

DISTRICT

201V3



MARCH 2021

ISSUE 2



# V3 ROAR



## Ride for Sight

### Lions District 201V3 27<sup>th</sup> Lions Ride for Sight Challenge

Are you ready for this year's Challenge?



Preparing for the Ride for Sight challenge

Register today at <https://lions-ride-for-sight-2021.raisely.com/> - or use the form at the end of this newsletter

Every dollar raised supports the



and gives hope in sight to those affected by vision loss and blindness

#### INSIDE THIS ISSUE

- District Officer Reports
- Global Cause—VISION
- Around the Clubs
- Lioness to Lion Training
- Licola Summer Camps
- Youth of the Year

#### DATES TO REMEMBER

##### MARCH

- 1 Flinders Golf Day
- 6-7 Lions Awareness Day
- Visit - [lionsclubs.org.au/activities/lions-awareness-day](https://lionsclubs.org.au/activities/lions-awareness-day)
- 8 International Women's Day
- 13 Ride for Sight commences
- 13 Flinders Community Picnic
- 14 Lioness to Lions Training Day
- 20 Guiding Lion Training
- 30 Syd Packham PR Award Entries Close
- Visit - [lionsclubs.org.au/2020-syd-packham-pr-award/](https://lionsclubs.org.au/2020-syd-packham-pr-award/)

##### APRIL

- 4 Flinders Motoring Heritage Display
- 11 End Ride for Sight
- 30 Final day for Ride for Sight deposits

##### MAY

- 7-10 MD Convention – Canberra – Visit - [www.lions2021.com.au/](http://www.lions2021.com.au/)

Congratulations to all of the clubs who have emerged from lockdown and have taken the opportunity to sign up new members. I know from our DG Team travels that most clubs we are visiting are looking to induct someone. If you already have new members to sign up and need one of the team there to make the occasion a little more special, just let us know.

Remember, all of us will need to be replaced at some stage if we want our clubs to be able to keep serving our communities. If you're thinking about a membership drive in your area, the District membership trailer has already been in use and by all reports a great tool to have. Our District membership team is there to assist with planning and on the day, just contact [gmt201v3@gmail.com](mailto:gmt201v3@gmail.com)

Our District membership growth is still the highest of all 19 Districts in the Multiple District. In fact we are the only V District to have been in positive territory this Lions year. We must be doing something right.

It's also that time of the year when we turn our thoughts to our Clubs office bearers for the next Lions year. While obviously it's the main priority to fill the positions, we should also choose carefully. Your elected executive will be your representatives to your community and your District. Do the candidates have what it takes to do the best for your club or if not, are they willing to undertake the training required?

The Club Development Day for this year will take place on May 30<sup>th</sup>. Exact details of location and time will be available soon.

Some news from the January Council of Governors meeting:-

The Multiple District Convention in May at Canberra will go ahead as a face to face event. The International Convention scheduled for Montreal in June will now be a virtual event.

One of the suggested activities to celebrate the 75 Year Diamond Anniversary of Lions in Australia in 2022, is to encourage Clubs to work with their municipalities to establish Lions floral displays in towns around Australia. The idea is for displays to be in Lions colours with the Lions logo and 75 years prominent. For the keen gardeners and artistic ones amongst us, this would be something that would take a fair bit of forward planning and coordination with your local council.

One thing is that instantly obvious from being out and about again visiting our clubs is the seemingly never ending list of worthwhile projects that our clubs are involved in.

Some clubs haven't really slowed down that much because of the lockdowns and others have thought outside of the square to come up with projects which are not only relevant to their community's needs, they are also bringing in a new group of members who perhaps would not have looked at joining Lions otherwise.

Projects such as Cranbourne's Sexual Assault Care Kits (SACKS) which provides victims of sexual assault with some dignity when their clothes and other possessions are taken away for police examination, and Bruthen Lions purchase of a portable timber mill for turning fallen bushfire logs into usable timber for fence posts and cattle yards



etc. Both examples of projects that will not only meet the needs of the local community but also have the potential to be able to be adapted to meet the needs of the wider community and beyond.

Other clubs have been able to keep their existing projects going, albeit at a reduced capacity, such as our many opportunity shops, at Koo Wee Rup, Yarragon, etc., and recycling centres at Phillip Island, Twin Rivers and Bass Valley.

Yet other clubs have been able to adapt existing projects to be able to continue through our uncertain times. Strzlecki's Dairy Expo, the Lions Need for Feed, and our Districts Ride for Sight projects. Which all goes to show that, Where there's a Need, There is often a Lion.

No doubt there are many others not mentioned here. Let us know, and let your fellow Lions know through our new online newsletter, and the rest of the world through your social media.

Well done everyone for keeping on keeping on.

Yours in Lions

DG Graham

**Respect the Past,  
Embrace the Future**

## Cabinet Secretary Report

Andrew McMahon

It's that time of the year again- PU101 time!!!!

As all our clubs move into a "Covid normal" way of meeting and serving their community,

It is hard to believe it is March already.

All of our clubs should be starting to plan their nominations meeting which often requires the club secretary to notify members of the designated nominations night in writing so many days before the nominations night to allow each member the opportunity to attend.

If your club is lucky enough to have any contested position that requires an election, then this will have to take place a few days before the end of March.

This is because all club secretaries have to complete the PU101 form and have it returned to me by the 31<sup>st</sup> of March.

This is to allow time for it to be collated by me and then sent off to head office in time for the Directory cutoff deadline of 1<sup>st</sup> of April.

If your executive officer details are not completed in the PU101 and returned to me in time then they won't be printed in the Multiple District directory.

It is responsibility of all club secretaries to ensure the information is in the cabinet secretary's hands by the due date.

As the Multiple district in Canberra will be honoring not only all of our Lions,

Lionesses and Leos who have passed away this Lions year, it will also be including those that have passed from the previous Lions year, due to Adelaide convention cancellation.

Please help your Zone chairman who are collating all the names of our fallen by emailing your Zone chairman any members from your club that need to be honored at this ceremony.

As we navigate our new way of Covid friendly service, stay safe and healthy and have a Marvelous March!

Andrew McMahon

Cabinet Secretary

201V3

## 2nd Vice District Governor

David Culpitt

I went and saw the membership trailer up and running at the Tooradin Lions Club market day last month. What a fantastic response they received from the general public interested in hearing about Lions. They are having a few new people coming along to their meeting, lets hope they all join Lions.

The trailer is a District asset and the members of the Global Membership Team are very keen to help as many clubs as they can in the coming months and years ahead to help grow our District.

If any clubs have got events coming up and they would like the District Membership Team to come along with the trailer to help them in promoting their club and Lions International please contact Colin Blythe and he will be able to help you book in the Membership Team and the Trailer to come along.

We are now into March this Lions year has gone very fast and with Covid it has been very hard getting out and about visiting clubs.

I am very pleased to see our membership

numbers still growing, well done everyone for keeping our District growing in what has been a very tough year.

Regards  
David Culpitt





## VISION

- **253 million** people are blind or have moderate to severe distance vision impairment (MSVI)
- **1.1 billion** have near-vision impairment simply because they don't have a pair of glasses
- **>75%** of all blindness and MSVI is avoidable
- **89%** of people with visual impairment live in developing countries

# Congratulations on serving over **275 million people!**

### Let's break it down.

<b>5,734,744</b> people served through vision screening	<b>2,278,223</b> people served through childhood cancer awareness, education and advocacy
<b>4,361,416</b> people served through environmental clean up and restoration projects	<b>1,337,746</b> people served through type two diabetes risk awareness and screenings
<b>14,756,467</b> people served through food collection and meal preparation	<b>5,762,256</b> people served through tree planting and tree care
<b>2,925,727</b> people served through education, literacy and reading programs	<b>2,172,113</b> people served through eyeglass collection and recycling
<b>1,377,427</b> people served through clean water and sanitation	<b>31,410</b> people served through trachoma surgeries
<b>600,000</b> people served through Lions Quest programs	<b>8,500,000</b> people served through river blindness treatments

**And that's just a fraction of the work our Lions have done this year.**

Together, we're making our communities and the world a better place. Celebrate this momentous milestone with us – we couldn't have done it without you.

For more info, please visit [lionsclubs.org/lciforward](https://lionsclubs.org/lciforward)

**Lions Clubs International**



## Age-Related Eye Diseases and Conditions at a Glance

Disease or Condition	Description	Risk Information	Symptoms/Additional Information
<b>Age-Related Macular Degeneration (AMD)</b>	<ul style="list-style-type: none"> <li>Gradually destroys the macula, the part of the eye that provides sharp, detailed, central vision needed for seeing objects clearly.</li> <li>There are two forms of AMD: dry and wet.</li> </ul>	<ul style="list-style-type: none"> <li>The greatest risk factor is age.</li> <li>Other risk factors</li> <li>Smoking.</li> <li>Family history.</li> <li>Race: Caucasians are more likely to lose vision from AMD.</li> </ul>	<ul style="list-style-type: none"> <li>There is no pain with dry or wet AMD.</li> <li>Early signs of dry AMD include blurred vision and drusen (yellow deposits under the retina seen by your eye care professional during a comprehensive dilated eye exam).</li> <li>An early symptom of wet AMD is seeing straight lines that appear crooked (usually sudden onset).</li> <li>If you notice any sudden changes in your vision, see your eye care professional immediately.</li> </ul>
<b>Cataract</b>	<ul style="list-style-type: none"> <li>A clouding of the eye's lens that causes loss of vision.</li> <li>May grow larger over time and cloud more of the lens, making it harder to see.</li> <li>Can occur in one or both eyes.</li> </ul>	<ul style="list-style-type: none"> <li>Most cataract are related to aging.</li> <li>Other risk factors</li> <li>Diabetes.</li> <li>Personal behaviors: smoking, alcohol use, or exposure to sunlight.</li> </ul>	<ul style="list-style-type: none"> <li>Cloudy or blurred vision.</li> <li>Colors may not appear as bright as they once did.</li> <li>Light from the sun or lamps may appear too bright.</li> <li>At night, light from oncoming headlights causes more glare than is normal.</li> </ul>
<b>Diabetic Eye Disease (DED)</b>	<ul style="list-style-type: none"> <li>A group of eye problems that people with diabetes may face as a complication of the disease.</li> <li>DED includes diabetic retinopathy, glaucoma, and cataract.</li> </ul>	<ul style="list-style-type: none"> <li>All people with diabetes (type 1, type 2, or gestational) are at risk.</li> </ul>	<ul style="list-style-type: none"> <li>Often there are no symptoms or pain in the early stages of the disease.</li> <li>When the disease becomes more severe, blurred or blocked vision may occur.</li> <li>If disease is detected early, timely treatment and follow-up care can reduce the risk of vision loss or blindness by up to 90 percent.</li> <li>Controlling blood glucose levels, blood pressure, and cholesterol can delay the onset of diabetic retinopathy.</li> </ul>
<b>Glaucoma</b>	<ul style="list-style-type: none"> <li>A group of eye diseases that can damage the optic nerve in the eye.</li> <li>Can develop in one or both eyes.</li> <li>If untreated, vision loss or blindness may occur.</li> </ul>	<ul style="list-style-type: none"> <li>African Americans over age 40.</li> <li>Everyone over the age of 60, especially Mexican Americans.</li> <li>People with a family history of glaucoma.</li> </ul>	<ul style="list-style-type: none"> <li>At first, there are no symptoms or pain.</li> <li>As the disease progresses, a person with glaucoma may notice that it is difficult to see objects to the side while objects in front may still be seen clearly.</li> <li>Left untreated, straight-ahead vision may decrease until no vision remains.</li> </ul>
<b>Dry Eye</b>	<ul style="list-style-type: none"> <li>Occurs when the eye does not produce tears properly or when the tears evaporate too quickly.</li> </ul>	<ul style="list-style-type: none"> <li>Women suffer more often from dry eye, and it is more common after menopause.</li> <li>Dry eye can occur at any age and may be more common with the use of certain medications.</li> <li>Older adults frequently experience dryness of the eyes.</li> </ul>	<ul style="list-style-type: none"> <li>Stinging or burning of the eye.</li> <li>Feeling as if sand or grit is in the eye.</li> <li>Episodes of excess tears following dry eye periods.</li> <li>A stringy discharge from the eye.</li> <li>Pain and redness of the eye.</li> <li>Episodes of blurred vision.</li> <li>Heavy eyelids.</li> <li>Inability to cry when emotionally stressed.</li> <li>Uncomfortable contact lenses.</li> <li>Decreased tolerance to reading, working on the computer, or any activity that requires prolonged visual attention.</li> <li>Eye fatigue.</li> <li>If you have dry eye, there are some things you can do to help yourself. Talk to your eye care professional or pharmacist about best options. Visit an eye care professional if symptoms continue and begin treatments to avoid permanent damage.</li> </ul>
<b>Low Vision</b>	<ul style="list-style-type: none"> <li>A visual impairment that is not corrected by standard eyeglasses, contact lenses, medication, or surgery that interferes with the ability to perform everyday activities like reading, shopping, or watching TV.</li> </ul>	<ul style="list-style-type: none"> <li>Adults with eye diseases like age-related macular degeneration, cataract, glaucoma, and diabetic eye disease.</li> <li>Normal age-related changes in eyes and vision usually don't lead to low vision.</li> </ul>	<ul style="list-style-type: none"> <li>Your eye care professional can tell the difference between normal changes and those caused by eye diseases.</li> <li>Vision rehabilitation services can offer information about devices and services to help people adapt to vision loss and maintain their independence.</li> </ul>



# ADDRESSING VISION

lions australia 



## recycle for sight

“I paid a fortune for these!”

“I don’t want to see them go to waste!”

“I hope someone else can get some use out of these.”

These are just some of the reasons people think of Lions Recycle for Sight.

The next question is always....

### How do I donate my specs?

**Option 1** — Some of your local optometrists, aged care facilities and Invocare Funeral homes may have a collection box.

**Option 2** — Find your local Lions Club to see if they have collection points (You can contact them here - <http://lionsclubs.org.au/contact/> )

Our Lions Clubs are involved in so many different projects around the country, why not check them out? You may have more to offer than just your old glasses!!

**Option 3** — If all else fails you can send your glasses (and hearing aids) to:

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

## Lions Recycle for Sight Australia

Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas.

We receive requests from humanitarian organisations either travelling to a developing country or supplying shipping container loads of suitable humanitarian aid from Australia to groups in the these countries.

Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in need in Africa, Europe, Middle East, Indian Sub- continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania. In the past 10 years several members of our Marine Branch have been able to use their oceangoing yachts to reach and test villagers, in the remotest areas for eyesight and deliver spectacles to them.

For further information please contact

Chairman Lion Ken Leonard OAM JP(Q), 0418871396, [ChairmanR4S@lions.org.au](mailto:ChairmanR4S@lions.org.au)  
or Secretary Lion Lee Smith 0414158800 [SecretaryR4S@lions.org.au](mailto:SecretaryR4S@lions.org.au) for any advice.

Our address is PO Box 3021 CLONTARF MDC 4019.

# RECYCLE FOR SIGHT



Lions Recycle for Sight is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas.

## WHAT IS RECYCLE FOR SIGHT?

Recycle 4 Sight Australia Inc is a not-for-profit volunteer operating group operating under a license issued by the Lions International Board of Directors in 1998 and collects over 600,000 pairs of used spectacles, sunglasses, new frames, used lens, used contact lens and a variety of medical support equipment.?

## HOW ARE THEY COLLECTED?

Lions Clubs in Australia choose to purchase locally, collection boxes considered suitable for their location,. Labels,pamphlets . And materials are emailed on request to the [SecretaryR4S@lions.org.au](mailto:SecretaryR4S@lions.org.au) or [ChairmanR4S@lions.org.au](mailto:ChairmanR4S@lions.org.au) or simply mail used spectacles to:

**LIONS RECYCLE for SIGHT PO Box 3021 CLONTARF MDC 4019**

Lions Clubs can post their collected used spectacles ( with out cases or loose lens), Preferably in Lions Christmas Cake cartons, without cost. Clubs need to contact Recycle for Sight to obtain the post free details.

Please add club or persons email address in the corner so our team can endeavour to acknowledge receipt.

We receive 10,000 pairs a week through our PO box –in Lions Christmas Cakesboxes, cardboard containers, postal envelopes or single envelope. Many families provide used spectacles no longer suited for the family or from departed relatives.

## WHAT HAPPENS TO THE SPECTACLES?

The Program cleans, grades and labels 450,00pair annually at our three centres in Queensland. The labelled end product is packed in boxes of 200 pairs half of one prescription and 100 of the next higher prescription, under quality control rules Every pair received is refurbished and a person In the third world can now see thanks to that donation. Lions received their first lensometer machine in 2000and today we have 24 current CL300 machines, 12 CL2000, 6 upgrades industrial cleaners, grading machines, lens-cutting machines and related equipment.

## WHO DOES THIS?

Our workforce includes 30 persons on Commonwealth Work for the Dole program. 4-10 persons on community correction orders and many volunteers.

Two centres operate 3 full days or 5 mornings a week and a third 5 or 6 days a week. We expect to achieve a through put of close to one million pairs of refurbished spectacles by 2021

## WHO BENEFITS?

Humanitarian organisations request aid from Australia to support groups in the third world . They are distributed at no cost to needy adults or childrenwho receive the gift of sight—sight to see the blackboard and be educated, sight to be able to work or sight to support their family.

Thank you to everyone who is an active collector of used spectacles.

Check out : <https://lionsclubs.org.au/activities/health/vision-hearing/recycle-for-sight/>



# ADDRESSING VISION

## Fly a Kite for Sight

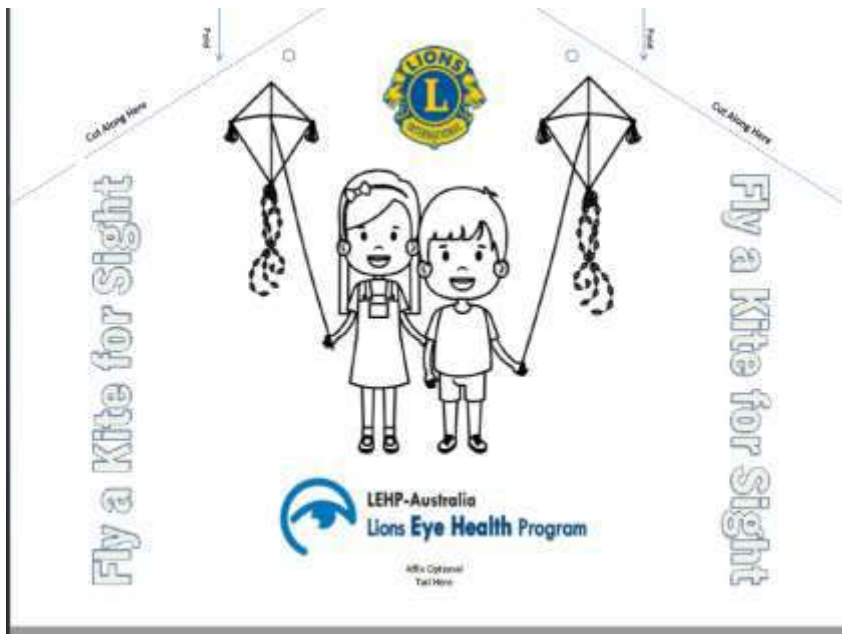
A short time **outside each day** may help reduce the incidence of Near Sightedness (Myopia).

Near Sightedness is a common vision problem where people see very well on the written page or electronic device but distant objects are blurred.

Evidence shows that sunlight has special properties beneficial to eye health. Specifically that sunshine helps protect young eyes against Near Sightedness, a common problem in children.

Although the quality of light and nutrition also play roles in eye health, it is important that we spend a little time outside each day. This is best done in the morning to avoid eye and skin damage caused by excess exposure to UV light.

LEHP is launching a **Fly a Kite for Sight** initiative - to bring awareness to the importance of children spending time outside.



All the instructions and ideas for implementation are on the

LEHP website,

A simple activity with positive outcomes and lots of fun.

Why not check it out?

<https://www.lehp.org.au/assets/files/LEHP-Kite-Template.pdf>

<https://www.facebook.com/Lions-Eye-Health-Program-Australia-1816512415259153/>

## LEHP Children's Vision Screening Program

To help screen for undetected vision conditions, LEHP has purchased spot screening cameras that can identify issues through a simple on-site photograph. A handbook on conducting vision screenings and using the camera, along with other vision testing equipment and an online training course, are available for Lions Clubs wishing to conduct screenings, especially at Pre-schools, Kindergartens or Primary Schools.

Already screenings have been conducted in many districts and Qualified Vision Screeners and Facilitators are available to assist with conducting screenings in your area.

The Spot Vision Screening Camera analyses whether there are any abnormalities with the child's eyes and produces a printout that details findings and recommends whether an optometrist should be consulted.

The LEHP Children's Screening Program also tests a child's visual acuity, using a Lea Vision Chart, to see how sharp their vision is at longer distances.

Special charts are used to test colour perception, to ensure that colours are being perceived normally.

Depth Perception is observed using a 3D image device that checks that a child's stereo vision is suitable for conducting tasks at close range.

Further information is available from Rod Jackson, Chairperson 201V3 Health team [rjackson@tpg.com.au](mailto:rjackson@tpg.com.au)



# ADDRESSING VISION

*Here are what some clubs are doing to address VISION in our District.*

## **DROMANA LIONS**

### **Lions Eye Health Children's Vision Screening Program:**

In the early part of 2019, then President, Colin Stevens, suggested that we become involved in the LEHP Childrens Vision Screening Program. The club members accepted this as a viable project and Colin got the ball rolling.

Colin approached Dromana Primary School who agreed to participate in this worthwhile program.

LEHP Training Chair, Rob Winter, was approached and he visited the club and spoke on the benefits of this program and in a short time, five club members had completed the computerised training module and were ready to go.

Colin then set the paper train in process with Dromana Primary School and before long we had a date and time to attend Dromana Primary School to conduct this eye testing program.

On the 23rd July 2019, four club members plus Rob Winter attended Dromana Primary and proceeded to test some thirty eight Grade One students. The testing was most successful and only one student was recommended for further testing. It was a real joy to interact with these young students who enjoyed the process as much as we did.

Early in the New Year, 2020, we were approached by the Koo Wee Rup Lions to see if we would be able to assist with their testing program at Cardinia Primary School. Cardinia Primary School is in a semi rural area and due to the small number of students attending, the school had nominated sixty eight students from all levels for the testing program.

On the 28th February 2020, at some ungodly hour in the early morning, three Dromana club members made their way across country to Cardina Primary School and together with a team from Koo Wee Rup Lions set up for testing. Due to the larger group being tested there were a number of students that were referred on for further testing. Again, it was an enjoyable experience working with the younger students.

We had arranged a further testing program with Dromana Primary School to take place on the 21st April 2020, but due to the CORONA VIRUS lock down, this did not happen.

Hopefully, we may be able to arrange another testing program some time this year.

A worthwhile program which really produces one of those "feel good" moments that do not happen often enough.

## **RIDE FOR SIGHT**

### **Lions District 201V3—27<sup>th</sup> Lions Ride for Sight Challenge**

**Have you taken up the challenge?**

**This year's Lions Ride for Sight Challenge is a 'ride with a difference'.**

**Ride 400 km in your own time, in your own space between**

**13 March and 11 April 2021**

This event is our Lions District's way of actively being part of Lions International multi district program to be involved in the effort to eradicate preventable blindness worldwide.

Our Ride for Sight started in 1994 and has been running annually except for 2020 when it unfortunately had to be cancelled because of Covid19 restrictions and lockdowns. This year's ride format had to be changed in an effort to continue fulfilling our promise to be part of this program.

Our event over these years has raised over a million dollars which has benefited various blind and eye institutions in Victoria.

Funds raised from this event will go to the Centre for Eye Research Australia (**CERA**) who are and have been doing valuable research in matters such as glaucoma, macular degeneration, diabetes and more.

Thank you for being part of our event. We look forward to you having a safe ride and your sponsorship.

## AROUND THE CLUBS

### DROMANA

#### YOUTH OF THE YEAR

Through the efforts of club member, Colin Stevens and Dromana College Debating Team coordinator, Grace Bonfadini, Dromana Lions were fortunate to have three Year 11 students enter this years Youth of the Year contest.

Mrs Bonfadini worked with the students over the weeks prior to the event encouraging them to work on their speeches and coached them through sample impromptu questions and prepared them for the actual interview and speech presentation.

Interviews were held at the Dromana Community House on Saturday 20th February and all three students, after a nervous start, performed well during the interview process.

Our thanks go to our marvellous judging team who were able to put the students at ease and encourage them in their responses to the judging and interview processes.

The Club Final was held at the Safety Beach Community Centre on Monday evening 22nd February before an audience of 45 people.

The audience was made up of Lions Club members from Dromana, Rye, McCrae, Red Hill, Mornington and District YOTY Chair, Julie Swan from Frankston. Other audience members included parents and siblings and teaching staff from Dromana College.

All three students did well in their responses to the impromptu questions and, after the meal was served and completed, presented their prepared speeches. The speeches were quite diverse, Yvette Dixon spoke on "A Reflection of Music", Lauren Baensch spoke on "Men's Mental Health in Society" and Vivienne Floyd spoke on "Should We Be Using Nuclear Power" All spoke well and got very close to the five minute time limit for the speeches.

After careful consideration the judging team awarded the Public Speaking Award to Yvette Dixon and the Youth of the Year Award to Lauren Baensch.

Lauren will now move on to the District Final at Trafalgar on Sunday 28th March.

An entertaining evening enjoyed by all.



*Yvette Dixon, Lauren Baensch and Vivienne Floyd with Grace Bonfadini*

Graeme Wilson, Dromana

## RED HILL DISTRICT

### Presentation Family Centre Working Bee

On February 27, several members participated in a working bee to assist with maintenance of the buildings and grounds at Presentation Family Centre in Balnarring. PFC is a Not-for-Profit charitable organisation which provides holidays, retreats and programs to families and carers who need it most.



Lion Merrin at work in the garden

Located at Balnarring Beach on the Mornington Peninsula, Presentation Family Centre has six self-contained houses, shared grounds with a playground and activity centre.

Guests are primarily families and carers from across Victoria who find it difficult to access a holiday, retreat, or recreational or educational program. This may be due to a variety of reasons including financial stress, caring responsibilities, grief and loss, disability, illness, or other circumstances.

Families and carers may be referred to PFC by other not for profit associations, government agencies, schools, community groups, or hospitals.

Cleaning, gardening and sorting supplies was the order of the day.

"Working Bees help us keep our costs down and improve the environment for guests," said Interim General Manager Rachel Connor.



Lion Jenny helping sort supplies

AROUND THE CLUBS

MORNINGTON



MORNINGTON LIONS



ANNUAL  
CHARITY  
BOOK FAIR

A MUST: Mark these dates on your calendar

10TH & 11TH APRIL

Saturday 9 am - 5 pm

Sunday 9 am - 4 pm

Peninsula Community Theatre  
Cnr Nepean Highway & Wilsons Road Mornington

**Entry - Gold Coin Donation**

*All proceeds raised support our Community*

**Fiction & Children's Books \$2**

**All other Books \$1**

## AROUND THE CLUBS

### Kooweerup - A BUS TRIP TO LICOLA



What a fun day we had travelling to Licola on the bus. We all met at the Loch market site at 7.30am. We picked some more people up at Leongatha and made our way to Licola. It was a windy twisty 3 hour journey but the country side was spectacular.

On arrival at the camp, we had a cuppa and then were given a tour by Ron Payne. It was wonderful to see all the fantastic amenities and all the hard work that has gone into the camp.

We were given a great barbeque lunch with individual boxes with sausage, burgers and salads. It was very tasty and it hit the spot.

After lunch we toured the rest of the property, having a good look at the solar power station and batteries.

At 2pm we got back on the bus and were driven back to Loch in just over 2 hours.



## AROUND THE CLUBS

### INVERLOCH LIONS

#### Inverloch Lions Sound Shell

Some years ago, it was decided that Inverloch Lions would develop a piece of land called (The Glade ) a number of Inverloch Lions members meet on the land with local council and decided it needed a BBQ that would be cover in and a Sound Shell.

A plan was drawn up by council and Inverloch Lions and the BBQ was built and completed

some years ago, but the plan remained uncompleted for the next number of years. While as the years progressed on, every now and then and if council attended any Lions functions, the soundshell would get a mention. But a few years ago Inverloch Lions moved a motion and decided to go very strongly and pushing hard for the building of the soundshell, which funding was archived from our state Government and our local Council.

Then plans were put together, a committee was formed and many meetings were held in Inverloch Lions about the Sound Shell and more meetings with council. And now finally, we have a Sound Shell at the Glade in Inverloch.

The Sound Shell was built as an asset for our Bass Coast and surrounding communities, while its not yet completed, its in use and its going forward at rapid rate of knots.



## AROUND THE CLUBS

### BRUTHEN LIONS CLUB

#### Membership:

1 deceased (Margaret Greenwood OAM), 1 resignation (Wendy Rasmussin)

The Club is looking to induct 4 new members at the next club meeting.

#### Tool Library:

Bookings are now automated through Sarsfield Community website;

Bookings are still opening on Mondays and Fridays;

Security cameras are installed in each container and overlooking the car park.

#### Amenities Block:

Partnering with Lions Australia and the East Gippsland Shire, the club is currently in the planning and implementation stage of building an amenities block at the Bruthen Lions Park.

#### Recreation Reserve:

The club is partnering with the Bruthen and District Citizens Association to assist in renovating facilities at the Bruthen recreation reserve.

#### Milling Project:

The Club is partnering with the Australian Lions Foundation (ALF),

Lions V3 District, Rotary, Bushfire Recovery Victoria (BRV),

Department of Environment, Land, Water and Planning (DELWP and the Sarsfield Community, to coordinate a timber recovery Milling Project.

Land holders who have lost fences and livestock yards can have fallen trees milled on site to recover valuable and useful lumber.

Monthly Meetings now resumed at the Bruthen Pub; all are welcome.

Simon Cohn

Secretary

Bruthen Lions Club

### PAYNESVILLE



#### - "Gotta Get a Bigger Boat "

Paynesville Lions member Kevin Burns caught this 80cm flathead whilst fishing the beautiful Gippsland Lakes last week with fellow Lion Roger Wilson.

After the customary photos this big breeder was duly released to live another day.



# YARRAGON LIONS FOOD VAN



As a result of not requiring our Food Van anymore, the Yarragon Lions are putting it up for sale.

Now is a great time to buy and have your business ready to go post Covid19.

The Van body is 6.4metres long, 2.5 m wide, and 2.8 m high. Body to hitch (tow ball) 1.5 m. Overall length is 7.9 m. Weight is tare 2240 kg, axle load capacity 3000 kg, tyre size 184-14. Reg: S43.183.

The Van is twin axle, with spare wheel and Trailermate jack, and has an awning on each side.



The following equipment is supplied with the Van:

- Two 15 amp power circuits
- Commercial Gas Deep Fryer (2 baskets) with exhaust canopy
- Donut Cooker
- Cappuccino Machine and Coffee Grinder
- Bain Marie
- 250 litre Chest Freezer
- 2-burner Gas Stove
- Single Door Drink Fridge
- Gas Hot Water Service
- Fresh Water from 90 Litre Tank via 240-volt pump, or from Mains Pressure
- Grey Water Tank (90 litre)

Stainless Steel Benchtops and Splashbacks, with Shelving below  
Double Bowl Sink

**Price - \$45,000**

**ENQUIRIES TO:**

**JOE VANDENBROEK 0409 059459**

**PETER PETSCHER 0477 342529**



**"WE SERVE"**  
WHERE THERE'S A NEED  
**THERE'S A LION**

## MEMBERSHIP

*When our membership grows*

*our communities grow, our service strengthens, our future brightens*

Welcome to all our new members

### **Churchill & District Lions Club**

OCTOBER 2020 – KEVIN WANLESS - sponsored by LION BILL HURENKAMP.  
DECEMBER 2020 - CASSANDRA CARN - sponsored by LION CAROL KAVANAGH.  
DECEMBER 2020 - DANIEL ROWE - sponsored by LION CAROL KAVANAGH.

### **Bairnsdale Lions Club**



The Bairnsdale Lions Club is proud to welcome 3 new members.

(L-R) Lion Karl Henderson, Inductor; Murray Goff, sponsor; Sally Hay, Chris Dean, sponsor; Val Kinghorn, Maureen Selwyn and Kim Ainsworth, sponsor.

In the past year we have gained 5 new members to our Club who bring new ideas and ways of moving forward in the future.

### **Red Hill District Lions Club**

Stewart Westle, pictured here receiving his certificate of membership from Membership Chairperson Merrin Munroe was inducted at our February meeting





# Lionesses to Lions training



Lets get together  
have fun and learn!  
All welcome!

**Sunday 14th  
March - 10 am**

## Why join us:

- An opportunity to get together and have fun and fellowship
- Learn more on President, Treasurer, secretary and membership roles.
- Learn about My lion and reporting
- Answers to any questions on all things Lions
- Yummy Lunch and a Covid friendly catch up

**Trafalgar public hall  
32 Contingent st  
Trafalgar**

RSVP - due to Covid restrictions -strict RSVP  
by Wednesday  
the 10th of March .

Email  
lionkerriemcmahon@gmail.com  
or PH- 0405 956 800

This training is only open to all lionesses, to help with their conversion to Lions clubs.

We have also made it available to any club President , Secretary, Treasurers and Membership Chairpersons, who have taken over the position within this Lions year and therefore missed out on any formal training.

It is not intended or open to any other Lions. Your normal club training for incoming office bearers will take place as usual in May.

This training is predominately to help the Lionesses with their conversion to Lions.

Due to Covid restrictions numbers are limited and strict bookings are required.

THE LIONS CLUB OF CASEY

Lions District 201V3



## THE LIONS CLUB OF CASEY

EXTENDS AN INVITATION TO YOU

TO ATTEND THEIR

**CHARTER CELEBRATION**

ON

**SUNDAY 11<sup>TH</sup>. APRIL 2021**

AT THE

**CRANBOURNE PUBLIC HALL**

**166-178 SOUTH GIPPSLAND HIGHWAY,  
CRANBOURNE**

COMMENCING AT

**11.45 A.M FOR 12 NOON**

**COST .. \$30.00 PER PERSON**

**BYO DRINKS AND GLASSES**

RSVP 28<sup>th</sup> March to ... PDG NORMA BARNARD

TELEPHONE: 03 5998 8669/0431 521 566 OR [barnardnorma8@gmail.com](mailto:barnardnorma8@gmail.com)

YOU WILL BE ADVISED OF PAYMENT PREFERENCE UPON BOOKING.

NAMES OF THOSE ATTENDING WILL ALSO BE REQUIRED FOR PROTOCOL



Lions Club of Victoria

Need For Feed



Invites you to attend:

Our Official Club Charter

Where: Pine Grove Hotel 45-51 Stoney Creek Road Beaconsfield Upper

When: Sunday 28<sup>th</sup> of March 2021

Time: 11:30am for 12.00pm start.

Cost: \$25 for 2 course meal.

Kids meals available.

Drinks at Bar prices.

R.S.V.P by 18<sup>th</sup> of March to Claire 0419 744 664

Or Email lionsneedforfeed@yahoo.com.au

Haymes PAINT SHOP

The Haymes

# Helping Hand Project

Brightening the communities and lives, of our most important asset... our locals.



WE'VE GOT YOU COVERED

In a year full of hardship and challenges, local communities have supported Haymes Paint and our Haymes Paint Shops and this is our way of saying thank you.

### Enter Now

If you're a local community group, charity or business and feel you, or someone you know, could do with a helping hand from Haymes, visit [haymespaintshop.com.au/helpinghand](http://haymespaintshop.com.au/helpinghand) to apply and tell us why your building deserves a fresh coat of paint, courtesy of your local Haymes Paint Shop.

There will be three winners, including one major prize winner.



### What can you win?

Three deserving local community groups, charities or businesses will win a supply of Haymes Paint to freshen up their local premise. This includes one major prize winner, as voted by the community, who will also win volunteer painters (arranged by Haymes) to do the painting.





## Licola Summer Camps 2021

The 2021 Lions Sponsored summer camps have just been completed, approximately 300 children have experienced the magic of Licola thanks to Lions clubs and the efforts of some amazing individuals (who raise and donate money independently). The last sponsor camp was held in September 2019, and the children who attended these recent summer camps have been delayed by firstly, the bushfires and then Covid-19. Over this period Licola has been significantly upgraded, the improvements include: sustainable energy (no generator noise- yay!), reverse cycle air-conditioners in every

cabin (what a blessing over summer), a renovated dining hall which provides the opportunity for children in wheel chairs to come up on stage, new bathrooms, new roof and flooring, cooling, and has been painted to give a light and airy feel.

The staff at Licola has turned over quite a bit during the bushfire/Covid-19 'siesta'. They have brought fresh eyes and new ideas to the camp program, with several new initiatives which, from my perspective at least, worked tremendously. The children were engaged all week; challenged, but of course with an emphasis on having fun. Of course, at this time of year the major focus is on 'water fun'. So, much of the week was spent in either the McAllister River or the pool building rafts, canoeing and swimming. Other popular activities included the usual favourites: giant swing, flying fox, archery, making damper by campfire, craft building, choosing books donated by 123Read2Me, playing 'tag' in the evening, and performing in a concert on the last night.

Perhaps the two highlights though are the gaga pit and 'colour wars'. The gaga pit (<https://www.youtube.com/watch?v=XzYv1583BxU>) is by far the most popular free time activity at Licola. Often there are 50 children competing in this quite small space (approx. 4 metre diameter) with a large crowd outside watching and barracking; it is rowdy and energetic game which the children just love. The colour wars are a camp-wide activity held on the last-day of camp. All children and volunteer-leaders are split into two teams: red or blue. They compete to collect points in all manner of games and activities, these include: an egg cracking competition where players from either side select an egg (one of which is boiled and one raw) and crack on their head, tug-of-war, a silent breakfast, dodgeball and many other games. It is a wonderful way to finish the camp with the kids fully engaged in chants for their respective team.

### Engage with Licola

Finally, due to the bushfires/Covid-19 there has been a very long period where many clubs have not had contact with Licola. This valuable Lions project needs your support, whether it is a donation or, more importantly, sending children on the sponsor camps later in 2021. The last year has been very difficult and many of the children who attend a Licola camp are in desperate need of some respite, some engagement with 'positivity', and therefore the support of your Lions club will enable Licola to support and improve the lives of more children.

Brad Underhill

Bradunderhill4@gmail.com



# Fun, Fun, Fun at Licola





This year the Lions Club of Trafalgar and the Lions Club of Dromana are participating in the Youth of Year competition. By the time you read this article winners will have been announced at both clubs, and from there they will go straight into the District Final, which is being hosted by the Lions Club of Trafalgar. As no Zone / Regional Final will be held, we hope that these students will have the opportunity to visit other Clubs within their area to give them practice before heading to the Victoria

District Final.

**The District Final will be held on the 28<sup>th</sup> March in Trafalgar** at a venue still to be confirmed. If you wish to attend this function, please contact me directly and I can provide more details of amount per head. The day will consist of interviews in the morning, followed by attendance at the lunch with student speeches in the afternoon.

**The State Final will be held on the 17<sup>th</sup> April at Mornington** and is being hosted by the Lions Club of Mornington. Interviews of students will be in the morning followed by attendance at the dinner and student speeches at the Mornington Bowling Club. There is a YOTY State Final Flyer and a YOTY Vic State Booking Form included in this Newsletter for you to complete if you wish to attend the State Final.

For any further information please contact me.

Julie Swan, YOTY District Chairperson 2020-2021

Lions Club of Frankston 0487 190 359. [julieswan59@gmail.com](mailto:julieswan59@gmail.com)



2020 / 2021

## YOUTH OF THE YEAR

### DISTRICT 201 V3 FINAL AND LUNCH

- VENUE:** Trafalgar Community Centre  
105 Princes Highway, Trafalgar  
(parking available at rear)
- DATE:** Sunday 28<sup>th</sup> March 2021
- TIME:** 12.00 pm for 12.30 pm start
- COST:** \$20 per head  
(Light Lunch – cold meats & salad & dessert)
- DRESS CODE:** Smart Casual (no jeans)
- RSVP:** By Friday 19<sup>th</sup> March 2021

The Lions Club of Trafalgar proudly hosts the day. Bookings are essential and should be made using the attached booking form. Cheques made payable to 'Lions Club of Trafalgar Inc.' or by direct deposit (BSB details on booking form along with postal and email address of the Club.

**CONTACT PERSON:** David Koschade, President 0428 331 157  
Or Julie Swan, YOTY District Chairperson 0487 190 359

*Booking form next page*



**DISTRICT 201 V3 “YOUTH OF THE YEAR” FINAL 2021**

**TRAFALGAR COMMUNITY CENTRE, 105 PRINCES HIGHWAY, TRAFALGAR**

**SUNDAY 28<sup>TH</sup> MARCH 2021 12.00 pm for 12.30 pm start**

**Cost: \$20 per person**

**BOOKING FORM**

LIONS CLUB OF .....

TITLE	FIRST NAME	SURNAME	Payment Method

**DIETARY REQUIREMENTS:**

Only special requirements ordered on this form will be available on the night.

NAME	DIETARY REQUIREMENT

**Booking and payment**

**Method 1**

Complete this Booking Form, attach a cheque made out to ‘Lions Club of Trafalgar Inc.’ for the total amount @ \$20 p/p and mail to:

**Lions Club of Trafalgar, PO Box 42, Trafalgar, Vic 3824**

OR

**Method 2**

Make a direct transfer of funds for the total amount using the BSB details:

**BSB: 633000 Account No: 148 012 081 Lions Club of Trafalgar Inc.**

Enter your bank deposit reference here .....

Complete this Booking Form, and mail to above address OR scan and email to:

**trafalgarlions@gmail.com**

If using Method 2 please ensure that your Club name and deposit details are included at time of transfer. This will assist the Club Treasurer identify payments.

**RSVP Friday 19<sup>th</sup> March 2021**



# Lions District 201V3 27<sup>th</sup> Lions Ride for Sight Challenge

## Registration Form

Item	Rider	Details
1	Name:	
2	Address:	
3	Mobile Number:	
4	Email Address:	
5	Age:	
6	Gender:	
7	Lions Club member:	
8	No of previous rides:	
9	I am part of a tandem entry	
10	<p>In consideration of and as a condition for acceptance of my entry in the Lions 201V3 Ride for Sight for myself, my heirs, executors and administrators, I hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury damage or loss of any description whatsoever which I might sustain in the course or consequence upon my entry or participation in the said event.</p> <p>I acknowledge that cycling activities are inherently dangerous, and risks include contact with other road users and participants. I agree to abide by any lawful and reasonable instructions given by the organisers.</p> <p>This waiver, release and discharge, shall be operated separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them and includes but is not limited to the Lions Club, or other organisations or sponsors and shall so operate whether or not the loss, injury or damage is attributed to act or neglect of any or none of them.</p>	
11	<p>I acknowledge I have to raise a <u>minimum</u> of <b>\$250</b> for this event. Funds raised from this event will go towards the Lions Eye Health Program (<b>LEHP</b>) and the Centre for Eye Research (<b>CERA</b>). I have to ride a minimum of 400km between Saturday 13 March and Sunday 11 April 2020 as part of my participation effort.</p>	
12	<p>I have deposited my <b>\$20</b> registration fee to the Lions Ride for Sight account: Account: <b>Lions Clubs International District 201V3 Ride for Sight Account</b> BSB: <b>083 953</b> Account No: <b>11772 0351</b> <b>My deposit reference is:</b></p>	
13	Signed:	
	Date:	

**THANK YOU FOR YOUR SUPPORT OF THIS PUBLICATION -  
FOR IT TO CONTINUE, WE NEED YOUR CONTRIBUTIONS.**

## **PLEASE SEND IN YOUR ARTICLES AND IDEAS**

Focus for the Next Issue will include :

Global Causes - **environment**

Please send in articles about what your club is doing to address our global causes.

### Around the Clubs

**Any** activities your club has been involved in — a few lines and a photo( with caption) is all that is needed.

Lions National projects - anything you are doing to support national causes

### Youth projects

- • Junior Public Speaking
- • Youth of the year
- • Peace Poster / Essay

### Membership

- • New members
- • Membership awards
- • Special things members have done

Photos welcome. Please supply a caption with names for photos

Please forward ideas for articles to [v3.newsletter@gmail.com](mailto:v3.newsletter@gmail.com)

Last date for copy for next month is March 20th

**Articles are welcome anytime - please don't wait till the deadline to submit  
(makes the job of editor much easier if there is a regular stream!)**