



We Serve

BULLETIN



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

MEAL and APOLOGIES	Helen Lamb
email:	helenlambman@gmail.com
Phone:	0407377572
Members who fail to request a meal by 7.00pm Sunday might not get a meal	

PRESIDENT'S REPORT LION PAUL RIPLEY



THE FESTIVE SEASON

November was a hot month and so were our projects within the three VPs' portfolios. Many members were engaged in several projects, but we require more participation from others to accomplish our goals. We are entering into December, our busiest month, so read the VPs' reports regarding what is happening within the club and consult the diary for future events. Many hands make light work.

Thanks to our Treasurer, Rob Garratt, for his informative speech about the bees. He is selling honey thru the club and donating back part proceeds, so jump in as it tastes delicious. All we need now is someone to talk about the birds!!!

The Lions Swap Meet at Halls Head continues to be a success. It's a long day but the rewards are worth it. I will be attending a meeting in December with other members from the other four charity organisations to discuss, rosters, prices and other recommendations.

The Christmas Cakes and Puddings have been on sale at Bunnings, Greenfields, every Thursday through to Sunday and also at other venues around Mandurah. The Mandurah Forum will join the other locations in December up to Christmas. I have supplied cakes and puddings to the local retirement villages and collected all monies. They were very pleased with our delivery scheme and hope it will continue in the future.



The Santa Project has commenced with Des and I already donning the red suit at two of the 15 clients that require Santa Hire this year. A record of the Santas for each venue has been circulated, so consult the Santa Hire Calendar to see date and time for each location. Remember you must have a “Working With Children” card as this is a government requirement. Also, five venues throughout Mandurah have been supplied with Christmas Eve Delivery forms and the first presents have appeared.

Brook donated all the stainless steel handles that were in the BBQ shed for a few years to Multiple Sclerosis. Thanks Brook I am sure they will find a good use for them.

Quote for the month (as we had a lecture this month about Bees)

“Honey catches more flies than vinegar.”

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

See you next meeting which happens to be our Christmas Party.

Paul Ripley, President.



EARLY NOTIFICATION

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

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

Busselton has many attractions for you to see.

Join us at the Convention to receive updates on what is happening in the Lions world and to decide the future direction of the District.

Registration forms are available from our [website](http://busselton.wa.lions.org.au). busselton.wa.lions.org.au

Accommodation is available at Abbey Beach Resort using promotional code LIONS2020. Contact via phone on 97554600 or their [website](#).

Please circulate this newsletter to all of you members and anyone who may wish to attend the Convention.

Keep an eye out for future newsletters when details of Key note speakers and other items of interest will be advised.

For your Diaries

CHRISTMAS CAKE and RAFFLE ROSTER

BUNNINGS GREENFIELDS 10:00am to 2:00pm

DECEMBER

19th Dec - 22nd Dec

MANDURAH FORUM 9:00am to 5:30pm

9th Dec-15th Dec

BBQS FROM NOW UNTIL THE AUSTRALIAN DAY BREAKFAST

~~08/12/19 ————— Madsar BBQ & Car Park Management — Centro Halls Head CANCELLED~~

13/12/19 Treasured Tots 52 Scholl Street Mandurah 5pm

20/12/19 Goodstart Meadow Springs 19 Pebble Beach Bvd Meadow Springs 5pm

26/01/19 Australia Day BBQ – Eastern Foreshore

LIONS MULTIPLE DISTRICT 201 CONVENTION ADELAIDE 15-18 MAY 2020

From The Committee

Come and join us in Adelaide for the 2020 Lions Multiple District **Vision for the Future** Convention, May 15th to 18th.

Your hosts will be Lions from MD 201, Districts C1 and C2.

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

THE LIONS CLUB OF
MANDURAH INC



CHRISTMAS PARTY

10/12/2019



MENU



Main



- Crusty Rolls and Butter
- Cream of Chicken Soup or Ante Pasta
- Warm Honey and Marmalade Glazed Ham on the Bone
- Roast Boned and rolled Turkey Breast
- Yellow Cling Peach Halves with Cranberry filling
- Seasoned Gravy and stuffing
- Traditional Roast Potatoes
- Baked Pumpkin
- Roasted Parsnips and Carrots
- Cauliflower Au Gratin
- Minted Peas

Desert



- Traditional Plum Pudding (With the desserts below there will be enough for everyone to have one of each)
- Brandy Custard and Brandy Cream
- Fresh Fruit Salad
- Cream
- Ice Cream
- Fruit Mince Pies (Carole's)



Cost of the meal will be \$30 per head and we will be having a secret santa and the gifts need to be between \$10-\$15 for boys and girls.

Meals may be paid by eftpos, direct debit or cash.



Merry Christmas and a Happy New Year to all Lions and their families!



News Release

Lions Clubs mobilise for bushfire relief

- Lions Clubs across Australia are rallying together to support those impacted from fires
- Australian Lions Foundation is asking for Australia's help in supporting communities affected by the bushfires
- When disaster strikes Australian Lions Foundation is amongst the first to offer relief. A network of over 1300 local Lions clubs across Australia ensures that support is transported quickly to those who need it most in times of crisis
- Every dollar donated to Australian Lions Foundation proudly goes directly to those in need and donations are tax deductible too!

12 November 2019: With Australia currently facing what could be its worst bushfire crises in history, Lions Clubs are rallying together to support those affected.

Lions across the country have been out in full force in their communities this week.

“From Taree Lions Club providing on the ground support and fundraising for local residents to Noosa Lions feeding the fire evacuated residents in QLD, Lions are going above and beyond to support their local communities through this terrifying time,” says Lions Australia CEO Rob Oerlemans.

“It doesn't stop there however, with Lions right across Australia coming together to support those in need. Australian Lions Foundation has been accepting donations from Clubs across the country to prepare funds to help these communities get back on their feet. Australians can also donate directly to the Australian Lions Foundation online,” says Rob Oerlemans.

“When disaster strikes Australian Lions Foundation is focused on getting emergency support to communities in need as quickly as possible. Right now, residents across NSW and QLD need our help,” says Foundation Chairperson Tony Benbow OAM.

“Three lives and over 150 homes have already been lost. Unfortunately, this is expected to rise. We encourage anyone across Australia looking to help support these communities to jump online and make a donation to Australian Lions Foundation. Every dollar counts and together we can make a big difference in supporting these people through this very difficult time,” says Tony Benbow.

“Through Lions' incredible network of over 1300 clubs we are able to deliver goods and support quickly and can be sure it will go to where it is needed most. Lions Clubs are already working with their local communities to identify those who need support. This is why in

times of crisis Lions is so effective in distributing support quickly and to those who need it most,” says Tony Benbow.

“Over the past 12 months Australian Lions Foundation has also distributed over \$1.4 million to farmers affected by drought and provided over \$770,000 to a range of community projects across Australia.”

“Australians looking to make a donation and support those affected by the bushfires can do so through their local Lions Club or through donating directly to Australian Lions Foundation. Every dollar will go directly to supporting those affected and donations over \$2 are tax deductible,” adds Tony Benbow.

To make a donation visit www.alf.lions.org.au and select the “GiveNow link”. All donations over \$2 are tax deductible.

Australian Lions Foundation

The Australian Lions Foundation has been providing grants for disaster relief, compassionate support and community initiatives since the 1980’s. Every year the Foundation distributes more than \$1 million for projects through local Lions Clubs.

The Foundation Directors are all Lion volunteers who do not receive any income for their efforts.

WHAT A DISASTER

3 LIVES LOST

**OVER 150 HOMES LOST -
EXPECTED TO RISE**



DEVASTATION

1st VICE PRESIDENT'S REPORT

LION BROOK ARELETTE



Christmas Cakes and BBQ's , boy where do we start

A massive thankyou to Peter Lamb for his continued efforts in running the BBQ's and organising the rosters, not only for the actual BBQ's but also the prepwork and the cleanup. It has been a huge year for BBQ's, with no end in site for December before heading into January 2020 where we will be gearing up for the Australian Day Breakfast.

By the time of reading this bulletin, we would've completed the last Halls Head Swap Meet for the year, thanks to the team who worked on this day.

Friday the 6th of December sees the Christmas Pageant, a roster will be sent out so please get your name in for this one as it is one of the biggest BBQ's for the year.

Recycling - Saturday the 7th Dec will be our first recycle day for the year.

Christmas Cakes - Monday the 9th December starts the Xmas cakes sales at the Mandurah Forum, thanks again to those who have volunteered their time and helped fill the roster. Christmas cakes sales will also continue again, at Bunnings Greenfields after we have completed our time at the Mandurah Forum.

Wednesday 11th December, the BBQ at the Oakwood Primary School has been cancelled. I, after consultation with President Paul decided for us not to become involved in this BBQ, so we cancelled this event, with concerns that we may burn out our members, this has been of concern for us due to the amount of work the club and members have been and still doing. I have spoken with the organisers at the school, who were very gracious in their understanding of our concerns for the members and the clubs hectic schedule. Thanks to Simone Harris from Oakwood PS for her understanding.

Once December is over, we can reload for the new year and prepare ourselves for the Australia day breakfast.

Recycling has been busy again with the paper recycle team, Gabrielle from New Wave Acoustics contacted Ian Kelly asking if we could supply him earlier than usual, Ian organised a team to help with this and wrapped an entire pallet of papers being 1 tonne. Gabrielle will now be able to pick up the pallets on Monday the 2nd December. Thanks to our paper elves for their continued efforts in gathering and placing into the shed, it's a huge effort by these members and certainly appreciated.

As this is my last report for this year I would like to wish all our members a very Merry Christmas, Im sure thst you will share lots of love with your families and friends, over the festive season.

Put your feet up for a while and look back at the massive amount of work we as Lions have completed for the year and feel very proud of your acheivements

Thanking you
Brook Arelette
1st VP

Lions club of Mandurah inc



We Believe
every child
deserves a chance
at a healthy life



Why Is Cardiopulmonary Resuscitation (CPR) Important? Using the CPR steps on someone who is not breathing can help keep them alive until the emergency services arrive.

CPR works by keeping a person's blood flowing until healthcare professionals can help them. People without first aid training can still save a life by using the CPR steps.

When a person initiates CPR immediately after someone's heart stops beating, **CPR can double or even triple the chances of them surviving.**

CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

DRSABCD action plan

In an emergency call triple zero (000) for an ambulance



D DANGER
Ensure the area is safe for yourself, others and the patient.

R RESPONSE
Check for response—ask name—squeeze shoulders

<p>No response</p> <ul style="list-style-type: none"> • Send for help. 	<p>Response</p> <ul style="list-style-type: none"> • make comfortable • check for injuries • monitor response.
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S SEND for help
Call Triple Zero (000) for an ambulance or ask another person to make the call.

A AIRWAY
Open mouth—if foreign material is present:

- place in the recovery position
- clear airway with fingers.

Open airway by tilting head with chin lift.



B BREATHING
Check for breathing—look, listen and feel.

<p>Not normal breathing</p> <ul style="list-style-type: none"> • Start CPR. 	<p>Normal breathing</p> <ul style="list-style-type: none"> • place in recovery position • monitor breathing • manage injuries • treat for shock.
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C CPR
Start CPR—30 chest compressions : 2 breaths
Continue CPR until help arrives or patient recovers.



D DEFIBRILLATION
Apply defibrillator if available and follow voice prompts.

© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.

Learn First Aid | 1300 360 455 | www.stjohn.org.au

10 Steps to CPR

Step 1

Survey the area. Although it is best to begin CPR as quickly as possible, the person who is about to perform CPR needs to ensure that he will be safe while performing the procedure. This may include looking for traffic, fires, downed power lines, or other potential dangers.

Step 2

Determine if CPR is necessary. Ask loudly if the person who looks to be in trouble is OK or gently shake the person to check responsiveness. Listen, look and feel for breathing. CPR is necessary only when a person is not breathing or circulating blood adequately.

Step 3

Call 911. If two people are present, one can begin CPR immediately while the other calls 000 for help. If only one person is present, however, that person should call 000 before beginning CPR if he has immediate access to a telephone or administer CPR for approximately 1 to 2 minutes and then call 000.

Step 4

Position the unresponsive person appropriately. Place the person on her back on a firm surface, such as the ground. Open her airway by lifting her chin and tilting her head upward.

Step 5

Begin rescue breathing. Mouth-to-mouth resuscitation in adults requires pinching the nostrils and giving two breaths into the mouth, while mouth-to-nose rescue breathing in adults requires breaths delivered through the nostrils. Mouth-to-nose rescue breathing is useful when the mouth is injured or cannot be opened. If the victim is an infant, rescue breathing can also be administered through the mouth and nostrils simultaneously if the CPR performer's mouth is large enough to cover both. Give one rescue breath and watch to see if the victim's chest rises. If it does, give a second rescue breath. If the victim's chest doesn't rise, reposition the head or check to see if something is blocking the air passage and try again. Only trained professionals should attempt rescue breathing. Those uncomfortable with their skills in this area may consider performing only chest compressions until emergency help arrives, suggests the Mayo Clinic.

Step 6

Begin chest compressions. This should be done only when the person is unconscious and does not have normal breathing, coughing or movement. For adult patients, the person performing the CPR should place the heel of her dominant hand between and slightly below the victim's nipples, and place the other hand on top of that hand. Position shoulders directly above the hands and keep arms straight. Use body weight to push the chest down about 2 inches, and continue pushing at a rate of 100 compressions a minute. For child patients, use a similar process but use one hand to compress the chest about 1/3 to 1/2 of the depth of the chest. For infants, two fingers should be used in lieu of hands and the infant's chest should be pushed approximately 1/3 to 1/2 the depth of the chest, according to the University of Maryland Medical Center.

Step 7

Return to rescue breathing after approximately 30 compressions. Give two more rescue breaths, then return to perform 30 additional chest compressions. Repeat as needed.

Step 8

Administer a shock to adult or child patients using an automatic external defibrillator if possible. Those not trained to use a defibrillator may receive instructions and guidance from a 911 operator. After administering one shock, resume chest compressions for 2 minutes before administering a second shock. Automatic external defibrillators should not be used on children younger than 1yo, according to the Mayo Clinic.

Step 9

Continue the CPR process until emergency medical personnel arrives or until the victim regains consciousness or movement.

Step 10

Provide information to the appropriate health care professionals. Explain how the victim was found and how long the CPR was performed, as well as any other information that may be relevant to treatment.

2nd VICE PRESIDENT'S REPORT
LION DES McLEAN MBE



Tyson Williams - As most of you are aware, we have been closely following the medical progress of Tyson. A lesson has been learnt here, if you are in doubt at all, get a second opinion. His original diagnosis was for an operation to remove his leg at the hip and after a second doctors opinion they had him in Fiona Stanley Hospital for assessment of his situation. He has now had an extensive course of Physiotherapy, along with a special muscle medication delivered electronically, he has improved significantly and as a result the medication will be inserted surgically to his stomach cavity and we are happy to say, he will be home for Christmas. In February the doctor will do an operation to remove part of his leg just above the ankle, that second opinion, has certainly worked out for Tyson not great, losing a foot but against the first prognosis of losing the whole leg, this is great news.

Diego Soto - We had a request from Amy Hutchinson from Rocky Bay, for a weighted blanket for Diego who is Autistic and has low sensory affects. The blanket will apply pressure on him during the night ensuring him of having a better nights sleep and will achieve a better lifestyle for him .We have arranged for the purchase of the blanket.

Flame of Remembrance - We are sre still waiting for an estimate of costs from the City of Mandurah, which has now been ten weeks, i will continue to followup and try and get an answer from them.

Santa - I must thank Lion Bob Aurisch for giving me the Job as Santa at the fitness centre. What a lovely bunch of kids and Mums, together we had a great time. My next Santa job is in Cockburn, which I understand is just south of Geraldton. Thanks a lot President Paul, Between selling cakes, raffle tickets, Santas duties, BBQs, Pick up papers and the Christmas lights.. WOW, busy is not the word
Lion Des McLean



Christmas Cake Display set up by Llon Des at the Mandurah Offshore Fishing and Sailing Club



President Paul Ripley looks a lone figure listening to Christmas Carols, selling cakes and raffle tickets at Lakelands Shopping Centre. His helpers ,Lions Des McLean or Wendy Ripley must be on the camera duties

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**3rd VICE PRESIDENT'S REPORT
LION JOHN OSBORNE**



I would like to wish all members a Merry Christmas and a happy and healthy New Year and thank you for your support for the first half of the year.



Storage container

An application for building approval has been submitted to the City. I will be meeting with the City Representative on Friday 6th Dec, on site to further discuss the application. Once approval has been given I will present the budget for the development to the club for approval to proceed.

School Eye Health program

Lion Graham has been quietly going about setting up this program over the past month. He has contacted the Falcon Club to gauge their interest. Falcon has indicated that they are interested in the program and would look at providing the service in Halls Head and the Falcon Dawesville area.

The Pinjarra Lions club has a Screening Camera. Graham will be contacting them to see if the camera would be available for our club to use.

The next steps in the process are as follows;

- Contact all schools in our area to find out if they would like to be part of the eye screening program.
- Identify and train Screening Team
- Prepare School Screening roster
- Liaise with Pinjarra on Camera availability

John Osborne

Third VP

If you are interested in getting involved and be part of the screening Team with the School Eye Health Program, contact Lion Graham Bateman.

RECYCLING 1st Saturday of the Month

Last one for 2019, 7/12/2019

Aluminium Cans Lions Dick Ingle, Barry Sutton, Dave O’leary, Clive Cartledge, Don McCarroll and Ian Judge

ABOUT ALUMINIUM CAN RECYCLING:

- During recycling the cans are crushed, then melted in a furnace. The liquid aluminium is then placed in moulds for shaping new aluminium products.
- In 2005, Australians recycled over two billion aluminium cans.
- Recycling just one aluminium can saves enough energy to power a TV set for three hours.
- Recycling aluminium cans saves 95 per cent of the energy it would take to make new metal from bauxite ore.



The crew, left to right Lions David Oleary sitting Foreman, Clive Cartledge, Don McCarroll, Dick Ingle and helping out is Ian Judge, second from right



Lions Brook Artlette and Barry Sutton join the cans crew after a morning sorting Papers. Lion Denice Knight talking to Bazza

Newspapers PCC Ian Kelly, and his helpers.



PCC Ian Kelly stacking paper bundles on Pallets ready for recycling



The recycling of paper is the process by which waste paper is turned into new paper products. It has a number of important benefits: It saves waste paper from occupying homes of people and producing methane as it breaks down. Because paper fibre contains carbon (originally absorbed by the tree from which it was produced), recycling keeps the carbon locked up for longer and out of the atmosphere. Around two thirds of all paper products are now recovered and recycled, although it does not all become new paper. After repeated processing the fibres become too short for the production of new paper - this is why virgin fibre (from



sustainably farmed trees) will be added to the pulp recipe.

There are three categories of paper that can be used as feedstocks for making *recycled paper*: **mill broke**, **pre-consumer waste**, and **post-consumer waste**. *Mill broke* is paper trimmings and other paper scrap from the manufacture of paper, and is recycled in a **paper mill**. **Pre-consumer waste** is a material which left the paper mill but was discarded before it was ready for consumer use. **Post-consumer waste** is material discarded after consumer use, such as old corrugated containers (OCC), old magazines, and newspapers. Paper suitable for recycling is called "scrap paper", often used to produce moulded pulp packaging. The industrial process of removing printing ink from paper fibres of recycled paper to make deinked pulp is called deinking, an invention of the German jurist Justus Claproth.

The process of waste paper recycling most often involves mixing used/old paper with water and chemicals to break it down. It is then chopped up and heated, which breaks it down further into strands of cellulose, a type of organic plant material; this resulting mixture is called pulp, or slurry. It is strained through screens, which remove any glue or plastic (especially from plastic-coated paper) that may still be in the mixture then cleaned, de-inked (ink is removed), bleached, and mixed with water. Then it can be made into new recycled paper.

Eyeglasses Lion Don McCarroll and his helpers



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 third world country or supplying shipping container loads of suitable humanitarian aid from Australia to groups in the third world.

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.



ordinary people
amazing things



LIONS SAVE SIGHT FOUNDATION

Saving sight is our vision.

The **Lions Eye Institute** is a not-for-profit centre of excellence that combines world class [scientific research](#) into the prevention of blindness with the highest level of eye care delivery.

About

The Lions Eye Institute (LEI) is a not-for-profit centre of excellence that combines world class scientific research into the prevention of blindness with the highest level of eye care delivery. It incorporates one of Australia's largest ophthalmic practices, including a Day Surgery Unit and a Laser Vision Centre. The LEI also houses the Lions Eye Bank, Lions Optics, Lions Outback Vision and the Lions Save-Sight Foundation WA.

Our activities are underpinned by a continuous improvement program and worldwide collaborative research as we strive to achieve our Vision – To prevent and cure blindness and eye disease.

Our Clinical Services are internationally recognized for providing high-quality care, a dedicated, passionate and professional team, continued investment in the latest equipment and technology, ongoing ISO 9001 accreditation and strong patient satisfaction ratings.

Our scientists work in close association with our clinicians to bring laboratory generated ideas and techniques to the level where they can be of benefit to people suffering blinding eye conditions. Our patients benefit by receiving the most advanced treatments available anywhere in the world.

Governance

In meeting its obligations to the community the Institute adheres to high standards of corporate governance as a limited liability company with not-for-profit and Tax Exempt Gift Recipient status.

Audit governance

The Institute engages Grant Thornton Audit Pty Ltd as an external audit team to independently review its financial reports and uphold the integrity of the reporting process.

Executive Committee

Our Executive Committee consisting of senior management personnel meet regularly to discuss key budgetary, operational and strategic activities.

Our Vision

To prevent and cure blindness and eye disease.

Our Mission

To achieve leadership in scientific research and clinical practice in the prevention of blindness and eye disease through:

- Being a global leader in scientific research
- Recognised for translation of research into community outcomes
- Commitment to growing the reach of our research capability and clinical services
- Development and training of outstanding eye care professionals and researchers
- Engagement with- and education of- the community in building awareness, reputation and funding

History



In 1925, when Helen Keller urged Lions Clubs to join her in a “crusade against darkness”, she planted a seed that has yielded a rich harvest all over the world.

Forty-five years after her initial call, at their 1970 conference in Albany, Lions Clubs in Western Australia formed the [Lions Save Sight Foundation \(WA\) Inc.](#) to lead the development of world-class ophthalmic care.

Over time, the Foundation achieved a number of milestones – including the establishment of the Lions Chair in Ophthalmology at The University of Western Australia in 1975 with at the helm.

Professor Ian Constable went on to create The Lions Eye Institute (LEI) in 1983, a not-for-profit organisation established to save sight. Under his guidance, the LEI rapidly became a global centre for first-class scientific research into blindness.

Today the Lions Eye Institute is a large team of clinicians, medical professionals, researchers and support staff. The LEI is moving into the next generation of eye research and treatment to meet the needs of a growing and ageing population while consolidating our reputation as a centre of global excellence in eye health.

The LEI’s ophthalmology clinic has an international reputation for providing high-quality care, with more than 50,000 patients seen each year – including many from south-east Asia. Surplus clinic funds support the LEI’s internationally renowned scientific research.

The LEI also houses a [Day Surgery Unit](#), the [Lions Save Sight Foundation WA](#), a [Laser Vision Centre](#) – Western Australia’s premier refractive surgery centre, the [Lions Eye Bank](#) – responsible for the collecting, processing and distribution of corneal and scleral tissue throughout Western Australia, and [Lions Optics](#).

Key Achievements

Throughout its history the Lions Eye Institute has posted a number of remarkable breakthroughs in its drive to eradicate blindness worldwide. Achievements include:

- A human gene therapy treatment for wet Age-Related Macular Degeneration (AMD). Wet AMD is the most common cause of blindness in the developed world and costs up to \$6 billion worldwide each year.
- Establishing a link between chronic viral infection and the development of the second most common autoimmune disease – Sjogren’s Syndrome (SS). SS is a chronic condition that mainly affects women and causes a range of symptoms, including dry eyes.
- An innovative treatment for open angle glaucoma – the most common type of glaucoma. The XEN Gel Stent developed at the LEI is 6mm long and the width of a human hair.
- Using data from the Busselton Healthy Ageing Study to identify an important link – that spending more time outdoors reduces the risk of myopia but increases the risk of skin cancer. More research is being done to identify optimum and safe levels of sun exposure for eye health.
- Developing personalised cell-based therapy to treat macular and retinal degenerations.
- World-first development of a retinal vein bypass treatment for retinal vein blockages
- Operating one of Australia’s largest ophthalmic practices offering treatments for the full range of eye conditions including glaucoma, cataracts, macular degeneration, retinal disorders and laser refractive surgery.
- Opening the first and leading refractive centre in Western Australia. The Lions Laser Vision Centre was the first to perform laser PRK surgery in Australia in 1991, the first to perform LASIK in Western Australia in 1996 and still the only accredited laser vision centre in WA. Our clinic is the only one in Perth to use the world’s fastest and most advanced excimer laser source, the Schwind 1050RS.
- Establishing the Lions Eye Bank – the only facility in Western Australia that coordinates the collection, processing and distribution of eye tissue for transplantation.
- A commitment to the highest standards of quality patient care and research excellence. The LEI’s Clinical Services have achieved national accreditation standards every year since 2006.
- Establishing one of the largest ophthalmological clinical trials centres anywhere in the world.

To facilitate continued investigation into blinding eye disease, funds raised through the commercialisation of innovative research developed at LEI are channelled back into other promising research projects.

LEI’s longevity and internationally recognised reputation is testament to the excellence of its research and clinical capabilities. Research groups at LEI are involved in both national and international collaborative programs. The Institute actively participates in numerous clinical trials which enable scientists, ophthalmologists and pharmaceutical companies to develop new treatments for eye disease.



**Dr Angus Turner treating a patient
in the North West of WA**



LIONS OUTBACK VISION

ONE OF THE BEST IN THE WEST

Dr Angus Turner

The LEI's Dr Angus Turner was named the Western Australian of the Year 2019 in the Professions category at a gala dinner in celebration of WA Day.

Dr Turner, the McCusker Director of **Lions Outback Vision (LOV)**, was the winner of the APM Professions Award, which included other finalists Professor Peter Newman, Professor John Newnham and Peter Meurs. The Award was presented in celebration of 'excellence resulting in major social, scientific or economic impact at a state, national or international level'.

At the dinner, held at Perth's Westin Hotel on 31 May, Dr Turner said: "I am deeply honoured and humbled to receive this award and to be representing our mission and job – to address blindness and vision. It's a real privilege to be able to work in an area where you see the precious gift of sight and the difference it makes in people's lives."

In 2018 the LOV team saw over 9000 patients throughout rural and remote WA. They performed 1051 injections and over 250 other procedures. We are so proud of the work Dr Turner and his team do.

Areas of Expertise - General Ophthalmologist

Locations - Nedlands, Kimberley, Pilbara, Goldfields, Great Southern and South West regions

Languages Spoken - English

Education - He completed medical training at the University of Western Australia (UWA), before studying at Oxford University and completing a Masters of Evidence Based Medicine. Ophthalmology training was undertaken in Melbourne, followed by post-graduate training at University of Sydney in refractive surgical procedures.

Date Joined Lions Eye Institute 2010

Initial Medical Training University of Western Australia

Ophthalmology Training Melbourne, Australia

MEMBERSHIP - Lion Ruth Norwell

Lion Ruth presented a fifteen year Chevron tab to Lion Denice Knight and read the letter from our International President Jung-Yul Choi.

An extract from the letter reads:

“The enclosed 15year Milestone Chevron Award is presented by Lions Clubs International, is aptly named after the Chevron symbol or insignia, indicating rank or length of service. Your commitment to providing many years of service as a member of our association is honorable and commendable, as you have touched the lives of many. From the smallest project to the largest undertaking, your years of service have made an impact on your community.”



Membership Chairman Lion Ruth Norwell presents Lion Denice Knight her 15 year Chevron

November Birthdays

Lion Harald Lorek	18/11
Lion Brook Arelette	29/11

Years of Service tags were presented to

Lion Bob Aurisch	34 yrs
Lion Peter Drown	40 yrs
Lion Lance Woodhead	46 yrs

Membership chairman Lion Ruth presenting Year of service tabs to Lion Bob Aurisch (34yrs) and Lion Lance Woodhead (46yrs) absent Lion Peter Drown (40yrs)



Visiting Lions From England

We had visiting Lions Mary and Richard Tuckett who are from Devon, England and are members of the Lions Club of Budleigh Salterton, MD SW 105 UK. Mary and Richard are holidaying in our beautiful country and took time out to visit our club. Lion Richard spoke to the club about their Lions club Budleigh Salterton which, by the sounds like it, they are a very active club and have many projects that their club do over the Lionistic year. We hope that Mary and Richard enjoyed their short stay with our club and wish them safe travels for the rest of their holidays



President Paul Ripley and Lion Richard Tuckett swap their club Bannerettes



Lions Mary and Richard Tuckett with President Paul





Robert Garratt
Registered
Bee
Keeper
RG7
0450 288 224

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



GUEST SPEAKER

Lion Rob Garratt

Lion Rob Garratt was our guest speaker for the evening, who gave an very informative talk about bees and honey making process.

Lion Rob said his interest in bees began when he was a young boy, where his Grandfather introduced him to the art of Honey making, but it wasn't until he was ready to retire, that he took it up seriously and now is a registered bee keeper and produces his own brand of pure honey and is slowly building up his BG's Honey business.

Rob explained to the club the process of setting up his hives, and we soon learnt how complex the honey making process can be.

The hive is made up of the one Queen bee the drones and the worker bees

These are some facts about honey bees that Rob touched on during his talk

1. Honey bees are super-important pollinators for flowers, fruits and vegetables. This means that they help other plants grow! Bees transfer pollen between the male and female parts, allowing plants to grow seeds and fruit.

2. Honey bees live in hives (or colonies). The members of the hive are divided into three types:

Queen: One queen runs the whole hive. Her job is to lay the eggs that will spawn the hive's next generation of bees. The queen also produces chemicals that guide the behaviour of the other bees.

Workers: these are all female and their roles are to forage for food (pollen and nectar from flowers), build and protect the hive, clean and circulate air by beating their wings. Workers are the only bees most people ever see flying around outside the hive.

Drones: These are the male bees, and their purpose is to mate with the new queen. Several hundred live in each hive during the spring and summer. But come winter, when the hive goes into survival mode, the drones are kicked out!

3. What are these buzzing bugs most famous for? Delicious honey! But did you know they produce honey as food stores for the hive during winter? Luckily for us, these efficient little workers produce 2-3 time more honey than they need, so we get to enjoy the tasty treat, too!

4. If the queen bee dies, workers will create a new queen by selecting a young larva (the newly hatched baby insects) and feeding it a special food called "royal jelly". This enables the larva to develop into a fertile queen.

5. Honey bees are fab flyers. They fly at a speed of around 25km per hour and beat their wings 200 times per second!

6. Each bee has 170 odorant receptors, which means they have one serious sense of smell! They use this to communicate within the hive and to recognise different types of flowers when looking for food.

7. The average worker bee lives for just five to six weeks. During this time, she'll produce around a twelfth of a teaspoon of honey.

8. The queen can live up to five years. She is busiest in the summer months, when she can lay up to 2,500 eggs a day!

9. Honey bees are also brilliant boogiers! To share information about the best food sources, they perform their 'waggle dance'. When the worker returns to the hive, it moves in a figure-of-eight and waggles its body to indicate the direction of the food source. Cool, huh?

10. Sadly, over the past 15 years, colonies of bees have been disappearing, and the reason remains unknown. Referred to as 'colony collapse disorder', billions of Honey bees across the world are leaving their hives, never to return. In some regions, up to 90% of bees have disappeared!

We can all do our bit to support these brilliant bugs, gang! Why not plant flowers rich in nectar, such as lavender and bluebells, which will help bees find the food they need? Also, be sure to choose local British honey, too, which will support our Honey bees and their beekeepers!

After his talk, Rob answered many questions from enthusiastic members who all found his talk interesting and informative and all members then showed their approval was in the usual way.



How's this for a bee hive, looks very comfy, some beekeepers take it seriously.

LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
DECEMBER	6/12/19	Christmas Pageant BBQ - Eastern Foreshore near Cicerello's
	7/12/19	Recycling Saturday
CANCELED	8/12/19	MADSAR BBQ – Centro Halls Head CANCELED
	9-15/12/19	Cake Sales Mandurah Forum
	10/12/19	Christmas Party
	13/12/19	Treasured Tots 52 Scholl Street Mandurah 5pm BBQ
	17/10/19	Board meeting
	20/12/19	Goodstart Meadow Springs 19 Pebble Beach Bvd Meadow Springs 5pm BBQ
	21/12/19	Raffle Draw Bunnings Greenfields
	24/12/19	Tuesday 24th Santa Deliveries
JANUARY	4/01/20	Recycling Saturday
	14/01/20	Dinner Meeting
	21/01/20	Board Meeting
	25/01/20	Australia Day Breakfast Prepwork Saturday
	26/01/20	Australia Day Breakfast Sunday
	28/01/20	Dinner Meeting 1st VDG Visitation
FEBRUARY	1/02/20	Recycling Saturday
	11/02/20	Dinner Meeting
	18/02/20	Board Meeting
	25/02/20	Dinner Meeting

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 or unless otherwise notified.**

Articles received after this date, may not be accepted.

I look forward to your contributions.

Dave Knight 0400199840

dkni5048@bigpond.com



*“When you focus on problems, you will have more problems,
When you focus on the possibilities, you will have more opportunities”*

Merry Christmas and a Happy New Year to all



Have you asked the question?.



Lions are people who get involved in humanitarian efforts locally, nationally, and internationally.

People like you can find community service and volunteer opportunities in Lions through:

- Mentoring
- Leadership Development
- Medical Research Fundraising
- Disaster Relief

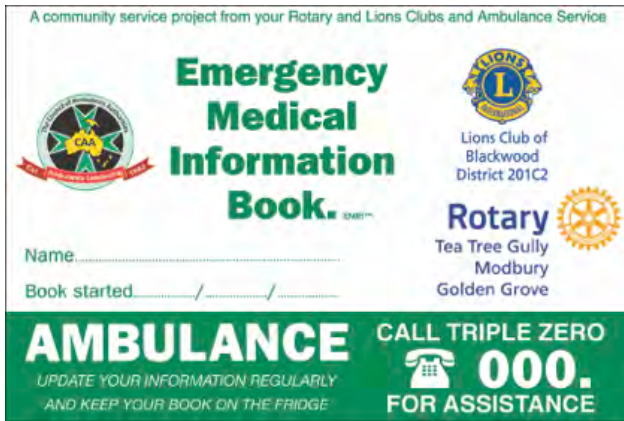
If you would like to serve your community, through the many volunteer opportunities in Lions

To Join a Lions Club, is by Invitation, but applications are encouraged from all members of the community.

Join and serve as member, or in a board role as a director, or other board vacancy.

One more member helps us to do more service in our community, at home and internationally

Membership is open to men and women over the age of 18 years and of good moral character and reputation.



The Emergency Medical Information Book – contains all of a person’s information and medical records needed if or when an ambulance is called and they need to be transported to a hospital.

When paramedics are called, a typical scenario is that distraught family members may be unable to give correct details of the patient’s condition, or the medication they may be on. The paramedics physically have to collect all the patients medication in the house, try and obtain a medical history and take it to the hospital with the patient.

This small book contains patient contacts, service or carer provider information, medications and any medical condition, so a paramedic is able to treat and ready a patient for transport to a hospital. The Emergency Medical Book Information Project is managed by the Lions Club of Blackwood in SA.

At the 201C2 District Convention held at Mt Gambier in October, the EMIB Project received unanimous support for a three year extension. It is now up to us to see it receives the support at the 2020 Multiple District Convention in Adelaide next May. You know, the Lions motto is We Serve and through the EMIB we have found another way in which we Lions can serve our Communities. We can spread the word to all those we know who could benefit from the free services provided by Angel Flight for patients requiring transport for scheduled treatment at destinations where other forms of transportation are physically or emotionally taxing or unaffordable. If we can advise people that all they need to do is phone the Central Office of Angel Flight on (07)3620 8300 from anywhere in Australia and they will arrange for the patient to be collected from their nearest airstrip and flown to an airport near the place of treatment where they will be met and driven to their appointment. After the treatment, the reverse applies and the patient is delivered back, all free of charge due to the voluntary services provided by the drivers and pilots of Angel Flight. EMIB will provide to all new patients the lifesaving Book to go on their fridge plus the pocket edition that they can carry in their wallet or purse. We hope you will get behind this idea and spread the word to help those, particularly in the regional areas, who are unaware of this great Community

BBQ FOR THE MANDURAH ARTS FESTIVAL



Thirteen lions and friends had a very busy, but enjoyable day at the Arts Festival held in the Senior Citizens building car park, the weather was beautiful and continuous live music, brought the public out and made it a successful day for us. We were appreciative of the help we got from three younger people who certainly proved their worth, young Gavin again, was on hand to help out as well as Brendon Randall and Georgia Samuelson who all helped with the setting up and the cooking, thanks very much for your help, it was really appreciated. All the lions who helped out worked together in making it successful fun day



President Paul's Thankyou:

Thanks, so much for coming along today, we really are enjoying working with you all. It was a good day for not only sales but also some great fellowship. Lynn and Carolyn, the organisers, were very impressed with our set up and have offered us the opportunity to cater again next year.

They have said they think they will run from 9am to 3pm next year so maybe our favourite bacon and egg burgers will start the day...

We had gross sales of just over \$1100 so although it seemed quiet we were obviously steady, so profit will be around \$400 - \$500.

600 people went thru the markets!

Again thank you and we will be sorting out the trailer and cleaning at the den tomorrow from 4pm.



Brendon and Georgia (left) and Gavin (right) were on cooking duties , after helping out with the setting up



Mandurah Lions set up and ready to feed a steady flow of people.



Some of the many stalls that were set up at the Arts Festival

FOOD HANDLING SAFETY

EGGS

Excellent eggs – handle them safely

Since 2015, there has been an increase in Salmonella notifications in WA. As part of Australian Food Safety Week, the City of Mandurah's Health Services team today urged local businesses and consumers to handle eggs safely.

Eggs are a simple, cost effective and nutritious part of our diet but egg shells can be contaminated by Salmonella on the outside when they are laid. This is particularly true for uncooked dishes, sauces and dressings containing raw or lightly cooked eggs. These include uncooked desserts like mousses and tiramisu; sauces and dressings such as hollandaise; fresh mayonnaise, and aioli; drinks containing raw egg such as egg nog, health shakes with added raw egg; and steak tartare. These foods are risky because the eggs they contain are eaten uncooked and so need to be handled safely.

Dishes containing raw eggs as an ingredient, that aren't going to be cooked before being eaten, should not be served to vulnerable people such as small children, pregnant women, the elderly and people with compromised immune systems who are at greater risk from food poisoning. Egg meals should be cooked for these vulnerable people, for example until the yolk of a boiled egg has started to become firm or eggs have become set in omelettes or scrambled eggs. Another alternative for vulnerable groups and other consumers who want to have egg dishes that aren't fully cooked is to use pasteurised eggs.

Follow these tips to minimise your risk of food poisoning from eating eggs:

- Do not buy cracked or dirty (e.g. visible hen poo, feathers) eggs. These are more likely to be contaminated with Salmonella. Bring the presence of any eggs like this to the attention of the seller as it against food safety legislation to sell cracked and dirty eggs. If eggs get a crack in them while you handle or transport them, it's safest to discard them or cook them thoroughly as soon as possible, for example in a baked cake.
- Stop and think about where in the hen an egg comes from. It's always important to follow good hygiene when handling eggs, even when they look clean, so as to not transfer 'poo' contamination from the egg shell surface to the egg contents or other foods you are handling that are not going to be cooked.
- If you accidentally drop pieces of shell into your egg mixture while preparing food, it could contaminate the mixture and it will need thorough cooking. Remove the shell pieces with a clean spoon or fork.
- Wash your hands with soap and running water and dry thoroughly after handling eggs so you don't contaminate other food.
- If you are not going to cook the eggs further, don't separate the yolk from the white using the shell as that could contaminate either part of the raw egg. Invest in an egg separator.
- Prepare raw egg foods just before you are going to consume them and if you need to store the dish refrigerate it immediately at 5°C or below, so the bacteria cannot grow.
- Keep your eggs refrigerated and store them away from ready to eat foods. They will keep better if you store them in the cardboard box you purchased them and you will be able to check the best before date and have access to the information you need in the rare case there is a food recall.

LIONS AUSTRALIA

Code of Conduct Numbers 4 & 5

4. Empowerment

We collaborate with the aim of empowering each other to be the best that we can be.

I demonstrate this by...

Working collaboratively with others and to the best of my ability
Sharing information and acting in good faith.

Developing, maintaining and using my own skills and capabilities and those of others

Providing support to my team members to help achieve common goals

Generating and supporting innovative ideas to improve our work

Recognising the importance of fun and enjoyment in the workplace.

5. Accountability

We acknowledge and assume responsibility for our own actions and personal behaviour and we are entitled to expect the same from others.

I demonstrate this by...

- **Aknowledging** that I am responsible for behaving in accordance with the Lions Purposes and Ethics, relevant laws, Lions International policies and this Code

Only making commitments I know I can fulfil, and following through on them

Taking responsibility for my work and performance

Raising a perceived breach of the Code in good faith

Not victimising anyone for raising a breach in good faith

Ensuring my expectations of others are reasonable, clear and understood

Recognising good performance and addressing performance shortfalls quickly, directly, fairly and openly

Respecting and protecting the physical and intellectual property of Lions.