

September

BULLETIN



We Serve

PRESIDENT John Osborne

SECRETARY Peter Lamb

secretary@mandurahlionsclub.info

TREASURER Rob Garratt

Clubrooms (08)95813122

MEAL and APOLOGIES

Helen Lamb

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Members who fail to request a meal by 5.00pm Sunday might not get a meal

PRESIDENT'S REPORT

LION JOHN OSBORNE

Well, it is back to Work after the Covid-19 Layover.



R U OK? day: This is on the 10th of September. We have committed to two events. The Morning tea in Mandurah and the Contractors Sausage sizzle at Alcoa. I ask for your support in these projects and help Vice President get off to a flying start.

The City of Mandurah has been contacted regarding the **Australia Day Breakfast and the City Christmas Pageant**. Both events are currently under review and we understand that decisions will be made later this month. The City was appreciative of our early interest in these events.

Our membership program is now under way with our first information meeting scheduled for the second dinner Meeting in October. It would be great to see each team with at least one invited guest at that meeting. I would like you to think about your involvement in our Lions Club and what it means to you and to use those experiences when talking to somebody about Lions and your club.

Past District Governor Allan Cooper's visit to our last Dinner meeting was most welcomed where he Presented Lion Garry Irvine with the ALF 50 Year Medallion and Lion Ian Kelly with his certificate on membership to the ALF Hall of Fame. Congratulation to these two Lions for their distinguished service to Lions.

Our condolences go to Lion Ron Draper, and all his family, with the sad loss of his daughter, Alwyn, who passed away suddenly on 14/08/2020. A private family funeral was held on 21/08/2020 followed by a wake at the Lions Den which was catered for by our Lions and Lions partners

For your Diaries

**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.

**EARLY
NOTIFICATION**

ANOTHER DATE CHANGE

Members of W1 are also invited to join us. Busselton Lions Club will be hosting the 2020 District Convention on the weekend and extend a warm welcome to you **Please note that we are restricted to only 150 Lions due to the COVID-19 regulations. The event is now moved from MARCH 2021 to the 20TH - 22ND NOVEMBER 2020.**

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.

WA LIONS HALL OF FAME

A Joint Project of Lions Districts 201W1 & W2
Chairman PDG Colin Heap Correspondence to
PO Box 182, APPECROSS, WA, 6953

CALLING FOR 2020 NOMINATIONS

**Nominations must be received by
5.00pm on the 15th September 2020 to
be considered.**

**A Black Tie Dinner will be held on Friday
6th November 2020, to announce the
inductees into the WA Lions Hall of Fame**

1ST VICE PRESIDENT'S REPORT

LION DES McLEAN MBE



Mandurah Community Garden: Following up on Lion Judi Hughes excellent report, I met with the Community Garden clubs secretary, she explained that they have a Grant from Alcoa and they just needed some help with manpower. I explained to that, ALCOA have a project with their workers being encouraged to do community work and they may be able to help set it up, I then told her to speak with Ms Stephanie Gardner who is with Alcoa's PR department. When I asked about tenure of the block she advised they had an Memorandum of Understanding (MOU), but it expired about a year ago and the terms require some major works. I then wrote to Hon David Templeman MLA asking him to look at this problem, with the aim, that the Education Minister transfer, the land back to the City of Mandurah.

Children of Courage: I have all the details for our two children of courage candidates and I have submitted them.

Tyson I hope to have a Go Fund Me setup as soon as I can speak with Lion Barry Mitting. I have an authorised letter signed by both Tyson and his mother (Fiona).

A message from Past President Paul had me go to visit a lady in Rockford St, Silver Sands. She had some rubbish to take to the tip and was unable to lift it herself. Using the clubs small trailer, I soon had it loaded up and taken to the waste station

Next came a request for a wake to celebrate the life of Lion Ron Draper's Daughter, Alwyn. With top assistance from Lion Helen and PDG Peter Lamb, Lion Denice Knight and Lion Wendy Ripley a fine spread was served. Many thanks to each of you for a job well done.

Then on Sunday after drizzling rain the skies cleared and the wind dropped. I took our two children of courage boys, along with their family to lunch, followed by a trip out to see the dolphins. We saw them but they wouldn't play for us so we had lots of fun anyway . We then called into the Dawseville marina for ice creams and got home just before dark. I had as much fun as the kids.

If PDG Peter Lamb brings up the subject of Keys Pay no attention to hiLion Des McLean



THE SMILES TELL IT ALL

Our two Children of Courage are William aged 9 on the left and Joshua aged 7, who had a days outing with their mother Michelle, on the water thanks to Lion Des



2ND VICE PRESIDENT'S REPORT

LION DON McCARROLL



Paper Recycling –The last time we packed papers there were eight members working, which was fantastic to see. Keep it up.

Christmas Cakes – Two members IPP Paul Ripley and Lion Rob Garratt are managing the Christmas Cakes for the Club this year. The cake committee had a meeting and decided to go ahead and they will be ordering our stock of cakes and puddings at the end of this month.

Community Recycling W.A. - The Mandurah Lions Club will collect a lot of money from this project if the members get behind it. I am hoping to have a bin at the Den for people to donate cans etc. to the Club. The 1st October 2020 is the start time so please get behind this Containers for Change WA project.

Recycling Spectacles and Hearing Aids – On Thursday 27th August, 2020 I did my usual fortnightly collection from the various Opticians in the Mandurah Forum, and my usual three monthly round of the Funeral Directors in the area, not a lot from them, but we will just keep on trying.

I rang Queensland, to find out if we could send some of our boxes to them, where the President in charge of Recycling said that would be ok but only send two boxes at a time, then a day or so later, we received an email telling us not to send any over for the time being, because of Covid-19, which is hampering the process, so we won't be sending any for the time being.

FROM THE BOARD MEETING

Lion Don McCarroll spoke about the problems faced with shipping of collected spectacles to Queensland storage. So far, we have 8 boxes ready for shipping which we are storing.

Lion Rob Garrett spoke for the proposed Can and bottle Recycling format, how collection and payments are determined when community collections are placed into our collection bins.

Lion Don also spoke of a proposed storage area and signage for the collection point at the club.

Lion Don spoke of the Emergency Medical Booklet and its importance for Emergency services to see these placed into people's homes. The Board has ratified that our club purchase a pack of 250, for distribution in the community.

Lions Recycle for Sight Australia

Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas.

We receive requests from humanitarian organisations either travelling to a developing country or supplying shipping container loads of suitable humanitarian aid from Australia to groups in the these countries.

Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in need in Africa, Europe, Middle East, Indian Sub- continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania. In the past 10 years several members of our Marine Branch have been able to use their oceangoing yachts to reach and test villagers, in the remotest areas for eyesight and deliver spectacles to them.

STOP PRESS!

Containers for Change WA coming soon.

As part of the District's Service Plan this year, we have been trying to identify a project that can be given district wide support and focus. While most people are aware of the impending Container Deposit scheme commencing in WA on the 1st of October, there may be many Clubs who have not given thought to the tremendous opportunity this program presents in terms of helping to reduce the amount of waste going to landfill or into our oceans and to raising funds that can go directly back into serving needs within our communities.

Several clubs have taken the big step of setting themselves up as Refund Points and they are to be commended for their initiative. For the rest of us, the opportunity to collect or receive donations of containers and refund proceeds could provide an excellent source of revenue to both our Activities and Admin accounts that could be as simple as collecting from your club members, collecting during major civic or sporting events or setting up collection points with partners in business.

The attached information sheet (see below) covers most of the basics for setting up these projects and how to receive and manage your refunds. The document comes courtesy of W1 Service Coordinator Carmel Ward who is promoting the scheme with great passion in her district.

With District Governor Dot's hearty approval, this program has been selected as our W2 Environmental Focus Project for 2020/21. Please take the time to read the sheet and discuss it with your members at your earliest opportunity. It may be the best offer you have had in a long time.

Kind regards,
PDG Grant Hewett
GST Coordinator 201W2



Commencing on 1st October 2020

Don't miss out on this fundraising opportunity for your Lions Club

AN OVERVIEW OF THE BASICS & HOW TO REGISTER FOR A SCHEME ID.

1. The Basics Scheme Coordinator: Western Australia Return, Recycle, Renew Ltd (WARRRL)

The diagram below shows the key roles within the scheme, including scheme coordinator WARRRL, First Responsible Suppliers (beverage), Refund Points, Donation Points, Recyclers and Material Recovery Facilities. The diagram also indicates how an eligible container flows through the scheme.

How to Claim the Refunds:

1. Over the counter depots at Refund Points - Cash or EFT payment
 2. Drop-offs (bag it, tag it and drop it) - EFT payment after the counting
 3. Reverse Vending Machines (RVMs) - Likely to be receipts printed to then claim from a store.
 4. Mobile and Pop-up Refund Points - Likely will have limited cash or use EFT Payment
- * Customers return their eligible containers to a Refund Point for a 10-cent per item refund.
 - * Eligible containers can also be taken to a Donation Points set up by local community groups, charities or not-for-profit organisations.
 - * Containers can be returned by individuals or organisations, and any number of containers can be returned at one time, providing the given Refund Point has the capacity to accept them.



*Containers for Change will operate state-wide. WARRRL will coordinate the arrangements with the logistics/processing/recycling providers and the sale of recovered materials for reuse.

Where to Claim the Refunds: Advice from WARRRL, is that Refund Points will be located approx. 5km of most customers. The authorised Refund Points will be advertised on the website on 1st September 2020.

<https://www.containersforchange.com.au/wa>

This website has a range of short videos and a FAQ's list which explains the system.

Please Note: Unless your Lions Club is established as an approved Refund Point Operator, buying eligible items (by weight or per item) from the public could become problematic. Buying items for less than 10c, to be taken by the Club to a Refund Point for the full refund, may be considered a conflict of interest and could undermine public confidence in the Lions Clubs. Please ask people to consider donating eligible items to your Lions Club. Register Your Lions Club for a Scheme ID to be paid by EFT:

Activities Fundraising: Physical or virtual donations of eligible items from members of the public, must be paid into the Lions Club Activities Account.

If your Club doesn't already have a *generic email address* for your Club Treasurer, set this up before registering, (this will allow a smooth hand over to the Treasurer as officers change). Have the *Activities Account information (BSB and Account Number)* and *ABN* on hand before you start.

Register for the Scheme ID at the website: <https://www.containersforchange.com.au/wa>

When your Lions Club Scheme ID has been registered, actively promote it to your members, families, friends and the wider community. Use social media, flyers etc in your locality. This ID will allow donations to be made at any Refund Point, to be paid by EFT into your Club Activities Account. The payment system will generate a message to the registered email to confirm the donation. The Treasurer will be able to track the donations when reconciling the bank deposits.

Consider making laminated key tags (or purchase commercially produced tags) for distribution in your community. Include the Club name, Lions Logo and an email address. If space is available on the reverse side, give a brief outline of the projects undertaken or how the funds will be allocated.

Administration Fundraising: Your Club could consider setting up a second Scheme ID for refunds to be paid into the Administration Account. However, do not use the ABN when registering a Scheme ID for Administration fundraising. An Administration Account Scheme ID should only be given to your Lions Club members and not promoted in the community. It is recommended that your Club have a separate generic email for the notification of EFT donations to the Administration Account. Alternatively, members can claim the refund themselves and transfer the funds to the Administration account, or pay the cash to the Club Treasurer. This is a legitimate method for Lions Clubs to raise funds for their Administration Account, advice was provided by Council Legal Officer PCC David Skinner.

DONATION POINTS

Physical Donation Points: Your Lions Club could enter into an arrangement with a Refund Point Operator to supply collection cage for your Donation Point. Alternatively, your Club can make some other arrangements to collect from the public and store donated items. The cage or bin can be either collected by the Refund Point Operator or your Club can arrange delivery. The contents will be counted by the RPO and the refund processed using your Club Scheme ID.

Collection cages or bins in public places may require a permit or Council approval – it is recommended that this be clarified with your local Council. If a collection cage or bin is going to be placed in an unsupervised public place, there will need to be some security arrangements - you don't want to have the donated items pilfered!

Virtual Donation: Promote your Club's Scheme ID and ask for your families, friends and the community to donate their items at any Refund Point.

COUNCIL RECYCLING BINS: Any eligible containers placed in the yellow recycling bins will be put through the scheme. The refund payments will be shared between the contracted waste company and the municipality. Encourage your local community to donate items to your Lions Club rather than putting them in the yellow bins.

With thanks to Carmel Ward, W1 District Service Coordinator (Mob 0409334737) for this article.

Grant Hewett, W2 District Service Coordinator: 0417919777

3RD VICE PRESIDENT'S REPORT

LION BARRY SIMMS



Lion Barry Simms has a guest speaker for our next dinner meeting, BBQ for the Midway Community Care planned for the 26th of Sept this year.

R U OK? Day Morning Tea will be held on the 10th September, 10.00am to 12.00 noon - 4 Lions required. Venue: George Robinson Park, opposite Woolworths in Central Mandurah.

Alcoa Pinjarra BBQ; We again have been asked to cook a BBQ breakfast in conjunction with the Lions Club of Pinjarra for Alcoa workers on R U OK? day, on the 10th September 2020. We will be setting up at the Contractors gate, Pinjarra Lions will be at the main gate.

Wellness Wednesday, Mental Health Week: A new Request to cater for Wellness Wednesday as part of the Mental Health Week on the Wednesday the 14th October, which has been endorse at the board meeting,

PCC Ian Kelly has spoken to the Mandurah City Council, regarding to, **the Australia Day Breakfast and Christmas Pageant**, on whether these events will be taking place, with the concerns of Covid19, still relevant. PCC Ian will be expecting an update towards the end of September.

Earlier this year a list of activities was provided to the members of the Mandurah Lions for the members to show which activity they would be interested in. The list shows you have chosen BBQ's General as an activity you are willing to support hence the title "**Team B-b-cue**".

There are many tasks to address for each bbq/sausage sizzle that one person alone cannot achieve successfully, therefore a team effort is needed.

This where you come in.

People are needed to carry out various tasks in preparation for the forecasted activity.

Please indicate your preference for tasks, understanding everyone cannot do the same task so please be flexible.

Tasks include but are not limited to:

1. Client liaison and approvals
2. Site inspection (to include a diagram)
2. Charge calculation and invoice raised (usually done by the treasurer)
3. Board and member approval (usually done by the vice president involved)
4. Catering numbers
5. Circulate email seeking willing workers to carry out tasks prior to, during and after the event.
6. Check stock for food, drink and sauces
7. Check stock for consumables (hot dog boats, hamburger clams, serviettes, etc).
8. Order the necessary items
9. Take any stock on hand from the freezers to defrost
10. Turn on the Engel fridges and check gas bottles
11. Purchase consumables if needed
12. Pick up the ordered stock

As can be seen the tasks are many, but fortunately a check sheet has been created by Paul Ripley that makes the tasks easier.

Please feel free to discuss the above with me or drop me a line indicating your preferences to some of the tasks.

1st VP Barry Simms

**SAFETY NOTICE, WITH BBQ'S STARTING SHORTLY
(TAKEN FROM THE RISK MANAGEMENT DOCUMENT)**

GAS CYLINDERS SAFETY

Using gas cylinders (instructions from Origin Energy)

Check to make sure valves are tightly turned off when not in use

Fit a screwed plug into the cylinder outlet when not in use

Never inhale cylinder contents.

Transporting gas cylinders

Carry and store cylinders correctly at all times

Store upright in a ventilated area

Secure cylinders upright for travel

Carry in the boot if possible

Common Lions risks & ways to control them

Only carry up to two cylinders at one time

Keep cylinders away from heat or direct sun.

Setting up gas cylinders

Position upright and securely on a firm, non-combustible base

Put in a well-ventilated area where the shutoff valve is easily accessible

Keep away from flames, sparks and heat

Only connect to approved LP Gas appliances

Check hoses and fittings are clean and in good condition.

Connecting gas cylinders

Turn appliance controls OFF

Insert connector into cylinder valve

Tighten firmly anti-clockwise with spanner or wrench

Open cylinder valve fully

Spray soapy water on connections to check for leaks- if bubbles appear, check connections

Do not use if connections are leaking gas.

GUEST SPEAKER (Dinner Meeting 11/08/2020)

Our Guest Speaker for the Dinner meeting on the 11th August 2020, was Heath Flanagan, CEO of Midway Community Care and was introduced to the club by Lion Barry Simms.

Heath started work as a volunteer in the disability sector in 1989 before commencing his Social Work Degree at Curtin University. While studying at Curtin University, Heath worked as a Support Worker in both Community and Respite services. Upon completion of his degree he traveled and worked in the United Kingdom as a Care Manager in the Disability, Health and Aged Care sectors. Returning to Perth in 2000 he worked in the Community Sector before accepting a position with the Disability Service Commission in 2003. During this time he completed his Masters of Business Administration at the University of Western Australia and took up a position with the Office of Auditor General in 2010 where he worked in an advisory role supporting government agencies to develop audited KPIs. Heath is married with one daughter and considers working at Midway to be the exciting opportunity of his career. He is now the Chair of the City of Mandurah's Access and Inclusion Advisory Group.

Heath gave an interesting address on the activities of how Midway Community Care operates and the benefits thereof to the Peel community.

Their Mission Statement is "Midway supports people with disabilities to live empowered fulfilling lives in an inclusive Peel community"

They are 90% funded through the NDIS

Midway Community Care (Midway) has been providing support services to individuals with a disability in the Peel Region for over 25 years. These services include accommodation, respite brokerage support, alternatives to employment/post school options, residential respite & family support.

First incorporated in December 1987, by a small group of parents concerned with a lack of services in the Peel Region. Midway was the first in the district to offer a range of services for people with a disability and their families.

Midway focuses on the provision of high quality individualised services. Midway has actively lobbied for an increased variety of services within the Peel Region in order to ensure that there is a broad range of choice for people with a disability.

Fully committed to a strong set of values, their underlying philosophy and ideology, Midway is continuing to operate under a number of tenets adopted by the board and members back in 1989 as follows:

Midway adopted the ideology that recognises the importance of mutual relationships and all people have much to give as well as receive in such a relationship.

Midway has developed into an effective organisation with a highly individualised approach to providing high quality, personalised services.

Midway recognises the need for partnership between all levels of Government, the local community and businesses to enable the provision of high quality support services for people with a disability.

Midway is committed to ensure that people with a disability and their families are involved in all aspects of the management and planning of their own services and Midway recognises each individual and their families as being the most important auditors of our service.

A Vote of thanks was the given on behalf of the club by IPP Lion Paul Ripley.

Heath Flanagan , CEO of Midway Community Care, receives our banner as a vote of thanks from IPP Paul Ripley, for his informative talk.



MEMBERSHIP CHAIRPERSON

Lion Ruth Norwell



The Membership committee, comprising of President John Osborne, PDG Garry Irvine, PCC Ambrose Depiazzi and myself have met and are working through all aspects of the new Membership project. More information will be sent out by Email, about teams A and B for each VP, ready for October

See team A and B lists below

Years of Service Tabs for August were presented to:

Lion Vicki Arelette	1 year
Lion Judi Hughes	1 year
Lion David O’Leary	14 years
Lion Barry Sutton	27 years
Lion Rob Garratt	28 years
PDG Neil Saunders	39 years
Lion Syd Dorsett	42 years

WELL DONE

August Birthdays

Lion Joyce Covell	6/08
Lion Lance Woodhead	8/08
Lion Graham Madigan	26/08
PDG Peter Lamb	27/08
Lion Nikora Robinson	27/08
Lion Clive Cartledge	31/08



HAPPY BIRTHDAY



Lions receiving their Service Tabs from Membership Chairperson Ruth Norwell are , (left) Lion Rob Garratt, (right) Lion David O’Leary and (below) Lion Judi Hughes



The Membership challenge is now on.

Below is the list of teams. The idea is for each team to work together and to invite at least one guest to our dinner meeting on the fourth Tuesday in October. On that night we plan to have a guest speaker from the Lions Cancer Institute.

First Vice Presidents Teams
Team A
Des McLean, Brook Arelette, Clive Cartledge, Dick Ingle, Sue Landon, John Osborne
Team B
Ian Kelly, Vickie Arelette, Joyce Covell, David Knight, Barry Mitting, Paul Ripley
Second Vice Presidents Teams
Team A
Don Mc Carroll. Bob Aurisch, Ambrose Depiazzi, Evelyn Kelly, Wendy Moyses, Wendy Ripley
Team B
Denise Knight, Wally Barrett, Syd Dowsett, Peter Lamb, Ruth Norwell, Neil Saunders
Third Vice Presidents Teams
Team A
Barry Simms, Graham Bateman, Rob Garratt, Helen Lamb, Gordon Nunn. Barry Sutton
Team B
Garry Irvine, Paul Carrotts, Judith Hughes, Rob Landon. David O'Leary

Of course, if you have a guest, that you would like to invite, in mind already please invite them to a meeting.



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 **POLLEN** and **PROPOLIS**. The honey will appear grainy just how it should be **RAW**
bgshoney2@gmail.com

Raw Cold Pressed

LCI AWARDS TO TWO OF OUR LEADING LIONS

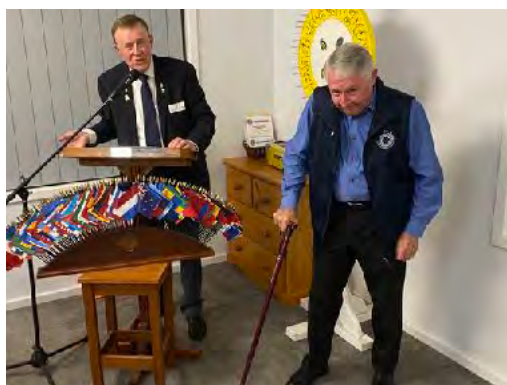
At our Dinner meeting on the 28th August 2020, PDG Alan Cooper representing Australian Lions Foundation was a guest of our Club to make two important presentations, that were delayed due to the Pandemic and the cancellation of the 201 District Convention in Adelaide.



Left: PDG Alan presenting PCC Ian Kelly with his certificate for his membership into ALF Lions Hall of Fame.



Right: PDG Alan presenting PDG Garry Irvine with a LCI 50 year medallion for his fifty of active service, in Lions.



How you going "old fella"? You look like you have the same complaint as me . Editor

R U OK? DAY

Thursday 10th September 2020



'THERE'S MORE TO SAY AFTER R U OK?'

2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. In the lead-up to R U OK?Day we'll help Australians know what to say when someone says they're not OK and guide them through how they can continue a conversation that could change a life.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U OK?

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.

LISTEN WITH AN OPEN MIND

- Take what they say seriously and don't interrupt or rush the conversation.
- Don't judge their experiences or reactions but acknowledge that things seem tough for them.
- If they need time to think, sit patiently with the silence.
- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

ENCOURAGE ACTION

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"
- You could say: "When I was going through a difficult time, I tried this... You might find it useful too."
- If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."
- Be positive about the role of professionals in getting through tough times.

Have a Laugh

So two Irishmen are traveling to Australia. Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle." At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men. "And you'll only be getting fifteen from me too," adds the other

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy. He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move. Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing. Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch. The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times. The farmer said, "Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"

There was a plane and it had 5 people in it: a president, a lawyer, a young teenage boy, a priest and a blonde girl. The plane driver said that the plane was going to crash so one of them has to jump off without a parachute because there was only 4 so they were talking to each other about who was going to jump off without a parachute. The president spoke first and he said " I run a part of this earth so I should get a parachute" so he jumped off with one. Then the blonde girl spoke and she said, " I look beautiful so I should get one too" so she jumped off with one. The next person to speak was the lawyer and he said " I help people solve their problems so I should get one" so he jumped off with one. Now there was only two people left: a priest and the teenage boy. The priest said to the boy " here you take the last parachute and go because you will live a longer life then me" but then the boy said, "No, it's all right because there is still 2 parachutes left. The blonde girl only took my backpack"

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesus is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesus is watching you." In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesus is watching me" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the Rottweiler Jesus."

OUT AND ABOUT

While the Lamb's and the Knight's, were holidaying down south, they caught up with Lion Brian and Kay Prendergast for lunch at The Brew House, Lion Brian was a member of our club before transferring to the Lions Club of Margaret River. After lunch Lion Brian showed us around the Margaret River Lions Shed, which is huge, and is where they hold their meetings in a room in the front section of the building, it has a commercial kitchen attached and a small office.

In the rest of the building, which is very large, is where they hold, one their high profile fundraising activities, a massive Garage Sale, which they hold twice a month The premises are located in Burton Road, Margaret River and It attracts hundreds of locals and visitors alike, who look to grab a bargain while also supporting many local charities.

Margaret River Lions Club is actively involved in their local community by issuing many grants per year to groups, in exchange for help, in the running the shed.



Left: Lion Brian and wife Kay

Right: Lion Brian showing us around the massive premises, thats me, travelling in style



Some more photos of their well stocked premises

So the next time you are travelling down south, call the Margaret River Lions and attend one of their meetings and I am sure they will show you around the premises. Or just attend one of their Garage Sales which are held twice a month and pick up a bargain and we mean a real bargain, they sell everything.

LIONS EVENTS CALENDAR

SEPTEMBER	1/09/20	Board Meeting
	5/09/20	Recycling Saturday
	8/09/20	Dinner Meeting
	10/09/20	RUOK Morning Tea Mandurah Community Garden,
	10/09/20	RUOK Breakfast BBQ Alcoa Pinjarra
	22/09/20	Dinner Meeting
	22/09/20	Midway Community Care BBQ
OCTOBER	3/10/20	Recycling Saturday
	6/10/20	Board Meeting
	13/10/20	Dinner Meeting
	14/10/20	BBQ Wellness Wednesday
	27/10/20	Dinner Meeting
NOVEMBER	3/11/20	Board Meeting
	6/11/20	WA Lions Hall of Fame
	7/11/20	Recycling Saturday
	10/11/20	Dinner Meeting
	20-22/11/20	201W2 District Convention, Busselton
	24/11/20	Dinner Meeting
MONTH	DATE	EVENT

HAPPY LIONS AT WORK



Left: Lions Graham Bateman, Brooke Arlette, David O’Leary and President John Osborne, along with helper Ian Judge, share a joke as they are busy sorting and packing papers. Missing is PCC Ian Kelly (on the strapping machine) and, Lion Judi Hughes who took the photo.



Lions Clubs International
FOUNDATION

PRESS RELEASE

Lions Clubs International Foundation Announces Historic Capital Fundraising Campaign

Oak Brook, Ill., USA, July 30, 2018 – Lions Clubs International Foundation (LCIF) launched a comprehensive fundraising campaign July 3, 2018 at the annual Lions Clubs International Convention in Las Vegas, Nevada.

The most ambitious fundraising effort in LCIF history, Campaign 100: LCIF Empowering ServiceSM will span three years, with a goal of raising US\$300 million by June 30, 2021. Campaign 100 will empower Lions to serve 200+ million people each year.

Campaign 100 was built to support the needs of a changing world, by expanding Lions' commitment to communities, with a focus on:

Vision – LCIF will lead the global charge to eradicate blindness caused by infectious disease, reduce preventable blindness and visual impairment, and improve quality of life for those who are blind or visually impaired.

Youth – LCIF will serve youth through improved access to quality education, vital health services, inclusive social and recreational opportunities, and positive youth development.

Disaster Relief – LCIF will deeply engage in disaster relief efforts and in preparing for, and responding to, natural disasters whenever and wherever they strike.

Humanitarian Causes – LCIF will sponsor and deliver programs that address the distinct needs of at-risk and vulnerable populations such as the elderly, the disabled, orphans and others disproportionately impacted by social and economic factors.

Diabetes - LCIF's Campaign 100 will allow Lions to respond to the global epidemic of diabetes, by increasing public awareness, sponsoring diabetes screenings, emphasizing healthy lifestyles, and other comprehensive health initiatives designed to improve quality of life for those living with this disease.

Hunger – LCIF will work toward a world in which no one goes hungry, expanding resources and infrastructure needed to address food shortages worldwide.

Childhood Cancer – LCIF will help strengthen medical and social services, increasing life expectancy of children living with cancer, and enhancing quality of life for them and their families.

Environment – LCIF will protect the environmental health of our global communities, generating long-term, positive ecological impact.

A \$100 Donation:

- Provides immediate relief to four people in the wake of a natural disaster

- Provides the measles vaccination to 100 children

- Provides diabetes screenings for 18 at-risk individuals

- Gives access to clean water for 14 people

- Feeds 14 disabled, elderly, or low-income people

- Funds two cataract surgeries

Since 1968, LCIF has funded service work through personal financial gifts from Lions members and the general public.

One hundred percent of your donation to Lions Clubs International Foundation goes toward one of the following two global funds:

- Empowering Service Fund, supporting all LCIF causes

- Disaster Relief Fund, reserved for disaster relief

Former Lions Club International President, Gudrun Yngvadottir of Iceland, said "I am honoured to introduce this comprehensive fundraising campaign. Although the campaign

will last for only three years, its impact will live for many generations to come.”

About Lions Clubs International Foundation (LCIF)

Lions Clubs International Foundation is the grant making body of Lions Clubs International, the world’s largest volunteer service club organisation. LCIF helps Lions improve peoples’ lives around the world, from combating vision problems to responding to major catastrophes to providing valuable life skills to youth, and much more. Donate, and make a difference in the lives of millions of people around the world.

BUSSELTON LIONS NEW MARQUEES

New marquees have been received by the Busselton Lions and looking at the photos below they look very impressive, their members were more than happy with their new acquisitions.

They were able to purchase the marquees, thanks to a Federal Govt Grant they received.

The finished product below



PDG PETER LAMB VISITATION TO THE BUSSELTON LIONS CLUB

PDG Peter Lamb was the guest speaker at the Busselton Lions Club on the 5th August 2020 where he spoke to their club about

- 1) Risk Management, keeping Lions safe. PDG Peter spoke to the Busselton Lions about the importance of the Risk Management manual that has been sent to all clubs, it is aimed at making sure, we as Lions are working safely and be aware of any hazards and find ways to safely do our projects. PDG Peter said it was pleasing that Busselton Lions have appointed a Safety officer.
- 2) Myalup Pines is a 201W2 run project which like a lot of places took a hit because of the Pandemic and is only now, just starting to pick up. PDG Peter spoke about what Myalup Pines has to offer Lions Clubs, making it an ideal venue for weddings, birthdays, anniversaries, the occasional club meeting, or just a family break.
- 3) Australian Lions Childhood Cancer Research Foundation (ALCCRF) PDG Peter explained to the audience about the research projects that are being undertaken by ALCCRF, with promising outcomes, looking at a cure and importantly limit the suffering of these children, like Genome sequencing. The major fundraiser for the Foundation is The Lions Biggest BBQ which is an annual fundraising event undertaken by many of the 1,300 Clubs across the country. Again this year the BBQ can take place at any time during the year, when it best suits your Club. Funds raised will be used to help achieve ALCCRF's mission to prevent kids with cancer dying, by raising funds nationally and donating these funds to the best scientific and clinical childhood cancer research.



PDG Peter was accompanied by Lion Helen and Lions Dave and Denice Knight

The Lions Club of Busselton is a very active club and their main fund raising project is their Second Hand Shed which is opened every Tuesday and Saturday mornings, this generates some considerable amount of funds, which in turn is put back into Local, State and International projects. They have also sponsored a Leos club which is very active with their own projects and also helping the Lions club when required.

They have just taken over from our club as the largest club, members wise, in District 201W2 with a membership of 46. We were welcomed with opened arms by President Beth Cault and all members making it a very enjoyable evening for us all.

**WE BELIEVE
EVERY CHILD
DESERVES A CHANCE
AT A HEALTHY LIFE**



Left above: PDG Peter Lamb speaking to the large contingent of Busselton Lions members, Lion Helen helping out in the background

Right above: The Busselton Lions hierarchy left to right, Lions Robert Withington (Treasurer), Beth Caunt (President) and Phillip Caunt (Secretary)



Left: PDG Peter Lamb, Lions Helen Lamb and Denice Knight

Right: Part of the large audience of Lions and Leos who attended the meeting



Five Tips for Serving Safely in Your Community

The ongoing coronavirus (COVID-19) pandemic may be changing the way we live, but it hasn't changed who we are. We are Lions and We Serve. But during this global health crisis, it's important to keep yourself and your family safe and healthy. And Lions around the world have found new and creative ways to do both.

Your club may have already developed a safe strategy to lead a community response to COVID-19, but if you're still looking for new ways to serve, consider these five tips for serving safely that Lions clubs around the world have put into action.

Keep in touch

Social distancing doesn't mean social isolation. Catch up with family, friends, neighbours and fellow Lions by phone or email and see how they're doing. There are also many people in your community, such as the elderly, who may not have as many opportunities to communicate with family and friends. Consider recruiting your club into a phone tree to reach out and have a conversation with someone who would enjoy talking to a caring, friendly person.

Lions Serving Safely in Hafnarfjordur, Iceland

Asbjorn Lions Club gave a gift of tablet computers and headsets to a home for the elderly that has brought many grandparents face-to-face with their grandchildren. We're all in this together, and your kind words will offer a lot of comfort during these challenging times.

Get social

There's a reason why social media has become such an essential part of how we communicate. That's because it's so effective. Spread hope by sharing stories about how your club is helping your community during this crisis. By posting information, updates and safety tips, you can start a conversation online and transform your club's social media network into a communications hub for your community.

Lions Serving Safely in Sandwell, England

Sandwell Lions Club is keeping children entertained and giving relief to frazzled parents with their daily Sandwell Lions Story time on Facebook. Lions have so much to offer and social media can help you put their many talents to good use.

Fight hunger

It's important to make sure that we do our part to meet the needs of our community. And fighting food insecurity is a great way to provide comfort to those in need without having to leave your home. As Lion John O'Brien of the Channahon Lions Club put it, "Hunger doesn't know that it's supposed to be on lockdown." Your club can support your local food bank or homeless shelter through fundraising or even by ordering a care package of other essentials like toilet paper, toothpaste and clothing.

Lions Serving Safely in Channahon, Illinois, US

Channahon Lions Club is supporting their local food bank to ensure that the people in their community can get the essentials they are looking for. When you make sure that your neighbours have what they need at home, you help them to limit their exposure and ensure that we can all get through this together.

Give the gift of safety

As you serve during this crisis, your personal safety is the most important thing to remember. And due to a shortage of cleaning supplies and personal protective equipment, such as masks and gloves, this is becoming even more challenging. While many Lions have come together to form mask-making groups and have generously shared their cleaning supplies, it's essential that you make sure to take care of yourself.

Lions Serving Safely in Johannesburg, South Africa

Kensington Lions Club have taken a special interest in those with essential duties that keep them outdoors. They have been packaging and distributing antiviral soaps to help these workers stay virus-free and healthy. Remember to serve safely. You too are a part of the community you're serving.

Find a partner in service

Your community is full of experienced professionals and organisations that are also doing their part. And many of them need help. Whether it's supporting hotlines or providing translation services, you and your club have the skills they need to strengthen your community's response to COVID-19—without having to leave home.

Lions Serving Safely in Nova Scotia, Canada

Bridgewater and Area Lions Club has partnered with its chamber of commerce, business leaders and a COVID-19 response group to identify and aid those in need within their community. The relationships you form can help you continue to improve the future of your communities.

In a time when people are depending on you more than ever, we are depending on you to take every precaution to serve safely. That's the only way we can get through this together.

Let us know how you're serving safely. Post your stories on social media using the hashtag #WeServe, and inspire other Lions around the world to do what they can to help their communities. Because we are all in this together.



Peace Poster Kits Now Available

WWW.LIONSCLUBSSHOP.COM.AU



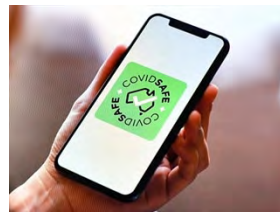
Lions International Peace Poster & Essay Contest

For over three decades, Lions clubs around the globe have been sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity. The Peace Essay Contest was created to provide an opportunity for visually impaired young people to express their feelings of peace and is, along with the Peace Poster Contest, a staple of Lions clubs around the world.

To sponsor the Peace Poster Contest, Lions clubs can order a contest kit from January 15 to October 1. A kit is needed for each contest sponsored. Clubs can purchase kits from the [Lions Australia Club Supplies Store](#).

Each kit contains:

- Official Club Contest Guide and Rules
- Official School or Youth Group Contest Guide and Rules
- Participant Flyer to duplicate and give to participating students to take home
- Sticker to place on back of winning poster
- Certificates for contest winner and school or youth group



The Australian Government have released an app to help slow down the spread of COVID-19.

The COVIDSafe app speeds up contacting people exposed to coronavirus and helps support and protect you, your family and friends.

COVIDSafe Have you downloaded the App?

The latest revised restrictions is welcome news as it now allows meetings with 100 members or less to recommence as long as the number of people in the space does not exceed one person per 2 square metre. For meetings and meals, members are required to be seated (except for comfort breaks). There needs to be an adjournment every two hours for meetings and one hour for meals to allow for cleaning and to allow members to get some fresh air either on the veranda or outside. Remember, when mingling be aware, of the importance of physical distancing. Remaining 1.5 metres between people must be adhered to and members should be encouraged to ensuring good hygiene practices are used by washing their hands and commonly used areas regularly. Communal food offerings and shared cutlery are not permitted. All members should be reminded not to attend face to face meetings if they are unwell or have been in contact with someone who has COVID-19. These, along with other Health and Safety requirements as detailed by Government, need to be strictly adhered to.

The District is developing a COVID-19 plan this is a requirement. This document will be distributed to clubs and Foundations under separate cover.

If you have not done so, then I strongly urge all members to download the COVIDSafe app and ensure that you have had your flu vaccination as directed by your doctor.

Going forward, there is hope and confidence that we as Lions will continue to find new ways to put our kindness into action whilst safely supporting and serving our comm



COVID-19

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

Advice from World Health Organisation 6 March 2020



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

Open 24 hours a day, 7 days a week.

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

BULLETIN DEADLINE

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

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

Articles received after this date, may not be accepted.

I look forward to your contributions.

Dave Knight **0400199840**

dkni5048@bigpond.com



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



Have you asked the question

FROM THE POLICY MINUTES

CLUB NEWSLETTER/BULLETIN

An appointed member shall, at least quarterly, publish a newsletter. Members shall be encouraged to contribute items. The following conditions apply:-

- *Dinner & Board Meeting Minutes must not be published*
- *Financial matters must not be published*
- Donations to Lions Foundations & other Club Projects are permitted
- ***Photographs of the General Public & Organisations must be approved by them prior to publication***
- ***The President must view the Newsletter/Bulletin prior to publication***
- Stories, name's, photographs and addresses of any "Ward of the State" must not to be published.

ON THE ROAD AGAIN

After a long stand down, due to Covid-19, the screenings programs have finally recommenced.

President John Osborne, Lion Rob Garratt and PDG Garry Irvine, along with new screener Janice Cuming have started the long trip to Esperance on the 20th August 2020. They will be joined in Esperance by Rob Fitzpatrick and then travel up to Salmon Gums to do a screening, the following day.

A full weekend of screening at Esperance was organised by the Lions Club of Esperance members.

Safe trip guys, let's hope you can continue the program of, 15 locations through to end of November, travelling through the South/West and part of the Northern Wheatbelt without interruptions this time.



The Lions Cancer Institutes Mobile Skin Cancer Screening Bus, all set up and ready for action.



CANCER SCREENING

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 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.

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.



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., 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.

Lions Australia



Diabetes Foundation



LEHP-Australia
Lions Eye Health Program



LIONS, WE ARE ALL VOLUNTEERS

DEFINITION

Volunteer - a person who voluntarily offers himself or herself for a service or undertaking.
- a person that performs a service willingly and without pay.

Volunteering is giving of your time freely without being forced to do so.

Volunteers are all learners, not experts.

Volunteers seek guidance, not hindrance.

Volunteers seek advice, not criticism.

Volunteers seek respect ,not disdain.

Volunteers, at times will seek help, not aggravation.

We are all volunteers in Lions, we need to respect and help each other, we need to overcome personnel issues and remember, that we are, all volunteers working for a common cause and never forget our reasons for joining Lions in the first place,

I know why I joined Lions;

- Learn new skills
- Share life experiences and skills
- Meet new people
- Make new friends
- Build my self confidence
- Have fun
- Socialise
- Stay active and engaged with the community
- Proud to have joined the largest service organisation in the world.

With Lions, Volunteers can get involved in many facets of the Lions organisation, community projects, youth projects, raise funds for medical research, aid to people with disabilities, senior citizens and the Lions Foundations, so choose which area you find that interests you.

Drug Awareness was my first major project, that I was involved with, soon after joining the Lions Club of Mandurah in Feb 1986, a project that i was chairman of for a few years. it gave me confidence in public speaking which in turn made me more confident in myself. Lions has given me a lot over the years

My Motto

“YOU ARE NOT LEARNING ANYTHING NEW, UNLESS YOU ARE OUT OF YOUR COMFORT ZONE”

DaveK

Ed