in the community."

## Lions Assist the SA Road Runners Club

"In the early hours of Sunday morning of Sunday 28 July 2024 Lions John Heffernan, Di Born, Cameron Myers and Trevor Symonds, a John's partner, Phillippa, braved a chilly start to be volunteers for the South Australian Road Runners Club during their annual Athelstone to Henley 30km run. John and Phillippa looked after duties at the starting point while the other members provided drinks at nominated drink stations along the Linear Park at Silkes Road, Paradise and at Klemzig. Well done and we will be back on the track same time next year as we have been in many previous years."

John Heffernan  
Athelstone-Rostrevor Lions Club

**FOOD BANK**

**CERTIFICATE OF APPRECIATION**

FOODBANK SA & NT EXTENDS OUR SINCERE APPRECIATION TO

**Lions Club of Athelstone & Rostrevor**

Your kind donation of \$228 and 79kg will help provide 614 meals to people in need.

*Angie Patterson*  
Lions President  
Chief Executive Officer  
Foodbank SA & NT

**Please donate:**

- CANNED MEALS
- CANNED VEGGIES
- CANNED FRUIT
- LONG LIFE MILK
- CANNED SOUP
- CANNED TUNA
- TEA & COFFEE
- PASTA & RICE
- BAKED BEANS
- PASTA SAUCES
- OATS & CEREAL
- FLOUR
- SPREADS & JAMS
- VEGEMITE
- MEAL BASES
- NAPPIES
- DENTAL PRODUCTS
- WASHING PRODUCTS

We accept all nonperishable items not past expiry date. All seals must be intact.

**FOOD BANK**



## Being a Lion means you're part of a compassionate community.

When selfless, like-minded people gather together, beautiful things happen. From facilitating health screenings and feeding the hungry to cleaning up local parks and helping rebuild communities after disaster, Lions are ready and willing to jump in wherever there's a need.



# News Update

The following article was published in the Yorke Peninsula Country Times.

## Shock to the museum

Stansbury has a new AED in place at the local museum.

The automated external defibrillator was funded by the Lions Club of Stansbury Dalrymple in conjunction with an Australian Lions Foundation grant.

Under current legislation, it is mandatory for public buildings to have an AED installed by January 1, 2026.

The need for an AED was identified by the museum committee and the Lions Club offered its support for the purchase, aided by the \$1,000 ALF grant.



## Australian Lions Hearing Dogs Update

Lap the Map was an event historically created by Lions Australia to help raise awareness for diabetes, where participants would collectively hike the distance equivalent to the circumference of Australia, which is 25,760kms, as many times as they could.

This year, Australian Lions Hearing Dogs are taking the lead. Diabetes is a chronic disease where the body either cannot produce insulin, sufficient insulin, or is not able to effectively use the insulin it can produce, resulting in varying glucose levels in the blood that can cause long-term health complications. More than 1.3 million Australians lived with diabetes in 2021, with the disease contributing to 11% of all deaths in 2022.

For Lap the Map this 2024, we want to invite Lions Clubs, community groups and individuals of all ages, abilities, and backgrounds to join us. This event can be a great opportunity to get moving in wherever or whichever way you enjoy – whether it's walking, running, riding, swimming or many more! – all while helping Australian Lions Hearing Dogs share and raise awareness of the disease. Each dollar we raise through Lap the Map will support our Medical Alert Dog program to ensure we can continue to provide Diabetic Alert Dogs free of charge to Australians in need.

You or your club can register your interests right now, here at: [www.lapthemap.com.au](http://www.lapthemap.com.au)

We also invite you to keep in the loop with the event's progress unfolding between now and November. It is going to be exciting! Check out our Facebook page here at: <https://www.facebook.com/lapthemapaustralia>

# Letter from Barry Palmer

Dear Lions,

I am writing to thank you for your generous support of Lions Clubs International Foundation (LCIF) Disaster Relief Fund, and in particular the Adopt-a-Family Project.

Your continued support is guided to the communities that were hardest hit by flooding, and is critically important for families and individuals who have received funds to help them rebuild their lives after devastating floods claimed so much. To date, over 200 families have been assisted by the project to purchase goods that are needed for them to be able to return to their homes.

"I would just like to say a massive thank you from the bottom of our hearts to your organisation for the grant provided to us."

The Pope Family, Holloway's Beach Sadly, the need for assistance is on-going. New floods earlier this year has led to LCIF opening a new grant to help more families deal with repairing their homes and replacing key whitegoods. Things like clothes washers, ovens, and dishwashers – items many of us could hardly imagine living without.

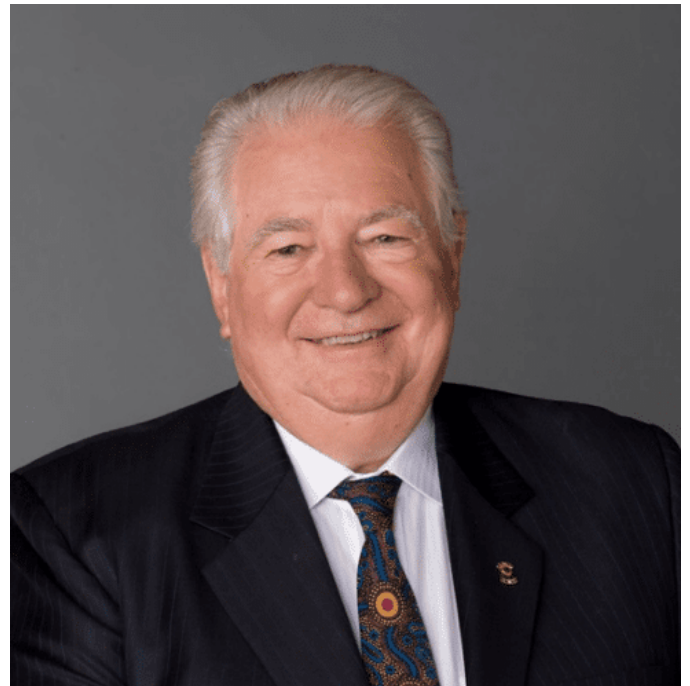
"I've just received the balance to pay on our washer, I would like you to know how much my little family and I truly appreciate your support."

- Alison & Family

Should your Club wish to support the ongoing Adopt-a-Family Project, I have attached a flyer which sets out the process for designating your donation to this worthy project. I can also confirm that donations designated to support Adopt-a-Family will also generate credits for the Melvin Jones Fellowship program.

"Thank you so much, now I can stop crying."

- Lorraine Caravonica



In closing, I would like to thank every Lions member across Australia for the great work they continue to do.

Regards,  
Barry Palmer

If you or your clubs have any questions about the Adopt-a-Family project or anything else related to LCIF, please feel free to reach out to me.

Cheers!  
Karen Price  
Program Support Officer  
Lions Australia



**HELPING AUSTRALIANS AFFECTED BY DISASTERS**

**"ADOPT A FAMILY" THROUGH LCIF**

So many Australian families have been dislocated due to natural disasters throughout Australia.

With your Club's help, through LCIF, Lions will support needy families in Australia to help them re-establish themselves.

We encourage clubs to donate \$1,000 (or any amount they can manage), to "Adopt a Family".

**How will it work?**

1. Clubs can donate funds to LCIF through their Cabinet Treasurer or make personal, tax-deductible donations through the Lions Australia Fund for LCIF.
  2. Complete the form below to advise of your donation, and send this to our Lions Australia LCIF Officer, [lcif.ops@lions.org.au](mailto:lcif.ops@lions.org.au). This will ensure the funds are allocated to the "Adopt a Family" program.
  3. The Multiple District will receive grants from LCIF relative to the funds raised by the "Adopt a Family" program.
  4. A Project Committee will be established for each grant received from LCIF. Funds will be allocated by the Project Committee based on applications for assistance received from families in need.
  5. Applications for assistance will be coordinated by the local Lions Clubs or Districts in disaster affected areas.
- *Note:- donations to LCIF for the "Adopt a Family" program will attract MJF credits.*

**My "Adopt a Family" Donation**

Club: \_\_\_\_\_

District: \_\_\_\_\_

Date of donation: \_\_\_\_\_

Amount of donation: \_\_\_\_\_

Donation made through:

District Treasurer  
(Club Fundraising)

or

Lions Australia Fund for LCIF  
(Personal Tax-Deductible Donations)

**Adopt a Family Through LCIF**

# District Convention 2024

An update for the Coast to Country @ Cowell District Convention in October. Some of the items that were discussed or acted upon at C2C@Cowell meeting on August 27th

- Convention agenda was discussed and should be available to put on website in a week or two.
- Some accommodation is filling fast , but please contact Committee if you are having difficulty in obtaining something suitable.
- Any Lions Foundations or Clubs that want to have a display table at any of the events please let Committee know.
- Saturday Night's Gala dinner promises to be an event you wont forget:
- Sheep Shearing, Oyster Shucking, Audio Visual Display of Eyre Peninsula history,



## Wallaroo/Lucky Bay Ferry

Fare Type	Full Fare	15% Discount
Car – up to 5.5m (inc Driver)	\$198	\$168.30
Adult per person	\$44	\$37.40
Concession (Seniors, Disability and Veteran Affairs Cards only)	\$32	\$27.20

To make a booking, we will just need to have anyone travelling for the convention, mention it on the phone or if they prefer to email through a booking that is fine. We will just require the dates and direction of travel, contact details (email and phone number) along with all the people travelling. I will have a special promo code available to our reservation team for them to apply when the booking is made. I do believe the convention is during the last week of school holidays, so we would advise to booking. Bookings can be made on the day without issue as long as space is available.

# Convention Registration



**2024 Lions District 201C1 Convention**  
11<sup>th</sup> – 13<sup>th</sup> OCTOBER 2024



## Convention Registration Form

Convention Location: Cowell Institute  
Main Street, Cowell, SA

Contact Details of Person Submitting Form: Name: \_\_\_\_\_  
Mobile Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Club Name \_\_\_\_\_

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

DATE	EVENT	TIME	Location
Friday 11 <sup>th</sup> October	Delegate Registration Session 1 – Convention Opening Flag Ceremony Mayoral Reception Fellowship	3.30 pm – 5.00 pm 5.00 pm – 9.00 pm	Cowell Sporting Complex
	Delegate Registration Session 2 – AGM Welcome, protocols, acknowledgements AGM <i>includes Morning Tea</i>	7.30 am – 8.30 am 8.45 am – 12.15 pm	
Saturday 12 <sup>th</sup> October	Lunch	12.15 pm – 1.15 pm	
	Session 3 Guest Speaker Guest Speaker Afternoon Tea Guest Speaker Forums/Info session	1.30 to 4.30 pm	
Saturday 12 <sup>th</sup> October  Evening	<b>District Dinner Turners Barn</b> <i>(Nibbles, Oysters, (Two) Course Dinner Entertainment, Raffle &amp; Silent Auction (Sheep Shearing, Oyster Shucking) Dress: Coast to Country (Shearers, Squatters Fishermen, Surfers, Beach babes etc) Music by Kingsley Smith</i>	6.00 pm for 6.30 pm  8.30pm till late	Turner's Barn
Sunday 13 <sup>th</sup> October	Breakfast at Cowell Marina, Sponsored by Richmond Lions Club	9.00 am – 10.00 am	
	Remembrance ceremony	10.00 am – 10.30 am	
	Closing Ceremony and Remarks. Flag handover to City of Adelaide Club	10.30am – 11.00 am	Cowell Marina (Weather permitting)

Program may change

# Convention Registration

## Dietary needs

First Name:

Family Name:

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

Other Dietary requirements \_\_\_\_\_

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First Name:

Family Name:

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

Other Dietary requirements \_\_\_\_\_

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## **Payments**

### **Section A – Full Registration\***

Friday night, Conference, Saturday Dinner & Sunday breakfast/closing ceremony @ \$120 pp No: \_\_\_\_

Convention pins will be available

### **Section B: Individual Event Tickets**

Friday Mayoral Reception	@ \$10 pp	No: _____	\$ _____
Saturday Lunch, refreshments	@ \$15 pp	No: _____	\$ _____
Gala Dinner	@ \$60 pp	No: _____	\$ _____
Sunday Breakfast	@ \$15 pp	No: _____	\$ _____
Convention	@ \$20 pp	No: _____	\$ _____

**Total Section B:** \$ \_\_\_\_\_

**Total Section A & B:** \$ \_\_\_\_\_

### **Payment Methods:**

#### EFT/Direct Transfer

❖ Please transfer the total amount payable to the account details below:

❖ Account Name: Cowell Lions Club Convention

BSB: 105 106 Account No: 020895240

Bank: BankSA, Cowell Branch

❖ Please use your family name and initial as subject or reference

#### Other payment

❖ Cheques to be made payable to: Cowell Lions Club Convention

❖ Cheques posted to: PO Box 97, Cowell, SA 5602

❖

Upon payment, please email remittance notice to Convention Treasurer: Bruce at [bruce.judyf@bigpond.com](mailto:bruce.judyf@bigpond.com)

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**Please submit completed Registration forms either by email or postal by Monday 30<sup>th</sup> September 2024**

❖ [Bruce.judyf@bigpond.com](mailto:Bruce.judyf@bigpond.com)

or

❖ PO Box 97, Cowell, SA, 5602

<b>Office Use</b>	<b>ENTERED:</b>
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# Understanding Mental Health

With R U OK Day on September 12 it is timely to have a look at mental health overall.

Mental health affects how we think, feel, and act. It's about handling stress, connecting with others, and making decisions. Good mental health helps us enjoy life, work productively, and contribute to our communities.

Mental health isn't just the absence of mental illness. We all experience ups and downs, but mental health conditions, like anxiety or depression, can lead to significant distress or challenges in daily life.

## What Affects Mental Health?

Our mental health is shaped by various factors:

- Individual: Genetics, substance use, and emotional skills.
- Social and Environmental: Poverty, violence, inequality, and stressful life events, especially during childhood.

As Lions serving the community, we often encounter people facing these challenges. It's essential to promote resilience through positive social interactions, quality education, and safe environments.

## Benefits of Good Mental Health:

- Better learning and creativity
- Stronger relationships
- Improved physical health
- Longer life expectancy

## Signs of Mental Health Struggles:

- Loss of interest in activities
- Changes in appetite or sleep
- Persistent sadness or irritability
- Struggles with work or study
- Risky behaviour, substance misuse
- Negative or unusual thoughts
- Excessive stress or worry

## Tips for Maintaining Mental Health:

- Stay active and eat well
- Get enough sleep
- Connect with others
- Learn skills for tough times
- Limit alcohol and drug use

## When to Seek Help:

If you're struggling, talk to a trusted friend or family member. If you feel overwhelmed or have thoughts of self-harm, seek help immediately.

## For Immediate Support:

- Emergency: 000
- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Beyond Blue: 1300 224 636

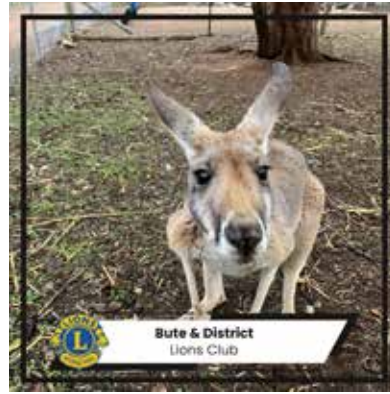
Donna-Marie Currey  
ALWF District Chairperson

**Beyond Blue**

## Looking after your mental health

- Find ways to **manage stress** and learn **'NO'** to say
- Practice **mindfulness**
- Find a sense of **self worth** and/or **achievement**
- Volunteer or participate in social activities**
- Exercise **regularly** and **eat well**
- Develop a **sleep routine**
- Limit **alcohol** and **drugs**
- Connect with family and friends**
- Make time for your **hobbies** and things you enjoy
- OR** learn something new





# District C1 - Around The Clubs

# Disaster Relief

## ECH donations supports bushfire response readiness

**B**ushfire preparations have been boosted in regional South Australia, thanks to a donation from the state's largest retirement living and aged services provider.

Mallala and Districts Lions Club has received from ECH a donation of 100 'bushfire bags' in readiness for this summer's bushfire season.

Each bushfire bag consists of a waterproof, duffle-style bag filled with clean and near-new wool blankets that were surplus to ECH's needs, along with a wind-up torch, radio and hard hat.

The bushfire bags will be taken to the Lions Club's purpose-built Emergency Relief and Command Centre in Mallala, then distributed to farmers and local residents across fire danger areas that were previously impacted by the Pinery bushfires, with the support of Kadina's Lions Club members.

"Assistance and generosity have been at the core of our organisation since we were founded some 60 years ago," said ECH CEO Claire Scapinello.

"We believe that it's important to support the communities in which ECH's customers and team members live and work, so we're thrilled that we could donate these bushfire bags to a recipient as worthy as the Mallala and Districts Lions Club," she said.

Gerry van Niekerk, Lions Club's South Australian Disaster Relief Coordinator, thanked ECH for the much-needed donation.

"As a community organisation, we are entirely dependent on the generosity of organisations like ECH, whose donation of 100 bushfire bags will help us prepare farmers and local residents in the event of a bushfire this summer," he said.

"Mallala and Districts Lion Club supported hundreds of displaced residents and volunteer firefighters in the wake of the Pinery bushfires. With our Emergency Relief and Command Centre now established, we can increase our response and better support the community in the event of any future natural disaster."

Mallala and Districts Lions Club opened the Emergency Relief and Command Centre in November 2023, eight years on from the horrific Pinery bushfire which burnt through more than 250 square kilometres of the Adelaide Plains, destroying homes and claiming lives.

Believed to be the only one of its kind in regional South Australia, the centre was designed to support emergency services in a major event. It is equipped with a commercial kitchen, meeting room, two large screen TVs for news and emergency services programming, a communication room, bathroom, heating and cooling, and internet access – all powered by a generator at the flick of a switch.

## PR Trailer Bookings 2024/25

Club	Dates Required	Event
Elizabeth Playford Lions Club	21 September 2024	Lions Den Open Day
Salisbury Lions Club	22 September 2024	Dogs Day Out 2024
Gilbert Valley Lions Club	27 October 2024	District Emergency Services & Volunteer Day

If you would like to book the District PR Trailer for your club or zone event, please contact PDG Peter Korndorfer on 0402 483 059 or korndogg1866@gmail.com for more information.

# Recipe from Port Augusta Lions

## Super Easy Individual Cheesecake Cups

- From Belinda's Kitchen

1 pkt of butternut snap biscuits (or something you like)  
1 block of cream cheese  
2 tablespoons of caster sugar (or a bit more if you're a sweet tooth)  
1-2 tablespoons of honey  
Flavourings such as: fresh/stewed/canned fruit, chocolate or caramel pieces (can be cut up Mars or crushed Maltesers etc), lolly bananas, caramel/choc/strawberry syrup/sauce, liqueurs of choice

### Method

**Base:** Shape biscuit cups by heating them over the back of an upturned muffin tray. 1-2 mins in warm oven is all that is needed. Allow these to cool as you prepare the filling.

**Filling:** Break up the cream cheese with a fork and then add the caster sugar and honey (if using liqueur it would replace the honey). Mix well to form a soft paste (like a thick cream). Stir through your flavouring of choice.

**To make up:** Spoon filling into cups and chill until needed. To serve, garnish with slices of fresh fruit, sprinkles of grated/shaved chocolate.

**Favourite McClure flavouring:** crushed pineapple garnished with toasted coconut. Also works well with Anzac biscuits and cream cheese can be substituted with Greek yoghurt.



## Hearing Tests

On Saturday 6 July the Hearing Australia mobile unit was parked beside the Bookmart. Fourteen people went in to have their hearing tested. Six of them were referred for more complete testing and possible treatment. Annette (Community Hearing Advisor) was pleased with this result and wants to come back after a few months.

Frank set up a table and "Join Lions" banners and smiled at everyone who passed by. One person expressed interest in the Club. It was a reminder that signing up members is not easy, and each of us should be always on the lookout for possible recruits among our own (younger) acquaintances.

- Glenside Lions Club

## Club Information Update

Address Update for Lions Club of Adelaide Italian  
New postal address: PO Box 309, Marden SA 5070

# Time for a Laugh!



**WHY DO EGGS COME IN FLIMSY STYROFOAM CARTONS AND BATTERIES COME IN A PACKAGE ONLY A CHAINSAW CAN OPEN?**



Please remember to submit your articles no later than the 24th of each month to be included in the following month's edition.

## Contact The Editor

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