



Lions District V3 ROAR!



DISTRICT GOVERNOR'S REPORT

Good morning my fellow Lions. It has been a busy month of October. Chris and I visited six clubs during the month (Bairnsdale, Casey, Mt Eliza, Dromana, McRae and Lakes Entrance) four of which were in one week. During the month I had the pleasure of inducting seven new members into Lions, three in Lakes Entrance and four into Casey.

The District Convention is just around the corner and by the end of this week we will be off and flying, in fact you are probably reading this in November and the convention is all over and done with. Chairman Geoff and PDG Terry and the members of Zone 6 have been working on the convention program over the last 18 months and I am sure that they have put together an exciting and informative convention. One interesting innovation is that this convention will be open to the public. It will be interesting to see how this goes.

Membership is continuing to grow with some clubs inducting 2-3 new members.

Keep up the great work and continue to ask, the worst that can happen is they say No.

Kim Ainsworth
DG 201V3
0429 439 835
kimainbills@gmail.com
Helping Lions Help Others

CABINET SECRETARY'S REPORT

By the time you read this I'm sure we'll all be sitting back and reflecting on what a great Convention we had. Congratulations to all the Lions who stood up to hold special positions in our District. Your commitment is now just starting all over again.

You will be or you have been notified of a special virtual convention to support the nomination of Past International Director Tony Benbow who is standing for 3rd. Vice International President. I hope you will all participate in this event.

You will all recall the excitement when we nominated the now Past International President Barry Palmer who was Australia's first International President.

Christmas Cakes are now being delivered and on the shelves and on our tables to sell over the Christmas period. They are just as good as always, I personally wish that they weren't moreish. Maybe I have to be more strong willed and not eat so many.

Enjoy the coming month with whatever projects you are doing and I will finish this month with ...
"The generosity of your time is the most valuable gift you can give"

Stay safe.
Norma Barnard
Cabinet Secretary
0431 521 566

DG VISITS

DG KIM AINSWORTH

Pakenham	7th. November 2023
Mallacoota	9th. November 2023

1st Vice District Governor Ian Davey

Omeo Shire	14th. November 2023
Orbost	16th. November 2023
Morwell	28th. November 2023

2nd Vice District Governor Colin Blythe

Churchill & District	15th. November 2023
Heyfield	16th. November 2023
Neerim & District	28th. November 2023

CONSTITUTIONAL, POLICY & CODE OF CONDUCT RESOURCES

Use this handy QR code to view district and club constitutions, policy documents and more.



People are often shocked to find out that we pay yearly dues but.... they only work out to about a cup of coffee a week & these dues cover the cost of running our club which means

100%

of the money we raise through events & donations goes right back in to our community.

We're PROUD of that!

About this newsletter

This is the official newsletter of the 201V3 district of Lions International. 201 is Australia & PNG and V3 is a district that covers clubs in the area shown above.

NEW MEMBERS GALORE!

Huge congratulations to those clubs making major contributions to BAM! and Mission 1.5 by recruiting new members...



CASEY

What a busy and exciting month the Lions Club of Casey had. Firstly they held a BBQ, an unusual event for Lions, with the help of members of the Lions Club of Narre Warren. Later in the month the club had a visit from District Governor Kim and Lions Lady Chris. And what made it even more special was that District Governor Kim inducted 4 new members into the Club.

The new members are all very active within the club and happy to lend a hand at functions.

Casey now has three members under 20 years of age.

A really great night for all at Casey.

TOORA

On Wednesday October 4th the Lions Club of Toora inducted into their fold a new member - Artist Sue Gilford, from Agnes, and the person responsible for our very attractive mural on our Lions Den, has officially joined with great trepidation the long-lived Pride of Toora.

Sue was inducted by Zone Chairman, Lion Rod Jackson from Mirboo North Lions and sponsored by Lion Noelle Bonnin who will guide her along, on her journey into Lionism.

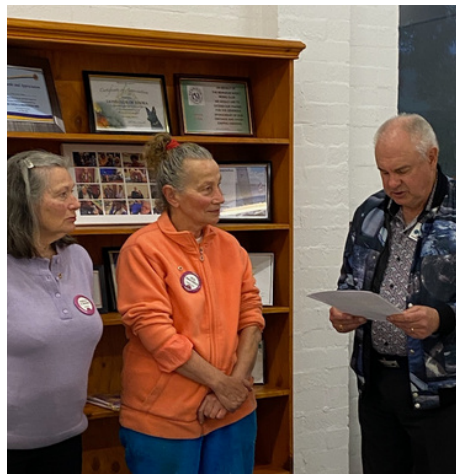
The Lions Club of Toora now counts 18 active members and is proud to have scored its mark on the BAM registry. © Congratulations to Sue and best wishes for future endeavours.



Norma Barnard (Membership chairman and sponsor of three members), Lion Bob Cusack, Lion Kaye Cusack, Lion Pauline Adahlia, Lion Rafay Ahmed with his sponsor and sister Lion Eshal.



Casey Barbecue with Narre Warren



Toora: Lion Noelle Bonnin (sponsor), Lion Sue Gilford and Zone Chairman, Lion Rod Jackson



Casey President Uday with DG Kim Ainsworth



TWO NEW MEMBERS AT PHILLIP ISLAND

The two newest members of the Lions Club of Phillip Island - Win & Ray Jenkins - were inducted by President John Reid on Sunday October 15. Their sponsors were Sue Denny & Sam De Paquale.



...AND FOUR AT NARRE WARREN!

Welcome to Leonie Macartney, Sharon Steeden, Michelle Steeden and Gayle Roper



PCC Steve Boyce, Leonie Macartney, Sharon Steeden, Michelle Steeden, President Gayle Hough, Yvonne De Vries, Clinton De Poel, Secretary Noelene Birnie.



PCC Steve Boyce, Sharon Steeden, Michelle Steeden, Gayle Roper

WELFARE AND RECOGNITION

WELFARE REPORT

District Governor Kim and members of District 201V3 are saddened by the passing of

Lions Club of Heyfield	Lion Robert (Bob) Howie
Lions Club of Warragul	PDG Jim Johnson

Our thoughts are with their families. We all have very fond memories of them both.



WELCOME TO THESE NEW LIONS

BAIRNSDALE	Lion Umberto (Bill) Salatini
CASEY	Lion Pauline Adahlia
	Lion Kaye Cusack
	Lion Bob Cusack
FLINDERS & DISTRICT MORNINGTON	Lion Rafay Ahmed
	Lion Victoria Hunt
	Lion Graham Read
NARRE WARREN	Lion Jackie Read
	Lion Michelle Sneedeen
	Lion Sharon Sneedeen
	Lion Gayle Roper
PHILLIP ISLAND	Lion Leonie Macartney
	Lion Ramond Jenkins
	Lion Winifred Jenkins
RED HILL & DISTRICT	Lion Marie Catalon-Del Ben
	Lion Nicole Parker
	Lion Claire Sadler
	Lion Dot Koopman
SALE	Milagros Murray
TWIN RIVERS	Lion Tracey Rees
WILLOW GROVE & DISTRICT	

We all hope you have a lovely time in Lions and enjoy the friendship and fellowship that goes with being a member.

RON LIPMAN AWARD

Calling all clubs! Don't forget to send your club bulletins to v3newsletter@gmail.com to be in the running for the Ron Lipman award. Or if you prefer to post yours, send to 25 Palm Tree Drive, Safety Beach 3936. Award criteria are in the August edition of this newsletter.

Thank you all for joining your respective clubs and we hope you will enjoy working with and enjoying the company of your fellow Lions.

Norma Barnard
District 201V3 Welfare Chairman
barnardnorma8@gmail.com
0431 521 566 / 0359 988 669



STOP PRESS: DISTRICT CONVENTION



Convention organiser PDG Terry Hayler



PCC Phillip Johnson in full Melbourne 2024 regalia



OVER 200 AT DISTRICT CONVENTION

Congratulations Zone 6 on organising a very successful and well-attended 47th District Convention on Oct 27-29.



AGED CARE

FLINDERS COMMUNITY DINNER

The Flinders District Lions Club held a Community Dinner at the Flinders Golf Club on Friday 13th October. The guest speaker was Professor Velandai Srikanth, Director of the Ngargga Centre, which is the National Centre for Healthy Ageing.

This beautiful building, a hub of learning and research, opened in Frankston in 2022, and is a joint collaboration between Peninsula Health and Monash University.

Professor Srikanth's address focussed on some of the research being conducted there which will inform best practice in aged care across Australia.

The event was attended by 80 people who were very interested in hearing of some of the latest research on dementia, in continuing to look not just for effective treatments and a cure, but ways to assist people currently living with the disease to improve their Quality of Life.



Amanda Johnson - Head of Philanthropy Peninsula Health; Elaine Franklin - Secretary Flinders District Lions Club; Professor Velandai Srikanth, Professor of Medicine & Director of Research Peninsula Health; Cara-Jo Kirk - Legacy and Giving Manager Peninsula Health; Monica Holland, President Flinders District Lions Club.

BUILDING STRONG CHILDREN

YOUTH EXCHANGE CAMPS

The following youth exchange camps are coming up - please contact your local secondary college to encourage interest and participation. For more information please contact:

Julie Swan
Youth Exchange Program Coordinator
julieswan59@gmail.com
0487 190 359



Camp Noorla Yo-Long South Australia 18th-30th Jan 2024

New Zealand Lions International Youth Camp 27th Dec 2023 to 6th Jan 2024



PLAUDITS FOR CAMP KOALA

- by Anonymous

Days before going to camp I wasn't sure I wanted to go anymore. "It's probably going to be a waste of time." "What else can I learn about diabetes?" I repeatedly said these things to myself. Yet on the last Sunday of June, I arrived at Camp Koala.

People have always gone through issues during their teenage years due to hormonal changes but diabetic teenagers have an extra layer of stress smothering them. They can feel lost and weak as diabetes affects them all the time: at home, during school and on holidays. This can cause isolation taking a massive toll on already struggling teens.

Camp Koala was such an empowering experience for me. I came from a world where diabetes was something your grandma or your cousin's neighbour had. Going to a camp where diabetes was the norm opened me up to so many things. To meet such an amazing group of people who had type 1 diabetes like me was unreal. They provided a safe network. A network which my 'normal friends' can't provide me because they just don't understand me. These people know what I go through every day. These people know what it's like to make an extra 180 decisions daily. Type 1 friendships are crucial to our mental health, happiness and management.

One of the unplanned activities was to visit the local chocolatier. To go on this group excursion to a chocolate store and eat chocolate without being told, "you've got diabetes, why are you eating that?" was so phenomenal. Even with friends I've had before I was diagnosed with diabetes, they still don't know if I can eat a bar of chocolate or have a scoop of ice cream. On this trip, I got no weird looks from any of my new friends.

We had 3 fantastic mentors. They were adults living with diabetes. They showed us that we can be people who are in control of our diabetes, instead of people being controlled by their diabetes. We had an educational anonymous q&a with them. This is where we could ask questions that we wouldn't feel comfortable talking to our parents or healthcare professionals about. The mentors helped us with tips on how to manage blood sugars in taboo topics. Providing not only information but told us how to minimise risks and complications.

These camps are so important for all diabetic teenagers to go to. We are pushed outside our comfort zones in a safe and educating environment. I was given confidence and the ability to see adults thriving with a disease I have was so empowering. I learnt new tips and tricks on managing my diabetes.

Thank you especially to the Lion's members who provided such an enthused aura to the group. They were all smiles, the whole time. To Ange, not just for the goody bags, but for providing us a great space to make friends. Jen T, who provided a confidence session. I learnt so much about how to build a positive attitude and reduce nerves. Finally, an extra special thanks to Sharon and Kellie, our DE's. Our mum's away from home, who helped feed us when we were low and checked on us in the night.

Thank you, Lions and Type 1 Foundation, for providing not just myself but to all the other campers, such a life changing, helpful and enjoyable experience.

(via: Adrian Miles
Secretary
Camp Koala Committee
MD201V2
0417 556 086)



Type 1 Diabetes In Australian Children

1 in 720
children aged between 0-14
years suffer from the condition

That is **6,091** Australian children
between 0-14 years diagnosed with type 1 diabetes



1 in 1500
Aboriginal and Torres Strait Islander
children had type 1 diabetes

Children aged between 10-14 years
were **10x** more likely to be
diagnosed with the condition

Recently there has been a rise in
the diagnosis of type 1
diabetes in people
above the age of 30

There was minimal variance between the
prevalence of type 1 diabetes among children
across socioeconomic groups and between sexes

Australian Institute of Health and Welfare
Prevalence of type 1 diabetes among children
aged 0-14 in Australia 2013



DONATE TO CAMP KOALA!

Diabetes is one of the major “pillar” projects of LCI. Last year we appealed to Clubs to support the “Type 1 Foundation” Christmas event. The response was terrific and enabled many more families to attend that function. We are again wanting to support the event.

Type 1 Foundation is a full partner in our successful Camp Koala Type 1 diabetic camps. Over the last 3 years, the Type 1 Foundation has been instrumental in raising valuable funds including \$12,000 for the last camp.

They also source specialist leaders, mentors, diabetic educators, dietitians, plus many other vital contributors to the active program - and above all their knowledge and enthusiasm. Without this assistance we could not possibly run these camps - the success of which was acknowledged globally by past International president Brian Sheehan.

The Christmas event is for Type 1 youth and their immediate families. The Foundation can manage to fund for 600 people to attend, but would have to make difficult decisions excluding the remaining 150 who could be left out.

If your club is able support this event, please deposit your donation as follows:-

Type1 Foundation

BSB 633 000

ACCOUNT NO - 157 642 935

PLEASE - note your Lions Club name on the deposit so we can track how much Lions donate.

One more request

Can you please email Adrian Miles and advise him of your donation:-

V2campkoala@gmail.com

Thank you!!!

Yours in Lions service

Rob Eyton

District Chairman Camp Koala

JUNIOR PUBLIC SPEAKING UPDATE

Thirteen Clubs across the 201V3 cooperated in the Junior Public Speaking program this year. Club JPS Finals had all been held before the end of the third school term and two semi-finals were conducted, one in Trafalgar in the afternoon of Sunday, 8th October and one in Tooradin in the evening of Monday, 9th October. Seven students competed in each section of the competition in Trafalgar and five students competed in the Grades 3 & 4 section in Tooradin, and six students competed in the Grades 5 & 6 section. In all twenty-five students competed at the semi-final level.

As has been expected in the past, the quality of all the speakers was of a very high standard, and at both semi-finals, the judges were left with a very difficult task in selecting the contestants to go on to the District Final. The winners of the semi-finals were:

Grades 3 and 4:

William Longmuir from St Patrick's Primary School in Stratford, sponsored by the Lions Club of Stratford; and

Lachlan Chapman from St John's Primary School in Koo Wee Rup, sponsored by the Lions Club of Koo Wee Rup and District.

Grades 5 and 6:

Mia Brincat from St Kieran's Primary School in Moe, sponsored by the Lions Club of Moe; and

Charlotte Hughes from St John's Primary School in Koo Wee Rup, sponsored by the Lions Club of Koo Wee Rup and District.

These four semi-finalists will compete in the District Final to be held at the District Convention, hosted by Zone 6 Clubs, in Warragul on Saturday, 28th October.

I would like to sincerely thank the thirteen Lions Clubs that participated in JPS this year, and particularly I would like to thank the participating contestants. I have asked the participating clubs to pass on our thanks to the parents and teachers for their support. Particular thanks also to the Lions Club of Trafalgar for organising the Trafalgar Semi-Final and to PDG Ioan Gratton for his assistance in organising the Tooradin Semi Final.

Geoff Anderson,
201V3 JPS District Coordinator



lions australia

75 years and counting



...AND LAST BUT DEFINITELY NOT LEAST

CHRISTMAS IS COMING!



Australian Lions Hearing Dogs

Have you started thinking about Christmas presents yet? Australian Lions Hearing Dogs have some exciting new merchandise in stock for you to purchase – whether that be for friends and family, guest speakers at local events, or people in your community who support your Lions activities. (Plus, it all goes to a good cause!)

Pictured here are some of our favourites and much more are available – you can order online at www.lionshearingdogs.com.au/shop



NEW Dog Christmas Stockings \$8 each



Keyrings \$5



2024 Calendar \$10



Puppy Xmas Cards (5 for \$5 or 10 for \$10)



Thanks for reading!
Please send your news for the December edition.
All submissions to v3newsletter@gmail.com.
DEADLINE NOVEMBER 23



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