



# BULLETIN



PRESIDENT Paul Ripley  
SECRETARY Wendy Ripley  
[secretary@mandurahlionsclub.info](mailto:secretary@mandurahlionsclub.info)  
TREASURER Rob Garratt

MEAL and APOLOGIES Helen Lamb  
email: [helenlambman@gmail.com](mailto:helenlambman@gmail.com)  
Phone: 0407377572  
Members who fail to request a meal by  
7.00pm Sunday might not get a meal

## PRESIDENT'S REPORT

### LION PAUL RIPLEY

### TRYING TIMES COVID-19 PUTS LIFE ON HOLD

**Hello fellow Lions, March has proved to be a trying time regarding the operation of our club due to the outbreak of COVID-19. All projects and meetings were suspended from the beginning of the month and will continue to be deferred until it is deemed to be safe by the health authorities to resume business as usual.**



In the meantime, Rob has instigated a plan where we can continue meetings by computer using a link called ZOOM. Rob will get in contact with all members on how to use this link.

The new board has been elected by the club for the next Lions year and will commence at a date to be determined. However the Changeover Function will not be held at an external venue due to the current limitations placed on us by the virus. If there is a dramatic change, we may see the possibility of a downsized function.

Remember we are the most susceptible to this virus because of our age and for some of us our health condition, so try to abide by the rules imposed upon us by the government and health authorities.

Because of COVID-19, there is little else to report.

Quote for the month

"Look after yourself and your families, Lions will still be there after the threat of this virus has passed."

Paul Ripley, President.

Editor, By the time you receive the bulletin you would be pleased to know that our club has successfully run a Board meeting by ZOOM and now Rob is setting up members for a Dinner meeting, well done Lion Rob.

## A BIG THANK YOU TO ALL MANDURAH LIONS



Lion Rob, Vicki and family, would like to thank all members of our great Club for the lovely flower arrangement (pictured left ) after the passing of Vicki's much loved mother and Lion Robs mother in law.

Lion Rob said, the flowers came just at the right time, it lifted the families spirits and extends his thanks to all, it is much appreciated by my family at this time.

.Dear Lions & Conventioneers,

Due to the current situation with the covid-19 virus, and the related restrictions being implemented by state and federal governments, the Lions 201 MD Convention 2020 which was to be held in May is officially cancelled.

The convention committee has worked tirelessly over the last few years to organise the convention. But in light of the current situation we face, our priority must be the health and well being of our Lions family.

I want to personally thank the committee for all their time and effort; they have gone above and beyond. They are an amazing group of people and I have enjoyed working with them on this event.

Yours Sincerely,

Tony Pederick OAM

Convention Co-Chairperson



## **Cancellation of MD 2020 Convention And how it affects ALF**

**Dear Members of the Lions Family,**

**As we are all aware, the National Convention has been cancelled and many would have attended and joined us for our Annual General Meeting and listened to our stage presentation which normally occurs during the Convention.**

**At this time, we are working through the implications of holding our Annual General Meeting and will advise what will apply at a later date. Normally, we would update you on the activities of the Foundation through the Convention booklet input, and our stage presentation, so to ensure you do get this information, we will be putting together that information and posting it on our website around Convention time for your perusal. Usually at Convention, the Foundation is proud to announce and induct into our “Hall of Fame” deserving Lions who have, and continue to make outstanding contributions to their community and Lions. We will still do this and will make contact with the recipients on or around the 3rd week of May to announce their award. We will then make this public via our website, our District Governors and a special Newsletter Update.**

**The Foundation is still operating fully to support Clubs as much as we can. General Grant applications are being processed in the normal way through PDG Ken Hallam, Awards are being processed by PDG Lesley Lyons and I am still looking after all co-ordination of the Emergency, Disaster and Compassionate Grants. Your State Directors are all available to provide advice and assist with any queries.**

**These times are unprecedented and we will do what we can to ensure the Foundation is able to provide the support as needed. Thank you for your understanding and your continued support as that is how we are able to provide help to those in need.**

**Keep safe and remember “Kindness matters” to all.**

**Regards**

**LIONS CHILDREN OF  
COURAGE **Cancelled or Deferred**  
2020 AWARDS PRESENTATION  
DISTRICTS 201W1 & 201W2  
**Saturday 9<sup>th</sup> May 2020****

**The Lions Children of Courage**

**Award** Program is now established as an important and extremely worthwhile annual project of Lions Clubs International in Western Australia.

**The program was introduced in 1983 by Past District Governor Joe Mason**

**OAM**, who saw a need to provide for an awards programme through which Lions Clubs in Western Australia could recognise a very special group of young Western Australians - and their families. At that time, there were many awards that recognised the achievements of young people - except the children with "special needs".

Since its modest beginnings, the Lions Children of Courage Awards has grown to be one of the most important annual events in the West Australians Calendar

**EARLY  
NOTIFICATION**

**Busselton Lions Club will be hosting the 2020 District Convention on the weekend 16th to 18th October 2020.**

**The Convention  
organisation committee  
wish all conventioners a  
Merry Christmas and a  
Prosperous New Year.  
Busselton has many  
attractions for you to see.  
Join us at the Convention  
to receive updates on what  
is happening in the Lions**

## **1ST VICE PRESIDENT'S REPORT LION BROOK ARELETTE**



Vikki and I hope you are all well and staying safe. We aren't the only ones to be self-isolating in these times of Covid 19 and hope you are all finding ways to pass the time. We are going fine and spending so much time together now, I've spoken to her a fair bit lately and she seems really nice 😊

It is certainly difficult times for us all and these times have been tough for the Lions club of Mandurah.

We have cancelled paper recycling and recycle days until further notice. PCC Ian Kelly has been kind enough to finish off the last 2 layers of a completed pallet and contacted the buyer to let him know we have 2 pallets ready for sale. All of the collection points have been notified of our intentions and hope to continue this work when life gets back to normal. As your all aware by now, all BBQs have been cancelled including the swap meets, many thanks to PDG Peter Lamb for his organisation of these BBQ's throughout the year and also the many Lions that have supported him.

There really is not a lot of news I can give you at this time, all I can say is I hope to see you all again, sooner rather than later and stay safe, please do not take any type of risk that could jeopardise your health.

Cheers team, chins up.

Lion Brook Arelette

1st VP

## **I saw this in the classifieds**

*A single man with toilet rolls*

*Would like to meet*

*A single woman with hand sanitiser*

*For good, clean fun*



**Board of Directors, for 2020/2021**

<b>President:</b>	<b>Lion John Osborne</b>
<b>Immediate Past President:</b>	<b>Lion Paul Ripley</b>
<b>First Vice President</b>	<b>Lion Des Mclean MBE</b>
<b>Second Vice President:</b>	<b>Lion Don McCarroll</b>
<b>Third Vice President:</b>	<b>Lion Barry Simms</b>
<b>Secretary:</b>	<b>Lion Brooke Arelette</b>
<b>Treasurer:</b>	<b>Lion Rob Garratt</b>
<b>Lion Tamer:</b>	<b>Lion David O’Leary</b>
<b>Tail Twister:</b>	<b>PDG Peter Lamb</b>
<b>Directors One Year (2):</b>	<b>Lion Joyce Covell / Lion Denice Knight</b>
<b>Directors Two Years (2):</b>	<b>Lion Paul Carrotts / PCC Ian Kelly OAM</b>
<b>Membership:</b>	<b>Lion Ruth Norwell</b>

**Lions, start thinking about how you want to be involved in the next Lions year, maybe recycling, BBQ’s, Christmas cakes, youth projects etc. a full list of projects will be in the next months bulletin. Make it easy for our Vice Presidents, put your hand up and help out.**

**AT**



**THE SIGN**



**The new sign is now in place and looking a treat a vast improvement on what we had previous**

**CLUBROOMS**



**2ND VICE PRESIDENT'S REPORT**

**LION DES McLEAN MBE**

**The Flame of Remembrance** - I still have not had any joy with the City of Mandurah, but I will continue to persevere and keep some pressure on until il hope, i at least get an answer.

**Children of Courage** - In the next few days I will contact Michelle Jones to organise the forms, photos and video ready for submitting for Children of Courage Awards. Michelle is the mother of Joshua, aged 7 who has Muscular Dystrophy and William, who protects Joshua from bullying at school. He has competed in many walks and has also organised a bbq to raise money for MD. Michelle herself has just completed a marathon to raise funds for Muscular Dystrophy.

**Request for Help** - President Paul, who is still on the ill list, sent me an email with the request from a dear old lady who needed some furniture moved. After a quick recce, I decided to seek help and rang PDG Peter Lamb, who gave me hand, with his help the task was completed very quickly. She then asked me to check the oil in her car, as she was heading to Victoria, towing a trailer. After checking the oil I found it was empty, so I had to buy some oil and then top the car up. My reward was her comment, 'Lions always help', this was payment enough.

Thirteen days ago while hitching up my boat, I made a serious mistake, I ducked my head to avoid hitting the anchor and failed to lift my right foot over the trailer bar. With body motion moving forward I made a spectacular crash landing and lay on the concrete muttering to myself "You bloody idiot Des". I then managed to crawl into the house and phoned for an ambulance. At Peel Health Campus, I was xrayed and scanned, thankfully, no bone damage but, there was a fair bit of muscle trauma landing me with five days in hospital and now after lots of tender care I am back home.

I still cant walk without a frame, but with each day, it is getting much better. Thanks to all my Lions friends for their get well wishes, also thanks to Lion Ruth who took time out to

check on me through out the episode, thanks Ruth, very much appreciated. Margaret and I are in good health and giving the scrabble board hell, I diplomatically lose most times, well perhaps not.

Lion Des



## 3RD VICE PRESIDENT'S REPORT

### LION JOHN OSBORNE



Over the past couple of days, we have been test running a virtual meeting application. This allows us to conduct meetings for up to 100 people meeting online at the one time.

In this time of restricted social activity, having the means to go about our Lions activities in some form is very important.

To be a part of this you will need to use your computer, tablet or phone which must have a camera and microphone.

How will it work. You will receive an email message with a time and date to click on a link to the meeting. Once you have joined the meeting you will see all the other participants and you will be able to speak to all participants.

Until life returns to normal this is a way, we can keep our club active and involved. Virtual club meetings, Board meeting and committee meetings can be carried out this way.

Over the week Rob Garratt will be exploring the nuts and bolts of implementing how best to use this technology so watch for an email or a phone call from Rob.

Lion John Osborne



We are seeking members who are interested in becoming involved in the Children's Eye Screening Program as conducted under the Lions Eye Health Program.

Unless we have a sufficient number of members prepared to undergo the necessary training, it would appear pointless in approaching schools to offer a service that we are unable to deliver in a competent manner.

Should this program be adopted as a project of the club, it is anticipated that screenings would be concentrated on the winter months, when the requirement for other projects is least.

If our club commits to the program, we are required to become a “participating club” by paying a fee of \$4.00 per member based on our membership as at the 1<sup>st</sup> July of the current Lions’ year. This gives our members access to free training and pro-forma letters and forms required for the conduct of the screenings

## Cheque presentation to the 504 Army Cadet Unit Mandurah

On Tuesday the 3<sup>rd</sup> March 2020 Lion John Osborne and PCC Ian Kelly attended the weekly parade for the local 504 Army Cadet Unit. They were met by two cadets and we were immediately surrounded by army talk, we were referred to as Sir and asked to follow the corporal.

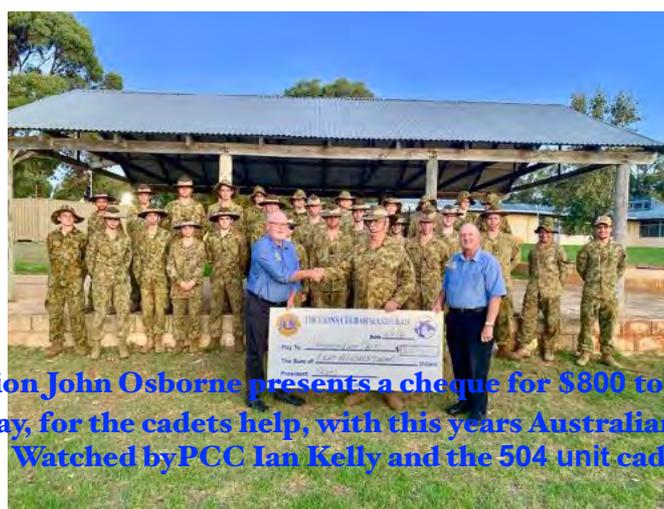
After being introduced to all manner of officers we witnessed the parade and then we were able to thank the Cadets for their assistance with the Australia day breakfast. Our donation of \$800 will greatly assist the Cadets with their program this year. The Cadets have indicated their willingness to participate in next years event.



John Augustin, thanked us for our support ,it has helped the 504 Unit immensely and has given a uplift to moral.

Should you need any assistance again please don't hesitate to call me or Captain Robert Gray.

**Above : Lion John Osborne is “Addressing the troops”, at the \$800 cheque presentation. PCC Ian Kelly and Captain Robert Gray are watching proceedings.**



**Above : Lion John Osborne presents a cheque for \$800 to Captain Robert Gray, for the cadets help, with this years Australian Day Breakfast. Watched by PCC Ian Kelly and the 504 unit cadets.**

### 504 Army Cadet Unit Mandurah



**Mission**

Vision for The Australian Army Cadets is a leading national youth development organisation, with the character and values of the Australian Army, founded on a str... [See More](#)

**About**

504 Army Cadet Unit - Mandurah,

Parade Timings - 1830-2130h (6:30-9:30pm) Tuesday evenings,

during WA school terms,

For youth aged 13-19, who have an interest in self-development, leadership, teamwork and fun.

**Company Overview**

We are a Regional Army Cadet Unit (ACU) located in Mandurah, WA, Australia. Our mission is to help young people gain the valuable skills that will allow them to excel in later life - all while having the time of their lives.

504 Army Cadet Unit - Mandurah. is one of three ADF Cadet units and the only Army Cadet Unit in the Peel region, south of of Perth. It is one of the 20 plus units that make up the Western Australia Australian Army Cadets Brigade. it is part of 53 Battalion, which administers the southern WA units. It is an inclusive organisation open to 13-19 year old young Australians.

**General Information**

Our cadet unit is part of the Australian Army Cadets (AAC), an organisation with a proud youth-development history dating back to 1866.

**Founding Date**

1990

### SOUTH PERTH LIONS BIG BAND

#### DATES FOR SOUTH PERTH LIONS BIG BAND 2020

**Fri 24 Apr CANCELLED**

? Fri 22 May

? Fri 26 Jun

Fri 24 Jul

Fri 28 Aug

Fri 25 Sep

- Oct tba -

Fri 27 Nov

**Happy New Year from the Lions Big Band and South Perth Lions Club!**

**It'll soon be time for you to kick up your heels and shake your tail feathers with our fantastic Lions Big Band under talented director Phil Hatton at South Perth Community Centre!**

**We start our South Perth 2020 season on Friday 28th February and continue on the fourth Friday of each month through to November - with the exception of October, when we'll have a special event.**



We have a great season planned for you and look forward to



seeing you again at South Perth Community Centre. I'll see you all there

## MEMBERSHIP CHAIRMAN Lion Ruth Norwell



PCC Ambrose Depiazzi OAM presenting Service Tabs to Lion Don McCarroll, 45 years plus Chevron, PDG Wally Barrett OAM, 44 years, and Lion Clive Cartledge, 38years, stating that between these three lions there is 127 years of Lions service which is an amazing feat. Membership Chairman Ruth Norwell is looking on.



PCC Ambrose presents Lion Don McCarroll his 45 year service tab and milestone chevron



### MARCH Birthdays

**Lion William Baron** 13/3  
**Lion Paul Ripley** 29/3  
**Lion Dianne Mews** 31/3



**HAPPY BIRTHDAY**

### Years of Service Tabs were presented to:

#### February

**Lion Don McCarroll** 45 years plus Chevron  
**PDG Wally Barrett** 44 years  
**Lion Clive Cartledge** 38 Years

#### March

**Lion Dick Ingle** 47 years  
**Lion Dave Knight** 34 years  
**Lion Lynne Cartledge** 12 years  
**Lion Paul Ripley** 9 years  
**Lion Wendy Ripley** 9 years  
**Lion Barry Mitting** 6 years



**Robert Garratt**  
 Registered Bee Keeper  
 RG7

0450 288 221  
 I press the honey out of the comb. Then a coarse screen to remove large particles. The honey is not heated or filtered. It contains POLLENS and PROPOLIS. The honey will appear grainy just how it should be RAW  
 bgshoney2@gmail.com

LIONS INTERNATIONAL PEACE POSTER CONTEST

PEACE

The Peace Poster/Essay Kits for the year 2020/2021 have arrived at MD Office and are available to purchase at a cost of \$30.00

Australian each.

All rules and conditions are available in the kit, so please read them before you start, as not complying with them causes disappointment to the student.

The theme for the year is 'Peace through Service'.

The International Winners for the year 2019/2020 are normally announced at Lions UN Day in April.

Foodbank WA has made the difficult decision to postpone our Foodbank Games Trivia Night, until further notice.



This decision to postpone our annual fundraising event has been made in response to the World Health Organization declaring the COVID-19 (coronavirus) outbreak as a pandemic, and the safety of our partners, staff, volunteers and supporters is paramount.

Foodbank WA is currently prioritising our response to the COVID-19 with a focus on continuing to provide emergency food assistance to our front line charity partners and the most vulnerable members of our community, who rely on us to put a meal on the table.

Sadly, postponing our Trivia Night and other fundraising events will limit our ability to purchase a range of everyday food essentials such as rice, pasta and canned soup, vegetable and fruit, which are already at an all-time low.

Message from David Templeman MLA and Carole Dhu



Folks, as you know, Carole Dhu and I hold our "Cheap and Dodgy" show every year in December. We've decided to donate \$1000 worth of food to Peel Foodbank from our show's proceeds. We delivered the food to Peel Foodbank this morning. Thank you to all of our show patrons. We want you to know that your support is being used to help others in need.



## LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
APRIL	4/04/20	Recycling Saturday
	7/04/20	Car Rally— Deferred
	11/04/20	BBQ Lions Awareness Day Bunnings CANCELLED
	14.04/20	Dinner Meeting CANCELLED
	19/04/20	Swap Meet, Halls Head Shopping Centre, Mandurah Lions Club BBQ
	21/04/20	Board Meeting
	25,04/20	Anzac day Gunfire Breakfast BBQ
	28/04/20	Dinner Meeting
MAY	2/05/20	Recycling Saturday
	10/05/20	Swap Meet Halls Head Shopping Centre Madsar BBQ only
	12/05/20	Dinner Meeting
	19/05/20	Board Meeting
	26/05/20	Dinner Meeting
	31/05/20	Swap Meet Halls Head Shopping Centre Mandurah Lions Club BBQ
June	6/06/20	Recycling Saturday
	7/06/20	Swap Meet Halls Head Shopping Centre Madsar BBQ only
	9/06/20	Dinner Meeting
	16/06/20	Board Meeting
	23/06/20	Dinner Meeting

All Lions activities and meetings have been cancelled until further notice or until the madness ceases.

## CANCELLED

## LIONS AWARENESS DAY ~~11TH APRIL 2020~~

### What is Lions Awareness Day?

Australia's largest service organisation, Lions Australia celebrates Lions Awareness Day Which our club will celebrate on the 11th April 2020

Lions Australia promotes youth, provides community service, supports vital medical research and disaster relief and has over 1300 clubs across the country

Lions volunteers pay annual membership fees to cover admin costs which means 100% of funds donated to your local Lions Club goes directly towards the cause

- **It is an opportunity to get out and about in your local community and share what it means to be a Lion.**
- **A chance to showcase the many ways we are making a difference and invite others to join us so that they can make a difference too.**
- **A platform for gaining feedback from your community on the issues most important to them and how you can help achieve that.**

How can you participate?

- **Set up an information stall at your local markets or shopping centre.**
- **Organise a meet and greet at a popular location within your community. Provide a free lunch or breakfast to draw in the crowds.**
- **Invite members of the community to view and learn about one of your recent community projects.**
- **Pin your Lions Awareness Day event to the map!**



## Car Rally (Quiz on Wheels)

**7th April 2020 (Tuesday)**

**Lion Graham Bateman has deferred this event until a later date due to the Coronavirus**



## COVID-19

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth and nose.

Advice from World Health Organisation 9 March 2020



## Kindness Matters.



### What is Coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

### What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

### What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention

### How does COVID-19 Spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

## How can i protect myself and Prevent the Spread of the Disease?

### Protection measures for everyone

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- **Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1.5 metres (5 feet) distance between yourself and anyone who is coughing or sneezing.
- **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth.
- **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- **Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home (**Voluntary Isolation**) if you feel unwell or even if you feel ok. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- **Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.
- **Why?** You have a higher chance of catching COVID-19 in one of these areas.



## What is the Incubation period for COVID-19?

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

**COVID-19 Environmental Cleaning for Workplaces (Non-Healthcare Settings)**

This document provides information on cleaning for general workplaces (non-healthcare settings) during the coronavirus (COVID-19) outbreak. This includes settings such as offices, workplaces, public areas, government buildings, reception areas, hotels, schools, childcares, shops, buses, trains, taxis and cars.

**General Cleaning Principles**

Routine cleaning of frequently touched surfaces using appropriate detergent/disinfectant solutions or wipes is effective at minimising the risk of COVID-19 transmission. Particular attention should be paid to horizontal surfaces such as tables and frequently touched surfaces such as hand rails, door handles, elevator buttons, computer keyboards and mice, and telephones.

It is recommended that the frequency of cleaning in all areas be increased. This is especially important in high traffic areas and areas accessed by the public.

Carpets should be regularly vacuumed- ideally with a vacuum cleaner fitted with a HEPA filter.

Disposable cleaning mops and cloths should be used, and these should be changed regularly. If unable to use disposable mops and cloths, then reusable mops and cloths are to be cleaned and disinfected regularly. All cleaning equipment (including mop heads) should be stored clean and dry.

**Dishes and Cutlery**

Dishes and cutlery are to be cleaned in a commercial or domestic dishwasher using appropriate dishwasher detergents. If dishwashers are unavailable, consider using disposable dishes and cutlery. Reusable dishes and cutlery must be cleaned using hot water and appropriate hand dishwashing detergent. Care should be taken to ensure all items are thoroughly cleaned. Dishes and cutlery should be stored clean and dry in a cupboard or covered to prevent potential contamination from sneezes or coughs. Staff handling dishes and cutlery should ensure they have performed effective hand washing using soap and water for 40-60 seconds before handling.

**Appropriate Personal Protective Equipment (PPE) for Cleaning Staff**

The risk to cleaning staff in non-healthcare settings is lower than the risk to cleaning staff working in environments where there may be sick people who are coughing or sneezing or having other respiratory symptoms. There is no need for cleaning staff to wear surgical masks or gowns when cleaning.

Cleaning staff in non-healthcare settings should be advised to:

- Avoid touching your face especially mouth, eyes and nose when cleaning
- Wear disposable gloves whilst cleaning
- If handling bleach solutions, protective eyewear should be worn to avoid splashing in eyes
- Perform effective hand washing using soap and water for 40-60 seconds after cleaning task

**Appropriate Cleaning Products**

Cleaning products should be chosen for appropriateness for the surface to be cleaned. In general, combined detergent/disinfectant solutions or wipes should be chosen for hard surfaces. Some cleaning products -ie bleach can damage fabrics, stainless steel and other

surfaces. Cleaning products should have viricidal (virus killing) properties. Look for the following words or descriptions when selecting cleaning products:

**Detergents**

- Acidic, neutral or alkaline. For most general cleaning tasks, a neutral detergent with pH between 6 and 8 should be used.

**Disinfectants**

- Alcohol wipes with 70-90% alcohol (ethyl alcohol or isopropyl alcohol)
- Chlorine and chlorine compounds- i.e. sodium hypochlorite (household bleach), sodium dichloroisocyanurate (NaDCC) and calcium hypochlorite (bleaching powder)
- Hydrogen peroxide
- Quaternary ammonium compounds (alkyl dimethyl benzyl ammonium chlorides)
- Phenolic disinfectants

If using a bleach solution look for products which give you a 1000ppm (0.1%) bleach solution either neat or when diluted with water.

Many proprietary brands of cleaning products contain the above ingredients and will be suitable for cleaning and disinfection of non-healthcare areas.

Remember to never mix different cleaning products as in some instances toxic gases can be generated.

## Clean hands protect against infection

**Protect yourself**

- Clean your hands regularly.
- Wash your hands with soap and water, and dry them thoroughly.
- Use alcohol-based handrub if you don't have immediate access to soap and water.

**How do I wash my hands properly?**

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



## MANDURAH MITSUBISHI CAR GIVE-AWAY BBQ

These are the photos were taken by PDG Peter Lamb at the Car – Give-away on Saturday 7th March 2020.

Those present, who made the morning successful were, myself, Lions Helen Lamb, Gordon Nunn, Clive Cartledge, Judi Hughes, Graham Bateman, Wendy Moyses, Barry Simms, Richard Ingle and Jenny Ingle

The BBQ went from 7.30am – 10.30am at their premises at Pinjarra Road and involved giving away 200 Sausage sizzles for which we received \$600.00. Well done all.



Left - Glad to see a couple of Lions working hard Lion Graham Bateman is one of them not sure who the other is,



Above - Photos of the crowd that turned up for the Car draw and our delicious sausage sizzle.

## COMPASSIONATE FRIENDS BBQ WALK TO REMEMBER 8th March 2020

PDG Peter Lamb, Lions Helen Lamb, Gorgon Nunn, Joyce Covill, Ruth Norwell were again on hand cooking for the Compassionate Friends who held their Walk to Remember

The Compassionate Friends (TCF) Mandurah, hosted their 15th annual Walk to Remember on Sunday, 8th March, 2020, to honour the memories of lost loved ones.

The walkers met on at Dalrymple Park, Mandurah at 9.30am for a 10am start launched by Mandurah MP David Templeman

The walk was led by a piper and will return to the park for a sausage sizzle prepared by the Lions Club of Mandurah.

On arrival, walkers are given a ribbon to write the names of their loved ones and a paper heart to write a personal message.

The hearts are planted in a heart shape with rocks to create a symbolic memorial.

Participants can be sponsored by friends, family and members of the public to participate in the event with all funds going back into the charity.

## Where there's a need, there's a Lion.

Lions Australia is Australia's largest service organisation with more than 1300 clubs in Australia and Papua New Guinea. Lions Australia promotes youth, support medical research, provide aid to people with disability, community service and disaster relief

Lions are friends, family and neighbours who share a core belief: community is what we make it.

## **BLAST FROM THE PAST (Club History)**

### **Cattle Rustling (otherwise known as the) Cattle Project**

**(Lions names have been omitted to protect the innocent!)**

**On the 17th December 1980, a Perth magistrate P.V. Smith convicted and confiscated a herd of 130 cattle from a Byford cattle rancher, under the cruelty to animals act, and gave the legal right to the RSPCA to dispose of said cattle to one Ronald (Ron) Martin, the then President of the Lions Club of Mandurah. Ron, who has since passed away, duly agisted the cattle on a 700 acre property, now known as Secret Harbour in return for constructing fire breaks on the south side of Anstey Road in the Shire of Rockingham.**

**Things were going swimmingly until a group of firebrand cattle cockies from Byford, decided their fellow farmer had been duded by the Courts, the RSPCA and the Lions and set about freeing the said cattle, by cutting fences bordering Mandurah Road, and releasing them onto what even then, was a fairly busy road, in the dead of night.**

**Now bearing in mind neither yours truly or any other Mandurah Lions members save for Ron Martin had any experience with cattle, we were rounded up out of bed by the police and shire rangers to remove these bovines from the only thoroughfare between Rockingham and Mandurah. It was bad enough on that first night (leaving my two young sons in bed without a chaperone) but the Byford gang struck repeatedly over the coming months causing all major disruptions on Mandurah Road and major sleep deprivation for all concerned.**

**Despite mounting night watches to try and catch the Byford conspirators, we were never able to mount our own lynching mob to retaliate against these dastardly deeds. Meanwhile the cattle were growing and fattening as planned, as we meant to make a killing (pardon the pun) on the sale of these sturdy beasts to Harvey Meats. Unfortunately they (the cattle) were also becoming feral, due to a lack of handling or contact with humans. So when the day duly arrived, to corral these fine beasts for market, they all went missing and literally vanished into thin air, or at least the scrub bulls did and took with them, their heifer girlfriends! We managed to corral the dumb ones with much hilarity for those concerned, who were told to stand in front of a charging herd and politely tell them to please run into hastily constructed yards. We then had to get them out of the temporary yards into stock trucks using cattle prodders – more fun, especially at night with long-horned cattle.**

**The scrub bulls with the harem heifers were almost impossible to catch because at first sight of we, the fearless hunters, they would drop to the ground and become invisible to the eye of untrained cattle rustlers – a tag we inherited from the Byford mob! I use the term “hunters” advisedly because that’s exactly what we became, in the fullness of time,**

because time was running out and the developers, The Secret Harbour Group, wanted their land back.

The solution dreamed up by Cattle Boss Ron was to shoot the cattle, which he proceeded to do (plus Helen's dog) and sell them as animal food, because they hadn't been slaughtered in an appropriate manner. The only catch being they then, had to have the heads and hooves removed prior to being shipped (sorry trucked) off to market for dog food. When Ron ruined two good chainsaws for obvious reasons, we reverted to the good old-fashioned axe, and finally got the job done, not before I overcame my phobia of blood and guts.

When you next visit the Lions Den (known as the Lions Service Club Centre) cast your eye up above the "Billy Cooper bar" and see if you can spot a set of mounted cattle horns – the only lasting memorial of the infamous cattle rustling project, which at the time caused a storm in W2, because we allegedly took a project from another Lions area!! The money raised was significant at the time and largely remains untouched and is earmarked for our proposed new Clubhouse – whenever that might be? PDG Peter Lamb



## VALE

### PDG Darrel Maynard

Charter member Lions Club of Port Kennedy

District Governor 2006/2007

21 years Lions service

Board Member, Administrator and Volunteer driver with the Lions Cancer Institute



Sincere condolences to Lion Elizabeth (Liz) and family..

Our thoughts are with you

**BULLETIN DEADLINE**

**The publication date for the monthly bulletin is the first club meeting of each month.**

**Articles and reports need to be in to the Editor by the First Monday of the Month unless otherwise notified.**

**Articles received after this date, may not be accepted.**

**I look forward to your contributions.**

**Dave Knight      0400199840**

**[dkni5048@bigpond.com](mailto:dkni5048@bigpond.com)**

**“Happy are those who take life day by day,  
complain very little and are thankful for the little things in life”**



**Have you asked the question?.**

**Well, fellow Lions, my worst nightmare was realised, after spending about three and a half weeks in isolation, I came down with a chest infection / pneumonia, and spent two days in isolation until they got the results back for COVID-19 and influenza which were both negative, thank goodness. I was pretty crook when Denice called the ambulance to take me to the Peel Health Campus and I just prayed that I would come out alive. But the staff at Peel Health were excellent , I could not fault the care that I received, in trying conditions, these doctors and especially the nurses are worth their weight in gold. Every time they entered your room they were fully decked out in their safety gear, imagine doing this thirty or forty times a shift, new gear for each patient all disposable except for the face shield which is wiped over with sanitiser and reused. I had another couple days out of isolation but now I am back home and in my own comfortable bed.**

**Many thanks to all Lions who sent their best wishes, they were greatly appreciated. Thanks to Denice who stayed calm during this worrying time for her, and to cap it off she could not come and visit, it's certainly trying times.**

**Dave the Editor**

**This poem was written by Kathleen O'Meara in 1869 after the Irish potato famine.**

his poem was written by Kathleen O'Meara in 1869 after the Irish potato famine.

### And People Stayed Home...

And people stayed home  
and read books and listened  
and rested and exercised  
and made art and played  
and learned new ways of being,  
and stopped  
and listened deeper.  
someone meditated  
someone prayed  
someone danced  
someone met their shadow  
and people began to think differently  
and people healed  
and in the absence of people who lived in  
ignorant ways,  
dangerous, meaningless and heartless,  
even the earth began to heal  
and when the danger ended  
and people found each other  
grieved for the dead people  
and they made new choices  
and dreamed of new visions  
and created new ways of life  
and healed the earth completely  
just as they were healed themselves.

I just saw a news report about the stress and strain of self isolation. It reported that people are going crazy from being in lock down!

It was strange, actually, because I had just been talking about this with the microwave and toaster and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she always has to put a different spin on everything and certainly not to the fridge as he is acting cold and distant.

In the end the iron calmed me down. She said everything will be fine, which surprised me because she's usually the first one to apply unnecessary pressure and get steamed up over nothing !!! I think she might have been sneaking off to the medicine cabinet.

A cab driver reaches the pearly gates. St. Peter looks him up in his Big Book and tells him to pick up a gold staff and a silk robe and proceed into Heaven. Next in line is a preacher. St. Peter looks him up in his Big Book, furrows his brow and says, "OK, we'll let you in, but take that cloth robe and wooden staff." The preacher is shocked and replies, "But I am a man of the cloth. You gave that cab driver a gold staff and a silk robe. Surely I rate higher than a cabbie!" St. Peter responds matter-of-factly, "This is Heaven and up here, we are interested in results. When you preached, people slept. When the cabbie drove his taxi, people prayed."



**Australian Lions Foundation Ltd.**  
 "Helping Lions help their Community"

[www.alf.lions.org.au](http://www.alf.lions.org.au)



**UPDATE**  
**No 3.**

**NEWSFLASH March 2020**

### National Disaster Appeal

It is timely to provide an update to all Clubs on the current position for the National Disaster Appeal. The main focus has been on support of fire ravaged areas in Queensland, NSW, Victoria and South Australia.

Since the beginning of this disaster season, donations received by the Foundation (as of 1st March 2020) has exceeded \$2.2m. This is an amazing response, with donations coming from not only Australia, but from around the world.

The two tables below show where all donations have been received from and where all current allocations have been made.

**Source of Donations**

Source of Donation	Amount \$
Clubs	\$1,482,056
Corporate/Business	\$ 320,556
"GiveNow" portal	\$ 237,267
General Public	\$ 98,915
Unspecified	\$ 26,715
MD105 UK Foundation	\$ 47,903
<b>TOTAL</b>	<b>\$2,213,412</b>

**Disbursements/Allocations by Districts**

District	Amount \$
C1	\$ 11,000
C2	\$176,947
N1	\$149,111
N2/V3 Combined assistance	\$254,000
N4	\$100,000
Q1	\$ 45,000
Q4	\$ 50,000
V2	\$ 50,000
V3	\$ 10,399
V6	\$152,796
<b>TOTAL</b>	<b>\$999,252</b>

All Districts that have been impacted by these fires, have established Disaster Relief Committees which are managing the funding disbursement and supporting those individuals and communities devastated by these tragic fires. Our sincere thanks and also congratulations go to them for the wonderful effort they have all made.

Clubs have undertaken fundraising events; community groups and business groups have all worked together in support of the victims and Lions have received the thanks for these efforts.

Initial support provided has included food, clothing, water, accommodation, fuel, stock fodder, water tanks and other essential items to help individuals restart. The focus now for many areas is on recovery and rebuilding. The Foundation is providing grants to these areas as they identify specific needs. To date, we have seen disbursements covering equipment for clearing and re-establishing property boundaries, community infrastructure such as playgrounds and park rebuilding. This recovery process will all take time and as many have said, "Lions" are in for the long haul and the Foundation is with you.

Our thanks to all members of the "Lions family" for your support of the Foundation and for what you have done and continue to do for those in need.

Unfortunately, I am sure this exhibition would have been cancelled ,so I have put some information here for you to read about the MVKrait and Operation Jaywick



Built in 1934 in Japan and originally named Kofuku Maru (Happiness or Good Fortune), Krait collected fish from fishermen and ports around the Rhio Archipelago and took the catch to the Singapore markets.

It took food, water and other supplies to the fishing fleet.

Confined to port early in World War II, the boat was used by Captain Bill Reynolds to evacuate hundreds of civilians to nearby Sumatra and when the Japanese continued to advance he took it to Colombo. It was soon proposed that the vessel be used as part of a **covert operation**.

Renamed Krait (after a deadly species of snake) its most famous hour came in 1943 when a 14-strong company of British and Australian army and naval personnel set out on a daring commando night raid on shipping in the Singapore Roads.

This year is the 75 anniversary of that daring raid. To commemorate the event, museum fleet staff and curators are returning Krait to its WW2 configuration. The museum is also joining forces with the **National Museum of Singapore** to produce a wide-screen film about Operation Jaywick and a virtual reality experience that will take people 'on board' the historic vessel. A diorama of the night

of the commando raid is being installed in **Action Stations** and a small exhibition is being created to highlight key moments of the operation.

Commando Raider

Codenamed **Operation Jaywick**, Krait was disguised as a Japanese fishing boat and successfully sailed to within striking distance of Singapore. Six operatives then deployed three two-man folding canoes to island hop over three nights and finally reach Singapore Harbour where they attached magnetic limpet mines to the hulls of Japanese merchant vessels. Six of the mines exploded damaging some 37,000 tonnes of shipping.

Krait then operated out of Darwin as a coastwatch and intelligence support vessel in Indonesia.

Commissioned HMAS Krait in 1944, the vessel witnessed the Japanese surrender at Ambon in September 1945 and after the war was handed to the British Borneo Civil Affairs Unit.

Krait was bought by a British sawmiller for the Borneo timber trade - and renamed Pedang (Sword). In the late 1950s two Australians recognised Krait whilst on a timber-related business trip. A public appeal followed and the Krait Trust Fund was formed to purchase the vessel and return it to Australia - which it did successfully in 1964.

## LEOS, ARE THEY OUR FUTURE?



Leos are young people who want to make a difference. Aged between 12 and 30 years, Leos are the youngest members of Lions Clubs International. They get together to deliver projects that will help to make the world a better place.



- LEOS serve their communities
- LEOS gain experience
- LEOS learn new skills
- LEOS have fun
- LEOS make friends
- LEOS develop teams
- LEOS become leaders
- LEOS seize opportunities
- LEOS build a better future

### Leo clubs

Each Leo club is sponsored by a local Lions club as a youth development activity.

Leo clubs may be based within a school or in the local community. A member of the sponsoring Lions club is appointed as a Leo Club Advisor, and school-based clubs will often also have a staff member to assist.

Membership is open to young people aged 12 to 30 years, but clubs are designated 'Alpha' or 'Omega'.



**Alpha Leos** are 12-18 years old.

Alpha clubs focus on the individual and social development of teens.

“It’s a lot of fun ... and we’re making a difference in our community.”



**Omega Leos** are 18-30 years old.

Omega clubs focus on the personal and professional development of young adults.

“During my time as a Leo, we’ve taken our ideas and turned them into reality. People respect that.”

NOTE: In Australia, some Omega community-based clubs may have a broader age range. Special arrangements are made to cater for the combination of older and younger members in these clubs.

School-based Leo clubs

Leo clubs can be formed in state or private schools. The supervision by the sponsoring Lions club is exercised in full cooperation with the school authorities. The Leo club is subject to the regulations and policies established for all student organisations and activities. A faculty advisor (member of the school staff) usually oversees the operation of the Leo club and works closely with the Leo Advisor.

Community-based Leo clubs

Leo clubs can be formed in any community from the smallest regional centre to the largest city. It only needs a group of young people who want to help their community, make new friends and learn new skills, and a Lions club willing to sponsor and support them. Community Leo clubs may be in the Alpha or Omega age range.

Leos & Lions

The success of a Leo club depends on a good relationship with its sponsoring Lions club.

The Lions’ role is to offer support and guidance, while the Leos are responsible for planning and implementing their own activities, financing their projects and maintaining the smooth operation of their club. Leos have their own club officers and constitution.

Beyond the club, Leos are part of a global organisation and have opportunities to connect with other young people through club twinning, youth exchange, youth camps, forums and conventions.

Lions clubs benefit through their association with Leos who bring youthful vitality, new ideas and lots of fun into the club projects. Enjoyable shared experiences may encourage Leos to transition into Lions membership when the time is right.

## **Crimewatch Media Release “Do not Leave Children in Cars” and “Keep Your Driveway Kidsafe”**

As you are aware our Crime watch committee have run continually campaigns, “Do Not Leave Kids in Cars” and “Keep Your Driveway Safe”. Which remind the public that they should not leave their children in cars with the hot weather now upon us. And another frightening statistic has come to our attention, about children being killed or seriously injured due to driveway run overs, so be vigilant when there is small children in the vicinity.



**ALSO REMEMBER YOUR PETS, THEY ARE JUST AS VULNERABLE**

-/-/-/-/-/-/-/-/-/-