



We Serve

BULLETIN



PRESIDENT	Paul Ripley
SECRETARY	Wendy Ripley
	secretary@mandurahlionsclub.info
TREASURER	Rob Garratt

MEAL and APOLOGIES	Helen Lamb
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Phone:	0407377572
Members who fail to request a meal by 7.00pm Sunday might not get a meal	

PRESIDENT'S REPORT

LION PAUL RIPLEY

HAPPY NEW YEAR

Happy New Year to all members, their families and friends. Again the month of December proved to be our busiest month due to a variety of projects that occur around Christmas. As I stated in our last Bulletin "many hands make light work", but unfortunately most of the work was performed by the same core of members which took its toll on that group. On reconciliation, we had less venues to accomplish our projects than last year and had less participation from our members to fulfill our goals. If we don't get involved, we maybe need to examine our projects and decide if we are going to continue with them.

The mad month started with the Christmas Pageant. Woolworths, Alcoa and IGA supplied the produce to enable us to sell a record amount of food and drink at this venue. Thank you to all three sponsors and all the members that contributed to this great evening.

The selling of Christmas Cakes and Puddings has finalised. All the cakes were sold; however we still have several cartons of puddings remaining which will be stored for future sales next Christmas. Thank you to all that assisted at Bunnings and the Forum.



The Christmas Raffle concluded sales at Bunnings and was then drawn by the personnel of Bunnings. The four winners were notified and their prize was delivered to them. I thanked them all for supporting the Lions. Thank you to Ruth for handling the ticket sales.

The Santa Project again proved to be successful. Firstly, five of our members donned the red suit and visited 15 day care centres for their children's Christmas parties. Two of those parties also included a BBQ for the hosts. Secondly eight Santas and their elves drove to several homes around Mandurah on Christmas Eve to deliver 250 presents to young children (and not so young children, three of them were in their 80's!!!!). Unfortunately Gordon and Joyce could not join in the fun as Joyce had to take Gordon to hospital. Glad to hear that Gordon is well again. A big thank you to all Santas and their elves to bring a smile to the children's faces.

Other projects that occurred during December were the Book Awards to the children in the primary schools of Mandurah (well done Joyce) and the donation of bikes to the foster children at Wanslea (well done Brook). I apologise if I have forgotten any projects, I'm sure the VP's will report them.

Carole and her crew did themselves proud as they produced a magnificent Christmas meal for us at our party. I'm sure nobody went home for cheese and biscuits. Thank you, Carole.

Quote for the month

"The only place where success comes before work is in a dictionary."

Remember work safely, work smarter not harder and have fun.

Paul Ripley, President.



LIONS CLUB OF MANDURAH INC RAFFLE DRAW BUNNINGS GREENFIELDS 22ND DECEMBER 2020



President Paul, with the help from these lovely Bunnings girl's, draw the prize winners of our annual Raffle All happy winners have been notified.



26TH JANUARY 2019

LIONS CLUB OF MANDURAH Inc

\$7 Breakfast 7am - 9am

**Come along to the Eastern Foreshore from
7am for the best breakfast you'll ever eat for \$7.**

**Enjoy toad in the hole (egg and toast), bacon, sausage, baked
beans, fruit juice plus tea and coffee, thanks to the Lions Club of
Mandurah and the City of Mandurah.**

**Sponsors for the Australia Day Breakfast are: City of Mandurah
and Woolworths Stores Mandurah.**

**LIONS MULTIPLE DISTRICT
201 CONVENTION ADELAIDE
15-18 MAY 2020**

From The Committee

Come and join us in Adelaide for the 2020
Lions Multiple District **Vision for the
Future** Convention, May 15th to 18th.
Yours hosts will be Lions from MD 201,
Districts C1 and C2.

The convention venue will be the spacious
Adelaide Showgrounds with a Gala Dinner
at the recently renovated William Magarey
function room at Adelaide Oval.

EARLY NOTIFICATION

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

The Convention organisation committee wish all
conventioners a Merry Christmas and a
Prosperous New Year.

Busselton has many attractions for you to see.
Join us at the Convention to receive updates on
what is happening in the Lions 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. Contact via phone on 97554600
or their website.**

**Jazz in the Jarrah
Heritage Park Manjimup**

1st February 2020

Featuring

**Australian Army Band Perth
and Table for Two Trio**

Swing, Jive, Rock n Roll

Concert Is FREE

Starts 5:00pm

**Bring your own Picnic Hamper
No BYO Alcohol
Bar Available**

**Jazz in the Jarrah
is a Project of the
Lions Club of Manjimup
Collection tins will be available to
raise funds for The Royal Flying
Doctor Service and Lions
Charities**

1ST VICE PRESIDENT'S REPORT

LION BROOK ARELETTE



2019, has been a massive learning curve for myself this year as 1st Vice President, 2019 will be forever etched into my mind with some of the events and the running of these events we do within the Lions club of Mandurah.

Many thanks must go to PDG Peter Lamb, President Paul Ripley and PCC Ian Kelly whom, I have lent on many times throughout the year, for your help, guidance and assistance.



Christmas Cakes and BBQ's - It has been a huge year for BBQ's and we also had a busy December for Christmas Cakes sales and I wish to thank all our members for contributing to the success of both these projects this year. We tried some different things this year, some have been adopted and worked well and some, you might say are trying to test us, but we will move on and learn from this to make next year better again, sometimes dealing with change is hardest of all.

Recycling has been busy again with the paper recycle team, many thanks to our paper elves for their continued efforts in gathering and placing into the shed, It's a huge effort by these members and it is certainly appreciated. During our next Recycle day which is on the **Saturday 4th of January 2020** we will be taking the fold up tables from the club room and trailers to give them a clean up with some detergent and pressure cleaner, for those coming along on this day please feel free to tackle this one. Many hands make light work. Lion Don McCarroll is continuing his work for glasses recycling and Lions Mints is in the sure hands of Lion Dick Ingle. Thanks Men

Thanks to the club members again for allowing us to donate to Wanslea Foster Care for the donation of 11 bikes we purchased from **Micky Boulton** who owns **Fleet Cycles in Mandurah Terrace Mandurah**. Mick was so kind to reduce the cost of these bikes we were able to buy 11 bikes in total for under \$100.00 eac



Micky Boulton

(08) 9583 3444

riding@fleetcyclesmandurah.com.au



Photos of new member John Farnam, PCC Ian Kelly and Lion David O'Leary and Micky Boulton overseeing their efforts, putting these bikes together at Fleet Cycles the Friday before Christmas



It was a great night putting these together with Pizza and drinks supplied by Fleet Cycles, during the downtime for eating I was introduced to a lady who did not want to be named although, she did say she is part of a group known as the **Fleet Trail Angels**, this lovely lady and the Angels, heard about the foster care bikes



and wanted to know what they could do to help! They purchased 11 new helmets to go with the bikes, WOW how good was that, community spirit lives on folks.

Then on the following Monday the bikes were delivered to Wanslea, see photos below, which was awesome, very humbling to be giving these bikes to youngsters who have had a particularly harsh upbringing and for us to let them know that we care for them, in away that Lions do. The Photos are of Mickey Boulton, Brook Arelette, Kate Lamers, PCC Ian Kelly, David O'Leary and PDG Peter Lamb (on Camera) with the bikes and helmets which will find their way to Mandurah boys and girls.

I have accepted an invitation by **Coast FM to conduct a BBQ at Mandurah Suzuki on the 7th of March 2020** for their car give away, we have done this BBQ in the past and has been a good money earner for us and after speaking with our BBQ boss PDG Peter Lamb we have got this into our schedule for this year as nothing is planned for that weekend.

As this is my last report for this year I would like to wish all our members a very Merry Christmas, I'm sure that you will share lots of love with your families and friends and by the time you read this it will be 2020. I hope for all you have a wonderful 2020 and look forward to seeing you all again in the new year and ready to go for the **Australia Day Breakfast**. This will be our second BBQ function for the year, (Madsar BBQ is on the 12th January 2020), and as we know by the work involved with the ADB, It is so important that we have everyone available. We have a committee formed to steer this event and at our first meeting in January this will be discussed.

Again, to all members and your understanding families thank you for your help, friendship and Lions involvement. Have a great new year

Brook & Vikki Arelette

Lions club of Mandurah.



WANSLEA Bicycle Presentation

1ST VP Brook Arelette, PCC Ian Kelly, Lion David O'Leary and PDG Peter Lamb (camera) were on hand, to present eleven bicycles to Kate Lamers from Wanslea



Wanslea is a caring, community-based organisation providing respite, emergency, short, medium and long term foster care services for children under 18 years. Non-denominational and not for profit, Wanslea has been serving Western Australian families for over 75 years.

Our foster care program offers volunteer carers the following:

- excellent supervision and support from Social Workers and Family Support Workers
- easy access to Wanslea offices throughout Perth and the Bindjareb/Mandurah area. We have offices in Scarborough, Belmont, Clarkson and Mandurah
- placement support when needed in the home delivered by our skilled Family Support Workers
- practical assistance in the provision of child care equipment
- support from community groups and businesses who value the service given to the community by foster carers
- clear policies and procedures
- after hours on-call support service by a team of Social Workers seven days a week
- regular training in a relaxed environment
- peer support from other foster carers
- family and children events throughout the year
- prompt payment of foster care subsidies and reimbursement of expenses

Hi David, PCC Ian Kelly took a photo of me having a sip from my drink bottle, that he had doctored up earlier by placing a West Coast Eagles sticker on the bottle. Ian may have been thinking that you could add it to the bulletin. Anyway the photo I have sent to you below, will show I found the right place for Ian's sticker, the Bin.. Also find, a photo of him having a sweet moment after we had completed the paper recycling,. Brook



Left : PCC Ian Kelly having a sweet moment, after we had completed the paper recycling,



Left - Brook has found the right place for PCC Ian's handiwork

2ND VICE PRESIDENT'S REPORT LION DES McLEAN MBE



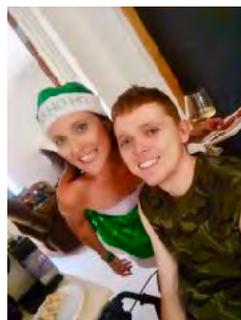
Flame of Remembrance - On the 16th July 2019, I arranged a meeting with the Mandurah RSL to discuss installing a flame of remembrance at the Mandurah War Memorial. We then met at the site where Mr Dave Mabbs of Mandurah RSL drew up an artist's impression of what the flame would look like. I then organized to meet with Mr Alan Clayton of City of Mandurah on the 5th September where we asked him to draft an estimate of costs for us, to date, we have had no response. We were all hoping to have the flame consecrated at the 2020 Dawn service but this is becoming more unlikely by the day.



Recycling - Immediate Past President Graham Bateman went under the knife for a shoulder oil change and grease up, so Lion Joyce Covell and myself took up the slack and collected the newspapers from Oakleigh street village for him.

Tyson Williams - Mr Bob Williams, (Tyson's grandfather), approached the Club for a possible contribution towards a car for his grandson Tyson. Tyson had been playing football, when at 16 years of age he developed tumours on his spine. The tumours were removed, but this had already affected his spinal cord, causing his left leg to show symptoms of dying. His doctor then advised him that his left leg would need amputating at the hip. Then after further examination, which saw him spend six weeks in Fiona Stanley Hospital, he had intense physio combined with a change of medication and his prognosis became a lot better. He is now resting at home for Christmas with another operation scheduled for February to remove his left foot just above the ankle, which is a vast improvement on the first diagnosis. Meanwhile, along with the Lions Club of Falcon, we believe we can get a car for Tyson when the time is right.

TYSON'S HOME FOR CHRISTMAS Tyson is home finally and although still struggling with the machine they have fitted for his medication, he is glad he is home with mum Fiona and the rest of the family who I'm sure were all glad he was home for Christmas.



Left - with mum Fiona



Right - Tyson is just happy to be home

Our Lions Club also purchased a weighted blanket for an Autistic boy. This task is completed.

Foster Care Day - On the 12th December Mandurah Lions hosted one hundred foster carers and children at the MOFSC for a Christmas party, followed by a Christmas light trip through the canals.

This Father Christmas travelled to Cockburn for a play centre party, in 42 degree heat that day and with no shade, I lost three kilograms, aside from this, It was an enjoyable day.

I have managed several more Santa's visits and on Christmas eve with lion Dick Ingle as my off sider, we distributed joy and happiness to twenty one kids in Mandurah.

Where did 2019 Go???

Best wishes to you all, for a Happy and prosperous New Year

Lion Des

Santa Deliveries was again a successful evening, with 250 presents delivered by eight Santa's and their helpers. Thanks to all Lions, Lions partners and friends who helped with this project

Right - Another successful Christmas Eve but poor Santa (AKA Des) seemed to be

struggling with his costume until Santa's helper (AKA Helen) came to his aid.

Des and Dick – what a combination but they got the job done – well done to everyone who assisted.



“Which bit is next?”



“Something is just not right.’



“Thats better now i can breath”



Above : DEDICATION (40 degrees in the water bag) Poor Santa (aka Des) was boiling hot in his red suit at Treasured Tots, until he spied a dolphin water sprinkler which he could not resist and went and cooled down, under the watchful eye of the kids! - priceless.



“Thankpo Lion Helen Lamb, now i look just right”

3RD VICE PRESIDENT'S REPORT
LION JOHN OSBORNE



No Report for this Month

3rd VP John

LEHP Early Childhood Vision Screening program

Please circulate this to all Clubs.

There is already a huge interest in the LEHP Early Childhood Vision Screening program.

The program executive is asking all Lions members to register their interest in becoming a screening facilitator so that training dates can be organised.

Please see the attached expression of interest form and poster. Further information can be found at <http://www.lehp.org.au/>

In District 201W2 we have conducted seven screenings in six schools with 274 children screened and 74 of these children were found to have a problem.

This is a very rewarding program and will do a lot to further the awareness of Lions in our community

Below is an excerpt from an email I recently received from one of the school principals.

“I have had a parent come and see me requesting that I pass onto the Lions Club her gratitude for the program. Her child was one that was flagged, she has had further testing done and an issue is now being able to be corrected and her child has reported being able to see ‘much better’. So, on behalf of the parent, child and us – thank you to the Lions Eye Health and volunteers”

Principal, Byford Primary School.

Kind Regards,

Lion Kevin Barratt.

LEHP Chairman District 201W2.

LEHP Representative.

Districts 201W1 & W2.

Ph. (H) 08 9526 8360 (M) 042 9433 643.



Australian Lions Childhood Cancer Research Foundation Trustee, Peter Lamb, with Telethon Kids cancer researcher and clinician, Dr Rishi Kotecha.



Childhood cancer research is getting a \$1.05 million boost thanks to Australian Lions Childhood Cancer Research Foundation

Australian Lions Childhood Cancer Research Foundation has announced it will provide \$1.05 million of funding to the Telethon Kids Institute.

The funding will support the [Telethon Kids Cancer Centre's](#) vital research aimed at improving survival rates, longevity and quality of life for children with cancer.

“At Australian Lions Childhood Cancer Research Foundation we believe every child deserves a chance at a healthy life,” Australian Lions Childhood Cancer Research Foundation Chairperson John Thorpe said. “We are very proud to be providing \$1.05 million worth of funding to Telethon Kids.”

Chair of the Telethon Kids Institute, [the Hon. Julie Bishop](#), said they are excited to be partnering with such a well-respected, community-oriented organisation like Lions Australia.

“We are so grateful for Australian Lions Childhood Cancer Research Foundation’s support,” Ms Bishop said. “This \$1.05 million in funding will enable the Telethon Kids Cancer Centre to continue its leading research into childhood cancer – particularly in the area of cancer immunotherapy, which focuses on supercharging the body’s natural defences to destroy cancer cells.”

Mr Thorpe described cancer immunotherapy as one of the most exciting and promising cancer treatments being developed, particularly for childhood cancer.

“It is our hope that this work will benefit kids all over Australia and beyond,” he said. “More than 800 children aged 0-14 years are diagnosed with cancer in Australia each year. Many of these cancers are aggressive and hard to treat and we are losing too many young lives.

“Although survival rates have improved greatly for some, most cancers take a toll on young people’s lives and often side effects of treatment can be serious and lifelong.

“**Telethon Kids Cancer Centre’s research into cancer immunotherapy is focused on finding ways to help these children’s immune systems fight cancer cells. This will be revolutionary in the treatment of childhood cancer.**”

[Professor Terrance Johns](#), Head of the Telethon Kids Cancer Centre, said that as one of Australia’s only comprehensive, paediatric cancer immunotherapy centre, the Telethon Kids Cancer Centre was making its mark on medical research.

“The Centre is on a mission to prevent paediatric disease and improve the wellbeing of children with cancer. We bring together leading researchers and oncologists focused on developing therapies that destroy cancer cells, while minimising the side effects to children’s short- and long-term health,” Professor Johns said.

The \$1.05 million of funding to Telethon Kids Institute builds on the Australian Lions Childhood Cancer Research Foundation’s long history in supporting leading and innovative research into childhood cancer.



As of the New Year, the blazes have killed at least 19 people, scorched more than 14 million acres of land, killed about half a billion animals which includes an estimated, 8000 Koala's, displaced hundreds of thousands of people and an estimated 1400 homes destroyed.

Currently, there are over 100 bushfires burning across the country, 55% of these bushfires are uncontained. As temperatures continue to rise as we head further into summer, the risk of these conditions worsening increases exponentially. As of the 19th of December 2019, the NSW Premier has declared a State of Emergency in response to this current crisis, and bushfires raging across Victoria, South Australia, Queensland, Western Australia and the Northern Territory approach critical levels. To date, LCIF has granted in excess of A\$160,000 towards bushfire relief and the purchase of water tanks. This response by LCIF will assist displaced families and elderly Australians return to their homes in time for Christmas.

How can you help?

Donating directly to LCIF is the quickest and easiest way to get involved, and ensure that efforts to assist people affected by bushfires are continued.

Donations should be forwarded to your District Treasurer in the usual way. They can be designated in one of two ways.

- 1. Disaster Appeal**
- 2. Area of Most Need**

If you choose "Area of Most Need", you will be credited for MJF and PMJF.

Your donation will also count towards the Campaign 100 program.

Lions of Australia, let's help these families get back into their homes in time for Christmas.

Lions Awareness Day 7th March 2020

With over 30,000 members, Lions Australia is Australia's largest service organisation dedicated to supporting others in key service areas such as disaster relief, health and medical research, youth development and environmental issues.

On Saturday 7 March 2020, thousands of Australia's most dedicated and hard-working volunteers will be on deck to let you know more about what Lions Australia does.

After more than a century of helping others, we know our role as a service club is only becoming increasingly important.

It may be providing emergency relief during natural disasters or supporting farming communities during drought, supporting critical medical research into childhood cancers and diabetes, or working on local environmental programs – the work of all of our members is valued, and critical. We hope you'll take the opportunity to join us at one of the many events that will be held across Australia, talk to a Lion and ask them why they decided to give some of their time and effort to help others.

That's why we are taking the opportunity to tell our story on Lions Awareness Day. We want the rest of Australia to know more about what we do and the causes we support.

The magic ingredient in Australia's favourite Christmas cake

- Lions Australia shares the magic ingredient in Australia's favourite Christmas cake
 - As the organisation's largest fundraiser, proceeds from Lions Christmas Cakes make a big difference and this year it's expected many clubs will be looking to support communities devastated by the bushfires
 - Lions Christmas Cakes have raised over \$60 million since the first cake was sold in 1965. Australia's appetite for the festive treat is still strong with over 400,000 cakes sold last year
- 20 November 2019: The festive season is just around the corner and Australia's favourite Christmas treat is back!**

Lions Australia's Christmas cakes have become a tradition in thousands of Australian homes renowned not only for exceptional flavour and quality but also for warming the heart.

Perfected over the years, the traditional Lions Australia Christmas cake recipe is packed with high quality ingredients and 50% fruit but there's one magic ingredient in this cake that sets it apart from the rest.

The Lions Christmas Cake makes a difference. With all proceeds going back to Lions Clubs and initiatives across the country, the cakes help fund a range of vital projects including disaster relief. Lions Australia CEO Rob Oerlemans says the organisation is expecting many clubs to be using this year's Christmas Cake profits to support those impacted by the bushfires.

"Lions Christmas Cakes have become a tradition in Australian households. This isn't just because they are renowned for quality and taste but because when buying a Lions cake you know you are supporting a good cause and making a difference. Each club that takes part in the program makes a profit that they can either use on a Lions project or donated back into their local communities," says Lions Australia CEO Rob Oerlemans.

"Right now, Lions right across Australia are rallying together to do what they can to support people affected by the bushfires. We expect many clubs will be using the Lions Christmas Cake fundraiser to help those impacted communities get back on their feet. "Through Lions' incredible network of over 1300 clubs we are able to deliver goods and support quickly and can be sure it will go to where it is needed most," adds Rob Oerlemans.

Lions Clubs are already working with their local communities to identify those who need support from the bushfires. This is why in times of crisis Lions is so effective in distributing support quickly and to those who need it most.

Christmas cakes and puddings are Lions Australia's largest annual fundraiser. Since the first one pound cake was introduced in 1965 the fundraiser has raised an impressive \$60 million to help drive community programs and projects across Australia. Australia's appetite for the Christmas sweet is still strong with over 400,000 Christmas Cakes sold last year.

The sales help fund the incredible work of the organisation in communities across Australia. In addition to disaster relief Lions Clubs drive a range of community service projects and initiatives ranging from youth programs, medical research, aid to people with disability and environmental work.

Lions Australia proudly partners with Top Taste Bakery for its Christmas Cake initiative each year. Based in Brisbane Top Taste uses Lions' recipes to bake the thousands of traditional Lions Christmas cakes and puddings.

To donate to Australian Lions Foundation's Bushfire Appeal visit www.alf.lions.org.au and select the "GiveNow" link

All donations over \$2 are tax deductible.

MEMBERSHIP - Lion Ruth Norwell

Membership Chairman Ruth has a number of prospective members to follow up on, hopefully there will be a number to induct by the 2nd Vice District Governor Stephen Berry who will be making his official visit, along with his wife Kathy, to our club for our Social Dinner Meeting on the 28th January 2020.



To all Lions, have a very Happy Christmas with best wishes for New Year.
Regards Ruth



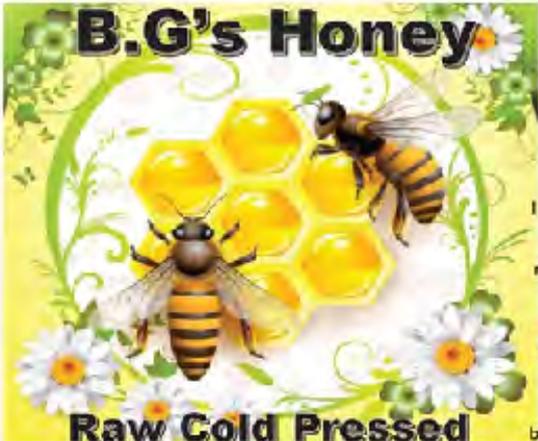
December Birthdays

Lion Dick Ingle	27/12
Lion Evelyn Kelly	30/12

 **HAPPY BIRTHDAY**



B.G's Honey



Robert Garratt
Registered
Bee
Keeper
RG7
0450 288 221

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

Raw Cold Pressed

CHRISTMAS PAGEANT 8/12/2019

After a busy day of prepwork in stifling heat and under the guidance of PDG Peter Lamb things were finally coming to fruition, onions sliced, tomatoes slices, carrot grated and the buns prepped, although the sausages not being available from Woolworths until late on the Thursday afternoon, did not help. We had hired a chiller van to keep everything cold and late on Thursday it packed it in, luckily the meat was not in the chiller at the time, so it was back to eskies and ice for the pageant.

At 3.30pm on Friday we started the setting for the Christmas Pageant BBQ, Trailers in position, Marquees erected and tressles in position. Drinks were packed in eskies as the Master chefs cranked up the BBQ's and started cooking and by 5.00pm we started serving.

It was just a steady pace until after the Parade had finished, then all hell broke loose and they came from everywhere and for a good couple of hours it was nonstop. We eventually sold out of all the food and most of the drinks, so all in all it was a very successful BBQ, yielding the club \$3850.00. Then came the job of packing up which took no time at all, thanks to the large contingent of Lions that was on hand most of whom only stopped momentarily, to watch the City's spectacular fireworks. A Big thankyou to the Sponsors of the event Woolworths, Alcoa and the City of Mandurah.



BBQ's in Place and ready to go



Drinks are put on ice



"I love the crusts thankyou"



Gazebos up and Tressles in place



"Thankyou is there any more?"



The Mandurah City's fireworks display was spectacular

Some Lions members will remember these weekends.

NANGA BUSH CAMP

Lions Family Weekend in early 1990's DaveK

From memory it was the late 1980's /early1990's, quite a few Lion's and their families would travel to the Nanga Bush Camp for a weekend of family fun. For our family the weekend would start on the friday night, having the car packed and ready to go, as soon as I got home from work, we would, thats Denice , myself, oldest boy Jason who was about twelve and youngest boy Peter who was about eight at the time, all hop into the car for the short drive up the Darling Ranges towards Dwellingup, It was about an hours drive, to Nanga Brook. Back then they only had the one facility that was operational, today they have three separate buildings, plus cottages, but the one we stayed at was like one big room with dormitory's upstairs, downstairs was huge with a large kitchen and coolroom at one end down one side was a dining area. At the other end was a fireman pole for a quick exit from upstairs, a definat favourite with the kids, a basketball hoop for indoor basketball and plenty of room for a game of indoor cricket. There was another smaller dormitory building a short distance from the main building , all in all, i think you could have groups up to 300 if you wanted too. The camp also had an obstacle course which was quite extensive and supplied hours of fun for both the young and the old, from memory our group all came out unscathed although there was one kid, not one of ours broke his leg after falling off the flying fox, Roz Osborne rendered assistance before he was transported to hospital.

Once we arrived we quickly sorted out the sleeping arrangements and put our food and drinks into the big coolroom, then we went to find who had arrived early, usually there was a couple of families there on the friday night. So for the adults, it was settle back with a cold drink, while the kids run amuck, exploring, all that the camp has to offer. One of the members would tow up a trailer that housed about eight canoes, that we had hired and all the gear that goes with them, these proved to be a favourite with both the young an the old.

Nanga Bush Camp is situated close to the beautiful Murray River, which is about a five minute walk from the camp, nestled amongst the jarrah trees on 80 acres of uncleared forest. Located near Dwellingup which is just 90 minutes from Perth. Nanga Bush Camp boasts a unique range of facilities, an obstacle course, and canoeing on the river as well as many sports played inside, basketball and cricket etc, the dwellings are unmatched by any venue of its kind in Western Australia.

The beauty and diversity of the Dwellingup area is renowned, perfectly located in the Lane Poole Reserve. Nanga Bush Camp allows every visitor to take advantage of a huge range of activities both on and off the property.

The Lions families back then that made this weekend a great success was, Dennis and Kerry Breen, Peter and Helen Lamb, Alex and Vicki Hunter, Andy and Glenys Douglas, John and Roz Osborne, Kevin and Louise McCann, Jason and Sally Campbell, (late) Norm Creed and Rose, Terry and Bev Alexander and Denice and myself and between us all we had about twenty four kids. As you can see many of these people are now ex lions but there is still a few of us left and I am sure they remember these weekends vividly. We were all around forty years old and back then only the males were Lions, Kerry Breen and Helen Lamb joined, as our first two female members in 1996.

When the kids were down on the river canoeing, swimming and giving the Flying Fox a good work out, we always had a couple of parents watching over them, working on a roster system, this way the parents had a break as well. We all did our own thing at meal times, mostly bbq's at nighttime, sandwiches for lunch and bacon, eggs and cereals for breakfast.

At night time the parents would all congregate around the campfire, listening to music and having a drink or two, some of us tried singing (very badly) while the kids were either inside playing basketball, indoor cricket or roaming the bush with torches looking for the local wildlife. I think we had these weekends annually, for about three years in a row, then with the increased costs and dwindling numbers, we unfortunately stopped going, but I know in our household our boys still talk about the Nanga Brook weekends, they were certainly great times



Murray River, Lane Poole Reserve

Nanga Brook History

The area was home to a milling town that operated from about 1900 until the Dwellingup fires of 1961. Timber was taken from the area as early as 1898, and in 1902 a lease was granted to Yarloop-based Millars Karri & Jarrah Company (formerly Millar Brothers). The Nanga Mill was the biggest in the area for many years, at times employing over 100 men. In 1909 a townsite was laid out and built by Millars, complete with 56 homes and several other lodgings, a store, butcher, hall, billiard room and school. Later, three tennis courts and a sports oval were added.

The two World Wars affected production greatly, with many of the mill workers either fighting overseas or serving in home defence. The Great Depression also saw many mill hands leave the area as wages were not covering food and other necessities. In 1941, the original mill burnt down, and a new, smaller mill requiring only 16 workers was built. At the time of the fires, Nanga Brook was already in trouble, unable to compete with the Dwellingup mill.

The fires in January and February 1961 incinerated the entire town and devastated the countryside. A massive appeal was mounted through Perth and eastern states newspapers by the Australian Red Cross and other charities meeting with a generous response, which ensured the workers and their families were able to rebuild their lives. However, there was no reason for them to return to Nanga Brook, and in 1962, the Governor General declared the end of the town. The area was replanted with stands of pine by the Forests Department (now Department of Parks and Wildlife), who promoted it as a camping and picnic spot

Dwellingup Bushfires

In early 1961, a series of bushfires burned in the south-west region of Western Australia. The devastating fires burned large areas of forest in and around Dwellingup from 20 to 24 January, at Pemberton and in the Shannon River region between 11 and 15 February,^[1] and in the Augusta-Margaret River area in early March. There were also major fires which burned in the Darling Scarp around Kalamunda. The towns of Dwellingup and Karridale were largely destroyed by the fires, as were a number of smaller railway and mill settlements, Nanga Brook being one of them. There was no loss of human life.

LIONS CLUB OF MANDURAH CHRISTMAS PARTY 10/12/2019

Twenty nine members, Eight Lions partners, Seven guests and One Friend of Lions attended our annual Christmas Dinner, which I am sure that everyone that attended, would have had a great time. Our master chef Carole and her three helpers, cooked up a storm, serving up a truly delicious three course Christmas Dinner with the works. In between the meal courses, President Paul kept us entertained by leading us into a bit of Christmas carol singing, then went on to draw one of the raffle prizes. At the end of the dinner, we had three raffle winners in, Lion Gordon Nunn, Lion Wendy Ripley and Margaret Mclean, who is the good looking one in the Mclean household.

it was pleasing to see seven guests attended joining us for the evening, we had Lions Mary and Richard Tuckett, visiting Lions, from The Lions club of Budleigh Salterton, who are holidaying from Devon, England, John and Audrey Farnam, Duncan and Rose Collis and Wendy Moyses, who was a member of the Lions Club of Kalamunda and are all potential new members. We were pleased to see you all attending and hope to see you again soon.

The evening was capped of with a visit from Mr and Mrs Secret Santa, Aka Lions Clive and Lyn Cartledge, who gave presents to all that had attended and also gave us a bit of good old Christmas cheer. A big thanks to Lions Wendy Ripley, Helen Lamb and all others that made the night a success.



President Paul keeps things on track for the evening



President Paul presents Lion Des Mclean his special award the inscription on the trophy reads:

**“DES McLEAN
Talks the most S@#t”**



Above : Our “Master Chef” Carole. introduces her three helpers for the evening



Right: The four receiving a present from Santa after cooking up a beautiful feast



**Left :Lions Mary and Richard Tuckett, visiting Lions from the UK
Right: John and Audrey Farnam**



**Left : Duncan and Rose Collis
Right : Wendy Moyses, receiving a gift from Santa**



OUR GUESTS (Above)



Everyone is ready, let the Party begin.

Editor - Sorry I could not put all photos in the Bulletin, too many, but heres a few.



Mr and Mrs Secret Santa did an excellant job handing out presents to all, notice Santa's Claws in the right photo. Thanks to Lions Lynne and Clive Cartledge on a job well done





Lions Cancer Institute Inc.

Early HistoryThe Lions Cancer Institute Inc. is a project of the Lions Clubs of Western Australia and was formed in 1989. Incorporated in 1990 it became affiliated with the University of Western Australia in 1994 and in 1996 in association with The Cancer Research Institute formed the Centre for Applied Cancer Studies at the University of Western Australia. The Lions Cancer Institute laboratories were initially located in the Infectious Diseases Transportable looffMoore Street Perth WA.

The Institute later moved to the Medical Research Foundation building at 50 Murray Street Perth on completion of the building then to Park Lane, part of the original University of Western Australia campus. The Institute's offices then relocated to Oasis Lotteries House Unit 7, 37 Hampden Road, Nedlands. Laboratories were housed in the Department of Pharmacology on the UWA, Nedlands campus.

Initial funding came through Lions Clubs and from a group named The Friends of the Lions Cancer Institute. They were formed to raise funds towards cancer research in association with the Lions Cancer Institute.

Screening Project

The Lions Cancer Institute is involved in two major projects, one is the Free Skin Cancer screening the core of which is our state-wide **Skin Screening Program**. These free screenings are carried out by Institute staff, who are all volunteers, supported by members of the **West Australian Society of Plastic Surgeons** and **The Australian Society of Dermatologists**, Doctors, Dermoscopists, Nurses, Science Graduates, Board Members and Lions Club members.

The Project is credited with not only saving lives since its inception but also of saving the public health system millions of dollars on the care of patients dying from undiagnosed skin cancers.

Debut

The program first started with an ad-hoc screening in Muckinbudin in 1990 where a team screened two hundred persons with approximately 5% referral rate. The screening has continued operating and has screened over 75,000 persons in Western Australia with an average referral rate of 28.4% (Figure as at 2018). Some 1,300 plus of those patients had a preliminary diagnosis which involved a possible life-threatening lesion(s). (Figure as at 2018)

In 2006 the Institute was approached by the **Royal flying Doctor Service in WA** to run a joint venture program with their 'On the Road' service teams providing skin cancer screening to more remote areas. Results in all of these areas show a need for such a screening service. Funding for those extended trips was provided by **Regional Development Commissions, Royalties for Region and Mining Companies**, however a change in the management structure of the RFDS saw the 'on the road program' discontinued.



The Lions Cancer Institutes Cancer Screening bus crossing the 26th parralel line, heading north

The **South Australian Lions** now have a mobile skin screening program similar in operation to that in WA, operating in South Australia and Northern Territory. The legal identity under which the SA program operates is the **Lions Medical Research Foundation** (LMRF), an agreement exists between the Lions Cancer Institute and LMRF ensuring the protocols and staff training established over many years is maintained. Screenings

Current volunteer staffing levels and Lions **donations** restricts the screenings per year and details of planned screenings are shown on our **screening roster** page. We receive **requests** for up to 40 screenings per year, many of which are from locations previously visited, and on most occasions, appointments available (i.e. 100 per day) are filled well ahead of time. The early part of the program was targeted at developing 'at risk' criteria for advocating the need for screening. The criteria are continually tested and where the patient does not meet the criteria the referral rate is less than 5%. Use of the 'at risk criteria', if applied correctly, has continually produced referral rates of 39 % plus, the average referral rate is 27.4%.

The protocols the service operate under do not include any treatments, formal diagnosis or prognosis, patients found with suspect lesions are given referrals to their nominated General Practitioner for further investigation.

Mobile Screening Units

The first mobile screening unit was launched in August 2002 a caravan consisting of three fully equipped screening booths offering both audio and visual privacy, equipped with magnification scopes and cameras, good lighting, a small office area and an annex for reception. The unit is towed by a light truck fitted with a generator and potable water supply.

The second mobile screening unit is a converted 12.5m coach with similar facilities, generator, water tanks etc. are in bins below, both units are equipped to accommodate four passengers plus the driver however many of the screeners may elect to find their own way to the screening locations.

Research Projects

The second project is to **support PhD and Honors students**. studying in cancer areas via a Grant process administered through the Karen & Joshua Chinnery Memorial Scholarship. Since inception the Lions Cancer Institute Board has been involved in the 'top up' financial support of these students. Our early Honors students Heather Williams and Sarah Dye used data collected from the completed screenings as the basis for their. Theses and four papers were published from this data. In addition, data from the screening clinics was used in an Honors project by Heather Williams.

To date six PhD and three Honors Students have successfully completed their studies and the Institute has provided support funding to the prominent **Liver Cancer Researcher in WA, Prof George Yeoh**.

The Challenge for the Future

Since formation of the Institute in 1989 the aim of **the board** has remained focused. Progress towards our final goals has been slow however we believe that the Board's decision to support both PhD and Honors students who are our future scientists will assist the Institute in meeting the following challenges:

The Lions Cancer Institute **mobile service** which would be a full-time service to rural regions staffed by trained Volunteers who will when required be able to access specialist opinions via telemedicine.

To offer Training courses in the Diagnosis and Assessment of Skin Cancer for GPs, Nurses and other selected applicants and are available by contacting the Institute. As aforementioned the program is now operating in South Australia, Northern territory and is being investigated in Victoria and New Zealand through the Lions Organisation all under the banner of the Western Australian Lions Cancer Institute



RURAL AREAS

Skin cancer continues to be more prevalent in rural remote areas, according to Cancer Council of Australia chief executive officer Ian Olver

Mr Olver said that while everyone was at risk of developing skin cancer, the danger increased for farmers because of the amount hours spent in direct and indirect sunlight.

“It’s estimated that 60 per cent of the skin cancer cases in regional Australia are due to what appears the increased exposure in rural areas, which is leading to a higher rate of melanoma’s than we’d see in urban areas and that can also be mapped if you look at occupational exposures, eg farmers.

“It’s estimated, for example, that there are 200 melanomas and 34,000 non-melanomas by occupational exposure. But the risk of squamous cell non-melanoma among indoor workers is half that of outdoor workers.”

Mr Olver added that the key to preventing skin cancer was to reduce the exposure of the skin to the sun when the UV index was above three.

He said it would be wise to seek shade during **high UV times** if possible, which was usually in most areas of Australia between **10am and 3pm**.

“**Basically the ‘slip, slop, slap’ message still very much applies,**” Mr Olver said. “Wearing clothing such as a hat and long sleeve shirt, sunglasses for the eyes and applying sunscreen for the unprotected skin are the most important steps in protecting yourself when being out in the sun is unavoidable.”

Taking those precautions reduces the risk of skin cancer and premature ageing of the skin, while there are also some eye complications that UV light causes that are prevented by wearing sunglasses.

“So if you’re in an area with intense sunlight, it’s good practice to get used to covering up,” he added.



Australia Day 26th JANUARY 2020

LIONS CLUB OF MANDURAH

\$7 Breakfast 7 - 9am

Come along to the Eastern Foreshore from 7am for the best breakfast you'll ever eat for \$7.

Enjoy toad in the hole (egg and toast), bacon, sausage, baked beans, fruit juice plus tea and coffee, thanks to the Lions Club of Mandurah and the City of Mandurah.

Sponsors for the Australia Day Breakfast are: City of Mandurah and Woolworths Stores Mandurah.

AUSTRALIA DAY BREAKFAST 26th JANUARY 2020

THE LIONS CLUB OF MANDURAH will again be out in force cooking for about 1500 people who will be lining up for our famous, annual, Australia Day Breakfast

Australia Day is the official [national day](#) of Australia. Celebrated annually on 26 January, it marks the anniversary of the 1788 arrival of the [First Fleet](#) of British ships at [Port Jackson, New South Wales](#), and the raising of the [Flag of Great Britain](#) at [Sydney Cove](#) by Governor [Arthur Phillip](#). In present-day Australia, celebrations reflect the diverse society and landscape of the nation and are marked by community and family events, reflections on [Australian history](#), official community awards and citizenship ceremonies welcoming new members of the Australian community.

The meaning and significance of Australia Day has evolved and been contested over time, and not all states have celebrated the same date as their date of historical significance. ^[2] Unofficially, or historically, the date has also been variously named "Anniversary Day", "Foundation Day" and "ANA Day". It has also been known as "Invasion Day" and "National Day of Mourning". The date of 26 January 1788 marked the proclamation of British sovereignty over the eastern seaboard of Australia (then known as [New Holland](#)) Although it was not known as Australia Day until over a century later, records of celebrations on 26 January date back to 1808, with the first official celebration of the formation of [New South Wales](#) held in 1818. On New Year's Day 1901, the British colonies of Australia formed a [federation](#), marking the birth of modern Australia. A national day of unity and celebration was looked for. It was not until 1935 that all Australian states and territories adopted use of the term "Australia Day" to mark the date, and not until 1994 that the date was consistently marked by a public holiday on that day by all states and territories.

In contemporary Australia, the holiday is marked by the presentation of the Australian of the Year Awards on Australia Day Eve, announcement of the Australia Day Honours list and addresses from the Governor-General and the Prime Minister. It is an official public holiday in every state and territory. With community festivals, concerts and citizenship ceremonies, the day is celebrated in large and small communities and cities around the nation. Australia Day has become the biggest annual civic event in Australia.

Some Indigenous Australian events are now included. However, since at least 1938 the date of Australia Day has also been marked by Indigenous Australians, and those sympathetic to their cause, mourning what they see as the invasion of their land by Europeans and protesting its celebration as a national holiday. These groups sometimes refer to 26 January as Invasion Day, Survival Day, or Day of Mourning and advocate that the date should be changed,^{[8][9]} or that the holiday should be abolished entirely.^l

EDITOR - My first experience, as a Lion with the Australia Day Breakfast, was when it was held in the old Peninsula Hotel carpark and where the large Moreton Bay Fig tree at Stingray Point is still located, back then the citizenship ceremonies were held under that tree. From memory we were helping the Mandurah Waters Lions Club who was running the event, even back in these days, it was a hectic morning. The Sebel is now located at the old Pen site, how the times have changed.

THE PENINSULA HOTEL (THE PEN)

THE PEN'S HISTORY

The hotel Peninsula was originally built in 1899 as a six bedroom holiday cottage for George Brookman, a Gold miner from Kalgoorlie. In 1907 the homestead was sold to Walter Bramwell, a gentleman of Mandurah. Charles Slee, a Lawyer, purchased the property in 1910 for the price of three thousand eight hundred pounds and in 1911 the first licence was issued and recorded as Wayside House Licence.



Hobart Tuckey and his brother Clarence held the licence in 1925 and in 1929 sold the property to Thomas Blakeley with the funds his son Harold gave him who was not of legal age to hold a Publicans General Licence. Harold Blakeley Senior owned and operated the "Pen" for 62 years. The Peninsula Hotel stayed in the hands of the Blakeley family until 1991. It traded under new ownership until Australia Day, 26th January 2003 the hotel was then closed along with an era of history.

The "Pen" was the first hotel in WA to use a hand gun to pour beer, 55 x 18 gallon kegs were emptied in a day. Customers lined up for Sunday Sessions waiting for 11am opening, along with several inspectors from the Licensing Board. Harold also erected "Meet you at the Pen" signs in Kalgoorlie which made his holiday trade boom and the saying "Meet you at the Pen" became his own very successful trademark. During World War II the Hotel was taken over by the Australian Military Forces and the American Navy to be used as an R&R base for Officers only. However, Harold often let enlisted men stay over whenever he could. The Moreton Bay Fig tree was planted around 1930 on Stingray Point said to be by the customers of Harold Blakeley Snr. Harold through his hard work, loyalty and his own personal goals achieved in making the Hotel Peninsula a much loved venue for all to enjoy in Mandurah.

Many people, may recall the footbridge (Pictured right), "The Pen" is in the background and the Moreton Bay Fig Tree is on the left) which extended across the estuary connecting Stingray Point with the town. The footbridge was constructed in 1904 and had a raised section to enable boats to pass under. It made the walk into town easier and was used for fishing by holiday makers. Shortly after its construction debate ensued as to who was responsible for the ownership and upkeep of the structure. The dispute resulted in the local government authority, the Murray Roads Board taking control of the footbridge in September 1909 and eventually declaring the footbridge to be a public roadway. A water pipe was laid under the footbridge around 1940 for the use of campers on the point. The cost of upkeep over the years was extensive, and severe damage to the bridge during the floods of 1945 marked the start of a downward spiral for the footbridge. It spent much of the time from this point on fenced off and officially in disuse. However, the remaining structure was not removed until 1958.



AUSTRALIA DAY HISTORY

Before 1770

Aboriginal peoples had been living for more than 600,000 years on the continent we now know as Australia. At least 1600 generations of these peoples had lived and died here.

Europeans from the thirteenth century became interested in details from Asia about this land to the south. From the sixteenth century European cartographers and navigators gave the continent various names, including Terra Australis (Southern Land) and New Holland.

- **1770**

Captain James Cook raised the Union Jack on what is now called Possession Island on 22 August to claim the eastern half of the continent as New South Wales for Great Britain.

1788

- **Captain Arthur Phillip, commander of the First Fleet of eleven convict ships from Great Britain, and the first Governor of New South Wales, arrived at Sydney Cove on 26 January and raised the Union Jack to signal the beginning of the colony.**

The 1800s

- **1804**

Early almanacs and calendars and the Sydney Gazette began referring to 26 January as First Landing Day or Foundation Day. In Sydney, celebratory drinking, and later anniversary dinners became customary, especially among emancipists.

- **1818**

Governor Macquarie acknowledged the day officially as a public holiday on the thirtieth anniversary. The previous year he accepted the recommendation of Captain Matthew Flinders, circumnavigator of the continent, that it be called Australia.

- **1838**



- Proclamation of an annual public holiday for 26th January marked the Jubilee of the British occupation of New South Wales. This was the second year of the anniversary's celebratory Sydney Regatta.

- **1871**

The Australian Natives' Association, formed as a friendly society to provide medical, sickness and funeral benefits to the native-born of European descent, became a keen advocate from the 1880s of federation of the Australian colonies within the British Empire, and of a national holiday on 26 January.

- **1888**

Representatives from Tasmania, Victoria, Queensland, Western Australia, South Australia and New Zealand joined NSW leaders in Sydney to celebrate the Centenary. What had begun as a NSW anniversary was becoming an Australian one. The day was known as Anniversary or Foundation Day.

The 1900s

- **1901**

The Australian colonies federated to form the Commonwealth of Australia. The Union Jack continued as the national flag, taking precedence over the Australian red and blue shipping ensigns gazetted in 1903. Melbourne was the interim federal capital. The Australian Capital Territory was created out of New South Wales in 1908, the federal capital named Canberra in 1913, and the Parliament House opened there in 1927.

- **1930**

- The Australian Natives' Association in Victoria began a campaign to have 26 January celebrated throughout Australia as Australia Day on a Monday, making a long weekend. The Victorian government agreed with the proposal in 1931, the other states and territories following by 1935.

- **1938**

While state premiers celebrated the Sesquicentenary together in Sydney, Aboriginal leaders met there for a Day of Mourning to protest at their mistreatment by white Australians and to seek full citizen rights.

- **1946**

The Australian Natives' Association prompted the formation in Melbourne of an Australia Day Celebrations Committee (later known as the Australia Day Council) to educate the public about the significance of Australia Day. Similar bodies emerged in the other states, which in rotation, acted as the Federal Australia Day Council.

- **1948**

The Nationality and Citizenship Act created a symbolic Australian citizenship. Australians remained British subjects.

- **1954**

The Australian blue ensign was designated the Australian national flag and given precedence over the Union Jack. The Australian red ensign was retained as the commercial shipping ensign.

- **1979**

The Commonwealth government established a National Australia Day Committee in Canberra to make future celebrations 'truly national and Australia-wide'. It took over the coordinating role of the Federal Australia Day Council. In 1984 it became the National Australia Day Council, based in Sydney, with a stronger emphasis on sponsorship. Incorporation as a public company followed in 1990.

- **1984**

Australians ceased to be British subjects. Advance Australia Fair replaced God Save the Queen as the national anthem.

- **1988**

Sydney continued to be the centre of Australia Day spectacle and ceremony. The states and territories agreed to celebrate Australia Day in 1988 on 26 January, rather than with a long weekend. Aborigines renamed Australia Day, 'Invasion Day'. The Bondi Pavilion protest concert foreshadowed the Survival Day Concerts from 1992.

- **1994**

Celebrating Australia Day on 26 January became established.

The 2000s

- **Present Day**

Australia Day is an established and significant day in the national calendar with 4 in 5 Australians seeing it as 'more than a day off' and over 16,000 people choosing it to become new citizens each year.



LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
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JANUARY	4/01/20	Recycling Saturday
	12/01/2020	MADSAR BBQ
	14/01/20	Dinner Meeting
	21/01/20	Board Meeting
	25/01/20	Australia Day Breakfast Prepwork Saturday
	26/01/20	Australia Day Breakfast Sunday
	28/01/20	Dinner Meeting 1st VDG Visitation
FEBRUARY	1/02/20	Recycling Saturday
	11/02/20	Dinner Meeting
	18/02/20	Board Meeting
	25/02/20	Dinner Meeting
MARCH	1/03/20	Recycling Saturday
	7/03/20	Lions Awareness Day
	7/03/2020	BBQ Coast FM (Car Draw)
	10/03/20	Dinner Meeting
	17/03/20	Board Meeting
	24/03/20	Dinner Meeting

BULLETIN DEADLINE

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

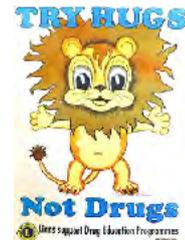
Articles and reports need to be in to the Editor by the **First Monday of the Month unless otherwise notified.**

Articles received after this date, may not be accepted.

I look forward to your contributions.

Dave Knight 0400199840

dkni5048@bigpond.com



“ KINDNESS is more than deeds, It is an attitude, an expression, a look, a touch, its anything that lifts another person”



Have you asked the question?.

From Lion Denice and Myself, we wish you all a happy and safe festive season.

**HAPPY
NEWYEAR**



CHRISTMAS AND NEW YEAR

“... it can be a particularly difficult time of year.”

Beating Christmas and New Year stress and anxiety

The Christmas season is meant to be a time of joy, but for many people it can be a time of stress, anxiety, disappointment or loneliness. Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals.

For those who have recently lost a loved one, Christmas can intensify feelings of grief and sadness.

Some people experience feelings of isolation, financial pressures or increased family conflict that can make this a very stressful time of year.

However, there are some steps you can take to help manage stress and anxiety during the festive period.

If you're finding it difficult to manage your stress or anxiety, try healthdirect's symptom checker to get advice on when to seek professional help.

Taking care of money worries

Is the festive season a burden on your wallet? Here are some tips for managing your Christmas finances and reducing your financial stress during the silly season:

- **Identify what's causing you financial stress.** Buying gifts and attending social get togethers can be expensive. Plan ways to reduce spending. For example, you could suggest to your family and friends that you only buy gifts for the kids, or organise a 'Secret Santa' among the adults. Set a budget and stick to it.
- **Find low cost ways to have fun.** Don't let money cut you off from your family and friends. If you can't afford expensive restaurant meals or cocktail catch-ups, organise a BBQ in the park or a party at home where everyone brings a plate of food.

Dealing with family tension

Just because you're related doesn't mean your family members will all get along. Split families and unresolved conflicts may contribute to Christmas anxiety. Family and relationship problems can be a trigger for anxiety.

Here are some ideas for getting through:

- **Set realistic expectations.** Christmas might not be the fabulous family reunion you hoped for. Plan how you will manage any feelings of anxiety or depression that may arise.
- **Put the kids first.** If you have children, consider putting aside ongoing adult conflicts in their interest. Think about Christmas as a day for the kids and focus on enabling their happiness.
- **Drink in moderation.** It may be tempting to drink too much during the festive period, but alcohol can contribute to stress, anxiety and depression. Alcohol may be a problem if you're drinking to cope.

- **Avoid known triggers.** If your family has a history of arguing over a certain topic, don't bring it up.

Managing loneliness

There are ways to overcome loneliness if you find yourself isolated or grieving a loved one over the Christmas period.

- **Connect with friends and family.** Even if you're separated by distance, you can stay in touch with loved ones online or by phone.
- **Volunteer.** Why not lend a hand to a local shelter over Christmas? There are lots of charities who need help. You'll connect with people and feel good about making a positive contribution.
- **Attend community events.** Find out what's on locally and get involved. Whether it's Christmas carols or local markets, getting out and about can help relieve loneliness.
- **Make plans for Christmas Day.** Develop a plan in advance to avoid feeling depressed or stressed on the day. Perhaps make yourself a special breakfast, buy yourself a gift in advance so that you can enjoy on the day, attend a local church service, or take a stroll through the local park to give yourself a treat.

Stay healthy to avoid Christmas anxiety

Recognising and changing behaviours that contribute to your stress will help you get through the Christmas period. **Remember to stay healthy** - eating well, exercising and getting enough sleep can help you cope with Christmas stress.

Need more help?

There are many free services available that offer mental health support. If your symptoms of stress, anxiety or depression are severe or long lasting, see a doctor who can make a diagnosis and arrange treatment.

If holiday season stress is getting too much for you and you need support, call beyondblue on 1300 22 4636, or Lifeline on 13 11 14, to talk things through. If you or someone you know is at risk of hurting themselves or someone else, call triple zero (000).

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