

MONTHLY

Lions Flying High

201 C1 District

NEWSLETTER

JUNE 2025

JULY 13-17, 2025



ORLANDO

107th LIONS INTERNATIONAL CONVENTION

From DG Steve

My year as District Governor is coming to completion. Another month and we will welcome the new incoming District Governor Ray Najar.

It has been an interesting month with attending the Multiple Districts Council of Governors for the last time. Followed by the Multiple District Convention in Traralgon Victoria, which was very informative and a chance to catch up with Lions friends.

We held a successful Club Development Day in Whyalla for far and mid north clubs joining with Eyre Peninsular clubs. These development days are a great way of finding out what's going on in Lions and to discuss any topics that club members may have. There is still the club training, but the day is very much different than what it was. So just because you attended one 10 or 20 years ago, maybe in the last century for some, it is a great day to catch up with what is happening around the traps and enjoying a great meal. I would urge all lions to attend these days.

June is busy with clubs holding their Handover events. Remember it's a time to celebrate the great work that clubs have continued to do and the leadership shown. It is a time for the incoming leadership to take over the reins for the coming year. I believe that there are even some "Claytons" handovers as the same leadership group is continuing.



We are still in growth regarding district membership, which is great news. Let's finish the year strong and keep getting all new members on the Portal. Ask yourselves, "Do we really need to drop members?" This year has seen the least amount of dropped members for many years.

This great news, as it shows, that clubs are engaging with new members in a positive way. New members are obviously feeling welcomed and challenged.

Continued on page 2

From DG Steve (cont.)

KEY POINTS FROM THE COUNCIL MEETING WHICH MIGHT BE OF INTEREST.

The Youth of the Year final was, as always, a highlight of the convention. Congratulations to Jasper Robinson from Q4, who is our 2025 Lions Youth of the Year! What an incredible day filled with inspiring speeches from all the contestants. They each made it a challenging decision for the judges - and a memorable event for everyone!

GAT – Council has approved the conduct of a GLT and GST District Coordinators workshop in August 2025.

Member records: District Governors are requested to remind their clubs, particularly the Club Secretaries, of the importance of having their club member details correctly recorded in the Lion Portal as at 30 June 2025 Lions year. Advice of the number of Leos and Leo Clubs as at 30 June 2025 must still be provided.

Scams and computer risks: District Governors are requested to communicate to their clubs the threats associated with

computer and banking scams to ensure that clubs put in place procedures to minimise the associated risks.

Incoming Cabinet Secretary and Treasurer training: Incoming Cabinet Secretary training will now be conducted in February each year and incoming Cabinet Treasurer training will also be conducted at the same location and time.

Governor-Generals Patronage: Please note the confirmation of Her Excellency the Honourable Ms Sam Mostyn AC, Governor-General of the Commonwealth of Australia, as Patron of Lions Australia.

All Districts are encouraged to view Multiple District vacancies and to share that information with suitable Lions, encouraging them to apply. The Multiple District has currently far too many vacant positions.

Cheers,
Steve Fawcett
District Governor
Lions District 201 C1



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.

[See service stories](#)



LCIF Australia EMPOWERING COMMUNITIES



IN MEMORY OF *Tony Pederick*



Fiona Benton
Executive Manager Health
and Research

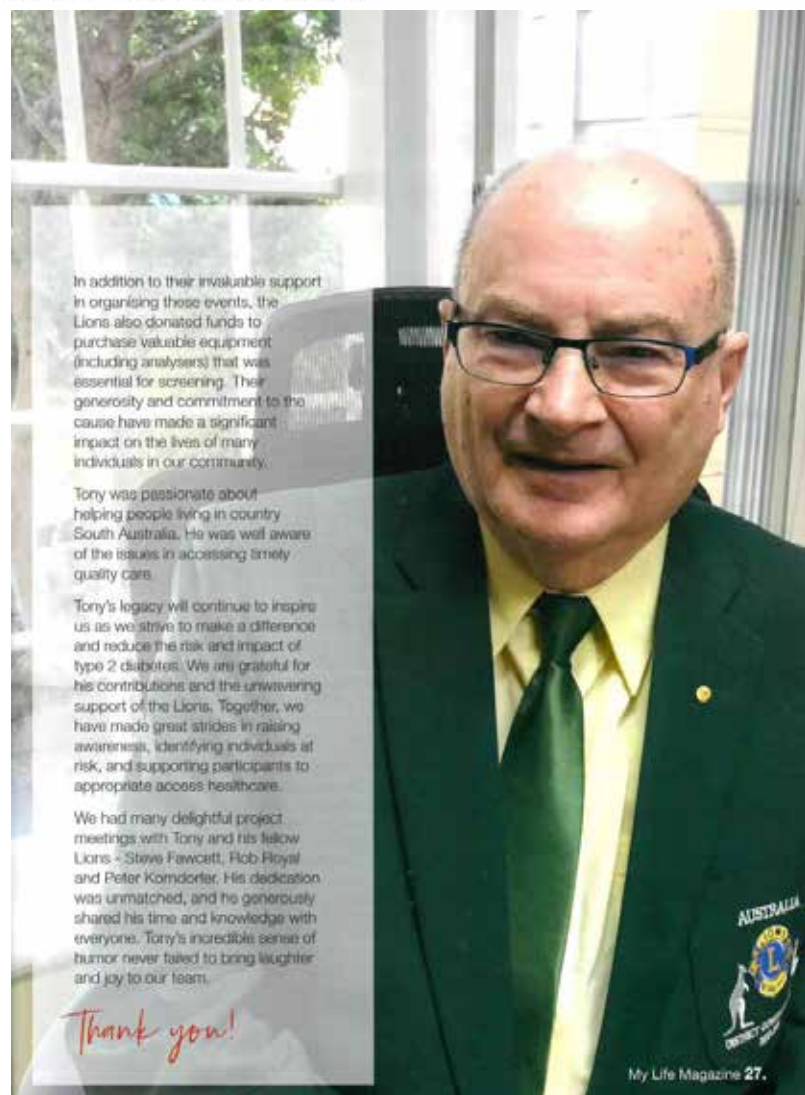
and the Lions' Support for Type 2 Diabetes Awareness and Screening

We would like to pay tribute to Tony, a dedicated member of Diabetes SA, who sadly passed away in October 2024. Tony lived with type 2 diabetes and was instrumental in supporting various initiatives aimed at increasing awareness and screening for type 2 diabetes in regional South Australia. His passion and commitment to improving the lives of others will long be remembered.

Tony's initial approach to work together with the Lions was a turning point in our efforts for the early detection of type 2 diabetes in the community. His vision and dedication led to a successful collaboration between Diabetes SA, Country SA PHN, and the Lions Districts. This partnership helped to secure \$175,000 to conduct 10 community type 2 diabetes awareness and screening events across regional South Australia in 2021. These events were conducted in partnership with the Lions District 201 C1, of whom Tony was Governor, and local Lions clubs. Tony and his lovely wife Marilyn, worked hard to support the events, and turned

their hand to support in any way they could. The screening involved the AUSDRISK assessment tool and Point of Care HbA1c tests. The events reached 674 people, with 550 completing the AUSDRISK tool. Of those, 414 had a high-risk score, and 403 took the HbA1c test. The results showed that around 10% were likely to have pre-diabetes or type 2 diabetes. Further, 75% of people who were identified as high risk, indicated they intended to discuss their results with their GP and make some changes to the risk factors that they could change - including eating well and moving more.

Another significant event was the type 2 diabetes awareness and screening program at the Yorke Peninsula Field Days in September 2023, supported by Lions District 201 C1. The program aimed to increase community awareness about type 2 diabetes, identify individuals with undiagnosed prediabetes and diabetes, and provide healthy lifestyle information. The screening included the AUSDRISK assessment tool and HbA1c finger prick blood tests. The event saw 479 participants, with 247 completing the AUSDRISK assessment. Of those, 80% had a high-risk score, and 186 completed the HbA1c test. The results indicated that 17% of high-risk individuals were likely to have prediabetes or type 2 diabetes. The program effectively increased knowledge of risk factors and healthy lifestyle changes among participants.



Diabetes Support



Welcome To Our New Lion Members

Welcome to the District C1 Lions Family.

Glenside

Michael Williams sponsored by Peter Kearn

Lock

Caroline Longmire sponsored by Graham Spiers
Jeffrey Longmire sponsored by Graham Spiers

Salisbury

Divyanshu Chauhan sponsored by Lauren Brug
Sanjam Kohli sponsored by Lauren Brug

Thank You, Are U OK?, Thanks!

There comes a time when good things must come to an end and after four years, I am passing the baton as District Membership Co-ordinator. I want to thank all members for their support and the four District Governors who appointed me. Membership is an interesting topic, as it is the topic we don't want to talk about but is key to our survival as an organisation and allowing us to serve our communities.

We have recruited over 152 members this year and dropped over 112 which means, as I have been saying for a while, our biggest challenge is not recruitment because if we work on it and are out serving our communities people will join. While we are currently at healthy net growth in our District especially compared to others. I would describe us as stable, and we cannot be complacent.

The challenge for the new GMA team and GMT Leonie is to inspire our clubs to retain our members. I know that Leonie has some innovative ideas and I hope that all members support her and the new GMA team to continue the growth in our District.

If we can cut the drops, then we will move forward and at pace. If we can have a new club go from 1 to 35 members in several months and have many clubs recruiting new members the evidence, is, we can grow. However, retention requires more work. It requires communication with members, discussing their needs and ideas and embracing a club model that is inclusive and works for your members.

Ask these ten questions before you drop a new:

1. Why haven't we seen that member for a while?
2. Do they have personal issues that are keeping them away from being involved?
3. Are they busy with family or work commitments that are preventing them from participating?
4. Have they become disengaged with meetings through boredom or not given a responsibility to feel a valued part of the club?
5. Have they had some kind of conflict with another member?
6. Are your clubs' projects fun and engaging for the members?
7. Are these members feeling valued for the time they can give? (not everyone can give 100%)
8. Are they feeling valued for the outside experience they can offer the club?
9. Has anybody from the club actually contacted them personally, not by email but phone or face to face to see how they are and why they have not been to a club meeting or activity lately?
10. Are we just dropping them because they can't attend meetings or can't pay at the moment?

It is a collective responsibility of all members to support each other, work with each other and check in with each other. It

is not just down to the President, Secretary or Membership Chair, while these executive members do all have a role to play. They may not be the person who recruited them or the person that is closest to them or the person who knows what is occurring in their life. Let's stand together to serve together.

While most Lions don't serve for recognition, it is always nice to be recognised. Do you present certificates? Thank members at the end of events? Thank other members? Again this is not a board responsibility, we all serve together and the more of us, the less work.

As far as celebrating our members achievements, have you considered awarding your deserving members a Melvin Jones Fellowship or one of the other awards from our foundations. I am sure every club has a deserving recipient for their contributions. You could also consider a King's Birthday or Australia Day honour. Raise the topic with your fellow members, your executive and let's thank the members.

I mentioned our foundations and you can also mention them when you are promoting Lions and looking to attract new members. PDG Peter Korndorfer recently gave a very comprehensive presentations regarding Lions Foundations, there are so many, and we need to be promoting them to members new and old. You can access the presentation from Cabinet Secretary Sandy Royal or from PDG Peter.

When we set out to recruit, we often forget to mention one of the greatest benefits our association offers – LCIF. Our foundation allows us to make an impact far beyond the borders of our communities. It makes us a powerful force for those who need help the most. Here are some talking points to use when recruiting someone who is interested in our work around the world.

- Lions believe service doesn't only take place at home.
- LCIF awards about US\$40 million in grants each year.
- Grants primarily support our global causes: hunger, diabetes, vision, childhood cancer, disaster relief, environment, youth and humanitarian aid.
- 100% of all donations to LCIF go towards grants and programs.

At your next recruitment event, make sure to mention LCIF and our other foundations when you are asked what Lions do to serve. People will want to be a part of an organization that is truly changing the world.

Once again thank you and see you in my next role soon.

Kind Regards
Alex Coates

PEACE POSTER

"Together as One"

The kits are now available for \$25 per kit, purchase from the Lions Australia shop.

This year's theme is "Together As One". Now is the time to approach schools within your area to take part in this year's PEACE POSTER Contest. The Peace Posters will be judged at our District Convention in Adelaide, 10th to 12th October. I am happy to collect the posters from your club or they can be brought along to the convention.

All students who participate will receive a certificate, District winners will also receive a trophy!

If I can help in anyway, please feel free to give me a call, 0411 637 513 or email me at juliepickles941@gmail.com I am happy to come and speak to your club members at a meeting!

Thank you.

Julie Pickles – President Lions Club of Paralowie Inc.
District 201C1 (2025- 2026) Peace Poster Chairperson.

Dates for Nominations

Dates for nominations and notices of motion for 201C1 District Convention 10-12 October 2025.

Closing Date: 13th July 2025

Notices of Motion of a Project Nature

Closing Date: 12th August 2025

District Governor 2026/27

First Vice District Governor 2026/27

Second Vice District Governor 2026/27

LMRF Representative 2026/29

Due to a vacancy in 2024, a further call for the position for a two year term is called.

LMRF 2026/28

District Convention Host Club 2027

Notices of a General Nature

Notices of Motion of a Constitution or By Laws nature

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

Forms for nominations are available from the District Website and are to reach Cabinet Secretary (elect) Lion Carol (Carolb801@gmail.com) and myself (lanceleak@exemail.com.au) strictly by the closing dates.

PDG Lance Leak OAM

C&BL Chair

0418 834 425



Club Charter Anniversaries

June 2025

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

Celebrating 47 years

Maitland & District - 16 June 1978

Celebrating 53 years

Adelaide Hellenic - 23 June 1972

Celebrating 58 years

Barossa Valley - 26 June 1967

Jamestown - 15 June 1967

Onkaparinga - 19 June 1967



UPCOMING WORKING BEE

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, 6 July 2025
9am - 4pm

Econo Lodge East Adelaide
27 Dequetteville Terrace,
Kent Town

Street Parking Available

FREE EVENT

HEAR ME ROAR!

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



News from Peterborough & District

On Tuesday 20 May, President Ian Satterley inducted new member Carla Banks into the club & presented her with her welcome kit. Carla's sponsor, Judy Higginson, presented Carla with her lapel pin, which she then attached. Ian then presented Judy with her sponsor certificate. Ian then asked all members to come up & welcome Carla into the Club.

Carla had already been busy volunteering before joining & has proved to be valuable to the club. Welcome Carla!

At our works meeting on Tues 6 May, the club did the election of all the other Office bearers. We also set our Handover date for Sat 26 July.

At the meeting, an International Chevron Award was given to Jenni Kendal for 10 years service. Congratulations Jenni! Laurie Edmonds received his International Chevron Award for 45 years at the dinner meeting on Tues 15 April. Congratulations Laurie!

We decided that we will look into supplying 20 toiletry packs to the hospital for patients, who go into hospital unexpectedly, who have no family in the area, so that they had the basics eg toothbrush/paste etc.

A request from the hospital for 8 new TV's for the patients rooms has seen 3 other groups donate money towards 6 TV's & we decided to donate money for the other 2 TV's. A plaque will be put on the 2 TV's with our Club's name on it.

Club members have helped with catering recently for a dinner for 36 people at Steamtown on Fri 2 May. On Wed 14 May, members catered for a Bbq dinner for 26 people at Steamtown.

Club members continue to do bingo, which was held on Fri 9 May & do the Lions Rose Garden watering & maintenance out at the cemetery, as well as keeping the Lions Memorial Fountain clean. Donuts & bingo were done on Sat 3 May for the elections & was a busy day.

Our Club hosted the Cancer Council's 'Australia's Biggest Morning Tea' on Fri 23 May from 10-12pm at the Senior Citizens Hall to a large crowd of locals & tourists, raising \$689.60 on the day. The Club will possibly add to this amount at the next works meeting.

Members set up the table & decorations the night before & also cooked a range of delicious slices & scones for the day. Entertainment was provided by the Primary School students doing songs & dances. The St. Joseph's School Choir students sang several songs. The audience loved the entertainment provided by the students!

Several Club members & family members joined the Peterborough Rodeo's 'Trivia Quiz Night' on Sat 24 May at the Town Hall, which was a fun night, with our team 'Lions on Mane' coming third.



A Sausage for Democracy

Members of the Lions Club of Athelstone-Rostrevor Inc spent a hectic but satisfying day cooking and serving 650 "Democracy Sausages" at the Division of Sturt Polling Booth located at the Stradbroke School, Rostrevor, to raise funds for Operation Flinders and to alleviate the hunger of voters snared by the smell of cooking sausages and onions. Radio Station 5AA donated, I understand, 20,000 worth of sausages to polling booths who took advantage of their offer as we did for a share based on the number we thought we could sell.

The day was long, but thankfully not hot so slaving over a hot BBQ plate was bearable. The club also sold soft drinks, Lions Christmas Cakes and Lions Cake Slices which proved to be very much sought after by voters.

Special thanks to President Cameron, our chef extraordinaire, Lions Trevor Symonds, John Heffernan, Yvonne Menz, Joe Vaiana and Michael Cook who gave of their time on the day to make this project a success.

A sizeable profit was made with the nett proceeds, plus a further contribution from our club, is being donated to Operation Flinders, an organisation which our club supports.

The photograph shows left to right: Lions Trevor Symons (in the background wearing a Hat), Cameron Wyers, Michael Cook, Joe Vaiana (partly obscured) and Yvonne Menz, with Lion John Heffernan (not shown).

On Sunday, 4 May, some of the same members spent time volunteering as drink station marshalls for the South Australian Road Runners Inc marathon, an organisation which we also assist at their projects. No photos are available for this project.



News from Glenside Lions Club

On 14 May Glenside Lions made a momentous decision. Starting in July, our business meetings will resemble those of most other clubs, with decision-making by all members present. This replaces a system whereby the Board made decisions subject to ratification at the next business meeting.

Hitherto the Board has met monthly. Under the new arrangement, Board meetings will be less frequent and triggered by need rather than the calendar.

On the same day President Leonie Varga inducted Michael Williams (centre of the photo) as our newest member, sponsored by Peter Keam. Michael is the Community Engagement Manager of Fat Farmers Rural Health Initiative. That role requires a lot of travelling, but when he's in Adelaide Michael will be a vigorous Lion.

Our second meeting in May was a joint one with Burnside



Lions – an annual tradition – at the Marryatville Hotel. Our guest speaker was Dr John Willoughby of Vision Of Islands, a charity that provides free eye care treatment and teaching in the Pacific Islands.

Our Handover Dinner will take place on Wednesday 25 June, combined with a celebration of Glenside Lions Club's 45th birthday. It will be at the Eastwood Community Centre, with which we have had a long and close association. For over a year Glenside Lions and their partners have been meeting for purely social purposes at what we've called a coffee catch-up. These meetings take place from 10am on the first Thursday of every month at the Feathers Hotel's Pavilion Café. Any other Lion is welcome to drop in.

Correction: Glenside Lions' Foodbank collection at the Bookmart will be on Saturday 5 July for one day only, from 10am to 3pm. Last month we reported that we'd be collecting over a fortnight beginning on 31 May.





Lions 201C1 District Convention

Adelaide, 10–12 October 2025

Royal Coach Hotel
24 Dequetteville Terrace
Kent Town SA 5067



Registration Form

Contact details of person submitting this form

Name		Club
Tel.	Mob.	Email

Participants (e.g. a couple might comprise 2 Lions, or a Lion and a partner)

Participant	First / preferred name	Family name	Delegate?	First convention?
Lions club member 1				
Lions club member 2				
Partner 3				
Guest 4				

Participants are responsible for making their own accommodation arrangements. The **Royal Coach Hotel** (where all business sessions will take place) and the adjacent **Econolodge** are offering a 10% discount on their advertised rates. These rates may change, so early booking is advised.

Make your booking for either hotel at royalcoach.com.au or (08) 8362 5676, using promo code **LIONSOC25**. Buffet breakfast is an optional extra. Check-in after 2pm, check-out before 10am.

The Gala Dinner will be held 7km from the Royal Coach Hotel at the **Sicilia Social and Sports Club**, 45A OG Road, Klemzig SA 5087.

Programme (subject to minor alteration)

Date	Venue	Event	Time	Remarks
Friday 10 Oct	Royal Coach	▪ Conference registration.	3–4:45pm	
	Town Hall	▪ Lord Mayor's reception and official opening, including flag ceremony.	6:00pm	Bus transport will be available from/to Royal Coach Hotel.
Saturday 11 Oct Business sessions	Royal Coach	▪ Conference registration	8–8:45am	Tea/coffee will be available throughout the day, and there will be mid-morning and mid-afternoon breaks.
		▪ ANNUAL GENERAL MEETING	8:45am	
		▪ Lunch	12:00pm	
		▪ Speakers, discussion groups and youth programmes (Leos and YOTY)	12:45pm	
		▪ Close.	4:00pm	
Gala Dinner	Sicilia Social & Sports Club	▪ Gala dinner, with guest speaker, entertainment, live music and dancing.	6:00pm	Drinks to be bought at the bar.
Sunday 12 Oct	Royal Coach	▪ Remembrance ceremony.	10:00am	
		▪ Open forum.	10:30am	
		▪ Closing ceremony	11:00am	
	Rymill Park	▪ Barbecue lunch, provided by City of Adelaide Lions Club.	12:15pm	

Special dietary needs

Participant No.	1	2	3	4
Gluten intolerance				
Lactose intolerance				
Vegetarian				
Vegan				
Diabetic				

Please mark '1' in the relevant box for each participant who has special dietary needs.

Calculation of payment

Participant No. ▶	1	2	3	4	Total \$
Full participation [a]	\$140				
Mayoral Reception [b]	Nil				—
Bus to/from Mayoral reception	\$5				
Barbecue lunch on Sunday [b]	Nil				—

Please mark '1' as appropriate in columns 1-4.

For wine, enter the number of bottles required.

Then enter the consequent payments in the final column: 'Total \$'.

For less than full participation

Business sessions only [c]	\$40				
Annual General Meeting only [c]	Nil				—
Gala Dinner only	\$60				

For sale to any registered conventioneer (priced per bottle)

Convention wine (red) [d]	\$10		X	X	X	
Convention wine (white) [d]	\$10		X	X	X	
Total to be paid						

[a] 'Full participation' covers all sessions including the Mayoral reception and official opening; refreshments and lunch on Saturday; Gala Dinner; Remembrance ceremony; and barbecue lunch on Sunday. A seat on the bus to the Mayoral reception is extra, however.

[b] There is no charge for this, but we need to know numbers in advance. Attendance at the Mayoral Reception is limited to 100, so registering late may mean exclusion.

[c] 'Business sessions' comprise all proceedings on Saturday 11 October, including the AGM which will occupy the morning. The \$40 charge covers lunch, refreshments mid-morning and mid-afternoon, and tea/coffee at any time. The 'AGM only' option carries no entitlement to lunch or refreshments but tea/coffee will be available to buy..

[d] Enter the number of bottles you want in column 1.

Paying

Please make direct payment to the Convention's account at Bendigo Bank:

Account name Adelaide City Lions Club

BSB 633-000

Account number . . . 159062256

Reference CON25 [and your name]

When your payment has been made, please send this form as an email attachment to the Convention Treasurer, John Standingford (johnstandingford@hotmail.com).

The final date for both payment and registration form is **Friday 3 October 2025**. For 'Early Birds' the deadline is **Friday 5 September 2025**. Early Birds will go into a draw for a refund of \$140.

Questions? Contact Leonie Varga (0449 847 022) or John Standingford (0421 187 691).



Angle Vale
Lions Club



Kadina
Lions Club



Salisbury
Lions Club



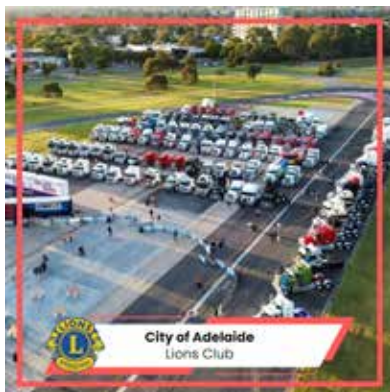
Paralowie
Lions Club



Glenside
Lions Club



Balaklava & Districts
Lions Club



City of Adelaide
Lions Club



Golden Grove
Lions Club



Athelstone-Rostrevor
Lions Club



Prospect-Blair Athol
Lions Club



Elizabeth Playford
Lions Club



Clare Gonna Group
Lions Club Branch



Tea Tree Gully
Lions Club



Charles Sturt
Lions Club



Balaklava & Districts
Lions Club

District C1 - Around The Clubs

Jokes from Around C1

**"Vaping"
back in
my day.**



Towel animal left by the hotel staff



Let's all take a moment to appreciate the time and effort this guy spent putting a strap on his dirt so it wouldn't fall off.



**I accidentally passed
my wife a glue stick
instead of a chap
stick..
She's still not talking
to me ...**

**Today at the bank, an
old lady asked me to
help check her balance.**

So I pushed her over.

Old age is a thing. Last night I was in bed for 20 minutes when I heard the pizza guy cough. Then I remembered I came to my room for my wallet



Thought for the Day



**Enjoy Your
Day**

*If you
feel like
doing some
work,
sit down
and wait
until that
feeling goes
away!*



FromThe Editor

As we reach the end of the 2024/25 Lions year, it's a time to reflect on the past 12 months, and plan for the upcoming year. This is also where my time as Editor comes to an end as this will be my final newsletter.

I would like to extend my heartfelt thanks to all the clubs, and individual members, who took the time to share their stories, events, photos, jokes, and everything inbetween. Your contributions have been the heartbeat of this newsletter, and it's been great to help showcase the incredible work being done across our district.

As I hand over the reins, I look forward to seeing the newsletter continue to evolve and celebrate all that Lions do.

Keep serving, keep inspiring and keep sharing.

Yours in Service,
Petrea Stacey
District Newsletter Editor

