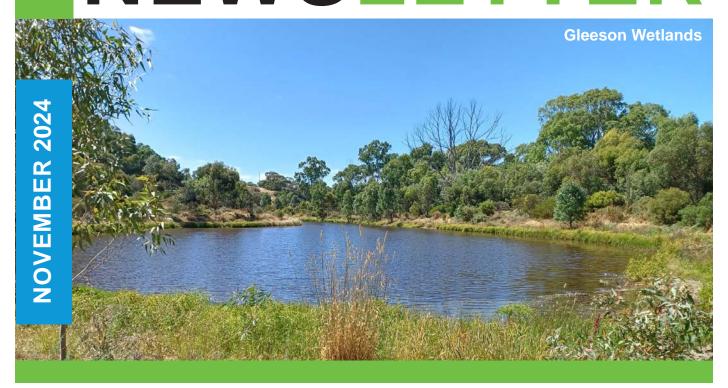
MONTHLY

201 C1 District NEWSLETTER



From DG Steve

Well, another month has passed and we now find ourselves in November, with Christmas and the New Year closing in at a fast pace. We really need to be prepared for Easter next year as that's just around the corner.

October and November are traditionally the time for District Conventions to be held. Our C1 convention was held in Cowell this year with many lion members from across the district attending. Whilst I can't think of any reason why I could be seen to be biased, Cowell was the best convention that I have ever attended.

We had 3 visiting current District Governors and their partners attend, DG Carolyn and Roger Kilpatrick from C2, DG Des and Sue Jones from V1-4 and DG Michelle Challis and her mum Phillipa from V2. Past Council Chair PCC Phillip and Anne Johnson from V2 also attended.

The Cowell convention team and Cowell lion members put so much effort into making it fun and entertaining, it was infectious. We had great guest speakers that engaged with the conventioneers.

The Saturday night dinner held at Turners Hobby Farm was spectacular. The Super Shed was transformed into a wonderful "Coast to Country" extravaganza. Sunday's memorial service at the harbour with flowers and violin was a great tribute to our passed members and partners.

A special thank you to the clubs who donated valuable funding to Cowell to support them in their endeavours.



There is a full wrap up for you in this edition from Cowell.

Anne-Marie and I had the pleasure of attending C2 District Convention held in Murray Bridge, we were well cared for during our stay. If you get the chance have a think about attending C2's convention in the future, you will not be disappointed.

Cont. page 2

From DG Steve (cont.)

Anne-Marie and I will be travelling over to Werribee (Vic or Mexico) next weekend, where we will no doubt have another excellent experience attending the V2 convention.

Don't forget about our Making Strides District Challenge which is on again. Please remember to send your steps/kilometres in. The distances covered will be measured against Australia's airstrips. As always, there is the perpetual shield and trophies.

As an incentive for your club to attend the district's monthly zoom training sessions, the District will be making available a perpetual shield and trophy which will come with \$500 to be put towards a service project. The club with the most attendees to zoom training will win.

It is good to see an increase in schools being involved with Youth of the Year (YOTY). YOTY has struggled, especially since covid a few years ago. Time is running out if you want to be involved, mainly due to school holidays approaching. If you're interested please contact me.

We have filled the position of District Treasurer, Rosemary Gale has been appointed to the role. Rosemary has previously been a District Treasurer and has experience in the role and the financial software that we use. Please contact Rosemary as required.

On a final note, as Lions we are all volunteers and give generously of our time. Please ensure that when dealing with fellow lions, especially at the district level, that you conduct yourselves as you would like to be. There have unfortunately been several instances where lion members have been unpleasant and rude towards some district lions. Whilst I understand that there are issues or events that may cause frustration, it is not ok to take that out on other lions. So please, if necessary, take a breath, count to 10, and we will do our best to solve any issues that you have.

Cheers,
Steve Fawcett
District Governor
Lions District 201 C1



Welcome To Our New Lion Members

Welcome to the District C1 Lions Family.

Balaklava & District

Ashley Krieg sponsored by Pauline Hill

City of Adelaide

Julian Amato sponsored by Lyn Mariager

Glenside

Jill LeCornu sponsored by Angela Bakonyi

Golden Grove

Sandra Frick sponsored by Graeme Pascoe Tony Frick sponsored by Graeme Pascoe Robert Pedlow sponsored by Daphne McWhinnie

Maitland & District

Peter Bailey sponsored by Alan Parkins

Port Augusta

Jane Burnett sponsored by Lorenzo Duregon Lawrie Burnett sponsored by Lorenzo Duregon



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!



Bring possibilities to life through your donation to LCIF

ach time I witness or hear about a service project made possible through an LCIF grant, I am inspired and filled with immense pride because of the innovative ways Lions and Leos across the globe make a difference in our communities. I encourage you to learn more about LCIF grant opportunities to see if there is a grant that can enhance your club's or district's impact in your communities, including a new Vision Grant opportunity that I hope you will explore.

Each and every one of your gifts to the foundation enables LCIF to offer these life-changing grants. Thank you to everyone who continues to support our global foundation, and thank you as well for sharing your stories of service with the world. You are all an important part of our success.

Yours in service,

Dr. Patti Hill, LCIF Chairperson

Vision Grant Program

Vision Grants from Lions Clubs International Foundation (LCIF) support Lions-led service activities that fight blindness and preventable vision loss and/or assist people who are blind and visually impaired in underserved communities. These grants primarily fund major equipment and infrastructure expenses. In developing countries where there is a shortage of trained eye health personnel, the Vision Grant also supports human resource training and consumables.

Grant Guidelines

Vision Grants may be requested between US\$10,000 and US\$300,000. Local matching funds are required. Applicants from developing countries can request up to 75 percent of the total project budget. Applications from developed countries are eligible for up to 50 percent of the total project budget. Human Resource training and capacity building expenses do not require matching funds.

Grant Examples

Vision Grants support four primary focus areas:

- Infrastructure development
- Equipment acquisition
- Human resource and capacity building
- Consumables

Projects can focus on one or a combination of these areas. Only Lions from developing countries can apply for human resource training and consumables.

Visit www.lionsclubs.org for more information.



News from Torrens Valley Lions

ctober has been as busy as we expected, compounded by a couple of members on the sick list.

The club has had a couple of very busy days at Bunnings Modbury bbq and were able to sell raffle tickets and Lions cakes in the foyer.

The catering for the Williamstown Players pantomime kept us on our toes with homemade sausage rolls being a big hit! Our coffee morning was well attended by members at the Good Pantry Gumeracha.

Members that attended the Cowell Convention have not stopped talking about it, sounds like everyone had a brilliant time.

After having our last children's eye screening postponed, 4 of our members and 1 partner attended the Birdwood Primary School and screened 121 children in one day! We hope to include a couple more local schools and more of our members will attend the training session on Sunday, 10th Nov at Elizabeth/Playford Lions Den.

Our Club has supported the local Community Pantry again this month with a donation of funds for meat purchases and donation of pantry staples and cleaning products. We are now seeking donations of "special items" (food items that may not fit into the budget of those that visit the pantry) for inclusion in the Christmas hampers.

Our raffle ticket and cake sales are going well and will be drawn at our December meeting.

Looking at the calendar for November, another busy month with a Pizza, Port and Poetry night scheduled for members - bring along a friend, to start it off.













Salisbury Lions' Dogs Day Out 2024

The Biggest Dogs Day Out in South Australia was run by Lion Club of Salisbury on 22 September 2024!!

It is the largest running community event run by a South Australian Lions Club with over 10,000 people attending

Dogs Day Out is a FREE community event held in Mawson Lakes for South Aussie dogs and their owners.

A fun day with dog related and non-dog related market stalls, delicious food trucks, giveaways, competitions, vet checks and dog displays.

The event allows the whole family, including your dog, to browse the dog related market stalls, enter the competitions and watch the dog demonstrations!

Friendly dogs are allowed to come on a leash and under control. The event is also the winner of City of Salisbury's "Community Event of the Year" Award.

Special thanks to all Lions who attended and assisted including Tea Tree Gully Lions who ran a BBQ!

The event was a roaring success again for another year and raised thousands for charity!



Club Charter Anniversaries

November 2024

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

Celebrating 58 years
Port Augusta - 21 November 1966

Celebrating 49 years
Bute & Districts - 10 November 1975
Cummins & District - 18 November 1975

Celebrating 48 years Athelstone - 4 November 1976

Celebrating 47 years Adelaide Italian - 29 November 1977

Celebrating 45 years
Tumby Bay & Districts - 28 November 1979





















Help Us Support Thousands of **Individuals and Families Across** South Australia.

Create Comfort: Get creative making cushions to bring comfort to children in foster care, and patients during their journey through various health challenges and treatments.

Empower Minds: Sort and label children's books ready to be gifted to children to encourage a love for reading and help improve literacy.

Drop by and say hello for an hour or two or spend the whole day with us. Every bit of help counts!

www.hearmeroarproject.com.au

Sunday, 12 November 2023 9:30am - 4pm

North Adelaide **Community Centre** 176 Tynte St, North Adelaide

FREE EVENT



A Project of the Lions Club of the City of Adelaide Inc.



It is being held in the superb surroundings of Mantra on View Hotel at Surfers Paradise on the Gold Coast. It is a great venue with everything in one place

Accommodation is readily available and we have struck special rates with the Mantra on View Hotel to enable you all to stay at the venue (No need for cars)

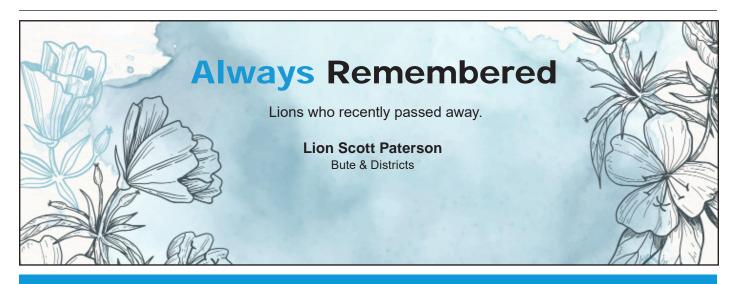
SEE YOU ON THE GOLD COAST IN 2025

Registration will open in October 2024. To register your interest email anzi2025gc@gmail.com with your Name, District and Club Name. We will send registration details once available.



Register & Pay by 31 Dec 24 for your chance to win One Registration

www.lionsanzipacificforum.com



Fremont Park, Elizabeth

n a heartwarming community effort, the Lions Clubs of Gawler, Angle Vale, and Elizabeth Playford have come together to support Luca, a 9-year-old boy with epileptic encephalopathy, by providing him with a specially designed mobility walker. This walker, valued at \$10,137.00, was made possible through the generosity of the Lions Clubs and the Australian Lions Children's Mobility Foundation.

Luca, who lives with his parents and attends Adelaide North Special School, faces mobility challenges due to his condition, which causes frequent fatigue, falls, and seizures. Despite these obstacles, Luca has demonstrated incredible resilience, learning to use his new walker to enhance his mobility and independence.

On October 16th, members of the Lions Clubs met Luca and his mother, Yolanda, at Fremont Park in Elizabeth. Luca proudly demonstrated how he uses his walker, which will help him strengthen his legs, improve his balance, and give him greater freedom to move about safely. Club members also enjoyed giving Luca a ride on a playground twister machine, making it a day filled with joy and laughter.

Lions Clubs of Gawler, Angle Vale, and Elizabeth Playford express their gratitude to the Australian Lions Children's Mobility Foundation for their support in funding the walker. The Clubs are honored to help Luca in his journey toward greater independence and wish him and his family all the best in the future.







Skin Cancer Action Week (20-26 Nov)

Protect Your Skin: Early Detection Saves Lives

Australia has the highest rate of skin cancer in the world, with two in every three Australians likely to be diagnosed during their lifetime. Skin cancer is particularly dangerous for young Australians and men over 40, making early detection critical.

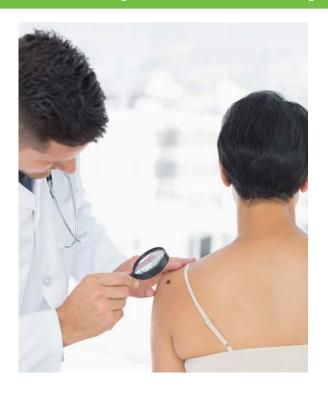
Unfortunately, access to skin cancer screening is limited, especially in remote areas like the Northern Territory, where specialist services are scarce. The Australian Lions Medical Research Skin Cancer Screening Unit is addressing this gap by offering **free screenings**, ensuring more Australians can receive life-saving early diagnoses.

Melanomas, the deadliest form of skin cancer, grows rapidly. If detected and treated early, there's a 95% chance of living a normal lifespan. However, if left untreated, even a small melanoma can become fatal within five years. That's why regular skin checks and protection from harmful UV radiation are so important.

During **Skin Cancer Action Week**, Cancer Council Australia is urging everyone, especially men over 40, to be SunSmart. Research shows many Australians still aren't using all five forms of sun protection.

Protect yourself by:

- Slipping on sun-protective clothing.
- Slopping on SPF50+ sunscreen.
- Slapping on a broad-brimmed hat.
- Seeking shade.
- Sliding on sunglasses.



By taking these steps, you can help prevent 95% of melanomas. Before heading outdoors, check the UV levels on the SunSmart app or your local weather forecast.

Together, we can beat skin cancer by staying vigilant and SunSmart. Lions carry first aid kits when we participate in activities, sunscreen should be an essential part of this. We need to lead by example and set the standard.

Donna-Marie Currey



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

•
Lion Damian Brown Barossa Valley
Lion Judith Francis City of Adelaide
Lion Lorraine Pumpa Quorn

5 Years

Lion Alan Francis

City of Adelaide

Lion Neil George Jamestown Lion Sharran Franklin Cowell

10 Years

Lion David Tiller Port Lincoln

Lion Keith Woidt Jamestown

15 Years
Lion Jane Sommers
Gilles Plains

Lion John Winney Golden Grove

Lion Margaret Turner West Beach

20 Years

Lion Brendon Laskey Orroroo & District

25 Years

Lion Alan Hook Glenside Lion John Dunn Burnside

30 Years

Lion Graeme Pascoe Golden Grove

35 Years

Lion Dean Parish Port Augusta

Lion Neville Kerr Port Pirie 40 Years

Lion Bryan Carpenter Whyalla Mount Laura

45 Years

Lion Richard Curtis
Tumby Bay & Districts

Lion Samuel Campbell Tumby Bay & Districts

News from Gawler Lions Club

Gawler Lions Club: A Year of Community Support and Celebration

At the Gawler Lions Club, we are continually inspired by the opportunity to contribute to our community and support worthy causes. This year has been marked by meaningful projects, generous donations, and the spirit of camaraderie.

One of our exciting recent initiatives involves our unused space at the Gawler Railway Station, where our Den is located. We have proudly donated this area, along with covering electricity costs, to a talented group of artists creating mosaics to beautify stobie poles throughout the Gawler region. This space was previously used to craft the remarkable "Remembering Courageous Women" mosaic display—a powerful tribute to women affected by domestic violence. We are thrilled to continue supporting local artistry and community beautification through this donation.

Our commitment to community extends beyond local projects. Recently, we had the honour of hosting Chris, a dedicated member of the Lions Club of Tenterfield from NSW, who had just completed an incredible walk from Darwin to Adelaide—over 3,000 kilometres at the age of 72! Chris's journey, which raised funds for various charities, was truly inspirational. During her visit, we exchanged banners and contributed \$500 to her cause, celebrating her remarkable effort and dedication.

Our fundraising activities also continue to make a significant impact. At our recent Bunnings BBQs, we raised \$1,000 for the Australian Lions Childhood Cancer Research Foundation (ALCCRF) and another \$1,000 for Project Hope, which supports underprivileged schools in the Philippines with essential educational resources. Special thanks to our Catering Officer, Lion Rodney Sutton, and our dedicated BBQ volunteers for their hard work and dedication.

Additionally, on July 20th, we were pleased to donate \$374 to the Gawler Girl Guides to help with a new sign for their Centenary celebration.

In a spirit of celebration, we gathered on August 29th for lunch at the Gungellan Hotel in Freeling, where we enjoyed great food and the company of fellow Lions Club members. This event was particularly special as we celebrated the 60th wedding anniversary of Lions Bob and Gwenda—an inspiring milestone for our community.

A highlight of the year has been a generous \$5,000 donation to the ALCCRF Cancer Research Foundation, made possible through a bequest from the late Lion Garry Hoppo. Garry's wishes were clear—to support cancer research and sponsor an Australian Lions Hearing Dog. We are honoured to fulfil his legacy and contribute to these vital causes.

Our club's dedication to service and community is reflected in every project and donation. From supporting local artists to celebrating milestones and raising funds for global initiatives, the Gawler Lions Club stays committed to making a positive difference.

For more information about our activities and how you can get involved, please visit our website or contact us directly. Together, we continue to build a stronger, more compassionate community.















News from the Lions Club of Glenside

Our planet has completed an orbit of the Sun since the last Glenside Lions Art Show, and it's on again. The Gala Opening will be on 13th November (book online: \$40 a head) and the show will remain open until Monday the 18th.

Once again we'll be using the Bookmart as a collection centre for food donations to the Foodbank Christmas hamper appeal. We'll be receiving from 10am to 3pm on Saturday 16 November.

We're expecting a Christmas rush of customers at the Bookmart – buying not only books as gifts but Lions Christmas cakes and puddings too. We just took delivery of 1.6 tonnes of these delicacies.

And all the Bookmart's takings during December will be donated to SLAVA Ukrainian Cultural Centre to pay for sending medical supplies and equipment to the beleaguered people of Ukraine. So, fellow Lions, you and your friends and rellies are encouraged to do your Christmas shopping at the Bookmart.

As the poet said:
A book is the perfect gift:
It gives the spirits a lift.
Anyone who unwraps
A book smiles and claps,
And surely will not feel miffed.







Training Opportunities

Having trouble with the Lions Portal?

Not sure how to report your club's service? Update your members? No worries - I'm here to help.

As the GLT coordinator, I'm happy to set up a one-on-one Zoom session just for you (or your whole club!). Let me show you the ropes and make service reporting a breeze.

Email me, Megan Butler, at glt.c1@lions.org.au to book a session and get your questions answered.

Let's make this process simple and stress-free.

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.

Email me at glt.c1@lions.org.au for an application form or to discuss further.

Megan Butler GLT Coordinator Lions Club of Elizabeth Playford Phone: 0411 616 649

Email: glt.c1@lions.org.au

From Lions Australia's CEO

Good afternoon Lions

You will know our purpose: "To provide a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members." We extend the avoidance of partisan political debate to all club activities to maintain harmonious meetings. This apolitical approach also enables Lions to easily engage with government at all levels to deliver our humanitarian goals.

Many Lions are politically active in their private lives, and some clubs will be involved in activities around the electoral process such as assisting with parking or fundraising BBQ's at events before or during elections.

It is very important that our members are not seen to be engaging in political activities in their Lions role. Some of the areas to be cautious of include:

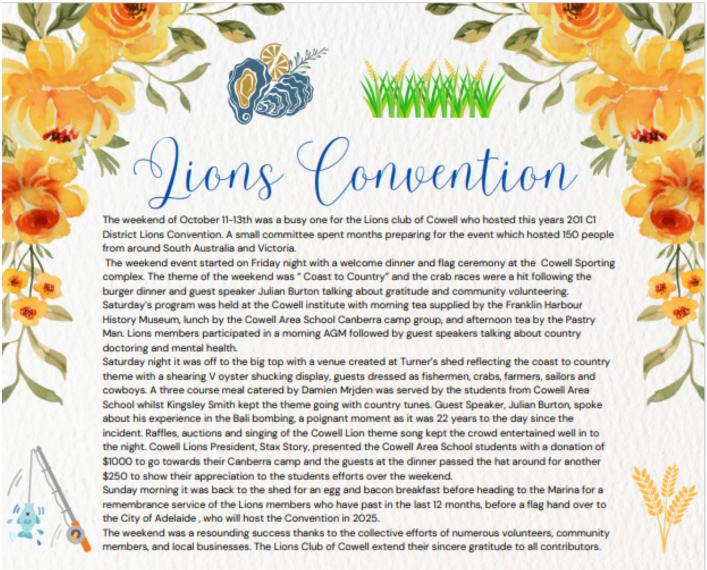
- 1. Participating in private political activities wearing a Lions-branded T-shirt or cap.
- 2. Making political statements to media or community at a Lions Club fundraising BBQ.
- 3. Wearing political support badges on Lions branded shirts.
- 4. Posting political comments on Lions Clubs social media sites (as opposed to personal sites)

We are very lucky to be able to participate in an open democratic system and good citizenship is consistent with our ethical platform, however we need to be a little cautious that political engagement does not cross from our personal life to our club life. Perhaps you might consider reminding your Lions in your next newsletter.

Kind Regards, Rob Oerlemans Executive Officer Lions Australia W:www.lionsclubs.org.au



C1 District Convention 2024





News from Peterborough Lions

On Sunday, 6 October at 10.30am, club members & family met at the Lions Memorial Fountain in the Main Street, where Laurie Edmonds laid an engraved paver in late Glenys Edmonds memory. Members then went to the Lions Den for morning tea.

Glenys was our 1st female President and it was her idea for the project of the Lions Rose Garden at the cemetery, which has 73 roses & has been there for approx. 25 years.

Recently, there has been major work done on the area including replacing 8 roses with new ones, mulching & relocating the Lions sign to another section of the garden, with an additional new sign to be added to it acknowledging that it was Glenys's project.

A new large project for the Club is President Ian Satterley's plans for the Main Street project surrounding the Lions Memorial Fountain area, including paving & beautification of the area.

Club members Shirley Dearlove, Vanessa Malycha & Judy Higginson attended the fantastic District Lions Convention in Cowell, which was a fun weekend with crab races, flag ceremony, great guest speakers & business sessions.

Vanessa had a Lions Hearing Dog stand & sold a lot over the weekend. Shirley & Vanessa were the voting delegates.

A beautiful memorial service on Sunday at the Marina saw family or club members lay beautiful rose flowers into the sea in memory of passed members & partners. Shirley & Bill Dearlove laid roses for Glenys into the sea, watched on by Judy & Vanessa. Judy & Vanessa also laid a rose in memory of Max Prior from the Lions Club of Jamestown.

The basketball season has started on Monday, 14 October, whereby Julie Atkinson with other Lions members & volunteers work the canteen on Monday & Tuesday evenings for the 15 week season, which is a good fundraiser.

At our dinner meeting on Tuesday, 15th October, 1st VDG Alex Coates spoke to the Club on the goals of District Governor, Steve Fawcett, about Lions projects, with discussion on our service projects. Alex gave out a letter & a milestone chevron award tab from the Lions Club International in America to Julie & Shane Atkinson for 15 years service; Judy Higginson & Beth Chapman for 25 years service & Laurie Edmonds accepted on behalf of Late Glenys Edmonds for her 35 years service.

Members have been selling bingo tickets in the Main Street on 11th & 24th October. On Friday, 25th October, members sold donuts in the Main Street, which is a popular monthly event.

Eight club members are excited to be involved in the District C1 Making Strides Project again and are looking to improve on our 13th position out of the 31 Clubs that participated last year. It would be great to see more clubs join up this year!

Members have been involved in the recent zone meetings: club membership on Thursday, 26th Sept & Insurance on Thursday, 24th October. These monthly sessions are a great way of learning more about Lions in your own home, so join the next meeting!

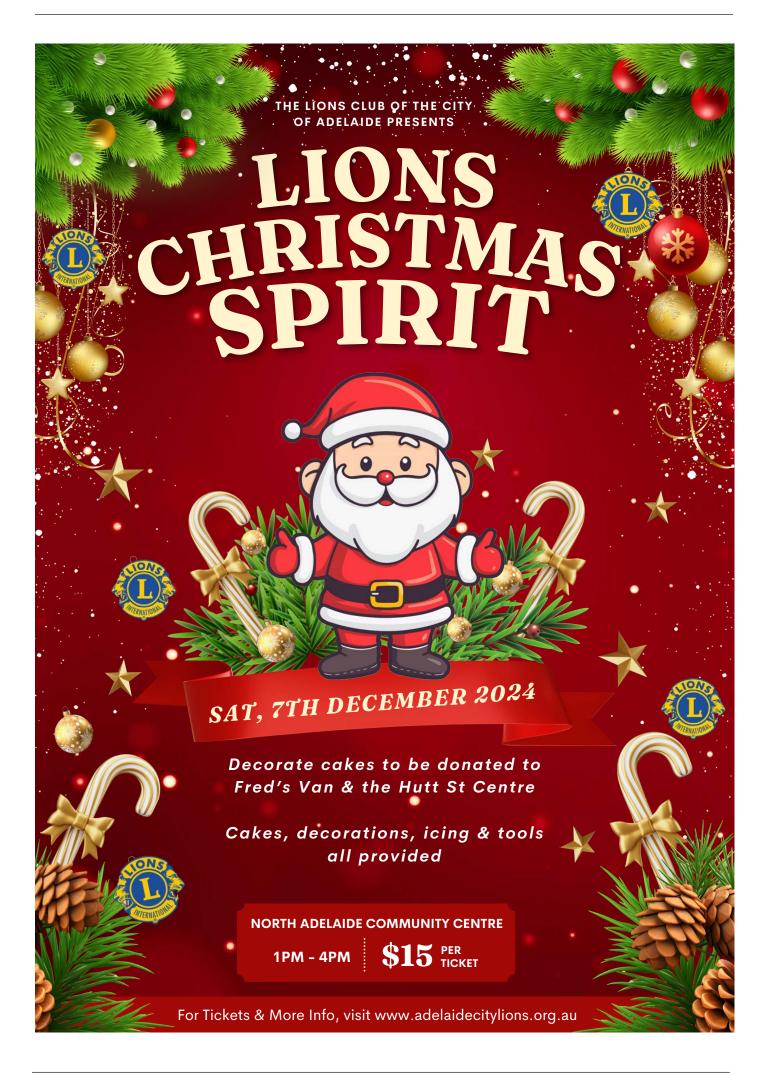
Our club is looking forward to hosting the 'Over 60's Annual Christmas Dinner' on Friday, 29th November in the Town Hall, a 6.00pm for 6.30pm start. This is a FREE event done by our Club with a free 3 course meal, which the high school students serve to the crowd, and includes local talented entertainers singling & raffles.

This was formerly called the Lions Club of Peterborough & District Inc. Senior Citizens & Aged Pensioners Christmas Dinner and this event has been going for approximately 40years!!!

Julie Atkinson attends the District Council Christmas Pageant Committee meetings with other community members for the Christmas Pageant on Saturday, 7th December, where our Club is involved in several activities, including selling donuts, & strawberries & cream.







News from Onkaparinga Lions

Since our last update in August, the members of the Lions Club of Onkaparinga have continued to participate in a number of service activities including our signature activity, the Lions Shed at Woodside.

Fundraising, recycling, community engagement and new member recruitment.

The Shed provides community members with an outlet for the recycling of unwanted household items that would otherwise go to landfill. The purchases made by an average of 150+ customers each weekend over the past 3 months has raised just over \$30,000 of which 82% has been returned to our local community and the remainder to Lions Australia projects and District C1 projects (including sponsorship for the recent Convention at Cowell). 75% of our members regularly participate at the Shed. This adds up to a lot of service hours and our members enjoy the regular contact with community members. It is also a good recruitment avenue for new members, with the last 3 members joining after volunteering at the Shed and another one is signing up next week.



These have included: the official opening of the recently completed Lions Community Noticeboard at Woodside; an updated map of the Woodside township for the Lions Information Bay; the launch of our new website onkaparingalions.org.au; the arrival of our next sponsored Lions Hearing Dog puppy, Sally; tickets on sale for the Christmas Trailer Raffle; the assembling of 200 birthing kits for needy communities in Nigeria, Timor-Leste and Papua New Guinea. Four (4) Lions volunteered to welcome into their homes for 3 nights a total of 7 members of the 23 strong CHOR Farmers Japanese choir to assist the Lobethal Harmony Club who organised the choir's recent performance at the Lobethal Lutheran Church.

New Service Project

Lion Corry Moors has instigated a new service project under the Lions Global Cause of Youth. Known as the "Lions Young Carers Support Project", this project supports the work of the Young Carers Network across the Adelaide Hills, based at Woodside. So far, a needs assessment with Coordinator Melissa Clarken has identified a number of ways the Club can support this network and ensure that young carers have some fun along the way. Following the success of the Lions Roar youth music talent quest held last year, Corry is also organising a similar event for youth involved in country music across the Adelaide Hills.

Diabetes Awareness

We have also taken on DG Steve Fawcett's request to undertake a Diabetes Awareness promotional event and are planning a promotional BBQ at the Lions Shed in November. Promotional material has been provided by the Australian Lions Diabetes Research Foundation.

Social Activities

But it hasn't been all work, Lyn Green and Brenton Heinrich and their partners attended the auditions for the annual instrumental scholarship that is sponsored by the Lions Club. Members recently enjoyed a film evening as guests of the Balhannah Archives Group and our next Cornhole challenge with the Woodside Bowls Club is planned for November. We are aiming to win back the trophy!

Compiled by Lion Lyn Green







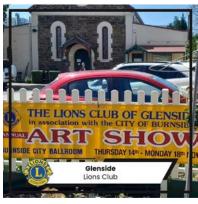


District C1 - Around The Clubs











Golden Grove Lions Club

WHITE WAR

Whyalla Lions Club

















World Diabetes Day



World Diabetes Day: Join the fight against diabetes and Lap the Map for Diabetic Alert Dogs

Diabetes is a global cause of Lions Clubs International and a global health issue, and with World Diabetes Day coming up on 14th November, what better time than now to come together and take action in the fight against diabetes.

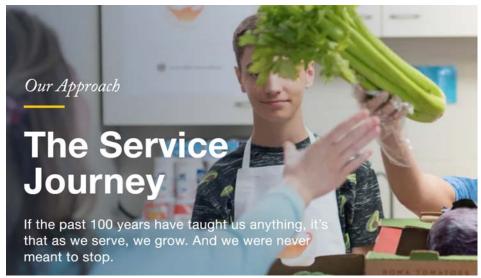
In Australia, over 1.3 million people are living with diabetes, contributing to 11% of all deaths in 2022. For those managing diabetes, daily life can be a challenging journey, requiring resilience and a strong support system.

This November, Australian Lions Hearing Dogs is focusing on wellbeing as a cornerstone of diabetes care, aiming to raise awareness for those living with the condition, and funds for the Lions Diabetic Alert Dog program.

Lap the Map is a signature event initiated by Lions Australia to promote diabetes awareness. This year, Australian Lions Hearing Dogs have taken the lead, encouraging participants to unite and collectively cover the distance equivalent to Australia's circumference - 25,760 km. We're aiming for an ambitious goal: to lap Australia TEN times, covering a total of 257,600 km! This monumental effort will help raise essential funds for training Diabetic Alert Dogs, which provide invaluable support to Australians living with type 1 diabetes - at no cost to them.

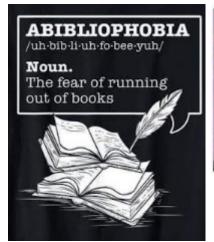
We invite you to get moving in whatever way suits you best - walking, running, cycling, swimming, or any activity you enjoy. Not only will you improve your health and fitness, but every step you take will bring us closer to our goal of 257,600 km!

Ready to make a difference? Register yourself and your Lions Club today. Together, let's be part of pawsitive change! Visit www. lapthemap.com.au to sign up and join us in this important cause.





Jokes from Around C1





"That was amazing, Jason! I've never heard such an accurate rendition of several cats getting run over by a lawnmower."











Dad: I don't trust those trees over there.

Son: Why?

Dad: They look a little shady!





Why did the sun go to school?

To get brighter!

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

Petrea Stacey

Phone: 0410 625 005

Address: PO Box 139 Walkerville SA 5081

Web & Email: www.lions201c1.org.au pstacey@forerunner.com.au

