

February

BULLETIN



We Serve

PRESIDENT John Osborne

SECRETARY Peter Lamb

secretary@mandurahlionsclub.info

TREASURER Rob Garratt

Clubrooms (08)95813122

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



As you read this report, I hope you have given some thought to accepting a nomination for a position on the board for the coming year. The nomination meeting is to be held on the first meeting in February. The election is to be held on the first meeting in March.

Barry Mitting has accepted the task of maintaining our social media presence. He along with Vikki Arelette have administrator roles on the clubs Facebook page. Barry will be developing our presence in the social media area and I look forward to his ideas on achieving this.

An area of club development I would like to see explored is the concept of expanding our "Friends of Lions". This I see as additional to gaining new members to our club. Recent trips to the Margaret River and Dunsborough club showed me what can be achieved where volunteers are enlisted to help with the running of projects. I believe that there are many people who are willing to help physically in projects but are not prepared to commit to being an active member of the club. Social media may be utilised to seek out interested people. To keep these volunteers involved I suggest that they receive a copy of the bulletin each month and are included in any activity roster sent out.

VP Barry Simms is currently talking with the Falcon Lions club with the idea that the Falcon Club picks up the BBQ only dates that our club is rostered for. We will still retain the BBQ when we are rostered to running the day. We are committed to 10 of those days in the coming year.

The 50th Anniversary Committee is now working towards the 12th of June celebration. This of course is a significant milestone in the Club's history and will be celebrated at a formal dinner. All members will be encouraged to attend this event. Also, in the month of June the club has its Changeover meeting. Shortly a committee will be formed to plan this event. Your suggestions as to how we conduct this event this year would be appreciated.

John Osborne
President



"Who said that being the Chairman of our Lions Club wasn't fun" President John sharing a joke with Treasurer Rob

From Dinner meeting 26/1/21

President John spoke of the passing of Eileen Vaughan who was a member of Bull Creek and the wife of Past District Governor Ron Vaughan.

1ST VICE PRESIDENT'S REPORT

DES McLEAN MBE



Tyson - Our main project for this Lions Year has been Tyson Williams. With the wonderful assistance of PCC Ian Kelly this is now looking like a winner, our next step will be to organise the best way to recognise those who have supported our efforts. To this end we have a committee consisting of President John, PCC Ian Kelly, Lion Joyce Covell and myself.

Tyson's Project - Further information from PCC Ian Kelly

I left a message on Kay Johnston's phone from Six Star Drive Training and received a return phone call from Natasha. She is the Office Manager who handles all administrative matters, Kay is heavily involved with driver training.

I explained where we were at and that I had contacted Tyson's Local Area Coordinator Denise Hughes; she will be contacting her with a view of having Tyson's trained by Six Star Driving using the car that they wish to sell, as it's ideally set up for him. They are the owners of the vehicle so when the time comes for Tyson to commence his disabled driver training we could purchase the vehicle in his name. In the interim, she will arrange a Quotation Invoice then I can submit an ALF General Grant seeking approval in Principle.

I made it quite clear to Natasha that we do not wish to interfere with NDIS protocols but are merely trying to purchase a vehicle for Tyson and to work out a suitable time frame to buy.

Having had the discussion with Natasha I'm very relieved and now feel I have a conversation contact that I can freely call at any time.

Children of Courage - This event will now take place on 3rd April 2021. When speaking with Lion Deb Jones I am told that we can have three Lions from our club. The registrations start at 0900. The event is at the Gary Holland Hall Kent Street Rockingham. I will be asking president John to nominate Lions to accompany me.

Lion Des McLean
1st Vice President

WE CARE, WE SERVE, WE ACCOMPLISH

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

**The Awards will now be on the
3rd April, 2021 (Note new
Date**

**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.

Exciting news ... the ANZI Pacific Forum for 2021 will be held in Cairns Queensland from 3rd to 5th September 2021 and all in the Lions family are invited to attend. Can you please forward the attached newsletter to all clubs in your district. As more information comes to hand and details are finalised, further newsletters will follow.

Lions Club of Manjimup Inc.

JAZZ in the JARRAH' 2021

I write to invite you and all your members and their partners and friends to JAZZ in the JARRAH 2021. Again this year I have the challenging pleasure of being Chairman of this committee. We look forward to your group joining us for next year's concert.

Kind regards,

Geoff Mabey. LIONS Club of Manjimup JAZZ
Committee Chair/ Secretary

Ph97721001

JAZZ in the JARRAH' 2021

Date: Saturday February 6, 2021

Location: Heritage Park, Manjimup

Time: Site opens 5.00pm.

Concert starts 5.30pm.

Concert is FREE!

Featuring the Royal Australian Navy Band. (RAN Band performs first!)

And The Manhattan Hot Swing.

Both groups are Perth based

Bring your own picnics but please no alcohol. Wine and Beer will be available on site.

Park Café is expected to be open.

LIONS CANCER SCREENING

Date - 27th March 2021

Venue - Lions clubrooms carpark, Park Road, Mandurah.

2ND VICE PRESIDENT'S REPORT
LION DON McCARROLL



It's that time again, to inform the Club Members of all the projects we have been working on

Lions Mints – My thanks to, Lions Ruth Norwell, Joyce Covell and Gordon Nunn who are distributing the mints, under the guidance of Mint Chairman, Lion Dick Ingle who is currently recuperating at home after his operation.

Community Recycling W.A. - There has been a rush on cans/ bottles, with two 660 containers being emptied this month, bringing in the funds.

Recycling Spectacles and Hearing Aids - We have started sending boxes to Queensland again. To date we have sent 5 boxes which is about one box a week and will keep that up until we have sent off all the surplus and we are back to square one.

Quite a lot of hearing aids came through from the Funeral Directors and I will be taking them over to the Hall's Head Hearing Centre.

Paper Recycling –

Papers are still going smoothly, keep on bringing them in

The papers, stacking and wrapping, is a regular project of the club, which is held on the 1st Saturday of the month, at the club house, you will be more than welcome..

The Cancer Bus - Thanking Lions Vicki Arelette, Brook Arelette (Publicity), and Joyce Covell, (Bookings) for running this project..

Date 27th March 2021

Venue Lions Clubrooms carpark, Park Road, Mandurah.

That's all for now

Don McCarroll
2nd Vice President.

3RD VICE PRESIDENT'S REPORT

LION BARRY SIMMS



BBQ / SAUSAGE SIZZLES -

The sausage sizzle at the Halls Head Swap Meet on Sunday started yet, another year of great company, good laughs and comradeship.

The sizzle at Halls Head was anything but sizzling, with sales very low which could be accredited to a number of factors, including, the hot weather, covid-19 and a lack of store holders. Mandurah Rotary, the organisers of the swap meet, are confident numbers will increase.

The club has voted not to continue doing the sausage sizzles for MADSAR at Halls Head which has greatly reduced our workload giving all members more time to enjoy our leisure time. We have asked the Falcon Lions if they want to pick up these spots for Madsar

Our next sizzles are at the swap meet on Sunday 28th February and at the Honda/Subaru dealership on Pinjarra Road on the morning of Saturday 6th March. This function is to support the local radio station who are giving away a new car. Look forward to seeing you there.

Many thanks

Lion Barry Simms

3rd Vice President



MEMBERSHIP CHAIRPERSON

Lion Ruth Norwell



Lion Ruth introduced Guest Wendy De Brie to the club, Wendy's host is Lion Des Mclean

Lion Ruth stated that if any members are requiring club apparel, she is now the person handling these. Ruth said that she will be doing an order very soon, so if you need any new shirts etc, let her know.

On behalf of Lion Ruth and the Membership sub group
TO CLUB MEMBERS

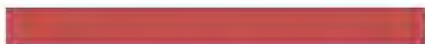
The second Club Meeting in **February, (23rd Feb, 2021)** will be another opportunity to invite guests to join us to hear a much respected Guest Speaker, the topic will be "Australia's National Disasters" this promises to be a riveting study of what has occurred over time and what has been done to relieve the pain and suffering of those affected – book your seats for this one !!!!!!!

On behalf of our Membership Team please see the VP Teams Sheet attached as updated by Pres. John.

It is now up to ALL Teams to invite a Guest or Guests to our Feb. Meeting to hear our Guest Speaker who will talk on Natural Disasters, many have over the years described him to be in a similar vein but I'm advised that really is heresy !!

Book your seats as we said previously, this address will bring the house down – figuratively – no covid and no popcorn either thank you.

Garry Irvine
M:0481 093 090



- Team A from each VP Committee produces ONE new prospective member for that month x 3 Teams = 3 guests (meal cost free)
- Team B from each VP Committee does the same for the next month = 3 guests (meal cost free)
- Repeat to achieve **12** + new members for the year.

X

BIRTHDAY GREETINGS

JANUARY

John Osborne	24th Jan
Syd Dowsett	24th Jan
David O'Leary	28th Jan
Sue Landon	29th Jan



HAPPY BIRTHDAY

Years of Service Tabs for January were presented to:

Nikora Robinson

WELL DONE

**MYALUP PINES BUSY BEE /
THE SHED HAS BEEN ERECTED**



After twelve months of planning the shed is finally up. Lions and Lions families from many clubs in District 20W2 attended the busy bee at Myalup Pines with many tasks taken on, including the erection of the six metre by nine metre shed. The shed was needed to safely store the Tractor and other machinery required for the running maintenance of Myalup Pines. Mandurah Lions who attended were PDG Peter Lamb, Lions Helen Lamb, Denice Knight, Dave Knight, Clive Cartledge. Also special thanks to Peter Knight, who came and helped out for the three days along with daughters Liy and Zoe, Peter's younger legs came in very handy.



Above: The frame is being sorted, bolted together and then erected.



Left: Frames are finished and the outside sheets are now being fitted.



Left The walls are finished, now the roof sheets and roller door are to be fitted



Above: Some of the hard workers enjoying a break



Above: The completed shed complete with whirlybird only a couple of doors to fit

Right: Prepping the pad, months ago



Nominations / Elections 2021/2022

The Nomination Committee is PDG
Peter Lamb and Lion Graham Bateman

Nomination Night, 9th February, 2021

Election Night, 23rd March, 2021

Early nominations will save us all a lot
of time on these nights, so please
contact us by Email

PDG Peter Lamb -
peter@lambgroup.com.au

Lion Graham Bateman -
ggbateman@bigpond.com

Remember length of service is not a
criteria for the election, new members
are more than welcome to nominate for
any position.

The need for a strong Board is self-
evident, and it is equally important that
the load is shared, between members.
ALL Board members are involved in an
extra meeting each month, plus some
other duties depending on their role /
position.

**If you have not been on Board, perhaps
now is the time, so please do give it
some serious consideration.**

Nominations required for Mandurah Lions Club 2021-22 Board

President

First Vice President

Second Vice President:

Third Vice President:

Secretary:

Treasurer:

Lion Tamer:

Tail Twister:

Directors One Year (2):

**Lion Paul Carrotts / PCC Ian Kelly
OAM**

Directors Two Years (2):

Membership:

Immediate Past President:

Lion John Osborne

Non Board positions:

Bulletin Editor. Dave Knight



Lions Clubs International

Dear Lion Leader,

Due to the continuing concerns about the coronavirus (COVID-19) pandemic, the board of directors voted to transition the 2021 Montreal Lions Clubs International Convention to a virtual event that will be delivered totally online. This decision was made with the health and safety of our Lions, staff and vendors in mind as limiting international travel and large gatherings is key to global containment strategies.

Although we are disappointed that we won't be able to host this event in person, we are excited about hosting our first virtual international convention that can safely connect Lions from around the world. We are still finalising the details of your new convention experience, and will share those with you as soon as they are ready.

Here are some important details about the 2021 virtual convention we'd like to share with you:

- **Everyone's invited** – Our 2021 convention will be a virtual event that's open to all Lions and Leos around the world.
- **Registration fees** – The registration fee will be **US\$50 until March 31, then US\$75 beginning April 1. The registration fee for Leos will be US\$30 regardless of date. Convention is currently scheduled for June 25-29. Additional event and registration details will be provided soon.**
- **Current registrants** – Lions who are currently registered for convention will receive an email soon with more information about their registration options.
- **Elections** – Executive officer and international director elections will be conducted electronically, and voting procedures will be forthcoming.
- **Convention updates** – Check our convention website [LCICon](#) for convention updates and details as they become available.

This global health pandemic has forced us all to make decisions and changes that place health and safety first. However, we are optimistic that with each new day there is hope, and as Lions, we continue to find new ways to stay connected, safely serve our communities and continue our global mission of service.

We appreciate your understanding during this challenging time for our organisation and the world, and thank you for your incredible service as a Lion.

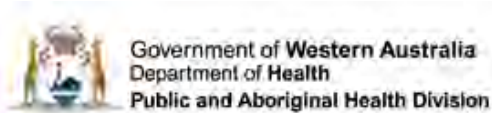
Regards,

Dr. Jung-Yul Choi

International President

LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
FEBRUARY	2/02/21	Board Meeting
	6/02/21	Recycling Saturday
	9/02/21	Dinner Meeting Nomination Night
	23/02/21	Dinner Meeting Membership night
	28/02/21	Halls Head Community Swap Meet BBQ
MARCH	2/03/21	Board Meeting
	6/03/21	BBQ at Honda Subaru and Radio 97.3 car give away
	6/03/21	Recycling Saturday
	9/03/21	Dinner Meeting
	23/03/21	Dinner Meeting Election Night
April	3/04/21	Recycling Saturday
	4/04/21	Halls Head Community Swap Meet BBQ
	6/04/21	Board Meeting
	13/04/21	Dinner Meeting
	27/04/21	Dinner Meeting
May	1/05/21	Recycling Saturday
	3/05/21	Board Meeting
	9/05/21	Halls Head Community Swap Meet BBQ
	10/05/21	Dinner Meeting
	24/05/21	Dinner Meeting
	30/05/21	Halls Head Community Swap Meet BBQ



COVID-19: ENVIRONMENTAL HEALTH UPDATE

Produced by the Environmental Health Directorate (EHD)

Circular 47: 13 January 2021

As COVID-19 continues across Australia, and with recent restrictions in NSW, Queensland and Victoria, it serves as a timely reminder that maintaining contact registers is vital for WA. Contact registers are a first line of defence should the WA Health Department need to trace contacts.

It's even more critical that venues and businesses reiterate to their staff the importance of checking that patrons are checking in, and that Environmental Health Officers take an active role to check compliance of local businesses with maintaining contact registers.

Kind regards

Health Services

Web mandurah.wa.gov.au

Email Health@mandurah.wa.gov.au

Phone +61 (8) 9550 3810

Address 3 Peel St, Mandurah WA 6210 | **Post** PO BOX 210, Mandurah WA 6210



Have a Laugh

In church one Sunday morning, a preacher said, "Anyone with 'special needs' who wants to be prayed over, please come forward to the front by the altar."

With that, Leroy got in line, and when it was his turn, The Preacher asked, "Leroy, what do you want me to pray about for you?"

Leroy replied, "Preacher, I need you to pray for help with my hearing."

The preacher put one finger of one hand on Leroy's ear, placed his other hand on top of Leroy's head, and then prayed and prayed and prayed. He prayed a "blue streak" for Leroy, and the whole congregation joined in with great enthusiasm.

After a few minutes, the preacher removed his hands, stood back and asked, "Leroy, how is your hearing?"

Leroy answered, " I don't know. It ain't 'til Thursday

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water. As the bartender gives her the drink she says, 'I'm on this cruise to celebrate my 80th birthday and it's today.'

The bartender says, 'Well, since it's your birthday, I'll buy you a drink. In fact, this one's on me.' As the woman finishes her drink, the woman to her right says, 'I would like to buy you a drink, too.'

The old woman says, 'Thank you. Bartender, I want a Scotch with two drops of water.'

'Coming up,' says the bartender.

As she finishes that drink, the man to her left says, 'I would like to buy you one, too.'

The old woman says, 'Thank you. Bartender, I want another Scotch with two drops of water.'

'Coming right up,' the bartender says.

As he gives her the drink, he says, 'Ma'am, I'm dying of curiosity. Why the Scotch with only two drops of water?'

The old woman replies, 'Sonny, when you're my age, you've learned how to hold your liquor. Holding your water, however, is a whole other issue.'

A silver haired lady called her neighbour and say's, "Please come over and help me, I have a killer puzzle, and I can't figure out how to get started".

Her neighbour says, "What is it supposed to be when its finished'.

The silver haired lady say's, 'According to the pictures on the box, it's a rooster'".

Her neighbour decides to go over and help with the puzzle, she lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster".

He takes her hand and says," Secondly, I want you to relax, lets have a nice cup of tea, and then, he said with a deep sigh.....

"Lets put all the Corn Flakes back in the box"

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



“Darkness cannot drive out darkness, only Light can do that

Hate cannot drive out hate, only Love can do that”



Have you asked the question

B.G's Honey

Robert Garratt
Registered Bee Keeper R27
NACB 228 224

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 POLLEN and PROPOLIS. The honey will appear grainy - not how it should be RAW.
bgshoney2@gmail.com

Raw Cold Pressed

**WORK FOR A CAUSE,
NOT FOR APPLAUSE.
LIVE LIFE TO EXPRESS,
NOT TO IMPRESS.
DON'T STRIVE TO
MAKE YOUR
PRESENCE NOTICED,
JUST MAKE YOUR
ABSENCE FELT.**



WE ARE FINALLY BACK!! THE HALLS HEAD SWAP MEET.

Well, we are finally back at the Halls Head swap meet BBQ, the organising of the sellers bays and collecting their site fees. This was after a long layoff due to the Covid pandemic. Lion Barry Simms and his team soon got back into the swing of things and although a bit quiet, it was still a very successful morning.



Left: Lion Barry Simms all smiles after we were all set up
Right: Setting up at 6;00am



Left: PCC Ian Kelly is on sausage cooking Lion Des Mclean was the onion cooker.

Right centre: Rest time after a busy start, Left to right- Lions Dave O'Leary, Des McLean, Evelyn Kelly and Denice Knight



Left: Dave Knight the first shift, money man, waiting.
Right: Lion Gordon was one of our swap meet site bays coordinators along with Lion Dave O'Leary



Only just made it as we are now back in lockdown from 6:00pm, 31st Jan 2021
Stay safe everyone.

FACEBOOK, IS IT A SIGN OF THE TIMES?

Lion Richard Stevenson is the president of the South Tucson Cyber Lions Club, a member of the [Lions SMiLE](#) team, and a retired financial executive. He became a Lion in 2013 and started the [South Tucson Lions Facebook page](#) in 2014. Lion Richard also started the South Tucson Cyber Branch Lions Club as a specialty branch cyber club to do vision screening and recruit nontraditional Lions. Today, there are 23 members who are 87% women and primarily in the school health profession. Facebook was instrumental in attracting and recruiting these new Lions. He runs the [Global Lions Facebook group](#), a community of more than 2,000 Lions that discusses ways to strengthen their clubs and their service

In 2014, the marketing challenge for my 70-year-old club, the [South Tucson Lions Club](#), was to build a new brand image. We wanted to stop being the “best-kept secret,” and start being the talk of the town. We wanted to really connect with our community, and let them know all the great things we were doing—and how they could join us on our journey.

We started a Facebook page and began consistently posting our club’s activities and signature projects, like youth mariachi and children’s vision.

As of 2019, our club page now has 7,400 followers, including local mariachis and schools, school boards, nurses and other community members and organisations with goals that aligned with ours. Our brand is now well established in the community, which helped us to vision screen more than 80,000 children in the last three years. We even started a brand-new cyber club and inducted 21 new Lions last year.

How did we do it? How did Facebook help?

You can increase your club’s Facebook footprint in three easy steps. Just remember: it may be easy, but it also takes dedication.

Step 1: Make it appealing.

- Choose an appealing cover image and a correctly-sized logo for your profile image.
- For club members who use their personal profile to promote Lions activities, make sure their profiles are appealing as well – and not controversial.
- Bring your brand wherever you go! When taking photos, make sure you connect the scene with your club by including members wearing branded apparel, signs with the Lions logo, etc.

Step 2: Produce quality content regularly.

- Capture the smiles of the people attending your activities and events.
- Choose one well-edited action photo to post, rather than multiple photos of poor quality.
- You can never have too many cute children in a photo, but always gain permission!
- With each post, provide a brief description of the “who, what, where, when and why.” Share how your community is a better place because of your club.

Step 3: Gain followers by being an active social networker.

- Invite people who like your posts to “like” your page. If you have admin capabilities, simply click on the list of post likes, and it will show you who already likes the page and give you the option to invite those who don't.

- Invite your personal Facebook friends to “like” your page, encourage your members to “like” your page, and encourage members to invite their friends to “like” your page.
- Ask people in your photos if you can “tag” them for more exposure. They have followers, too, and when they’re tagged, their followers can see your page.
- Connect with your community partners on Facebook and coordinate posts and events. For example, my club does vision screenings at local schools. We are working with the school district marketing department and with individual school Facebook page admins to post our upcoming screenings, how we do it, what a letter from the nurse means, and how to get free exams and glasses from our Lions club.

We serve. With Facebook, you can make sure your community knows it!

[Join the Lions SMiLE Facebook group](#) for more discussion on growing your club and your service through social media.

LIONS CLUBS IN WESTERN AUSTRALIA HELPING KIDS IN QUARANTINE

It is a challenging time for many, particularly those in isolation but the community spirit of West Australian Lions volunteers is brightening up the days for children in hotel quarantine.



Australia were contacted by the Department of Communities in September 2020, regarding concerns around the health and wellbeing of children in quarantine.

Lions volunteers across the state quickly swung into action and raised funds to supply packages of books, puzzles and games tailored to different age groups.

Over 160 care packages have already been delivered to children in quarantine by Lions Clubs in Western Australia.

Several families have contacted the Lions project team to express their thanks and provide comment on the support they have received.

Matthew Morgan and his family decided to move back to Perth after living in Texas for the last 10 years. Children Amelia (8), Jakub (5) and Isabel (3), although excited to celebrate Christmas in Australia, had found it difficult passing the time in their hotel. A couple of days into their isolation in late November there was a knock on the door and Matt was delighted to see three activity packages. The children were ecstatic with their new-found fun, as were the parents.

"We received three amazing packages of toys and books for my kids! They were so excited, and I'm so grateful. I really appreciate the effort taken to put these together and bring them to us, and I'm also really heartened to know that there are people out there who are thinking of us – even if we haven't met yet!" said Matt.

Mother Martina Ricciardi is isolating with her two-year old son Benjamin and was also very grateful for the surprise gift at her door.

"I feel that the language makes it difficult for me to express how grateful I am for everything you do for the well-being of me and my son. Benjamin woke up today with a big smile and still did not discover the blocks or the bubbles! We have so many things to play and have fun with thanks to everyone who donated," she said.

Lions WA District Service Coordinator Carmel Ward sees this project as a labour of love. "It has been just wonderful and heart-warming to see the donations we have received from many of our Lions clubs and other supporters.

The idea came about from a Department of Communities Emergency Services Unit employee who thought a similar initiative for children in foster care could be rolled out to children in isolation. The project concept has been promoted to Lions Districts in other States, and it may be implemented if the State Authorities wish to have Lions Clubs involved."

We Serve

Lions successfully Lap the Map for Diabetes awareness

Across Australia over 1.3 million people have diabetes and 283 people are diagnosed every day

Lions volunteers across Australia have successfully reached their goal of logging a combined travelled that will exceed Australia's circumference (25,760 kms) by World Diabetes Day in November.

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

Australia's largest service organisation Lions Australia has successfully "lapped the map" of Australia multiple times, raising awareness for Diabetes and encouraging Australians to stay healthy during the COVID-19 health pandemic.

Lions volunteers across the country have been putting on their best walking shoes in recent weeks and months and have successfully reached their goal to log a combined distance travelled that exceeds

Australia's circumference (25,760 kms) by World Diabetes Day on 14th November. The organisation has reported it has not only lapped the map once but has already reported a combined distance of 185,602 kms, over seven times the distance of Australia's circumference.

Launched last year, the 'Lions Lap the Map' family friendly walks and campaigns in the community raise awareness of the Diabetes epidemic in Australia.

Whilst COVID-19 prevented large community events from going ahead, Lions Australia was determined to continue the Lap the Map campaign this year which was a resounding success.

"COVID-19 has changed how we live and work and never has there been a more important time to highlight the importance of exercise and healthy living. We were thrilled to see so many people putting on their walking shoes, logging some kms and helping raise awareness for Diabetes," says Pat Mills, Lions National Diabetes Coordinator.

From events in shopping centres and gyms, to walks in parks with healthy food, diabetes screenings for attendees and informative health professionals there were a range of different types of events held as part of the Lap the Map campaign.

"We have had Lions Clubs from all across Australia report a combined distance travelled of 64,475 kms with more still to come in coming weeks. Over \$14,000 has also been raised at events and will be donated to Lions Diabetes Awareness programs and Foundations. Thank you very much to all of the clubs and their communities who participated in Lap the Map events this year."

"Across Australia 1.3 million people have been diagnosed with Diabetes and 283 people are diagnosed every day. Diabetes has been named one of the Lions' 5 key focus areas and our clubs across Australia are encouraging those in their community to stay active particularly through the COVID-19 health pandemic."

"Diabetes 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.

"Lions across Australia are committed to doing what we can to increase education around diabetes," adds 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.

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.

100 per cent of funds donated to Lions go towards funding Lions projects.

About Lions

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.

Australian Lions Hearing Dogs partners with Specsavers Audiology

A feeling of social isolation is no stranger to many of the 400,000+ Australians suffering daily from severe or profound hearing loss. 1 This national figure translates to approximately 30,000 South Australians. 2

The extent of hearing loss is an ever increasing and little acknowledged social issue, with one in six Australians currently suffering from hearing loss there is a growing demand for hearing assistance from Hearing Assistance Dogs and hearing aid devices.

Specsavers Audiology's new sponsorship for the expansion of Adelaide based Australian Lions Hearing Dogs Training Centre provides a formidable partnership in combating the impacts of hearing loss in Australia.

Australian Lions Hearing Dogs is the only accredited Hearing Assistance Dog training organisation in the country.

21 October 2020: With one in six Australians currently suffering from hearing loss¹ there is growing demand for Hearing Assistance Dogs and hearing aids in Australia.

Adelaide based, Australian Lions Hearing Dogs is proud to have signed a major sponsorship agreement with one of Australia's leading national providers of hearing services, Specsavers Audiology. A collaboration which through contribution to the expansion of Australian Lions Hearing Dogs national training centre will enable delivery of more Hearing Assistance Dogs than ever before to help people suffering from hearing loss.

"Severe or profound hearing loss is a major concern in Australia, with over 400,000 people suffering in silence. Unfortunately this number is on the rise," says Australian Lions Hearing Dogs CEO David Horne.

"Australian Lions Hearing procures, trains and places Hearing Assistance Dogs with deaf or hard of hearing people all around Australia. We are the only Australian organization accredited by Assistance Dogs International to carry out such work. To be partnering with Specsavers Audiology, one of Australia's leading national providers of hearing services, is a very exciting step for us."

"Australian Lions Hearing Dogs currently has a waiting list of up to two years. We need to expand so we can support more hard of hearing people across Australia. Specsavers Audiology's sponsorship support will help Australian Lions Hearing Dogs expand our facility in Adelaide in coming years," says David Horne.

Specsavers says the partnership highlights the organisation's commitment to reducing the impact hearing loss has in Australia.

"We are very proud to be able to support some incredible community programs, including the Lions Recycle for Sight program. Now that we offer Audiology services in almost half of our stores, it's great that we can also sponsor the fantastic work that Lions Hearing Dogs do in supporting people with hearing loss. We know that it can be very isolating to live with hearing loss, and Lions Hearing Assistance Dogs make such a huge difference by providing both safety and companionship, so we are just so excited to be involved in helping to expand the program," says Darrel Magna, General Manager at Specsavers Audiology



MESSAGE FROM THE LIONS HEARING CLINIC.

Hello Lions Clubs,

Lions Hearing Clinic thanks you for your support in 2020!

As we welcome 2021, we invite you to consider your hearing and ask yourself, "When was my last hearing check?"

Check your hearing once a year.

There are lots of ways to check your hearing. The most accurate and comprehensive tests are in the clinic, but I've attached our Lions Hearing Screening questionnaire which is a good place to start.

Please let me know if you'd like any physical copies of the questionnaire for your club.

Jordan Bishop
Community Coordinator

Ear Science Institute Australia

Ear Science Institute Australia is a World Health Organisation Collaborating Centre for Ear and Hearing Care



Check your hearing

Check your hearing

There are lots of ways to check your hearing. The most accurate and comprehensive tests are in the clinic, but you can also use this quick hearing questionnaire to get started. **Using this tool is easy.**

Each statement will have an answer of 'Yes' (2), 'Sometimes' (1) or 'No' (0). Simply circle the number that best reflects your experience, to see if a full hearing test is recommended.

Your 5 minute hearing check	Yes	Sometimes	No
My hearing makes me feel embarrassed when meeting new people	2	1	0
My hearing makes me feel frustrated when I talk to family	2	1	0
My hearing leads to arguments with family	2	1	0
My hearing makes it hard to hear when someone whispers	2	1	0
My hearing makes me feel disadvantaged	2	1	0
My hearing causes difficulty when visiting friends, relatives or neighbours	2	1	0
My hearing leads to me attending less large events	2	1	0
My hearing causes difficulty when listening to the TV or radio	2	1	0
My hearing limits or hampers my personal or social life	2	1	0
My hearing causes difficulty when I'm in a restaurant	2	1	0
SUB-TOTAL SCORE (sum of each column) =	+	+	
TOTAL SCORE (sum of all columns) =			

ANZAC House (Perth CBD) | Bunbury | East Victoria Park | Gwelup | Hillarys | Joondalup
Mandurah | Midland | Mt Lawley | Nedlands | Subiaco | Winthrop

Life is noisy. Here's your 5 minute hearing check.

What does my score mean?

0-4 no difficulty

You are experiencing minimal or no difficulty hearing in all listening environments.

Yearly hearing checks recommended.

4-6 mild difficulty

You may have mild difficulty hearing in more complex listening situations. Try our simple strategies to help communicate more easily and enjoy social situations more.

Hearing assessment recommended.

6-20 moderate to severe difficulty

You are having problems hearing in a number of listening situations. You may feel tired or overwhelmed in some conversations, and might be withdrawing from larger social gatherings. **Hearing assessment strongly recommended.**

lionshearing.org.au
or call 1800 054 667

Part of
Ear Science
Institute Australia

