



BULLETIN



PRESIDENT John Osborne
SECRETARY Peter Lamb
secretary@mandurahlionsclub.info
TREASURER Rob Garratt

MEAL and APOLOGIES Helen Lamb
email: helen@lambgroup.com.au
Phone: 0407377572
Members who fail to request a meal by 5.00pm Sunday might not get a meal

PRESIDENT'S REPORT LION JOHN OSBORNE



The Awards Night proved to be a very pleasant and enjoyable evening. Past President Paul was able to recognise those Lions who contributed to making his year a success. Also recognised, during the evening, was Lion Rob Garratt awarded the District Treasurer of the year and PDG Garry Irvine, acknowledged for his fifty years of service to Lions.

Our thanks to Past President Paul Ripley, ably assisted by Lion Wendy Ripley, for organising the awards night and for his term as President.

Lion Rob Garratt informs me that the Hall is back in use with the tenants conforming to the Covid-19 requirements.

The big step up and down from the foyer entrance is no more. Lion Clive is to be thanked for installing the decking to reduce the height of the step.

Our first BBQ Booking is for September the 26th however we may have an earlier Sausage Sizzle at Bunnings. **All members who wish to be involved with BBQ's need to complete the AHA Hospitality and Tourism Covid-19 Hygiene Course.**

Lions Multiple District Legal Officer advises that all Lions members should obtain a Working with **Children Card**. **Application forms** are with lion Des Mc Lean. If you don't have one, please set about obtaining a card. The Club will reimburse you for any costs involved in obtaining the card. Forward a copy of your card to Lion Brook for entry onto the club register.

We are now using a Microsoft form App to register for attending a dinner meeting. By following the link in the email, it is a simple process of responding to the couple of questions. The advantage of this type of application is that all responses are collated automatically. In this case it means that Lion Helens job is a little bit easier. However, I urge all members to reply to the survey by the due date whether you will be attending the meeting or not. It is Lions members responsibility to book in for a dinner meeting, it is not Lion Helen's responsibility to follow up those members who do not respond. For those members without access please make arrangements with Lion Helen.

Club Activity hours will be reported using the same application. All responses are recorded anonymously. The pink slip is no more.

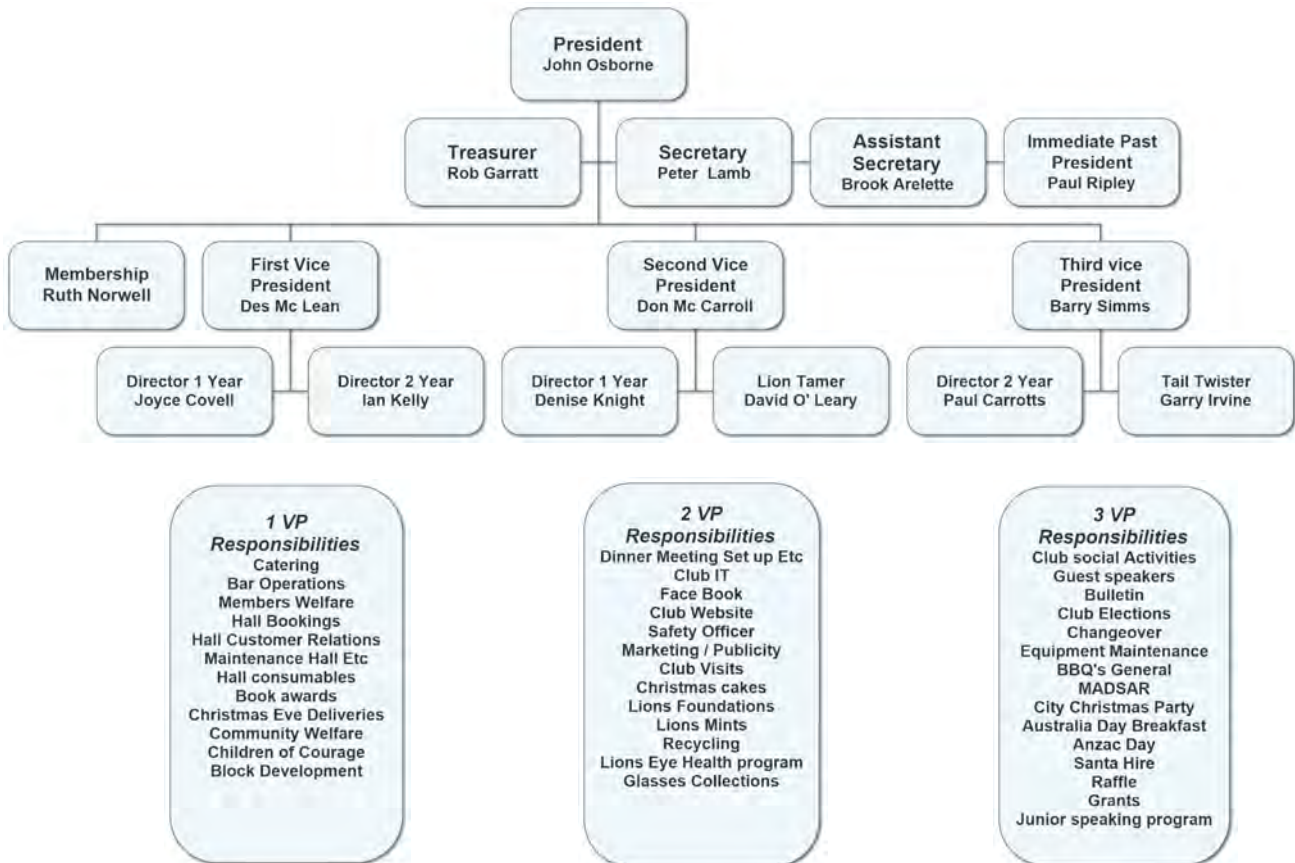
The Vice Presidents are settling into their roles and forming the various committees. Already the membership is working on two initiatives to gain more members. Santa Christmas deliveries has been reviewed with the possibility of streamlining the process.

Over the coming month we will be talking with the City of Mandurah regarding the Covid -19 requirements for the Australia Day Breakfast and the City Christmas party.

Remember to take time to enjoy being a Lion, sometimes we do extraordinary things.

President John Osborne

THE LIONS CLUB OF MANDURAH
BOARD OF DIRECTORS
2020 - 2021



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

**A BIG THANK YOU TO OUR FRONT LINE WORKERS,
WHEN NEEDED YOU ALL GO ABOVE AND BEYOND
DURING THE COVID-19 PANDEMIC.**

For your Diaries

EARLY NOTIFICATION

Due to COVID-19 it has been decided to postpone the W2 District Convention from October 2020 to March 2021. Members of W1 are also invited to join us.

Busselton Lions Club will be hosting the 2020 District Convention on the weekend

12TH - 14TH MARCH 2021.

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 world and to decide the future direction of the District.

Registration forms are available from our website. busselton.wa.lions.org.au

Accommodation is available at Abbey Beach Resort using promotional code LIONS2020.

LIONS CHILDREN OF COURAGE 2020/2021 LIONS DISTRICTS 201 W1 & W2

The Awards will be on the 20th March 2021

**Gary Holland Community Centre -
19 Kent Street Rockingham.**

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

CHILDREN OF COURAGE CATEGORIES

Special Needs

For children with special needs who have shown courage in the face of adversity and overcome obstacles or endeavoured to improve the quality of their own lives. May include children who are confined to wheelchairs, are sight, hearing or speech impaired, have had long period of medical condition and surgery'

Courageous Act or Deed (Hero)

For children who have acted bravely in an accident or life-threatening situation to assist in preventing further harm to other persons or property.

Outstanding Sporting Achievements

A child who has overcome personal hardship or disadvantage to achieve a high degree of sporting achievement as an individual or team member.

1ST VICE PRESIDENT'S REPORT

LION DES McLEAN MBE



Christmas Eve deliveries, We still need another four Santa Claus's. Contact PDG Garry Irvine if you can assist.

Lions Joyce Covill and Des Mclean visited Tyson at Fiona Stanley Hospital. He is recovering well after the operation and more visits are planned whilst he remains in hospital.

President John has recommended the Club start a Go-Fund Me program to assist Tyson and his family with his ongoing costs with his treatments and the possibly of obtaining car, provided we receive permission from the family.

Block Management committee under chairmanship of Graham Bateman, who will be continuing to negotiate with the City of Mandurah regarding the sea container.

Lion Des is also in charge of Working with Children certifications. Anyone who has not registered, see Lion Des for forms.



Left: Lion Des visited Tyson on the 16/7/2020. He seems to get brighter as time goes on and is seen here with the orthopaedic person, fitting him with a protective bucket. Despite all this he has still has that smile and is planning on going home soon.



2ND VICE PRESIDENT'S REPORT

LION DON McCARROLL



The collecting of **Spectacles** is going well, we have six Christmas Cake boxes full, ready to be sent. They have asked us not to do so at the moment, as they are rebuilding their factory.

Lions Mints will be starting to get back on the counters after the easing of the Covid-19 virus restrictions. Thanks to Lion Dick Ingle for organising these outlets.

Aluminium Cans Recycling - Even though, at the moment this has come to a halt, please keep on collecting Aluminium cans. We are organising, with the Containers for Cash Mandurah people to take our cans and bottles, for 10cents each, which hopefully will all be happening on the 1st October 2020.

Recycling Newspapers is going smoothly and will probably start to pick up more now that the virus is settling down and the restrictions are being lifted.

Recycling Day Come on down to the Den on the 1st Saturday of every month and have a chat with all your hard working members on the recycling project.

Christmas Cakes – **WANTED CHRISTMAS CAKE CHAIRMAN - We do need someone to handle the Christmas Cakes for this year, time is running out so please come forward.**

Lion Don McCarroll
2nd Vice President

LIONS Save-Sight Foundation

Lions Eye Building Phone: (08) 9381 0767
1st Floor 2 Verdun Street
Nedlands Western Australia 6009 Phone: (08) 9381 0767

I am asking for volunteers to assist with drink stations for the Perth Half Marathon to be held on Sunday 2nd August 2020. This will involve labour only on the day at various locations from Burswood, South Perth foreshore, Narrows Bridge, Swan Brewery and return.

Some drink stations are two way passes but some only one pass of runners. Everything will be supplied on the day apart from labour. What is required is labour to fill cups and hand over to the runners as they go past the drink stations. It will only involve a few hours on this great day and raises several thousand dollars which goes towards one

of our foundations, Lions Save Sight. Water stations need to be attended by 7.30am and race is over by 11am. Several clubs were involved in the last few years and good friendship is had on the day supporting a good cause. If any clubs or individuals can assist on the day can you please contact Paul Tomas on the below details with names and numbers from each club.

Paid parking receipts will be refunded from the Marathon Club once forwarded onto myself.

Paul Tomas (Lions Save Sight Director)
pajtomas@bigpond.com
Mob 0458 388 894

REMEMBRANCE CEREMONY 2020

It could not have been a better day to honour those Lions who passed away during the last twelve months. A slightly cloudy day, no wind or rain to dampen the event. Over the years the trees have grown and provide a peaceful setting. Mandurah Lions, PCC Ambrose Depiazzi, PDG Wally Barrett and Anne, PDG Garry Irvine, Graham Bateman and myself joined with about forty other Lions and families in paying our respects. President John

WE REMEMBER, Lion John Walker, who was a past member of our club.

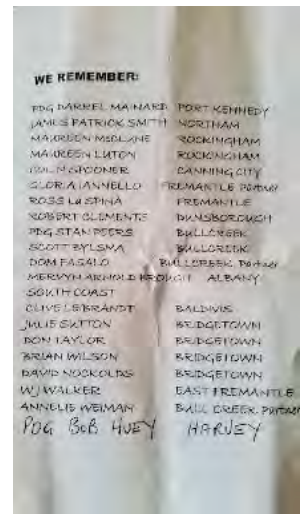
We also remember the many other Lions that passed away in 2020, many of these were well known by our members

Many thank's to Lions Lady, Anne Barrett for the Photos



Left: President John Osborne and PDG Wally Barrett remembering Lion John Walker.

Right: List of Lions that have passed away in the past year.



Left: PCC Ambrose Depiazzi, President John Osborne, Lion Graham Bateman, PDG Garry Irvine and PDG Wally Barrett.

Right: the plaque for Lion W, J, (John) Walker.



Left: President John Osborne with PCC Ambrose Depiazzi and PDG Wally Barrett.



Marg Sparkman

District 201W2 Lions Hearing Foundation Chairman

E: margs201w2@gmail.com Tel: 0419 937 966



Dear Club President & Members,

It is with pleasure that I accepted the position of District 201W2 Lions Hearing Foundation Chairperson on DG Dot's Cabinet for 2020-21.

My plan to fulfil my obligations is by keeping in touch with all clubs and members and keeping them up to date with our Hearing Foundation's work in the community and the ongoing projects. As with all our Foundations, we always need financial help from our clubs.

The Lions Hearing Foundation was formed in 1977 to serve as a charitable service orientated Lions Foundation in the State of Western Australia. Its objects are to work in the field of hearing conservation and to help the hearing impaired and deaf people, particularly those who could not otherwise afford what is required. We try to increase the public awareness of disorders of the ear and auditory system and encourage the improvement of services for hearing impaired people in general. With the mutual support and co-operation of the Ear Science Institute Australia (ESIA), we assist the expansion and development of audiological and medical services in respect of both treatment and prevention for hearing impaired persons at the Lions Hearing Clinics.

There are now 14 Lions Hearing Clinics spread throughout the state in the metropolitan and regional centres.

The supply of FM Systems to be used in Year 1 Primary Schools to help children with hearing problems is an ongoing project of the Foundation. We also collect used hearing aids to be used by the WA Hearing Bank for people who cannot afford to pay for aids.

The Hearing Dogs, situated in Hahndorf, South Australia, supply dogs for the hearing impaired. You will be kept up to date re this wonderful Lions project through our Hearing Dog, District Chairman Bob Halford.

The Hearing Foundation also finances the Lions Hearing Screening Bus which visits community events in Western Australia testing hearing free of charge. If you would like the screening bus to visit your area to carry out testings, please contact us on lionshf@gmail.com Lions Hearing Foundation of Western Australia (Inc.)

I am happy to attend your club or zone meetings to promote our Lions Hearing Foundation.

regards, Marg

lionshf@gmail.com Lions Hearing Foundation of Western Australia (Inc.)



3RD VICE PRESIDENT'S REPORT

LION BARRY SIMMS



BBQ's These activities have continued to be slow, due to the COVID-19 pandemic, however, we have been two confirmed BBQ's booked, one in August and one in September.

The first is a sausage sizzle on Sunday 9th August 2020, at Bunnings.

The second is a lunchtime sausage sizzle catering event, for Midway Community Care at Halls Head on Saturday 26th September, 2020, location is the Halls Head Community Sports Facility. 11.00am - 1.00pm. Require sausages, hamburgers & drinks for approximately 250 people. Midway to pay for BBQ.

Please keep an eye on your emails, as we will be requesting your participation in the running of these events. Every effort will be made to fit you into the task you requested but please be flexible as some tasks seem to be more popular than other.

The Halls Head Community Swap Meet appears to have stalled at the moment, watch this space for further developments as they come to hand.

From the Board Meeting Minutes

We now hold a 12 month temporary food stall permit from the MCC – only condition is we must advise the Council of all intentions to hold a BBQ. Thanks to Paul Ripley.

Christmas Raffle – proposal to conduct raffle with hampers as prizes.

Guest Speaker – Midway Community Care have offered a guest speaker.

Junior Public Speaking

The aim of the Junior Public Speaking Project is to give students in Primary Schools the chance to develop their ability to speak in public.

Why Encourage Public Speaking?

- ¥ Self Confidence
- ¥ Increased ability to communicate to a wider audience
- ¥ Encourages people to think more widely on a range of issues
- ¥ Prepares students for future roles which include speaking to an audience.

Why Primary School Students?

- ¥ Young students have an abundance of enthusiasm and self – confidence. This program aims to build on this base before they reach the teenage years.
- ¥ All young students need to build such skills in an environment, which encourages them to participate.

What Skills do Students Develop

- ¥ Research –Students learn to look for information from a number of sources.
- ¥ Knowledge and understanding of issues.
- ¥ Ability to organise their thoughts and feelings
- ¥ Confidently express opinions in plain English

MEMBERSHIP CHAIRPERSON

Lion Ruth Norwell



After our Awards Night and the issuing of Service Tabs for May, June and July we are now, finally up to date and with the Covid-19 restrictions gradually being relaxed, we will hopefully get back into a bit of normality. Thanks to all Lions and their partners who attended the Awards night, I'm sure everyone that attended enjoyed themselves..



Above: Years of Service Tabs were presented to:

MARCH

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

APRIL

- Lion John Osborne* 39 years
- Lion Gordon Nunn* 11 years
- Lion Dianne Mew* 10 years

These service tabs were presented at our dinner meeting on the 14th July, 2020

July Birthdays

- Don McCarroll* 2/07
- Lion Graham Bateman* 10/07
- PDG Garry Irvine* 20/07
- Lion Bob Aurisch* 22/07
- Lion Rob Garrett* 25/07



HAPPY BIRTHDAY

The Lions Club of Mandurah



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 treated or filtered. It contains **POLLENS** and **PROPOLIS**. The honey will appear grainy just how it should be **RAW**
bgshoney2@gmail.com

LIONS CLUB OF MANDURAH

Awards / Presentation night was held on the 28th July, 2020 at the MOFSC

Last month we had our Changeover via Zoom and although it was successful in the installation of our new Board, it was fairly flat as there was no social interaction. So a great night was had by forty one Lions, Lions partners and Guests who attended our Club Awards, Presentation night or, as IPP Paul Ripley puts it, our "Changeover Part Two". Our special guests for the evening was 201W2 District Governor Dot Jacobs, Cabinet Treasurer Amanda Cornell and her partner Simon.

IPP Paul made presentations of flowers as a big thank you to the Treasurer and VP's partners, Margaret McLean, Lion Vicki Arelette, Roz Osborne, Vicki Garratt and also presented flowers to the "Barbie Girls" Lions Denice Knight BBQ's and Bulletin), Helen Lamb (BBQ's and organising our Club meetings), Joyce Covell (BBQ's and school book awards) and Wendy Ripley (BBQ's and club Secretary) .

Tie Pins and flowers were also presented to Lions Dick Ingle (Mints) and wife Jenny, Don McCarroll (Spectacles) and wife Val, Des McLean (always a helping hand when required) and wife Margaret, Dave Knight (BBQ's), PDG Peter Lamb (organising the BBQ's) and Lion Rob Garratt for his work as Treasurer and the many other activities he does around the club.

Membership Chairman Lion Ruth Norwell then presented Years of service Tabs to eligible Lions, (see list below).

A special presentation was then made by PCC Ambrose Depiazzi to PDG Garry Irvine for fifty years of Lions service. PCC Ambrose informed those present about PDG Garry's extensive and distinguished Lions career that has spanned over fifty years and at most levels of the Lions Organisation, he then proceeded in presenting PDG Garry with his fifty year Chevron certificate, Chevron pin and a congratulatory letter from our International President.

TABS PRESENTED

MAY

Lion Graham Bateman 29 years

JUNE

PDG Garry Irvine 50 year + chevron

PCC Ian Kelly 47 years

Lion Brooke Arelette 3 Years

JULY

PCC Ambrose Depiazzi 49 years

Lion Graham Madigan 47 years

Lion Des McLean 10 years

Lion Evelyn Kelly 29 years

Lion Paul Carrotts 42 years

IPP Paul Ripley presented Lion Dave Knight with his Presidents Appreciation award and thanked him for his work that he does with collating and publishing the Club Bulletin.

IPP Paul Ripley also thanked and presented Lion Rob Garratt with our "Lion of the Year" award. Lion Rob has done multiple jobs other than his great job as Treasurer, he has also organised a keyless entry to the hall thereby eliminating the cost of replacing lost keys.

Re-wired the two new batteries in the Equipment Trailer to keep the Engel Fridges running.

Set up EFTPOS payments for the BBQs and other projects.

Overhauled the Treasurer's Accounting System.

Organised a new Verge Sign for the Club which has brought in more recycling items and new Hall Hire Users.

Looked after the accounting for Christmas Cakes Project.

And finally, Rob set up the Zoom Meetings which enabled the club to communicate during the worst of the Covid-19 Pandemic.

Lion Rob Garratt was then, also presented with the 201W2 District "Treasurer of the Year" award from Cabinet Treasurer Lion Amanda Cornell who was introduced to club members by District Governor Dot Jacobs, Amanda then spoke very highly about Robs work as our Club Treasurer where he has overhauled the Accounting system, many of Robs ideas have been welcomed and some have been instigated at District level.



Left: PCC Ambrose Depiazzi presents PDG Garry Irvine with his 50 Year Chevron, pin and letter from our International President. for his dedicated fifty years of service to Lions.



Right: President Paul presents his Appreciation Award to Lion Dave Knight for his work with the Club Bulletin for 2019/20



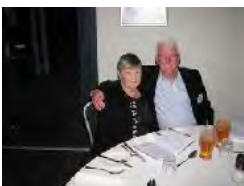
WELL DONE LION ROB GARRATT

**DISTRICT 201W2 "TREASURER OF THE YEAR"
LIONS CLUB OF MANDURAH "LION OF THE YEAR"**



Above left: Lion Rob Garratt being presented with District 201W2 Treasurer of the year award from 201W2 Cabinet Treasurer Amanda Cornell

Above Right: Immediate Past President Paul Ripley presents "Lion of The Year" award to Lion Rob Garratt



Above 201W2 District Governor Dot Jacobs and Cabinet Treasurer Amanda Cornell



**SOME HAPPY FACES
ENJOYING OUR AWARDS NIGHT**



LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
AUGUST	1/08/20	Recycling Saturday
	4/08/20	Board Meeting
	9/08/20	BBQ Bunnings Greenfields
	11/08/20	Dinner Meeting
	26/08/20	Dinner Meeting
SEPTEMBER	1/09/20	Board Meeting
	5/09/20	Recycling Saturday
	8/09/20	Dinner Meeting
	22/09/20	Dinner Meeting
	26/09/20	Midway Community Care BBQ
OCTOBER	3/10/20	Recycling Saturday
	6/10/20	Board Meeting
	13/10/20	Dinner Meeting
	27/10/20	Dinner Meeting



THE KELLY GANG ARE HOLIDAYING IN KALBARRI

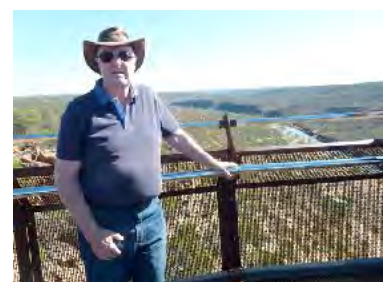
Some pictures taken by the Kelly's, of the Skywalk at Kalbarri. The new facilities are first class, not only at the Skywalk site but also throughout the entire area. The whole town has had a complete upgrade that benefited all tourist sites.



Having a pleasant time, back soon



Right PCC Ian "Crocodile" Kelly enjoying the sights at the Skywalk at Kalbarri



Have a Laugh

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat!"

A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"



MESSAGE FROM IPP PAUL RIPLEY who is our COVID-19 Safety Officer

The clubrooms are set up under the COVID-19 Phase 4 rules, i.e. a 2 square meterage per person with a 1.5 metre social distance apart and sanitisation on a regular basis.

There are laminated posters displayed on the walls which explain all about the coronavirus. They state what must be done to maintain cleanliness and safety, for all people using the hall.

We have hand sanitisers fixed at both entrances to the den, and ultra-wipes that are COVID-19 standard approved, have been placed in the kitchen, outside the entrance doors and in both sets of toilets.

All users of the hall have a set of instructions on how to clean the hall, with at least one person in their group having done the online AHA COVID-19 course and have a certificate of proof.

I have seen all groups that have used the hall so far to see if they understand everything about the instructions

During the Meetings, when using the microphone, it is necessary to continually cover it with plastic and it has to be changed after each speaker who has used the microphone.

Communal food offerings and shared cutlery are not permitted.

All members should be reminded not to attend face to face meetings if they are unwell or have been in contact with someone who has COVID-19.

These restrictions will be subject to change when Phase 5 rules come into play



Department of Health coronavirus (COVID-19) health information line.

Open 24 hours a day, 7 days a week.

Call 1800 020 080 if you are seeking information on the coronavirus

COVIDSafe Have you downloaded the App?

Professor David Mackey is a leading research scientist at the Lions Eye Institute.

Blindness: Converting the Vaccine-Hesitant

In 2019, the World Health Organisation listed vaccine hesitancy as one of 10 threats to global health. Vaccine hesitancy is the reluctance or refusal to be vaccinated despite the availability of vaccines. This countermands progress made in tackling vaccine preventable diseases. Many people are unaware of the severe impact of these diseases, in particular the burden of blindness.

Among the infections prevented by vaccines listed in the Australian Standard Vaccination Schedule, Haemophilus influenza type B (HiB) disease, measles, rubella, meningococcal meningitis, chickenpox and shingles all have potential blinding complications and are preventable.

Rubella

Sydney-based ophthalmologist, Norman Gregg, discovered that congenital eye abnormalities were associated with rubella. In 1941, he saw 68 children with cataract following maternal rubella. A follow-up study by Charles Swan in South Australia identified 31 children with congenital abnormalities born to mothers who contracted rubella during pregnancy.

The 1964-1965 rubella epidemic in the US resulted in 12.5 million cases, with 11,250 abortions, 2,100 neonatal deaths, and 20,000 cases of congenital rubella syndrome. Of these children, 11,600 were deaf, 3,580 were blind and 1800 were intellectually disabled. The rubella vaccine was released in 1969 and introduced in Australia in February 1971. A 25-year audit of childhood cataracts conducted in Melbourne in 2002 linked all nine cases of congenital rubella originating from mothers born overseas in countries where vaccination was not routine. Since 2002, there have been no cases of congenital cataract caused by rubella. In 2018, Australia was declared free of rubella, which means that there is no ongoing local transmission of rubella within the population. Unvaccinated pregnant women may still be exposed to rubella, however, especially when travelling overseas.

Measles

One in 20 children with measles contracts pneumonia, one in 1000 develops encephalitis, and up to two in 1,000 do not survive. In 2018, the WHO reported 140,000 measles deaths globally, primarily children under 5 years of age. Overall, measles causes up to 60,000 cases of blindness per year globally.

Measles also causes retinopathy and optic neuritis that may lead to permanent vision loss.

During 2000-2018, measles vaccination prevented an estimated 23.2 million deaths worldwide.

Conclusion

As outlined in a recent review in Nature: "Immunisation is one of the best investments in health and should remain a priority for research, industry, public health and society."

The burden of vaccine-preventable diseases has been forgotten by younger generations, who have never seen these diseases acutely let alone the devastating complications causing blindness or death.

When ophthalmologists and optometrists encounter vaccine-hesitant families, they should emphasise to them that although their children may escape direct illness through relying on herd immunity, failing to have their daughters vaccinated places future grandchildren at risk of congenital rubella.

Our BBQ's, are commencing again, so please take some time to read these important Food Handling Standards....



Sausage sizzles and barbecues

Sausage sizzles and barbecues are a popular way to raise money for charities and community organisations. They are often held outdoors to take advantage of Australia's good weather and open spaces.

Provided you take some simple food safety precautions and sell freshly cooked food straight from the barbecue, the food should be safe.

Preparing and cooking food safely

Take the following precautions at sausage sizzles and barbecues to ensure that food is safe.

- Finish preparing raw meat before leaving for the site such as slicing, marinating or skewering.
- Pack raw meat into insulated boxes with ice bricks for transportation.
- Handle food with tongs or other equipment. Use separate equipment to handle raw and cooked meats.
- Hands should not be used unless absolutely necessary, and then hand washing facilities must be available.
- Hands must be washed after handling raw meats.
- Keep cooked meat and salads separate from raw meat at all times to prevent contamination.
- Cover food to protect it from contamination.
- Use clean and dry utensils for serving the food **never** place cooked meat back on the trays that held the raw meat.
- Cook chicken, sausages and hamburgers until juices run clear - steaks can be cooked to preference.
- Throw left-over food away unless refrigeration equipment is available to rapidly cool the food.

Disposable utensils

Wherever possible, single-use (disposable) utensils such as knives, forks, plates and cups should be used and thrown away after use. These items should be kept covered until required and should be handled carefully to minimise any risk of contamination. Re-useable items such as mugs should not be used unless there are facilities available on-site to wash and sanitise them, or there are enough items for the duration of the event.

Water

If water is needed for hand washing or for washing up, a supply adequate to last the event must be provided. The water must be of drinkable quality. If using containers to transport water to the event, make sure that they are clean and have not been used to store chemicals. If you do not have access to hot water for washing up, make sure that you take enough utensils so that you can use separate utensils for the raw and the cooked food at the event.

Hand Washing Facilities

Unless a written exemption has been obtained from your local council or health authority, food handlers must wash their hands with warm running water. An exemption is only likely to be issued where enough water is not available for hand washing. In such circumstances the local council or health authority may permit the use of alternatives such as cleaning creams or gels, or sanitising wipes.

If you have access to water, you should set up a temporary hand washing facility that provides running water. You can do this by using a large water container with a tap at its base. Another container, such as a bucket, should collect the wastewater, to keep the site dry and clean.

A supply of soap and paper towels must be provided at the hand washing facility so that hand washing can be undertaken properly. Supply a bin for used towels. This helps to keep the site tidy and prevents contamination from used towels.

Health and hygiene for food handlers

The Food Safety Standards contain requirements that apply only to food handlers. These requirements relate to health and hygiene and have been included to ensure that food handlers take steps to avoid

contaminating food. A food handler is anyone who handles food or items that may come into contact with food, such as eating and drinking utensils. All food handlers are legally obliged to comply with the health and hygiene requirements set out in the Food Safety Standards.

Food businesses must inform all food handlers of their health and hygiene obligations under the Food Safety Standards. To help food businesses comply with the requirement, a copy of the health and hygiene requirements has been included as part of this fact sheet. You could ask all food handlers to sign a form, to say that they have received this fact sheet and the attached requirements. This is a good way of keeping checks on who has been advised. It also provides evidence that this requirement has been fulfilled. You may want to delegate this responsibility to one person in your organisation so that a consistent approach is taken and no volunteers are missed.

Health requirements

If you are ill or have an infection you can easily transfer harmful bacteria or viruses to food. Do not handle food if:

you are ill with vomiting, diarrhoea, fever or sore throat with fever; or
your doctor has diagnosed that you have or carry a food borne illness.

If you have volunteered for an event and then become ill with any of the above symptoms, let the event organiser know that you can no longer work. This is very important, no matter how short-staffed the event may be. Food handlers who are ill can easily make food unsafe. Not only is it against the law, it is not worth the risk.

If you start to feel unwell while you are at an event, stop handling food and let the event organiser know immediately.

If you have:

infected sores on your hands, arm or face; or any discharges from your ear, nose or eyes (such as a cold)
you can continue to handle food provided you take extra precautions to prevent food being contaminated. For example, cover the skin sore or take medication to dry up the discharge.

Hygiene requirements

General hygiene

Each food handler must take all precautions to ensure that food or surfaces that come in contact with food are not contaminated by his or her body or anything he or she is wearing. This includes hair, saliva, mucus, sweat, blood, fingernails, clothes, jewellery or bandages.

You are required to:

avoid handling ready-to-eat food such as salads and cooked food use tongs or other implements instead;
wear clean outer clothing;

make sure bandages and dressings on exposed parts of your body (such as the hands, arms or face) are covered with waterproof coverings;

not eat over uncovered food or equipment and utensils;

not sneeze, blow or cough over uncovered food or equipment and utensils; and

not spit, smoke or chew tobacco where food is handled

Hand Washing

The most important measure to protect food from contamination is proper hand washing because clean and dry hands limit the transfer of harmful organisms to food. The Food Safety Standards require food handlers to wash their hands whenever hands are likely to be a source of contamination of food, including:

before handling food;

between handling raw food and food that is ready to eat, such as cooked food and salads;

after using the toilet;

after smoking, coughing, sneezing, blowing the nose, eating or drinking;

after touching hair, scalp, mouth, nose or ear canal; and

after handling rubbish and other waste.

There are five steps that should be followed when washing hands. These are:

wet hands under warm running water;

soap hands, lathering well;

rub thoroughly, including the wrists and between the fingers;

rinse in clean water; and dry thoroughly on paper towel, leaving no moisture on the han

Requirements for Food Handlers

General requirement

A food handler must take all reasonable measures not to handle food or surfaces likely to come into contact with food in a way that is likely to compromise the safety and suitability of food.

Health of food handlers

(1) A food handler who has a symptom that indicates the handler may be suffering from a food-borne disease, or knows he or she is suffering from a food-borne disease, or is a carrier of a food-borne disease, must, if at work:

- (a) report that he or she is or may be suffering from the disease, or knows that he or she is carrying the disease, to his or her supervisor, as the case may be;
- (b) not engage in any handling of food where there is a reasonable likelihood of food contamination as a result of the disease; and
- (c) if continuing to engage in other work on the food premises - take all practicable measures to prevent food from being contaminated as a result of the disease.

(2) A food handler who suffers from a condition must, if at work:

- (a) if there is a reasonable likelihood of food contamination as a result of suffering the condition - report that he or she is suffering from the condition to his or her supervisor; and (b) if continuing to engage in the handling of food or other work - take all practicable measures to prevent food being contaminated as a result of the condition.

(3) A food handler must notify his or her supervisor if the food handler knows or suspects that he or she may have contaminated food whilst handling food.

Hygiene of food handlers

(1) A food handler must, when engaging in any food handling operation:

- (a) take all practicable measures to ensure his or her body, anything from his or her body, and anything he or she is wearing does not contaminate food or surfaces likely to come into contact with food;
- (b) take all practicable measures to prevent unnecessary contact with ready-to-eat food;
- (c) ensure, outer clothing is of a level of cleanliness that is appropriate for the handling of food that is being conducted.
- (d) only use on exposed parts of his or her body bandages and dressings that are completely covered with a waterproofed covering;
- (e) not eat over unprotected food or surfaces likely to come into contact with food;
- (f) not sneeze, blow or cough over unprotected food or surfaces likely to come into contact with food;
- (g) not spit, smoke or use tobacco or similar preparations in areas in which food is handled; and
- (h) not urinate or defecate except in a toilet.

(2) A food handler must wash his or her hands in accordance with sub clause (4):

- (a) whenever, his or her hands are likely to be a source of contamination of food; (b) immediately before working with ready-to-eat food after handling raw food; and (c) immediately after using the toilet.

(3) A food handler must, when engaging in a food handling operation that involves unprotected food or surfaces likely to come into contact with food, wash his or her hands in accordance with subclause (4):

- (a) before commencing or re-commencing handling food;
- (b) immediately after smoking, coughing, sneezing, using a handkerchief or disposable tissue, eating, drinking or using tobacco or similar substances; and
- (c) after touching his or her hair, scalp or a body opening.

(4) A food handler must, whenever washing his or her hands:

- (a) use the hand washing facilities provided;
- (b) thoroughly clean his or her hands using soap or other effective means, and warm running water; and
- (c) thoroughly dry his or her hands on a single use towel or in another way that is not likely to transfer pathogenic micro-organisms to the hands.

(5) A food handler who handles food at temporary food premises does not have to clean his or her hands with warm running water, or comply with paragraph (4)(c), if the appropriate enforcement agency has provided the food business operating from the temporary food premises with approval in writing for this purpose.

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



**“The strongest people are, not those that show strength in front of us,
But those that wins battles we know nothing about”**

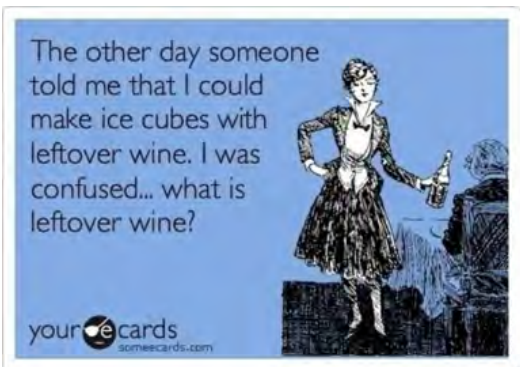


Have you asked the question



**I am up to page number 100
only got another 1,173 to go.**

**Thanks Paul, at least my
“War and Peace” is a little bit
easier to read**





Objective:

The aims of the Lions Australia Diabetes Foundation are

- to fund research into the causes and treatment of diabetes
- to raise awareness and provide education to the end that there may be improved care for people who have diabetes or are at risk of developing diabetes

Total grants made by the Foundation since its inception up to June 2019 has been over \$862,000

Background:

- The Lions District 201N3 Diabetes Foundation was set up in 1993 as a result of a resolution of the Lions District 201N3 Convention in 1992. It was initially funded by funds leftover from the finalisation of the 1989 Newcastle Earth-quake Disaster Appeal. The Foundation's name was changed in 2019 to recognise the support that the Foundation receives from Lions, Lioness and Leo clubs throughout Australia.
- The Foundation is governed by elected Trustees.

Gifts to the Foundation are tax deductible.

Research Projects:

In 2019 the Foundation has funded a research projects being carried out under the Hunter Medical Research Institute (HMRI) to the value of \$26,250 and also provided \$40,000 to research being carried out by the Australian Foundation for Diabetes Research AFDR) , which was matched by a grant of another \$40,000 by the National Stem Cell Foundation of Australia (NSCFA).

Trustees & Management Committee

Three trustees are elected by the District Convention to serve 3 year terms (one elected each year). The Trust Deed also provides for the appointment of a Committee of Management.

- The Trustees of the Foundation are PDG Ted Hyham (Chairman), Lions Jim Cowburn & Stephen Box.
- The Trustees have appointed Lions Max Holmes, Lyle Constable, Geoffrey Boyton and PDG Noelene Heggart to be members of the Committee of Management.
- The Honorary Secretary of the Foundation is Lion Stephen Box.

Funding sources

The Foundation receives income from investments. Donations are also received from individual Lions, Lioness and Leo Clubs throughout Australia.

The income of the Foundation is exempt from income tax. The Foundation is registered as a Deductible Gift Recipient and is registered for GST. The Foundation is also exempt from NSW Stamp Duty.

The net assets of the Foundation at end June 2019 were \$856,000. A copy of the latest Annual report and financial statements is available for inspection by contacting the Secretary at PO Box 455 Mayfield NSW 2304.

John Hayes Honour Award

The Foundation has established the John Hayes Honour Award scheme, which enables Lions Clubs to honour worthy individuals by making a donation of \$1,000 or more to the Foundation. The recipient of the award receives a handsome plaque, which is forwarded to the club secretary for presentation. The donation may be made over 2 successive years. The award is named after PDG Lion John Hayes OAM, whose vision inspired the creation of the Foundation in 1993 and

who served as chairman of the Foundation from April 1993 to April 2014. He continued as a member of the Committee of Management until his passing 29 April 2019. John was District Governor of District 201N3 in 1989-1990, during which time the "Newcastle Earthquake" occurred. John led the Lions' contribution to the alleviation of distress caused by the 'quake, and the Foundation arose from the funds left over from the Lions Earthquake Appeal.

Formerly known as the Lions District 201N3 Diabetes Foundation, the Foundation was constituted by a resolution of the 1992 District 201N3 Convention, with the Foundation governed by a Trust Deed.

The principal aims of the Foundation are to fund research into the causes and treatment of diabetes and to raise awareness and provide education to the end that there may be improved care and support for people who have diabetes or are at risk of developing diabetes.

There are three Trustees, each of whom is elected for a three year term by the 201N3 District Convention. There is also a Management Committee of four other Lions appointed by the trustees.

All Trustees and members of the Committee of Management serve in an honorary capacity. Lions, Lioness and Leos clubs from every District in Australia have generously supported the Foundation.

The trustees welcome applications from all clubs in Australia to provide grants in furtherance of the Foundations' aims.

Diabetes is becoming more prevalent in the community. Whether because of better diagnoses or because of our lifestyle, it is a growing problem that can affect children as well as adults of any age.

Lions International has adopted Diabetes as one of the 5 key focus areas. It is hoped that with help from the world wide Lions organisation improvement in control and treatment will be found.

A person is diagnosed with Diabetes every 5 minutes.

Symptoms can be one or any combination of those listed below.

- Being excessively thirsty
- Passing more urine than you have before..
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts and sores that heal slowly
- Blurred vision
- Itching skin infections
- Unexplained weight loss
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps

If any of these symptoms occur, please see a doctor and, through a simple test, the condition can be diagnosed.

Please be aware that symptoms may not be obvious, and it would be advisable to have a regular check up with your doctor after the age of 45.

If undiagnosed can cause heart attacks, vision problems even blindness, kidney disease, foot ulcers and limb amputations.

Type 1 Diabetes represents 10% to 15% of all cases of Diabetes in Australia.

Type 1 usually develops in childhood or young adulthood although it can occur at any age.

The exact cause of Type 1 is not yet known but we know it has nothing to do with lifestyle, although maintaining a healthy lifestyle is very important in helping to manage Type 1.

Type 2 Diabetes

Type 2 Diabetes represents 85% to 90% of all cases of Diabetes in Australia.

Type 2 Diabetes is a chronic condition that occurs when the pancreas does not produce enough insulin to meet the body's needs.

- It is more likely to develop in people with a family history of Type 2 or from particular ethnic backgrounds.

- Usually develops in adults over the age of 40 years but is increasingly occurring in younger age groups.

- The complications from diabetes could be prevented or delayed by early detection and management.

Type 2 Diabetes is usually a progressive disease. Most people will need to take oral medication or insulin injections. This is in addition to making lifestyle changes, such as following a healthy eating plan, doing regular physical activity and having regular health checks.

Gestational Diabetes

Gestational Diabetes is a form of diabetes that occurs in women during pregnancy.

About 12-14% of pregnant women will develop gestational diabetes, usually around the 24th to 28th week of pregnancy.

Most women will no longer have diabetes after the baby is born. However, some women will continue to have high glucose levels after delivery.

But speak to your medical professional regarding this.

As with any type of Diabetes healthy eating & exercise can help to control diabetes.

Eat Healthy

Try to eat foods with reduced salt, fat and sugar.

Read the food ingredients panel on packaging. Use the 100g column and choose foods with 10g per 100g in fat and sugar and less than 120mg per 100g in sodium.

Regular Physical Activity

- Brisk Walking • Swimming • Golf (no cart) • Lawn Bowls • Washing Car • Walking Dog • Yard and Garden work • Dancing

- Even Mopping and Vacuuming.

Flexibility Activities

- Tai Chi • Lawn Bowls • Yoga • Dancing • Gardening • Stretching exercises.

Not Smoking

All the above are beneficial for Non Diabetics as well as Diabetics and all would benefit from not smoking and reducing alcohol intake.

DON'T find an excuse NOT to do it. You have the best reason to do it – YOUR HEALTH!

“280 people develop diabetes every day across the country and around 1.7 million

Australians currently have the disease. It can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. However, early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications.”

“Lions across Australia are committed to doing what we can to raise awareness and increase education around diabetes. Whether affected by diabetes or not we encourage people to come along to our “Lap the Map events. It will be a great day out and a wonderful opportunity to meet with others in your community and increase awareness of this terrible disease,” says Pat.

“We also encourage attendees to post photos or videos participating in walks and use the hashtag #Lionslapthemap” to help raise awareness of our combined relay for diabetes awareness across Australia,” adds Pat.

Lions Clubs will be engaging with local groups and experts to provide information on diabetes at the events.

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications and in recent years Lions Clubs across Australia have been focused on raising awareness and funds to support more vital research into the diagnoses and treatment.

Australia's largest service organisation is on a mission to reduce prevalence of Diabetes

Across Australia over 1.3 million people have diabetes and 283 people are diagnosed every day. Lions Clubs are encouraging those in their community to stay active particularly through the COVID-19 health pandemic.

Lions volunteers are putting their walking shoes on and are aiming to have a combined distance travelled that will exceed Australia's circumference (25,760 kms) by World Diabetes Day on 14th November 2020.

It's National Diabetes Week and Lions Clubs across Australia are on a mission to reduce the prevalence of diabetes and improve the quality of life for those diagnosed.

Diabetes has been named one of the Lion's 5 key focus areas and the organisation is encouraging those in their community to stay active particularly through the COVID-19 health pandemic.

Lions volunteers across the country are putting their walking shoes on and are aiming to have a combined distance travelled that will exceed Australia's circumference (25,760 kms) by World Diabetes Day on 14th November.

The 'Lions Lap the Map' family friendly walks and campaigns in the community will encourage people to get outside and have a walk to promote healthy lifestyle and raise awareness of the Diabetes epidemic in Australia.

"Across Australia 1.3 million people have been diagnosed with Diabetes and 283 people are diagnosed every day," says Lions Australia National Diabetes Coordinator Pat Mills.

"The disease can lead to serious health issues affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. In most high-income countries, Diabetes is a leading cause of cardiovascular disease, blindness, kidney failure, and lower limb amputation. It's expected to affect 629 million adults by 2045," says Pat.

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications and in recent years Lions Clubs across Australia have been focused on raising awareness and funds to support more vital research into the diagnoses and treatment.

"Over 130 events were held across the country last year as part of the inaugural 'Lions Lap the Map'. 134 Lions Clubs, 2 Leo Clubs and 3 Lioness Clubs participated with over 3000 Australians attending the Lap the Map walks. A total of 14,705 kms were logged by Lions Clubs. This year we are on a mission to crack the 26,000 kms. Although right now fundraising and community events may be difficult, it's more important than ever for Australians to stay active and healthy," adds Pat Mills.

With over 1.4 million members, Lions is the largest service organisation in the world. Since the first club was formed in Australia 70 years ago Lions has grown dramatically in size and impact with over 1300 Lions Clubs now in Australia giving back to the community.

In addition to the thousands of community service and support projects across Australia each year, Lions support a range of other major research projects and support programs including medical research, environment work and emergency disaster relief. Some Lions foundations include Australian Lions Childhood Cancer Research Foundation, Australian Lions Children's Mobility Foundation, Lions Eye Health Program, Lions Hearing Dogs, Australian Lions Drug Awareness Foundation.



**LEHP-Australia
Lions Eye Health Program**



MEDIA RELEASE

'Fly a Kite for Sight'

The health pandemic has seen many Australians social distancing at home in recent months which could be doing damage to our eyesight.

Lions volunteers and the Lions Eye Health Program (LEHP) are reminding Australians that a little sunshine each day promotes good eye health and helps reduce the onset of near sightedness, particularly in children.

In response to the increase in Myopia (near sightedness), especially in children, LEHP has launched a new campaign which will be rolling out in communities across Australia in coming months.

Lions Clubs will be encouraging members of the community to get outside and "Fly a Kite for Sight". People will be encouraged to submit a photo or video as part of a national competition and campaign.

Myopia, or near sightedness, is a common vision problem where children see very well when reading, writing, or using electronic devices but distant objects are blurred. Evidence shows that sunlight has special properties beneficial to vision health. Specifically, exposure to sunshine helps reduce the risk of developing near sightedness. This is of significant concern as Myopia is also associated with retinal detachment, glaucoma, cataracts, and myopic maculopathy.

"Flying a kite outdoors is a simple, low cost and effective method to help prevent myopia onset. We encourage Australians to get outside to an open area with your family and fly a kite. Overcome the increase in time spent on electronic devices by getting out in the sun," says Rodney Jackson, Optometrist and Technical Advisor to LEHP.

"Do it in the morning to avoid exposure to UV light, do it with your family, do it while following social distancing and have fun," adds Jackson

A sample kite template with construction instructions has been produced by LEHP and can be downloaded from www.lehp.org.au or you can design and build your own.

LEHP will be asking Lions Clubs and individuals to take photos and videos of kite flying and send them to the LEHP National Office by 15th September 2020. They will be used in the lead up and during World Health Day 8th October 2020

There will be prizes for

- 1) Best Designed Kite
- 2) Best Photo
- 3) Best Video.

For further information contact - Marketing and PR Chairman Shirley Higman
s.higman@dcsi.net.au 0411 231 650 or

LEHP National Program Manager Leah Evans enquiries@lehp.org.au 1800 010 234

Fishing at Port Hedland in the 70's (True Story) DaveK Who Caught the Cat?

Frank and myself arrived back at our Athol Street duplex where we lived in Port Hedland and after a great days fishing we had about eight nice sized Threadfin Salmon in the esky. The first job we had to do once we arrived back home, was to take all the gear out of the boat and placed it all onto the front verandah of Franks duplex. We then proceed with the job of cleaning the boat, washing it from top to bottom, ready for the next fishing trip. After we had finished the cleaning of the boat and motor and because it was a typical hot day in Port Hedland, we took time out, before we started the chore of cleaning the fish, to have a nice cold beer and reflect on another successful days fishing. All was quiet and we were enjoying the moment, sipping our beers, when all hell broke loose with the drag on one of the reels going off, a noise you would love to hear when you are out on the ocean fishing, but not when you are sitting at home, sucking on a cold tinny.

It took a few moments to work what was happening with Khan, Franks siamese cat, disappearing over the front verandah and under the duplex, with the hook from one of the rods tucked neatly in the corner of its mouth. He was not very happy and had a whine going which would rival any police siren. Frank started with the curses wanting to know who the stupid idiot was, that left their bait on the hook, always looking straight me, but he didn't insist on carrying out investigation at this particular time, as by now, the cat was half way under the house traveling at around 100 Kms per hour.

We both took off around to the back of the duplex in the direction the cat was traveling only to see the cats backside disappearing through the back door. By this time, the cat was traveling through the duplex and started to slow down after Frank who was shouting orders, tighten the drag on the reel, "Get a towel, shut the door", he was yelling thinking all the time about who left their bait on the hook. With the women scattering in all directions the cat started to slow down as it arrived back at the front door, panting heavily and not in a good mood. A towel was wrapped around the struggling cat to contain the sharp claws that the cat wanted to inflicted grievous bodily harm on us and also dodging the teeth which wanted to do likewise, Frank finally removed the hook, after a battle and the cat then took off to find a place to hide and lick his wounds.

After the dust had settled and things returned to a bit of normality, we got back to our beers and started to clean the fish. But who caught the cat, well low and behold on investigation it was found that it was the line and hook on Franks rod was the culprit and according to Frank it had my bait on it, some days you just can't win.

THREADFIN SALMON



The thread fin salmon is a highly prized northern creek species that has gained the reputation of an out standing sport fish with great eating qualities, which I can vouch for. They are also referred to as giant thread fin due to their large size, can grow to over a metre in length. Its fantastic golden colouration and prominently large whiskers give the thread fin a very unique appearance making them one of the most highly sought after northern creek species available.

Threadfin salmon can be encountered in W.A. waters from as far south as Port Hedland right up through the magnificent Kimberley region and also throughout northern Queensland and the Northern Territory