

DISTRICT

201V3

APRIL 2021



ISSUE 3

V3 ROAR

Respect the Past, Embrace the Future



HAS YOUR CLUB CONSIDERED THE PEACE POSTER CONTEST?

For over three decades, Lions clubs around the globe have been sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity.

The Peace Essay Contest was created to provide an opportunity for visually impaired young people to express their feelings of peace and is, along with the Peace Poster Contest, a staple of Lions clubs around the world.

Order a Peace Poster Contest Kit

To sponsor the Peace Poster Contest, Lions clubs can order a contest kit from January 15 to October 1. A kit is needed for each contest sponsored. Clubs can purchase kits from the [Lions Australia Club Supplies Store](#).

If your club is considering participating in this worthwhile project, now is a good time to contact schools.

The contest is open to students aged 11,12,13 in November.

This year's theme is **WE ARE ALL CONNECTED**

Ensure everyone understands the rules to save disappointment at judging time.

Rules that sometimes cause confusion are:

- ◆ Paper size no smaller than **33X50 cm**, no larger than **50X60 cm**
- ◆ Able to be rolled—do not fold
- ◆ **No words or numbers** on the front
- ◆ **Nothing attached** in any way.

2020 National Winner



Sora Hamamura – Booragoon
Lions Club W2

If your Club would like to know more about this activity, please contact the Peace Poster Coordinator, PDG Anita Culpitt

INSIDE THIS ISSUE

- District Officer Reports
- Global Cause—Environment
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- Lioness to Lion Training
- Help for Licola
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DATES TO REMEMBER

APRIL

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

MAY

- 7- Canberra Convention
- 10
- 30 Club Development Day Cranbourne

JUNE

- 5 World Environment Day
- 5 Club Development Day Bairnsdale
- 6 Club Development Day Trafalgar
- 26 Craft and Patchwork show Koo wee rup

Dear Fellow Lions,

As most of you will know much of my background of service in Lions is strongly linked to my involvement in the Need for Feed project.

Last weekend I had the privilege of witnessing the beginning of a new era in the evolution of Need for Feed. Not only did I have the honour of attending the charter of a new specialist club in our District, the Lions Club of Victoria Need for Feed to support the project, I also had the honour of inducting 11 more members to the ranks meaning they officially chartered with 38 members.

Well done to all involved, you have gone from strength to strength. What I can tell you though from inside knowledge of Need for Feed is that continued success came when we stopped concentrating on fundraising, and turned our focus to providing excellent service to the community we were seeking to serve. I think there is a lesson for us all in that.



As we begin the final quarter of our Lions year, by now you should have elected your new team of Office Bearers who will take over or continue on in the New Year. It is timely to go through our check list of preparation for winding up our year before handing over the reins to those appointed to follow us.

Have our successors done the necessary training, preparation, and refreshing to be able to do their absolute job for the betterment of our Clubs and District? You will see in this issue dates and details for our club

development days and also for Zone Chair and Guiding Lion training days. Even if you have done it all before there is always something new to learn and the opportunity to interact with others to pass on some of our knowledge and exchange ideas.

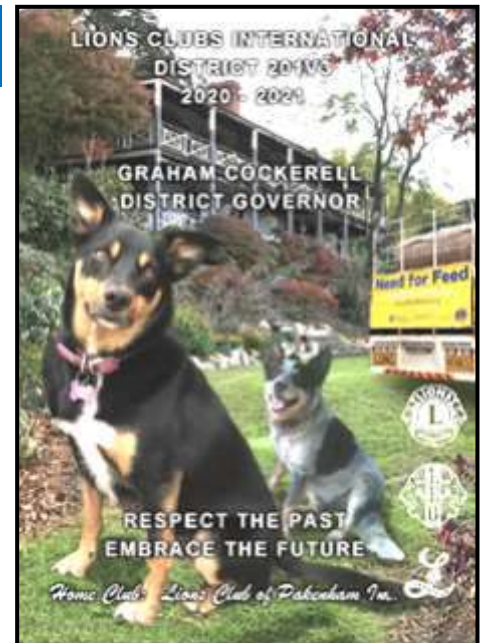
Even if we are continuing on in our roles, it is important to have a Changeover where we are sworn in again and renew our pledge to serve our Clubs and Community to the best of our ability.

It is also nearly that time of the year when we might consider trim our numbers to clean out some of our dead wood, in order not to have to pay for them come June 30. Most of our clubs are in areas of growing population where we need to grow with our communities in order to continue to meet their needs.

Recently in a bit of spare time I had, I have begun replacing the floor boards on the verandah of our 100 plus year old house.

The last time they were looked at, other than some very minor repairs, was over 25 years ago. What I found in the process is that it wasn't as simple as pulling one board out and putting another one in. They are slightly different widths to the next and are random lengths, so definitely not one size fits all. Also in some areas we needed to go a little deeper and repair their support structure.

It occurred to me that this just like our Clubs, we can't just rip out our old and dying wood without replacing it, or it can no longer do its job. We will have



gaps that become dangerous and if we don't repair the foundations that support our structure the new pieces of flooring will soon collapse and fail.

Can I urge you to do your best to replace rather than just remove when it comes to looking at your membership list? As we age it is extremely important to be looking at replacing ourselves with newer, younger, versions of ourselves, but it is also vital to their success that they have the right structure to support them.

If it is not right, now is the time to take the necessary steps to make it right. There is a lot of help out there from our District Officers and beyond to make your club the best it can be. You just need to ask, and train, prepare and refresh.

Yours in Lions,

DG Graham

Respect the Past, Embrace the Future.



New Lions Club Chartered - Lions Club of Victoria Need for Feed



DG Graham addressing the gathering at the chartering of the new club



The new Lions Club of Victoria Need for Feed chartered with 38 members.

Cabinet Secretary Report

Andrew McMahon

Happy Easter Everyone!!

Hope this Newsletter article finds you all safe and well and returning to regular meetings and Covid friendly Community Service.

Congratulations to our many new clubs, which have been recently chartered. May you enjoy your Lions service as much as I have.

I attended the charter lunch for our District Governors Graham's new club the Lions Club of Victoria Need for Feed. It was an excellent example of what a group of like-minded people can achieve when they put their minds to it. Congratulations all.

Our new clubs have a perfect excuse for not completing their two reports that are now overdue. The first is to

report your delegates for Canberra and your second report is to honour our fallen Lions by reporting any deaths occurring in your club since the last Multiple District convention.

These Lions have given their distinguished service to their communities, your club and to Lions Clubs International and the very least we can do is make sure their names are recorded on the honour roll at Multiple District Convention in Canberra.

If you have not done so already, please send them to me immediately. Also please report to me if you have not already done so the information required for the Multiple District directory. [PU 101 form}

District Club Development Day will take place across three centres around our district, so it is never been more convenient to take your whole club to attend the club development day. No matter how long you have been in Lions, you can usually walk away with some new knowledge that you didn't know before attending.

Take care, stay safe and be kind to each other this Easter

All the very best wishes for a Hippy Hopperty Easter

Andrew McMahon

Cabinet Secretary

1st Vice District Governor

Steve Boyce

Firstly welcome to another newsletter. It's always great to be able to reach out to Lions in this way. Speaking of reaching out to Lions I have been undertaking District Governor Team visits on behalf of DG Graham. It's always a privilege to be welcomed into a club and to see what they do. The service they provide to their community is, as always, second to none.

But it's been particularly pleasing to see the way clubs have embraced change. With the new COVID normal that we find ourselves in, it's great to see clubs have developed new ways of meeting, new meeting locations and whatever else needs to change to be able to physically meet. These meetings are so important. Not just in the service that we plan, and the business that we transact. But it's the social interaction. The friendships. Sometimes we forget our service that we provide is not only to the wider community. Supporting our community is certainly important,

but equally as important is the support that we provide to our members.

When we talk of change and doing things differently I was fortunate to be part of the East Gippsland Milling Project Launch a few weeks ago. This is such an exciting project. A couple of community members approached the Lions Club of Bruthen. Their idea was that a mobile timber milling machine be purchased. It would then be moved from property to property milling (cutting) trees that had been felled on the property through the January 2020 bushfires. It would be cut to the size required by the property owner, considering what they wish to use the timber to build. This not only helps clear up their property, but also saves the property owner a lot of money in their rebuild. And is pretty good recycling too. Can I say a big well done and thank you to the Lions Club of Bruthen for getting this project off the ground, and also to the Australian Lions Foundation who purchased a brand

new Toyota Land Cruiser and a purpose built trailer. Both to move the mill between properties. Another great part of this is Rotary are also a party to this project, as they purchased the mill.

It's that time of the year when we are electing the board of our Clubs for the next Lions year. I would encourage you to think about welcoming newer members. If you already have, that's fantastic. Members that are new, or newer, to Lions bring a fresh perspective. They have new ideas. New service opportunities. To have this energy, passion, vision on your board can only be a good thing.

Good luck with the month ahead. Keep up the great work and don't forget we are all only a phone call away if you need us.

Steve Boyce

**FOR
SALE**



YARRAGON LIONS

FOOD VAN

Price - \$45,000 ONO

ENQUIRIES TO:

JOE VANDENBROEK

0409 059459

PETER PETSCHER

0477 342529



MD 201 CONVENTION
CANBERRA ACT | 7-10 MAY 2021

See you
there!

To:
Lions of MD 201
MD 201 Convention
7-10 May 2021



Craft & Patchwork

KOO WEE RUP COMMUNITY CENTRE **SHOW**
Rossiter Road, Koo Wee Rup

26th June 2021

9.30 till 4pm \$5.00 entry.
A Covid Safe Event

Proceeds support
community projects



- Retail Stall Holders
- Plenty of Free Parking
- Morning/Afternoon Tea & Lunch

Proud sponsors,
Banking Bank

A Project of the Lions Club of
Koo Wee Rup & District Inc.



Now supporting our global causes



Education

Environment

Hunger

Water

Organizational Change

Hard to believe in Australia this month! , but past experience tells us otherwise.

AUSTRALIA

Half the world will soon live in water-stressed areas¹

CREATING A HEALTHIER ENVIRONMENT



It's no secret. The world is suffering. Our environment – our home – experiences devastation wrought by warming temperatures while enduring pollution of land, water, and air. Rising sea levels and

deforestation threaten entire ecosystems. Agricultural output, and those whose livelihoods depend on the health of our environment, are deeply impacted. Human, animal, plant...no form of life is spared.

With LCIF's support, Lions have greater ability to serve Planet Earth.

While the realities are daunting, Lions are often there and part of the solution. With grant funding from Lions Clubs International Foundation (LCIF), Lions have established sanitation systems providing clean water where it was once absent, helped remove pollutants from local parks, provided education on the need for change, and planted community vegetable gardens to feed neighbours and teach children about healthy eating and responsibility for cultivating life.

Scorching of millions of hectares of beloved land by bush fires is evidence the environment needs our help. With adoption of the environment as an official cause area, and support from LCIF, Lions now have even greater ability to be responsible stewards of Planet Earth.

Environment

lcif.org



Lions Clubs International
FOUNDATION



A Challenging Environment

Australia faces unprecedented water shortage issues, climate change is wreaking havoc, and pervasive pollution threatens our health. The challenges are palpable; good stewardship of our environment is key.

Up to 25%

reduction in river flows expected within 10 years pressuring water systems as demand rises¹

Species threatened by deforestation

- 964 plant
- 286 animal²

50%

Drop in Murray-Darling Basin irrigated agricultural output - current value >\$7B annually - due to climate change by 2050³

100%

Australian packaging to be recyclable, compostable, reusable by 2025 per Australian government⁴

THAT'S AUSTRALIA. GLOBALLY, IMPACTS LOOK LIKE THIS:

Temperature Up/GDP Down

Average annual .072°F global temperature rise = 7.22% reduced world GDP per capita by 2100⁵

500 million people+

live in areas affected by erosion linked to climate change⁶

~7 million lives lost

annually from air pollution⁷

LCIF AND LIONS

Funding Service, Delivering Solutions

Protecting our environment protects our children, families, and communities. LCIF, funding Lions' global humanitarian work since 1968, is there and part of the solution.

MATCHING GRANTS
fund construction and equipment costs

US\$10,000 - US\$100,000

DISTRICT AND CLUB COMMUNITY IMPACT GRANTS
apply to district and club projects

GRANT AMOUNT VARIES

LEO SERVICE GRANTS
fund Leo projects

US\$1,500 - US\$5,000

lcif.org/environment

SOURCE/NOTE: ¹World Health Organization; ²National Geographic; ³Climate Council; ⁴World Wildlife Fund; ⁵UNEP; ⁶United Nations; grant limits subject to change



LCIF is the grant-making body empowering Lions to create greater impact in their communities and around the world. The vast majority of funding LCIF receives is from Lions; one hundred percent of every donation supports Lions service through LCIF grants and programs.

The environment is just one cause area supported by LCIF and Campaign 100: LCIF Empowering Service. With financial support from Lions and clubs worldwide, Campaign 100 is empowering Lions to increase service impact in vision, youth, disaster relief, and humanitarian efforts; fight the global epidemic of diabetes; and make important progress in expanded cause areas of childhood cancer, hunger, and the environment.

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SUPPORT YOUR SERVICE BY SUPPORTING YOUR FOUNDATION

lionsclubs.org/donate

Global Cause- Environment

Check out

<https://treeday.planetark.org>



National Tree Day

National Tree Day, proudly sponsored by Toyota Australia, was co-founded in 1996 by Planet Ark and Olivia Newton-John. It has now grown in to Australia's largest community tree planting and nature protection event. Planet Ark is asking Australians to help us plant one million new native trees and shrubs across the country.

National Tree Day is a call to action for all Australians to put their hands in the earth and give back to their community. Each year, about 300,000 people volunteer their time to engage in environmental activities that educate individuals about the world around them. It's a day to venture outdoors and get to know your community, and most importantly, to have fun!

When is National Tree Day?
The dates for 2021 are:

- Schools Tree Day Friday 30th July 2021
- National Tree Day Sunday 1st August 2021

*If your club participates in this activity,
please send photos and a brief report to*

v3.newsletter@gmail.com



Why your recycling matters

Victorians are great recyclers. But why is recycling so important to us and the environment?

There is more to recycling than making the most of what we already have.

Recycling is power

Recycling can be pretty powerful stuff. In fact, recycling one glass jar saves enough energy to power a 100-watt light bulb for 4 hours, or a fluorescent bulb for 20 hours.



Recycling reduces the use of raw materials

Raw materials are things like iron ore and oil. When they are taken from the earth and processed for use, it generates air and water pollution which is a huge problem for our environment.

Making products and packaging from recycled materials uses much less of these raw materials, reducing the negative impact on the environment.

Recycling also saves energy because making products from recycled materials uses less energy than making them from new materials. Making a new drink can from recycled aluminium only uses 5% of the energy needed to make a can from scratch.

Recycling results in less waste to landfill

By recycling everything you can, you're significantly reducing the amount of rubbish that is sent to landfill. You're also keeping lots of useful things from being buried and going to waste when they could be of use to someone else or made into new products.

Of the 12.7 million tonnes of waste that Victoria generated in 2015–16, recycling stopped 8.5 million tonnes from being sent to landfill.

Recycling pays off

Waste and recycling employs 12,000 people in Victoria.

So when you recycle, you're supporting local businesses and helping them to develop new technologies to recycle more materials right here in Victoria.

Many items can be recycled and put to another purpose.

Does your club collect items for recycling? Please send in your activities, with photos if possible.

Clean Up Australia Day — The Lions Club of Toora Way



The Toora Primary School children giving the Lions a helping hand for clean up Australia Day. 10/03/2021.

Lions doing their bit for the environment.

The Lions Club of Toora took part in the Clean Up Australia Day with much enthusiasm. Two working bees were organised and well attended.

- The first at Sagasser Park in Toora attracted 50 primary school students with 3 teachers, 2 locals and a fair amount of rubbish was collected including an aluminium fly screen door!
- The second working bee was held at the Franklin River Reserve in Toora and the park was left spotless after the effort of a few members and a local young family.

Well done Toora Lions, your efforts to keep our environment in good shape is truly appreciated.



Many clubs recycle stamps and spectacles for the benefit of others.

Is your club one of them? If so, how about sharing your experiences with other clubs.

Looking forward to hearing from you ...



WHAT IS WORLD ENVIRONMENT DAY?



World Environment Day (WED) is celebrated on 5 June. It is an annual event that aims to be the biggest and most widely celebrated global day for positive environmental action. It has grown to become the one of the main vehicles through which the UN stimulates worldwide awareness of the environment and encourages political attention and action.

When is World Environment Day?

World Environment Day (WED) is an international day of environmental awareness and action that happens on 5th June each year.

Started in 1974 by the United Nations, each year WED is hosted in a different country, with events focusing on a central theme. World Environment Day 2021 is being held in Colombia, with Biodiversity as the central theme.

Who takes part in World Environment Day?

Ever since its creation, the United Nations has emphasised that WED should be seen as the "people's day" for doing something to take care of the Earth.

Australia is one country that regularly participates in World Environment Day. Local school and community events like clean-up campaigns, tree-planting drives and trail walks are organised all over the country.

Because of the unusual situation all of Australia (not to mention the rest of the world) finds itself in in 2021, the community events of previous years may not be running this year. However, that does not mean you and your students/children cannot still take part in your own way. Read on for some fun suggestions of ways that you can mark World Environment Day 2021 no matter where you are.

Ways to protect biodiversity

Since 2021's World Environment Day theme is biodiversity, you might wish to mark the occasion by organising an event or initiative for your children and/or students that is focused on protecting Australia's biodiversity and/or the biodiversity in your local area.

Here are some suggestions for fun, biodiversity-supporting World Environment Day activities:

- Plant native Australian flora for the bees: bee populations are dwindling all over the world, and ensuring that native Australian bee species have plenty of their favourite flowers and plants on which to feed goes a long way towards helping those populations build back up. If your children's schools have opened again, perhaps you could organise to have a section of the school grounds sectioned off for planting abelias, bottlebrushes, honey myrtle and other native Aussie flowers. If your school is not open yet, you could plant these same flowers in your backyard.
- Walk or Bike Ride: you could encourage your students to walk or ride their bikes to school that day, perhaps by promising them a reward if they do it. If schools in your area are still closed, perhaps you could instead go for a walk or bike ride in nature, and give your kids an opportunity to explore and appreciate the biodiversity around them.
- Make compost: composting is an amazing and entirely natural way to create nutrient-rich soil for any land that is being gardened or farmed. As you and your children set up compost bins, you can teach them that using compost for gardening will eliminate the need for artificial fertilisers and pesticides, both of which can harm local biodiversity.
- Build a bird feeder: Australia is home to some incredible bird species. Why not give them something to snack on by building a bird feeder with your children?
- Educate: the best way to ensure that your students will do their bit to protect biodiversity not just on this international environment-focused day, but every day, is to educate them on the importance of biodiversity.

For further information and ideas: <https://www.twinkl.com.au/event/world-environment-day-australia-2021>

Here are 20 ideas for supporting the Environment

(taken from Lions International 100 service ideas)

- Plant trees with the advice of a local environment organization on the best locations and varieties.
- Clean up a beach, community space or roadside area monthly as a club.
- Hold an environment-themed photo contest at a school. Plant a tree or another green form of recognition to honor the winner.
- Challenge all Lions in your club or district to add one green habit to their daily lives.²⁵. Recognize a local organization or community leader for environmental conservation work.
- Volunteer with your local park service to maintain trails. Help more people access and enjoy nature!
- Commit to “Meatless Mondays” or not eating meat one day each week.
- Collect used cellphones and donate them to individuals in need.
- Lead an after-school nature walk.
- Survey homes and community areas for leaks in sinks, communal spigots or water fountains. Contact relevant officials for repairs.
- Work with city officials to paint “no dumping” signs near road drainage areas.
- Identify where to recycle toxic items and share the collection schedule.
- Organize a mural competition to promote environmental awareness. Paint the mural in a prominent community location.
- Implement a recycling drive where people donate gently-used items to charity organizations.
- Develop a demonstration garden or landscaping plot using native plant species to restore the habitat and conserve water.
- Sponsor a training program for farmers on how to make and use organic fertilizers and pesticides.
- Produce a monthly nature program on a local public radio station.
- Partner with a local carpenter to build rain barrels. Hold a training session with community members to promote using them for watering and irrigation.
- Organise an alternative transportation incentive program to encourage walking, biking, public transportation and carpooling.
- Establish a school garden and composting program to improve school meals & reduce waste.

201V3 Club Development Day 2021

Open to all Lions members.

The Club development day has been developed by the Multiple District Team and will give you the latest information and advice. Why not come along and see how our club officers are trained. Due to COVID restrictions the training will be held over three regional sites on different days. Just select which day/location suits you best.

The structure of the day is as follows:

- Incoming District Governor Elect message
- Building Stronger Clubs
- Overview of excellent clubs
- What is purpose of club / Is it meeting its objectives
- Concept of club functions and topics covered
- Reviewing service programmes
- Meeting our communities needs
- Meeting member needs
- Member welfare
- Recruitment programmes
- Succession planning & Leadership Development
- Developing stronger teams
- PR & telling the community

Followed by these breakout groups: -



A Q & A session concludes the program

Lunch is provided.

***See the following page for
dates and venues***

For further information contact:

- Bill Lack (GLT coordinator) 0459777474
- Maurice Blackburn (GST Coordinator) 0419397508
- Steven Boyce (DGE) 0407430657

Venues and Dates for Club Development Days

CRANBOURNE	30th May 2021 9.00am for 9.30am	RSVP 21st May 2021 Maurice Blackburn. 0419397508 GLT201v3@gmail.com	Venue to be confirmed
BAIRNSDALE	5th June 2021 9:00am for 9:30am	RSVP 28th MAY 2021 Maurice Blackburn. 0419397508 GLT201v3@gmail.com	The Hub 27 Dalmahoy St Bairnsdale
TRAFALGAR	6th June 2021 9.00am for 9.30am	RSVP 28th May 2021 Maurice Blackburn. 0419397508 GLT201v3@gmail.com	Trafalgar Community Centre 105 Princes Highway Trafalgar, 3824

NEW RECYCLING TRAILER



Endow Bruscella, CEO of SCR Group, Cr David Gill, Mark Holland, President Flinders District Lions, Mayor of Mornington Peninsula Shire Despi O'Connor

Flinders is the first Village on The Mornington Peninsula to use the E-Waste collection trailer 'known as a Recycling HUB' ! The idea came about by the initiative of Flinders District Lions speaking with The Flinders General Store about improving waste management in Flinders. Flinders Lions then approached Amy Yang, the Mornington Peninsula Waste Strategy and Education Coordinator to secure this project.

It is now in place in the forecourt of the Flinders Community Hall and will be there for over 1 month !

"We offer solutions for local government, national and local shopping centres, schools, private organisations, charities and retailers. SCR group is Australia's largest and most innovative company for the recovery of Australia's unwanted clothing. Each year, we divert over 18 million kilograms of clothing from landfill and instead find new homes for them, giving them a second life in local and global communities where they are needed most. Our business model is based on maximising social and environmental impact," said Endow Bruscella, CEO of SCR Group.

AROUND THE CLUBS

The Districts of Lions International in Victoria and Southern New South Wales have identified a distinct need for a mobile skin cancer check and awareness unit to operate across Victoria and, in particular, in remote areas and towns and centres not serviced, or fully serviced, by dermatologists or other skin specialists.

Australia has one of the highest skin cancer rates in the world. This is nothing to be proud of. With our love of the outdoors and our, at times, harsh climate, as a people we are often exposed to the dangers of excessive amounts of ultra violet radiation.

Despite many campaigns and promotions, people remain ambivalent to checking for possible lesions, and attitudes about sun protection and prevention remain mixed – with many people still not taking adequate measures to protect themselves.

Accessibility to skin checks and, in turn, to skin specialists is limited. GP's with suitable vision can help, but this method is not as accurate as the use of a dermoscope by a trained practitioner, and still presumes that people are requesting a check of their skin. People living in regional areas are more at risk, with mortality rates higher in those areas, which can be attributed to a higher proportion of outdoor workers, poor accessibility to dermatologists and inadequate approaches to sun protection.



A highly successful shakedown day was held today, hosted by Haddon Lions Club. Eight of our trained volunteers were very excited to have their first chance to work in the van, with the support of professional Learning Coordinator, Pat and Roster Coordinator, Wendy. It was also a chance for some further driver familiarisation and van and truck checks.

A few minor faults and improvements were identified and will be addressed immediately.

Many thanks to Haddon Lions Club for their perfect Lions hospitality and for being the "guinea pigs" for the van hosting and operation.

Stay tuned for announcements about host club bookings soon. Once we devise and create the processes and communicate them, expressions of interest will be called for. This may be on a District by District basis.

AROUND THE CLUBS

Thankyou to all the clubs for your contributions.

— the more active your club is the more the public will see you.

CHURCHILL LIONS CLUB

Our Club finally had our catchup DG visit in March and we were lucky enough to host DGE Steve Boyce, who was a lovely guest and gave us really interesting talk that had everyone closely listening, then a Q & A time that was really engaging.

Thank you DGE Steve -

but that wasn't all as DGE Steve then had the great pleasure of presenting Charter Member Lion Ray Medew with his Life Membership - much to Lion Ray's surprise.



Our Meeting on 17th March was a fantastic night in the history of our Club when President Ray Grisotto had the great pleasure in presenting the following awards from LCI to four of our Members:

(L-R) Lions Ross Norman 40 years, Ron Bell 30 years, David Cranwell 25 years and Bill Hurenkamp 15 years as Lions – well done guys!

DROMANA LIONS CLUB

(also see YOTY report page 13)

On Sunday morning the 28th March, Lauren and her family plus Colin Stevens from Dromana Lions and Grace Bonfadini from Dromana College arrived at Trafalgar for the District Final. Trafalgar was represented by Vanessa Hornby from Trafalgar High School.

Both girls progressed through the interview process in the morning and then presented their prepared speeches after lunch.

Lauren's topic was "Men's Mental Health in Society" and Vanessa's topic was "The Impact of Scouting - Everyone Should be a Scout" where Vanessa recalled her personal experiences of being a scout. Both presentations were very well received by an audience of 43 Lions, family and friends.

After careful consideration, the judges awarded Vanessa the District Youth of the Year title and Lauren received the Public Speaking Award.

Vanessa will now progress on to the YOTY State Final later in the year.

RYE LIONS

Gael Harvey, President of the Rye Lions Club and also our Zone Chair, offered both girls an opportunity to present their YOTY speeches at the Rye Lions Happy Hour on Friday 19th March.

This was a challenge for both girls as the environment was out of doors, there was a gentle breeze and a hand held microphone was on offer. As would be expected, both girls rose to the occasion, excepted the conditions, and both presented very well before an audience of some 30 Lions, parents and friends.



Gael, Vanessa and Lauren outside the Rye Lions Shed.

FLINDERS AND DISTRICT LIONS CLUB

LIONS CHARITY GOLF DAY

The Flinders District Lions Club would like to thank our wonderful major sponsors - the Balnarring & District Community Bank Branch Bendigo Bank and The Flinders Golf Club along with all our hole sponsors and donors all our most generous donors in kind which we raffled and auctioned.

- FLINDERS HOTEL,
- HASTINGS MOWERS,
- BASS STRAIT PLUMBING AND GAS FITTING,
- BACK IN MOTION, BALNARRING,
- HOLLAND PROPERTY,
- FLINDERS VILLAGE CAFE,
- EAST COAST SWIMMING POOLS,
- GEM TAYLOR CONSTRUCTIONS,
- WHELAN WATER,
- MORNINGTON MAZDA,
- DELGROSSO APPLE JUICE,
- BASS AND FLINDERS DISTILLERY,
- PORT PHILLIP GROUP,
- NIELSENS NURSERY OF RED HILL,
- KAY AND BURTON,
- VESCAPE HAIR AND BEAUTY,
- SUE BARRETT AND REX FAMILY,
- RT EDGAR FLINDERS.

We raised over \$21,000 on the day and are so pleased to be able to distribute these funds to the charities and causes we support, especially in these difficult times.



The Lions Team putting up signs for hole sponsors and erecting our sponsor's Marquee.

FLINDERS AND DISTRICT LIONS CLUB

FLINDERS DISTRICT LIONS HOST COMMUNITY PICNIC AT the FLINDERS OCEAN BEACH !



The art installation constructed with found items at the beach by local artist, Stewart Westle on the beach at Flinders.

Some of Flinders Lions members at the picnic.

The Flinders District Lions Club conducted a twilight Community Picnic on Saturday, March 27 at the Flinders Ocean Beach.

About 100 locals braved a cool south westerly to celebrate our community and our marine sanctuary, Mushroom Reef. It is an awesome natural wonder formed from the weathering of ancient basalt to house a multitude of habitats that offer shelter to a plethora of marine life including the rare Black and White Sea Stars.

Representatives of the Victorian Wader Study Group and the Main Creek Catchment Landcare were available to offer information and advice to locals.

The rockpools at Mushroom Reef Flinders provide a wonderful opportunity to explore, appreciate and learn about the amazing diversity of Victoria's marine life.

Expert guides offered a walking tour of the reef while local artist, Stewart Westle, created a masterpiece on the beach using nature's gifts.

Matt Kelly's band delighted us with the coolest jazz that perfectly complemented the beach vibe as we enjoyed a beautiful sunset.

Flinders Lions volunteers were assisted ably by the Flinders CFA team and we welcomed members from Red Hill District Lions group who also supported this special event.

We remain grateful to all in the community who support our Lions projects and in particular our sponsors, the Flinders Community Association and the Balnarring District Community Bank Branch of Bendigo Bank for their continuing support of this special event.

RYE LIONS CLUB



Rye Lions recently received an award for their partnership with local environmentalist Josie Jones in the 'Only Butt Campaign'

This is an environmental award given by the United Nations, of which, as we know Lions are the only Service organisation in the world to have a seat !

"Very chuffed to be part of our local beach clean up cigarette butts campaign and to be acknowledged for helping Josie carry on her amazing work she does as a Champion for our environment ." said Gael Harvey, President of Rye Lions Club,

Well done Josie and all of your Team 🙌🙌🙌🙌



"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

Please make sure you submit details on new members to the editor by 20th of each month



Lions remember . . .

Thank you to the following Lions

for their service

Deceased

Robert (Bob) Hoare

Lions Club of Trafalgar

CONVENTIONS – coming up!

MULTIPLE DISTRICT CONVENTION – CANBERRA 7-10 MAY 2021

Visit: <https://lionsclubs.org.au/conventions/canberra2021> for the latest program details.

Held at the National Convention Centre Canberra.

For registration forms, accommodation options and sight-seeing information relating to the Convention can be found at <https://www.lions2021.com.au/>

LIONS CLUBS INTERNATIONAL CONVENTION – 25-29 JUNE 2021 (Virtual)

Check the latest updates on the LCI website and search **LCIcon 2021**. Registrations are open now with a US\$50.00 registration fee. We hope to see a program coming soon.

DISTRICT V1-4 – WEDDERBURN 15-17 OCTOBER 2021

Mechanics Institute, Reef Street, Wedderburn. For more information on accommodation and registration visit

<https://wedderburn.vic.lions.org.au/convention>

Ride for Sight

Tara Daw Quadros and Eva Harper put in a big effort riding 112km from Melbourne to Blairgowrie last Friday, and then getting back on the bike on Saturday for the return trip. This picture was taken over a re-fuelling stop at the 20km mark on their way home.



New to the Ride for Sight, representing four generations of Wendy Keogh's family from the Lions Club of Berwick Lionesses, here are two generations enjoying some beautiful weather out on the road.



Traralgon riders have also been out and about, with regular rides on Monday, Wednesday and Friday mornings chalking up about 200 km in two weeks to date. They also took off for a few days in South Gippsland from Tuesday to Friday last week. You might recall the weather in that period!! A planned 310 km over four days turned into around 210 km in three days, but nevertheless a very enjoyable time was had exploring the rail trails, bike paths and quieter roads in the region between Inverloch, Meeniyan and Cowes.



On the Kilcunda trestle bridge



Team Red Hill, all riding independently, but clocking up the kilometres!



Lunch enjoying the view from the top of Trew Road

District Youth of the Year Candidate Selected



Julie Swan, Vanessa Hornby (Overall Winner), Lauren Baensch (Public Speaker Winner)

Two students sponsored by the Lions Club of Trafalgar and the Lions Club of Dromana participated in the Youth of the Year District Final on Sunday 28th March at Trafalgar.

The Lions Club of Trafalgar were hosting the event, and all involved put on a lovely lunch and afternoon tea. Steve Boyce, 1st District Governor representing the District was there to present to both students and judges their certificates and gifts. Thank you to both Steve and the Lions Club of Trafalgar on a great day.

Two finalist, Lauren Baensch sponsored by the Lions Club of Dromana won the Public Speaking Award, and Vanessa Hornby sponsored by the Lions Club of Trafalgar was the Overall Winner.

Vanessa will now compete in the Youth of the Year State Final, which is being held in Mornington on Saturday 17th April. For more information, please see the flyer and booking form in this newsletter.

Lets hope that next year will be a bigger year than this one, with no covid restrictions!



Steve Boyce & Julie Swan (at back); Judy Bibby, Beth Carr, Tegan Vincent, Vin Bibby (Judges)

Julie Swan
YOTY District Chairperson 2020-2021
Lions Club of Frankston
0487 190 359
julieswan59@gmail.com



**2020 / 2021
YOUTH OF THE YEAR
VICTORIAN STATE FINAL AND DINNER**



VENUE: Mornington Bowling Club
767 The Esplanade, Mornington, Vic 3931

DATE: Saturday 17th April 2021

TIME: 6.30 pm for 7.00 pm start

COST: \$30

DRESS CODE: Lounge suite / after 5 wear

RSVP: By Friday 9th April

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

CONTACT PERSON: Lion Aileen Shaw (Club President) 0413 507 000
Or Colin Stevens, YOTY State Co-ordinator 0488 742 001
\$30 per head
(Two course meal – drinks available at bar prices)

BOOKING FORM



**VICTORIAN STATE "YOUTH OF THE YEAR" FINAL 2021
MORNINGTON BOWLING CLUB, 767 THE ESPLANADE, MORN-
INGTON. VIC 3931**



LIONS CLUB OF

TITLE	FIRST NAME	SURNAME

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 Mornington Inc.' for the total amount @ \$30 p/p and mail to:
Lions Club of Mornington, PO Box 111, Mornington Vic 3931

OR

Method 2

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

BSB: 063539 Account No: 00900372 Lions Club of Mornington Inc.

Enter your bank deposit reference here

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

rightset@bigpond.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 9th April 2021



2020 Lap the Map a Resounding Success.

MULTI DISTRICT 201 LAP THE MAP 2020

Lap the Map was initiated to conduct activities and projects that Promote Healthy Lifestyle and improve Education awareness about Diabetes in MD201. Lions throughout Australia have certainly led the way in exercise and wellbeing during this interesting 2020 year.



May I congratulate all Districts participation in Lap the Map 2020

Can I encourage everyone to maintain your exercise regime going forward?

Lap the Map will once again be a focus of Diabetes Awareness in 2021, maybe you can start recording your kms (running, walking, canoeing, treadmill etc) Diabetes Awareness is a 365 day program, which culminates on World Diabetes Day November 14th each year.

Don't miss the opportunity to take part!

If you are not sure of what to do, here is a fabulous recipe from Lorraine Ward, member of the Bathurst Macquarie Lions Club. Lorraine's recipe is for a quiche.

A great quiche, using leftover roast vegetables
4 eggs.

2 cups leftover roast vegetables (potato, pumpkin, onion, capsicum, parsnip or beetroot) or your choice, cut into 2 cm pieces.

4 tablespoons grated cheese.

2 tablespoons chopped parsley or basil leaves.

Beat eggs, season with salt and pepper. Add parsley or basil to egg mix. Place cut up vegetables in casserole dish, pour over egg mix. Sprinkle cheese over mix. Bake 180c for 30 minutes or until set.

Serve with your choice of meat, chicken or fish.

Thank you, Lorraine for your contribution with this great recipe.

If you haven't already done so, please send your recipe making use of leftovers to Rielle via email: rielle.moises@gmail.com

The total kms to date for MD201 is 199,967.76kms which has been walked, run, cycled, canoed throughout Australia.

There were a total 3054 participants and \$22,662 donated to be distributed to various Diabetes Awareness projects and Lions Foundations.

LCI are preparing an article to be distributed in the New Year with many photos sent following events.

SOME TRIVIA

Participants circled Australia 7 times, there has been a suggestion that maybe we can walk to the moon and back next year (768,800kms) The equatorial circumference of the world is 40,076kms

PDG Pat Mills

MD 201 Diabetes Coordinator

Have you broken your hip or cared for a someone who has?

You are invited to participate in a study being undertaken by a team of researchers at Monash University exploring the experiences of people who have broken their hip or supported someone who has. Your participation in this study is important to us and it is hoped that results of this study will provide insight into the discharge and follow up period after hip fracture.

These insights may improve the recovery for people after hip fracture.

If you decide to participate, this study involves an interview at a time convenient to you, lasting between 30 – 45 mins. If you would like to participate or require further [information](#) please contact Sharon Allsop PhD student

email: Sharon.allsop1@monash.edu

Project Title: To explore the experiences of recovery, highlighting the discharge and follow up phase, for people post hip fracture and someone close to them.

Dear Lions Club members,

I am a nurse and PhD candidate at Monash University.

I'm interested in the experiences of discharge and recovery post hip fracture from the perspectives of people who have had a hip fracture and someone close to them. This study has been approved by the Monash University Ethics Committee ID no. 25437 and will involve a 1:1 interview at your convenience lasting approximately 30-45 mins. The interview will be by telephone or in an online meeting and it will be audio-recorded.

Participants will go into a draw to win \$100 gift certificate as a token of appreciation.

For further information please see contact details below.

Sharon Allsop RN BN(HONS)
PhD Candidate

Nursing and Midwifery
Monash University
Peninsula Campus
McMahons Road, Frankston, Vic, 3199
E.: Sharon.allsop1@monash.edu
ORCHID ID.: orcid.org/0000-0002-1773-9683

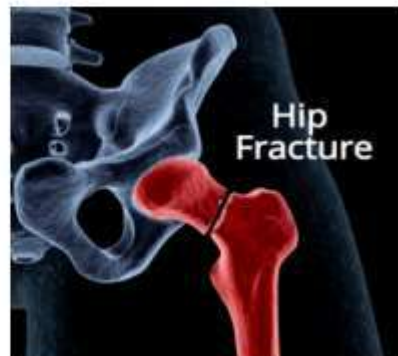
Licola Wish List

Some times children at Licola have accidents and need an extra change of clothing ,which their parents or guardians haven't packed for them. To save embarrassment to the children, we need to have a supply of extras on hand.

The most needed items we require are listed below .

If you can help out, could you please arrange to drop them off to any District Cabinet Member for collection by Licola's helper or they can be dropped off to me [in Melbourne] to take up to Licola.

Cynthia Sederino csederino@hotmail.com



- **Boys and Girls underwear - all sizes**
- **Boys and Girls socks - all sizes**
- **Huggies Dry Nights [pull ups] - -15 years (boys and girls)**
- **Rashies and board shorts - all sizes**
- **Wet shoes for the river access**
- **Ice packs and bandages**
- **Sun screen and hand sanitizers**
- **Head lice shampoo and combs**



About Australian Lions Hearing Dogs

Since 1980, Australian Lions Hearing Dogs (ALHD) have provided a set of “furry ears” to over 600 Australians, all made possible from the ongoing support of our generous donors and Lions Clubs across Australia. Each Hearing Assistance Dog costs ALHD upwards of \$37,000 to train, deliver and support, and is gifted free of charge, to its deaf or hard of hearing new owner.

As a Lion, how can I help?

By serving our local District as a Lion, you DO help! You can also spread the word about the great services that ALHD provide and promote further within our community. Most importantly, through our **Puppy Champion** program, you can directly support our puppies in training like Bella (above) by making a monthly donation for as little as \$10 per month. In return, you will receive exclusive monthly updates on Bella’s progress in the Puppy Program, as she continues her journey to become a Hearing Assistance Dog providing life-changing support to a deaf or hard of hearing Australian.



Take the lead and become a Puppy Champion today, and you will be transforming the life of someone who is deaf or hard of hearing.

Scan the QR code to the left to visit our website and sign up, or visit www.lionshearingdogs.com.au/puppysponsor. When you sign up, you will receive a special ‘welcome pack’ to acknowledge your incredible support.

How can my Lions Club support?

Lions Clubs can support ALHD in many ways, and by getting involved as a Club, this promotes community spirit in our Lions network. A great way to get your Lions Club involved is to **‘name a puppy’**! This is a great group experience to get your Club Members engaged and suggesting or voting on names, or even naming a pup after something associated with your Club!

Some great examples of effective naming opportunities are; Lions Club of Theodore Inc. recently naming a pup ‘Theo’, and Lions Club of Salisbury Inc. naming an upcoming pup ‘Sal’. Upon making a \$3,000 donation, ALHD will work with you to put forward your name suggestions and prioritise your wishes; PLUS a monthly update on the puppy you name will be sent through to you for you to share with Club Members and discuss your impact at your regular meetings. To discuss a naming opportunity please email Fundraising Manager, Alix Katala, at alix@lionshearingdogs.com.au.

Other ways to get involved with ALHD:

Spread the word about our amazing work. We are a home-grown Lions project that is now the only Hearing Assistance Dog provider in Australia; we place dogs with people who are deaf or hard of hearing far and wide!

Volunteer with us and contribute to our daily operations to support our services. You can foster a puppy, volunteer in our kennels, or provide administrative support to our marketing and fundraising team.

Host a fundraiser as part of your workplace, Lions Club, community group, or friends; we can provide resources for you to raise funds to donate back to ALHD.

For more information on Australian Lions Hearing Dogs, to get in contact, or support; please contact our team [in-fo@lionshearingdogs.com.au](mailto:info@lionshearingdogs.com.au) or 08 8388 7836.



A LIONS LAUGH....

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said,

"You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur; be careful.'"

[Lions Club of Tumut]



Final Lioness Luncheon Canberra Convention 2021

Date: Thursday 6th May (prior to the opening of the Convention)

Time: 11.30 am for a 12:00 Noon start

Venue: 65 NORTHBOURNE, 65 Northbourne Ave Canberra

Bookings: Via the MD Convention Registration forms when available.

Your Multiple District Committee look forward to welcoming all Lionesses, former Lionesses and their partners to celebrate the amazing legacy of Lionesses in Australia.

**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 - **Childhood Cancer**

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

Anyone working on the coin line project?

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 - please send details of members to editor.**

- Membership awards
- Special things members have done

Photos welcome. Please supply a caption with names spelt correctly for photos

Please forward ideas for articles to v3.newsletter@gmail.com

Last date for copy for next month is **May 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!*)