

January

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

HAPPY NEW YEAR



In the past December was a month where the club was very active with the City Christmas pageant, sale of Christmas cakes, Santa visits to day-care centres, Halls Head Community Swap meets, Father Christmas deliveries and school book awards. This year there was no School book awards, Christmas pageant or swap meets however Father Christmas deliveries and Santa visits went ahead with reduced numbers

The first activity for December was the sausage sizzle for the Midway Community Care that was held at the King Carnival on the Western Foreshore. Midway had the sole use of King Carnival and I am sure that the carers and their charges enjoyed the day. Hats off to Barry and his team for conducting a well organised event and I hope that we will be invited to participate next year.

We ventured into the unknown with Christmas cake sales this year. Orders were needed to be placed some months ago. Sales at Bunnings did not eventuate and sales from our other outlets were down. This year we received great support from the Forum Shopping Centre. Lion Paul was able to secure over 2 weeks of selling dates which allowed for sufficient time to sell all our stock. A letter has been sent to Chantelle from the Forum management thanking them for their generous assistance. Thanks to Paul and all members who got the job done. The cakes are all gone, paid for and very little money outstanding.

Lions Barry's initiative of selling 2-day raffle for a decorated Christmas cake proved successful. Easy to sell and organise and profitable. Thanks to Barry for bringing the concept to the club.

My thanks to Lion Barry and his team for arranging our Christmas meeting at Belswan Lifestyle Village. Belswan offered the venue at no charge. The suggestion, that instead of bringing a present, we donate non-perishable items or cash to Kitty Bowden, was well supported and turned out to be very timely as it allowed Kitty to help Bryce celebrate his 21st Birthday.

The article "freedom to go on a date" appeared in the Mandurah Mail on page two. This is the story of Tyson and is probably one of the better articles we have had in the paper. The article did generate a few extra donations through the GoFundMe page

Santa visited 5 day-care centres. This is a great project as each Santa visit is less than an hour and thereby returning our best hourly rate for all projects.

The last event for the year was the Christmas deliveries. Numbers were down over the previous years. Seven Santa's suited up and were able to complete their rounds by about 7.30pm. Thanks to Lion Garry and his team for all that went into making the project a success.

As you read this 2020 in now in the rear-view mirror. With the knowledge gained from our 2020 experience I am sure that we can look forward to 2021 with a little more confidence in going about our Lions work.

Thank you to all members for your support over the past 6 months

Lion John Osborne
President.



WE CARE, WE SERVE, WE ACCOMPLISH

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

**The Awards will be on the 20th
March 2021**

**Gary Holland Community
Centre -**

19 Kent Street Rockingham.

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

The program was introduced in 1983 by Past District Governor Joe Mason OAM, who saw a need to provide for an awards programme through which Lions Clubs in Western Australia could recognise a very special group of young Western Australians - and their families.

At that time, there were many awards that recognised the achievements of young people - except the children with "special needs".

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

CHILDREN OF COURAGE CATEGORIES

Special Needs

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

Courageous Act or Deed (Hero)

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

Outstanding Sporting Achievements

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

**Lions Myalup
Pines Cottages**



A Project of Lions District 201W2.

Myalup Pines will be closed between Monday 11th January and Sunday 17th January 2021, to enable maintenance to be carried out on the hall and seven cottages including interior, exterior painting, and we will also be erecting the Machinery shed .All Lions Club members are encouraged to take up our offer of free accommodation during this closure in January, to share a cottage with fellow members in return for assisting Roy, Marie and the committee in a working-bee week to maintain and improve the Myalup Pines facilities.

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.

EXCITING NEWS!!!

The First Ever W.A. MULTIPLE DISTRICT LEO Convention

**Monday, Tuesday & Wednesday
January 18th, 19th and 20th 2021**

**AT LIONS MYALUP PINES COTTAGES,
FORESTRY RD MYALUP**

**12 MINUTES FROM MYALUP BEACH:
FISHING, SWIMMING, BUSHWALKS,
BARBECUES, FIREPIT, MODERN**

1ST VICE PRESIDENT'S REPORT
DES McLEAN MBE



On the 10th, December I took our Children of courage boys, Joshua, William and their family, the Jones, for a tour of the spectacular Canal Christmas lights. The Children of Courage Awards will now be happening on the 10th March 2021.

On the 11th, December we hosted eighty eight carers and foster children from Wanslea. The night started off with a BBQ, followed then with a gold hunt before Santa arrived and handed out some very nice presents. We then all boarded boats, supplied by nine very generous skippers and we all went off to see the Canal Christmas lights.

I received a call for help from a stranger who wanted to give his parents a Canals Christmas lights trip for their wedding anniversary but the commercial people were all booked out, so I made the trip again. When asked what they should pay me, I replied nothing for me, but Lions have a Go fund me page set up for young Tyson Williams and I suggested a donation, which they proceeded to do.

There is an old saying.. "Christmas is coming and the goose is getting fat" well I do know about that, thirty nine degrees in the water bag won't let this Santa get fat, but I must admit it is a lot of fun. At one play centre which shall remain nameless, a lovely little girl came over, must have been about five years old gave me a big hug then confessed, "You aren't the real Santa". I replied, "Why would you say that" she said, "The real Santa was here yesterday". You wait until I catch up with Mrs Lambs little boy, Peter.

On Christmas Eve my elf, Lion David O'Leary and myself delivered our quota of Joy and happiness and at one place I asked a little lass of about seven years old, "Have you been a good girl?. She quickly answered, "Oh yes. I then asked, "What have you asked Santa to bring you?". She said, "A bicycle" I glanced at Mum who winked and nodded then I said, "I'll see what I can do".

I still had a Christmas cake for the Jones Family to deliver, so instead of staying for drinks after the Christmas deliveries, I set off for Baldvis still dressed as Santa. When I arrived, there was a large street party happening and as I stepped out of the car, I was met with a lot of clapping and laughter, this is how LIONS clubs serve our community, as I presented Mrs Jones with her Christmas cake. Afterwards there were lots of photos of kids with Santa. I arrived home about 11pm, completely worn out, but very happy.

To all our wonderful Lions and their Lion partners, I would like to wish you all the best and that you receive all that you desire in 2021.

Lion Des McLean
1st Vice President

This article was published about Tyson in the Mandurah Mail on the 17/12/2020. we have initiated a GoFundme page to raise funds for Tyson's car so please share with your friends

Article snippet from Mandurah Mail featuring photos of Tyson Williams and text about his condition and the GoFundMe page.



2ND VICE PRESIDENT'S REPORT
LION DON McCARROLL



Lions Mints – Lions Mints, will be in good hands whilst Lion Dick is recuperating after his ankle operation which is happening this month. Thanks to all Lions that have volunteered to help out.

Community Recycling W.A. - This Project has been a little bit slow, hopefully it will pick up in January, after the Christmas cheer.

Recycling Spectacles and Hearing Aids – We are still waiting for notification as to when we can send off the boxes of spectacles we now have stocked, hoping Queensland is going to open up shortly so we can post them.

Paper Recycling – The paper recycling has been running smoothly, with a steady supply of papers coming in, keeping PDG Ian and his team of helpers busy.

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 to help out.

Christmas Cakes – Thanks to Lion Paul Ripley for organising the Christmas cake sales for 2020, with all cakes being sold. I had to hunt around the shops for three days before Christmas for a late order of two cakes. Lion Paul then became ill at the end of Project, so thanks go to PDG Peter Lamb for stepping in and helping with this project. We all wish you a speedy recovery, Lion Paul.

We also thank our outlets who participated. in 2020.

Lion Don McCarroll
2nd Vice President



ALL CHRISTMAS CAKE SOLD!!

A BIG THANK YOU

To all Lions who put their time and effort into selling Christmas cakes this year, making it again, a successful Project of our club.

Also thanks to the participating outlets who sold cakes on our behalf, although, due to the Covid pandemic restrictions, some outlets had trouble selling cakes. Also, over the duration in the Mandurah Forum we raffled off six beautiful iced, (Christmas theme), Christmas cakes, These raffles proved to be very popular, thanks go to Lions Barry and Ann Simms for organising.

Letter of Thanks To The Mandurah Forum Shopping Centre

330 Pinjarra Road,
Mandurah WA 6210

Attention Chantelle Trebley

Dear Chantelle,

On behalf of the Lions Club of Mandurah, I wish to sincerely thank, both yourself and the Management of the Mandurah Forum for allowing our members to sell Lions Christmas Cakes at the Forum, prior to Christmas.

Not only that, but also allowing an extension on time adjacent to the Coffee Club, to permit us to completely sell out all our remaining stock of cakes. As per our last stock-take, this should occur on or about the 18th December 2020.

Our donations to local causes are funded partly by the sale of these cakes and with the pandemic severely reducing our capacity to fundraise, this activity has greatly assisted and we are eternally grateful for your continued support.

Merry Christmas to you and all your staff at the Forum.

Yours sincerely

I/P President Paul Ripley

Secretary@mandurahlionsclub.info

Ph. 0428 190 354



Lions Dave O'Leary and Denice Knight selling Lions Christmas



The blind leading the blind. This is how you use Epos , Denice.



Above L to R, Lions Harald Lorek, Graham Bateman and Dave Knight, are they solving the world's problems or are they selling Lions Christmas cakes and puddings!!

3RD VICE PRESIDENT'S REPORT

LION BARRY SIMMS



BBQ / SAUSAGE SIZZLES - The month of December has been relatively quiet for the third vice president's portfolio with only two sausage sizzles.

The first was at The King Carnival in support of the Midway Community Care organisation. A great day was enjoyed by the clients and their carers. An email of thanks was received by Midway which was forwarded to all members.

The second sizzle was for the Mandurah City Council in appreciation of the hard work done by the council workers involved in the construction of a sports facility at Lakelands Park Lakelands.

Many thanks to all the Lions who participated in the two sausages sizzles to make them great successes.

Six decorated 1.5 kg Lions Christmas Cakes Raffles was a huge success my thanks to all Lions for selling tickets, when selling Christmas cakes at the Mandurah Forum. It was a simple, six, two day raffles which proved to be popular with our cake customers.

Lion Barry Simms
3rd Vice President



MEMBERSHIP CHAIRPERSON

Lion Ruth Norwell



We have one new person seeking Membership, in Lyn Fatcher, her forms have been submitted ,waiting for the Boards approval.

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 !!!!!!!



Garry Irvine
M:0481 093 090
H: 089586250



- 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.

Years of Service Tabs for December were presented to:
Lion Helen Lamb 24 Years
WELL DONE

DECEMBER BIRTHDAY GREETINGS
Lion Dick Ingle 27/12
Lion Evelyn Kelly 30/12
HAPPY BIRTHDAY

WE NEED YOU!! NOMINATIONS IN BY 9TH FEB 2021

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.

DUTIES OF OFFICERS:

PRESIDENT

He/she shall be the chief executive officer of the club; preside at all meetings of the board of directors and the club; issue the call for regular meetings and special meetings of the board of directors and the club; appoint the standing and special committees of this club and cooperate with chairpersons to effect regular functioning and reporting of such committees; see that regular elections are duly called, noticed and held; and cooperate with, and be an active member of, the district governor's advisory committee of the zone in which the club is located.



IMMEDIATE PAST PRESIDENT

He/she and the other past presidents shall officially greet members and their guests at club meetings and shall represent this club in welcoming all new service-minded people in the community served by this club.

VICE PRESIDENT(S)

If the president is unable to perform the duties of his/her office for any reason, the vice president next in rank shall occupy his/her position and perform his/her duties with the same authority as the president. Each vice president shall, under the direction of the president, oversee the functioning of such committees of this club as the president shall designate.

SECRETARY

He/she shall be under the supervision and direction of the president and the board of directors and shall act as the liaison officer between the club and the district (single, sub- and multiple) in which this club is located, and the association. In fulfilment of this, he/she shall:

- (1) Submit regular monthly and other reports to the international office of the association on forms provided by the international headquarters containing such information as may be called for by the board of directors of this association.
- (2) Submit to the district governor's cabinet such reports as it may require including copies of regular membership and activities reports.
- (3) Cooperate with and be an active member of the district governor's advisory committee of the zone in which the club is located.
- (4) Have custody and keep and maintain general records of the club, including records of minutes of club and board meetings; attendance; committee appointments; elections; member information, addresses and telephone numbers of members; members club accounts.
- (5) Arrange for issuance, in cooperation with the treasurer, of quarterly or semi-annual statements to each member for dues and other financial obligations owed to this club, collect and turn the same over to the club treasurer and obtain a receipt.
- (6) Give bond for the faithful discharge of his/her office in such sum and with such surety as determined by the board of directors.
- (7) Deliver, in a timely manner, at the conclusion of his/her term in office, the general records of the club to his/her successor in office.

TREASURER

He/she shall:

- (1) Receive all monies, from the secretary and otherwise, and deposit the same in a bank or banks recommended by the finance committee and approved by the board of directors.
- (2) Pay out monies in payment of club obligations only on authority given by the board of directors. All checks and vouchers shall be signed by the treasurer and countersigned by one other officer, determined by the board of directors. No two officers authorised as signatories may reside in the same household.
- (3) Have custody and keep and maintain general records of club receipts and disbursements.
- (4) Prepare and submit monthly and semi-annual financial reports to the board of directors of this club.
- (5) Give bond for the faithful discharge of his/her office in such sum and with such surety as determined by the board of directors.
- (6) Deliver, in a timely manner, at the conclusion of his/her term in office, the financial accounts, funds and records of the club to his/her successor in office.

MEMBERSHIP DIRECTOR

The membership director shall be the chairperson of the membership committee. The responsibilities for this position shall be:

(1) Development of a growth program specifically for the club and presented to the board of directors for approval.

(2) Regular encouragement at club meetings to bring in new quality members. (3) Ensuring implementation of proper recruitment and retention procedures. (4) Preparation and implementation of orientation sessions. (5) Reporting to the board of directors on ways to reduce the loss of members. (6) Coordination with other club committees in fulfilling these responsibilities. (7) Serving as a member of the zone level membership committee.

LION TAMER (Optional)

The Lion Tamer shall have charge of and be responsible for the property and paraphernalia of the club, including flags, banners, gong, gavel, song books and button board. He/she shall put each in its proper place before each meeting and return the same to the proper storage area after each meeting. He/she shall act as sergeant-at-arms at meetings, see that those present are properly seated, and distribute bulletins, favours and literature as required at club and board meetings. He / she shall give special attention to assure that each new member sits with a different group at each meeting so that he/she can become better acquainted.

TAIL TWISTER (Optional)

He/she shall promote harmony, good fellowship, life and enthusiasm in the meetings through appropriate stunts and games and the judicious imposition of fines on club members. There shall be no ruling from his/her decision in imposing a fine, provided, however, that no fine shall exceed

an amount fixed by the board of directors of this club, and no member shall be fined more than twice at any one meeting. The tail twister (optional) may not be fined except by the unanimous vote of all members present. All monies collected by the tail twister (optional) shall be immediately turned over to the treasurer and a receipt be given.

BOARD OF DIRECTORS

The board of directors shall have the following duties and powers:

(1) It is the executive board of the club and is responsible for the execution, through the club officers, of the policies approved by the club. All new business and policy of the club shall be considered and shaped, first, by the board of directors for presentation to and approval by the club members at a regular or special club meeting.

(2) It authorises all expenditures and shall not create any indebtedness beyond the current income of this club, nor authorise disbursement of club funds for purposes inconsistent with the business and policy authorised by the club membership.

(3) It has the power to modify, override or rescind the action of any officer of the club.

(4) It ensures that the books, accounts and operations of the club are audited annually or, at its discretion, more frequently and may require an accounting or have an audit made of the handling of any club funds by any officer, committee or member of the club. Any member of the club in good standing may inspect the audit or accounting upon request at a reasonable time and place.

(5) It appoints, on recommendation of the finance committee, a bank or banks for the deposit of the funds of the club.

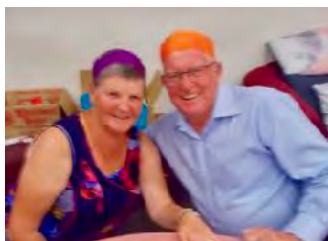
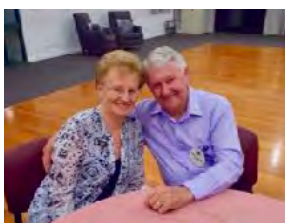
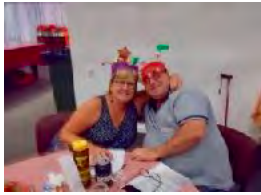
(6) It appoints the surety for the bonding (insurance) of any officer of the club.

(7) It does not authorise, nor permit, the expenditure, for any administrative purpose, of the net income of projects or activities of the club by which funds are raised from the public. It shall submit all matters of new business and policy to the respective standing or special club committee for study and recommendation to the board.

(8) It appoints, subject to approval of the club membership, the delegates and alternates of the club to district (single, sub- or multiple) and international conventions.

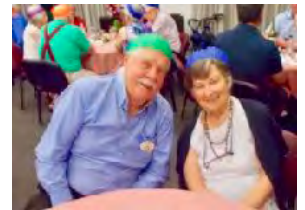
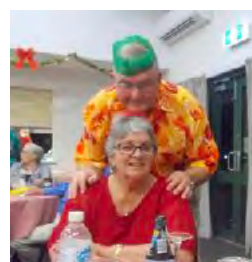
(9) It maintains at least two (2) separate funds governed by generally accepted accounting practices. The first fund to record administrative monies such as dues, tail twisting fines and other internally raised club funds. A second fund is to be established to record activity or public welfare monies raised by asking support from the public. Disbursement from such funds is to be in strict compliance with item (7) above.

CHRISTMAS DINNER MEETING A GREAT TIME WAS HAD BY ALL



Forty one members and partners had an enjoyable evening at the Belswan Retirement Village for their annual Christmas function this year. Lion Barry Simms was the MC for the evening with a bit of fun in between our three course of a beautiful Christmas meal served up to us by our cook, Carole and her helpers, I think we would have all put on a kilo or two. During the evening we were entertained by Lion Clive Cartledge with some bush poetry, which he does so well, a few funny jokes from Mary Cooper and a Christmas themed, quiz compiled by Lion Barry Simms, the two winning tables tied so it was decided by a play off.

At the end of a great night President John Osborne gave his thanks to Carole and her helpers for our meal and thanked all the Lions who made the evening a success, by setting up the venue, He then went on to thank the VP's and their committees on a successful first half of his year although as President, and with Covid 19, it has been very trying at times. He then thanked everyone for attending and wished all a Merry Christmas and a prosperous New Year.



OUT AND ABOUT

LAKELANDS PAVILLION BBQ

The City of Mandurah thanked the workers, with a BBQ, for all their hard work on the beautiful Lakelands Sporting Pavilion. Once again the Mandurah Lions were there to cook the BBQ.



The new Lakeland Pavilion



Thanks to the happy crew at the Lakelands BBQ,

L to R: PDG Peter Lamb, Lions Toni Miller, Helen Lamb and Barry Simms

CHRISTMAS EVE DELIVERIES

Twenty two Lions , Lions Partners and family turned up for this years Christmas deliveries, although the number of drops were down, it was still a successful project and a fun night for all those involved Many thanks to our Santas for the night, PDG Wally Barrett, PDG Peter Lamb, Lions Stephen Cannon, Clive Cartledge, Des McLean, President John Osborne and Lion Ian from the Falcon Lions Club who did the Falcon area.



Above and below: Lions and partners enjoying some fellowship after the Santa deliveries.



**Above: Four of our Santa's who are ready for action,
Below: Lion Stephen Cannon getting some tips from PDG Garry Irvine**



Above: Lions Santa for the first time and s bit nervous, Lion Stephen Cannon talking to Lion Ann Simms and Below : PDG Peter Lamb who has been Santa for this Project about forty times



Thanks to president John Osborne and PDG Garry Irvine for electronically streamlining the runs this year, making it easier for Santa's Drivers



LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
JANUARY	2/01/21	Recycling Saturday
	5/01/21	Board Meeting
	12/01/21	Dinner Meeting
	26/01/21	Dinner Meeting
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
MARCH	2/03/21	Board Meeting
	6/03/21	Recycling Saturday
	9/03/21	Dinner Meeting
	23/03/21	Dinner Meeting Election Night

LIONS Club of Manjimup Inc.

Concert is FREE!

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.

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.



Have a Laugh

*** I got a new job last week as the new top dog at Old MacDonald's farm.**

I'm the new C-I-E-I-O.

***What do dentists call their x-rays?**

Tooth pics!

***Did you hear about the first restaurant to open on the moon?**

It had great food, but no atmosphere.

***What did one ocean say to the other ocean?**

Nothing, it just waved.

***Two windmills are standing on a wind farm. One asks, 'What's your favourite kind of music?'**

The other replies, 'I'm a heavy metal fan.'

***The first rule of the Alzheimer's club is...**

Wait, where are we again?

Everything's big in Texas!"

A blind man visits Texas. When he gets to his hotel room, he feels the bed. "Wow, this bed is big!"

"Everything's big in Texas," says the bellhop. The man heads downstairs to the bar, settles onto a huge barstool, and orders a beer. A mug is placed between his hands. "Wow, these drinks are big!"

"Everything's big in Texas," says the bartender. After downing a few, the blind man asks where the bathroom is. "Second door to the right," says the bartender.

The blind man heads for the bathroom but accidentally opens the door that leads to the swimming pool and falls in. Popping his head up from under the water, he flails his arms and shouts, "Don't flush! Don't flush!"

A man walks into a bar and sits down. He asks the bartender, "Can I have a cigarette?" The bartender replies, "Sure, the cigarette machine is over there." So he walks over to the machine and as he is about to order a cigarette, the machine suddenly says, "Oi, you bloody idiot." The man says with surprise in his voice, "That's not very nice." He returns to his bar stool without a cigarette and asks the bartender for some peanuts. The bartender passes the man a bowl of peanuts and the man hears one of the peanuts speak, "Ooh, I like your hair." The man says to the bartender, "Hey, what's going on here? Your cigarette machine is insulting me and this peanut is flirting with me. Why's this?" The bartender replies, "Oh, that's because the machine is out of order and the peanuts are complementary."

God said, "Adam, I want you to do something for Me."

Adam said, "Gladly, Lord, what do You want me to do?"

God said, "Go down into that valley."

Adam said, "What's a valley?"

God explained it to him. Then God said, "Cross the river."

Adam said, "What's a river?"

God explained that to him, and then said, "Go over to the hill....."

Adam said, "What is a hill?"

So, God explained to Adam what a hill was. He told Adam, "On the other side of the hill you will find a cave."

Adam said, 'What's a cave?'

After God explained, He said, "In the cave you will find a woman."

Adam said, "What's a woman?'

So God explained that to him, too. Then, God said, 'I want you to reproduce.'

Adam said, "How do I do that?"

God first said (under His breath), "Geez....."

And then, just like everything else, God explained that to Adam, as well.

So, Adam goes down into the valley, across the river, and over the hill, into the cave, and finds the woman.

Then, in about five minutes, he was back.

God, His patience wearing thin, said angrily, "What is it now?"

And Adam said....

"What's a headache?"

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

“If you want to fly, give up everything that weighs you down”



Have you asked the question

MANDURAH IS THE BEST DaveK

Acrostic Poem

My life changed for the best,
As a move here early, it was our place of interest.
Never looked back as we lay claim, it's the best,
Delightful and small in the early days,
Urban sprawl has seen you grow, popular still for holidays.
Regrets, we have none as we watch this place amaze,
After many years we are still ecstatic,
Having reached City status this place, has never been static.
I love the beautiful beaches, they are very aesthetic,
So many restaurants are available for the fine dining fraternity.
The foreshores, both East and West are kept pretty,
Hours drive to Perth, or less if you take the train, to the City.
Excellent waterways, the Estuary, Canals and Rivers, ready to explore,
Before you know it the bird life appear and on cue they get ready to soar,
Even the Dolphins appear, putting on a show, then we wait, for the encore.
So for me, I don't want to be anywhere else, but here,
This place is paradise, this place I love and I want everyone to hear.

MANDURAH IS THE BEST place to live in the Southern Hemisphere



GUYS HAVE YOU BEEN CHECKED LATELY

The Prostate

The prostate is a small walnut sized gland found only in men. It sits just below the bladder and surrounds the urethra, the tube which carries urine and ejaculate along the length of the penis and to the outside of the body. Its function is to produce part of the fluid that makes up semen. The male hormone *testosterone*, which is produced mainly by the testicles, has a key role in controlling prostate growth and development. As men age the prostate tends to increase in size, which can cause urinary problems and symptoms associated with *prostatitis* or *benign prostatic hyperplasia (BPH)* which is non-cancerous.

What is Prostate Cancer?

Prostate Cancer results from the growth of abnormal cells within the glands of the prostate. These glands are lined with cells that secrete the protein prostate specific antigen (PSA). The cancerous overgrowth can occur in these secretory cells.

Staging

The staging of prostate cancer is determined by the extent to which the cancer has been contained within the prostate or has spread to other parts of the body:

Localised prostate cancer – the cancer has not grown beyond the prostate.

Locally advanced prostate cancer – the cancer has spread outside the prostate to nearby organs and tissues, but still remains within the prostate region.

Metastatic prostate cancer – the cancer has spread to other parts of the body like the lymph nodes or bones.

The **TNM System** is the most widely used method for staging and grading prostate cancer:

T (Tumour) Stage: shows if a tumour has spread outside the prostate or the region.

Physical Digital Rectal Examination (DRE), imaging, biopsy, or endoscopy assist with T staging.

N (Node) Stage: shows if a tumour has spread to lymph nodes in the pelvic regions. This is typically assessed by imaging and a transrectal ultrasound during prostate biopsy.

M (Metastatic) Stage: shows if a tumour had spread to other sites such as the bones. This is typically assessed by imaging such as a whole body bone scan.

What are the Risk Factors for Prostate Cancer?

The main established risk factors are age, family history and race/ethnicity:

Age

- The older you are the more likely you are to develop prostate cancer. Males under 50 are rarely diagnosed, but the risk of diagnosis by the age of 75 years is 1 in 8 in 2013.

Family History

- If you have had a first-degree relative (father, brother or son) with prostate cancer, then you have a higher risk of developing it, particularly if they were diagnosed at an earlier age. For example, if your father was diagnosed at age 50, then your risk of developing prostate cancer is doubled. If you have had two relatives diagnosed at 50 years, then your risk is up to seven times higher.

Race/Ethnicity

- Prostate cancer diagnoses vary between ethnic groups. For instance, males with an African background have a higher risk, compared with males with an Asian/Pacific Islander background.

Other possible risk factors that could have an effect on prostate cancer:

Genetics

- Mutations in the BRCA1 and BRCA2 genes may raise the likelihood of prostate cancer risk. Men who know they have these mutations may consider screening at an earlier age

Diet

- Whilst there is no direct proof, some studies suggest that eating a lot of saturated fat in your diet may increase your chances of prostate cancer. WebMD provides a list of recommended items to help with a [prostate cancer diet](#).

Alcohol

- Some studies have suggested that drinking may increase the risk of prostate cancer. A [recent meta-analysis](#) suggested that 6 drinks or more per day can increase your risk of developing prostate cancer by 18% compared with men who do not drink.

How is Prostate Cancer Detected and Diagnosed?

The most common tests are:

Digital Rectal Examination (DRE) – If your doctor is testing for prostate cancer, they may want to do a physical examination to determine if the prostate feels hard or bumpy.

PSA Test – The Prostate-Specific Antigen (PSA) blood test is a screening tool for early detection of prostate cancer. It measures the level of prostate specific antigen in the blood, which is produced by the prostate gland. PSA levels in the blood naturally increase with increasing age. Higher levels than normal are a possible indicator for prostate cancer. PSA levels can also rise due to benign prostatic enlargement, inflammation or infection. As a cancer screening tool, the test is not perfect, with high numbers of false positive and some false negatives.

Prostate Biopsy – Under ultrasound guidance a biopsy needle is inserted into the prostate by a Urologist and a core or sample is removed to determine if any cancer cells are present. This is the only way to provide a definitive diagnosis of prostate cancer. When examined under the microscope a pathologist will report the number of positive and/or negative cores, as well as the Gleason Grade if positive for cancer.

Magnetic Resonance Imaging (MRI) – An MRI may indicate evidence of cancer in the prostate gland, particularly if you have a high or rising prostate-specific antigen (PSA) level.

How Common is Prostate Cancer in Australia?

Diagnosis

- Estimated 18,138 new cases diagnosed in 2016
- Most common diagnosed cancer in males

Incidence

- 1 in every 8 males aged to 75 years has prostate cancer

Age

- Median age at diagnosis is 67.6 years

Treatment

Radiotherapy

- 26% of males (one quarter of all men who had a radiotherapy course in 2014-15) were for prostate cancer

Survival

- 95 % of men with prostate cancer survive for at least 5 years following diagnosis compared to other males with commonly diagnosed cancers
- At the end of 2012, 94,114 males diagnosed with prostate cancer in the previous five years were still alive
- 7% of men had survived 15 years after diagnosis (2009-2013)

Deaths



- 1 in every 130 males aged to 75 years dies from prostate cancer
- It is predicted that prostate cancer will be the second most common cause of death in males in 2017
- 8% of all male deaths are from prostate cancer in 2016
- 3,398 males died from prostate cancer in 2016

Burden of Disease

- Prostate cancer is the third most common cancer in males (10%) that contributes to Australia's cancer burden in 2011

Aboriginal and Torres Strait Islander People

- Indigenous Australians are 20% less likely to die from prostate cancer than non-indigenous Australians

Remoteness Area

- Men living in **inner regional areas** were 1.5 times more likely to be *diagnosed* with prostate cancer than those living in **very remote areas** (2008-2012)
- Men living in very remote areas are 1.2 times more likely to *die* from prostate cancer than those from major cities (2010-2014)

Socioeconomic group

- Men in the lowest socioeconomic group were 1.2 times more likely to *die* from prostate cancer than compared with the highest group

What are the Signs and Symptoms of Prostate Cancer?

In the early stages, prostate cancer may cause no signs or symptoms at all. As a slow-growing cancer it may not show any obvious symptoms for years.

But with many men over 50 years the symptoms of prostate cancer can include:

- The need to frequently urinate, mostly at night
- A sudden need to urinate
- Difficulty and pain when starting to urinate
- Burning sensation or pain during urination
- Leakage after urination
- Incomplete emptying of the bladder
- A weak, dribbling flow of urine
- Difficulty in getting an erection (erectile dysfunction)
- Painful ejaculation or a decrease in the amount of fluid that is ejaculated
- Blood in the urine (haematuria) or semen

More generally, symptoms can range from:

- Pain and stiffness in the bones, lower back, pelvis, sciatica, and thighs
- Swelling in the legs or pelvic region
- Numbness or pain in the feet, legs or hips
- Unexplained weight loss and fatigue

What is the Treatment for Prostate Cancer?

Prostate cancer is a slow growing disease, and in most cases men will have time to make a decision about the best type of treatment that is suited to them. Talking about treatment options with your doctor based on your personal diagnosis will help you make an informed decision, particularly weighing up the advantages and disadvantages, possible side effects like **incontinence and **infertility**, availability and cost. In general the treatment options are:**

1. No Treatment

Active Surveillance

Active Surveillance is for close monitoring of low risk biopsy-diagnosed prostate cancer. This can involve regular PSA testing, biopsies (every 1- 3 years), MRI scans and check-ups for maintenance of quality of life, or until intervention is necessary.

Watchful Waiting



This option is for observing prostate cancer, a less intensive form of active surveillance that requires fewer tests and no biopsies.

2. Radiotherapy

Radiotherapy is offered to men with localised prostate cancer with the intent to cure. The main two types are:

Brachytherapy

Low dose rate (LDR) using permanent radioactive seeds or high dose rate (HDR) using temporary seeds targeted directly to the prostate.

External Beam Radiation Therapy (EBRT)

EBRT involves radiotherapy applied outside the body. It uses high energy x-ray beams directed towards the prostate daily over a period of seven weeks.

3. Surgery

Radical Prostatectomy

This option is the surgical removal of the prostate gland, part of the urethra and seminal vesicles.

Radical prostatectomy can be performed *laparoscopically*, *Robot Assisted* or as an *Open* (small cut through the lower abdomen). It usually requires a few days in hospital and your usual activities can be resumed after several weeks. There are some possible side effects to surgery to discuss with your doctor: nerve damage, loss of bladder control, erectile dysfunction and infertility.

4. Hormones

Androgen Deprivation Therapy (ADT)

Reducing hormones to slow the growth of prostate cancer is a common treatment for men with advanced prostate cancer. Hormone therapy reduces testosterone levels in the hope of slowing cancer growth or keeping it under control.

5. Chemotherapy

May be offered, if other forms of treatment have not been effective.



FACEBOOK, IS IT A SIGN OF THE TIMES?

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.

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