

October

BULLETIN



PRESIDENT John Osborne

SECRETARY Peter Lamb

secretary@mandurahlionsclub.info

TREASURER Rob Garratt

Clubrooms (08)95813122

MEAL and APOLOGIES

Helen Lamb

email: helen@lambgroup.com.au

Phone: 0407377572

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

PRESIDENT'S REPORT

LION JOHN OSBORNE

October is Membership Month, have you organised your guest?



As with all years, Spring brings about a more optimistic view of the world, we are now shaking off the shackles of the COVID-19 hiatus and we are involved in actively doing projects.



Lions Cancer Institute Inc.

Thanks to those members who were up early to provide a breakfast sausage sizzle for the contractors at Alcoa and to the late tea and coffee providers stationed at Mewburn Centre gardens on the R U OK? day.

Thanks also to Lions Paul and Wendy Ripley for their early start marshalling the Halls Head Community Swap Meet.

It is pleasing that our Activity Account is having some money flowing in and not all out.

October is our membership month with the focus on bringing a guest to the club for our second meeting on the 27th. Garry Irvine will be talking on the importance of early detection of Skin Cancers. I made an approach to a person where I invited them to be my guest at our dinner meeting where we have a speaker talking about Skin Cancer and the importance of early detection. It worked for me.

Thanks to Wendy, Helen, and Joyce for working with our caterer and setting acceptable standards for the catering of our dinner meals.

President John Osborne

NEW MEMBERS, NEW IDEAS



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, APPLECROSS, 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

Children of Courage: Thanks to the efforts of President John, we now have our children of courage papers finalised and entered. The event is on the 20th March 2021.



A call from PDG Peter Lamb who asked me to check out a request from a lady whose husband has had a stroke and needed help to clean up her back yard, as they were shifting from the premise. The job was huge which resulted in us advising the lady she needed to get a bobcat contractor to do the cleanup. Thanks to PDG Peter Lamb and President John Osborne for their assistance.

Tyson: I visited Tyson recently and his recovery is nothing short of miraculous. He went for a driving assessment with NDIS which he passed and has been accepted into the driving course, so our plan now, is to help him get a car which will be discussed at our board meeting. 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)

On Father's day, I had the pleasure of the company, on my boat, of an Autistic boy Bailey and Peter a lad with special needs. Both boys won a prize in the father and son fishing competition at the MOFSC. The weather was terrible, with 40K winds and rain, but the two boys thoroughly enjoyed themselves, as I did.

1st VP Lion Des McLean

THE SMILE SAYS IT ALL



Left : Tyson is finally behind the wheel for his driving assessment with the NDIS, he passed with flying colours and has been accepted into their program. so we have one happy young lad, that really deserves a break



Left: Modern technology with gadgets like Tyson has on his left wrist that allows him to drive the vehicle with his disability as an amputee.

I had the pleasure of taking a couple of young boys, Peter and Bailey, with their fathers our fishing on Father's Day, both boys have special needs, Young Peter, pictured right, caught a King George whiting and for his efforts, won a prize. Bailey also got a prize for a fish he caught, the competition was organised by the MOSFC



2ND VICE PRESIDENT'S REPORT LION DON McCARROLL

At the last meeting I was all set to do a short report, as requested by the President, because we had a guest speaker. By the time I got to the podium I had three more subjects to report on, which is a good sign that we are getting back to a little normality.

Paper Recycling – The last time we packed papers there were many members working with gusto, which was fantastic to see. These Lions members have three pallets of papers stacked and wrapped, ready to go. Keep it up

Christmas Cakes – Two members IPP Paul Ripley and Lion Rob Garratt are managing the Christmas Cakes for the Club this year. They have ordered the cakes and puddings, so now is the time to get out and make sure your outlets are available and any new ones you can find. It looks like we won't be able to sell cakes at Bunnings this year. The good news is the Mandurah Forum has been booked again, so that will be a good start, remember, the roster for Lions help will be out soon to sell cakes so please put your hand up to help make it again, a successful Project of our club.



Containers for Change WA, is here.

This is a tremendous fund raising opportunity for all Lions clubs and more importantly our club. This project, will not only help in reducing the amount of waste going to landfill or into our oceans, but also aids us in raising funds, that can go directly back into serving the needs within our community. It could be an excellent source of revenue to both our Activities and Admin accounts, that could be as simple as collecting from your members, collecting during major civic or sporting events or setting up collection points with partners in business.

WE ARE SET UP AND READY TO GO, SO START COLLECTING

With District Governor Dot's hearty approval, this program has been selected as our W2 Environmental Focus Project for 2020/21

Recycling Spectacles and Hearing Aids – keep on collecting these, we have 11 boxes stored in various Club Members premises as Queensland can't accept any as yet.

I have just heard that Lion Dick Ingle will be out of action for November, December and possibly January. The Club will need one or two members to take over the Lions Mints and the outlets that Dick looks after.

Please contact Lion Don McCarroll if able to fill this position

2nd VP Lion Don McCarroll



CHRISTMAS CAKE SALES ROSTER WILL BE OUT SOON, SO PLEASE VOLUNTEER YOUR TIME TO MAKE THIS PROJECT A SUCCESSFUL ONE

3RD VICE PRESIDENT'S REPORT LION BARRY SIMMS

Bunnings BBQ : The sausage sizzle at Bunnings on Saturday 3rd October resulted in the Club being over \$800 better off. This was due to fine weather and a great team, working well together to create a terrific result. Well done to all who were able to contribute their time and efforts. Some were introduced to the EFTPOS facility which appears to be quite simple to operate, thanks to a very patient Treasurer, Lion Rob.



Wellness Wednesday, Mental Health Week: Our next sausage sizzle is on the 14th October from 11:00 am to 1:00 pm on the Mandurah foreshore as part of Wellness Wednesday. The activity is in support of WA Mental Health Week. Our club will be receiving funds to cover costs for the event.

The Midway Community Care Sausage Sizzle originally scheduled for 26th September at Halls Head has now been moved to **Saturday 5th December 2020**, in the park just outside of the King Carnival from 11:30 am to 12:30 pm. The Club has already received funds for this activity.

The Australia Day Breakfast and Christmas Pageant, A decision on whether these events will be taking place, with the concerns of Covid19, are still relevant. PCC Ian will be expecting an update towards the end of September.

1st VP Lion Barry Simms

**SAFETY NOTICE,
BBQ'S HAVE RECOMMENCED
(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

GUEST SPEAKER Tanya Swayn (Halo Team)



Tanya speaking to the club about HALO

What does Halo stand for?
Homeless Assistance Leadership Organisation Team Inc



Tanya was introduced to the club by Lion Barry Simms saying that Tanya is originally from Queensland and is married with two children and very passionate about HALO. She went on to tell the club about what HALO does for the homeless and needy in the Mandurah community. They also deal with domestic violence victims and needy pensioners with food, clothing and rent assistance. They run the HALO transitional homeless shelter and Op Shop from their new location.

From their Website

How it all began...

It all began in 2014 when Dianna Freitag (Dee) was working with another organisation and the opportunity came up for her to be able to do more. She was always wanting to expand and get bigger but the current organisation in which she was working for were not able to provide this opportunity. So in August 2014 Dee decided to begin her own organisation. She was funded the start up costs for a homeless shelter (\$15,000) and went off to make her dreams come true with only one other volunteer (Karyn).

In October of 2014 Dee & Karyn opened the doors of the Halo Team Transitional homeless shelter. They had their first family apply that day and they took them straight in. The next year was a struggle up hill to get the organisation up off the ground. Without any funding at all it was a real mission to keep those doors open. While Karyn maintained the home and clients, Dee was out scouting support from the community and local businesses. Acton Mandurah jumped on board and were one of our biggest supporters they helped us to supply food and help us out with donations. Clients lodgings paid the rent but barely the bills It was real hard work but nothing we could not handle.

Then in September on 2015 Halo expanded to provide outreach to clients in the community who were not at the shelter but still needed assistance. This was done via our Facebook page (Halo Team Inc). November of 2015 the showstoppers put on a fundraiser night and raised \$5000 dollars for the Halo Team. It was an amazing night and we were so thankful as the donation was really needed at that time to keep the shelter going.

Then in December of 2015 Dee was offered all the assets of the previous organisation in which she managed as a donation to her organisation Halo Team. This included the Community Op Shop in which she had spent nine years working in The same op shop that she rebuilt in 2012 after a fire had destroyed it. This was the big break that the Halo Team were looking for as it meant they were able to sustain there organisation with funding generated by the op shop. Dee, Karyn, and a team of volunteers went in and repainted the store, freshened it up, cleaned it up and reopened it in January 2016 as the Halo Team Community Op Shop.

In August of 2016 a homeless client came in to see Dee, he told her about his struggles on weekends and public holidays as there was no services around to offer food, clothing or warm blankets. The following weekend Halo opened a weekend soup kitchen which is still operating every Saturday, Sunday and all public holidays.

June of 2019 the Team made a huge decision to move location. We grabbed our tiny little store and moved into a massive premises in the heart of Mandurah. We not only opened our op shop but we finally opened our very own community centre to the members of this wonderful community we live in. This centre provides a beautiful location in which we can now carry out all our welfare services to our clients. We are currently building the centre up day by day and making big changes to incorporate people into our centre.

After Tanya's informative talk, a vote of thanks was given by PDG Wally Barrett who presented Tanya with our Club banner, the Club members then responded in the usual way.



MEMBERSHIP CHAIRPERSON

Lion Ruth Norwell

Lion Ruth presented service tabs to Lion Evelyn Kelly with her 29 year tab and PCC Ian Kelly with his 47 year tab. The Kelly's, were holidaying up north when they were due.



I apologise for missing September tabs and birthdays, two months Tabs and birthdays will be acknowledged in October.

The Membership committee, comprising of President John Osborne, PDG Garry Irvine, PCC Ambrose Depiazz 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

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 Depiazz, 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

CONTAINERS FOR CHANGE

Advice was provided by Council Legal Officer PCC David Skinner.

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.

- Look up your nearest [refund point](#). Take them there or they may be brought to the hall and placed into our bin.
- All [eligible containers](#) are worth a 10 cent refund
- **Cans and bottles can be crushed** as long as you can identify what the container is. The only exception is reverse vending machines as they need to read the barcode.

Separate the lids from your containers and place them in our lid bins (or put them loose inside your bag if you're using a bag).

MESSAGE FROM TREASURER ROB

You do not need to bring your containers into the club, although special bins will be available at the clubrooms for collection, but if required you can take items directly to any participating outlets.

Just give them the following number and your donation will go to our Administration Account, this number should only used by club members

Use only
Containers for Change
Project
ID No C10285448

Whats Eligible and whats not Eligible.

Customers return their eligible containers to a Containers for Change Refund Point for a 10-cent refund. Eligible containers can also be donated at 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 statewide. Nearer the scheme launch date you will be able to check for an authorised Containers for Change Refund Point near you at www.containersforchange.com.au.

The diagrams below indicate what is eligible containers and what is not eligible, through the scheme.



LIONS EVENTS CALENDAR

MONTH	DATE	EVENT
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
DECEMBER	1/12/20	Board Meeting
	5/12/20	Recycling Saturday
	5/12/20	Midway Community Care BBQ
	8/12/20	Dinner Meeting
	22/12/20	Dinner Meeting
	24/12/20	Christmas Eve deliveries



LIONS CANCER INSTITUTE (INC.)

(ABN 26 521 960 054)



A project of Lions Clubs in Western Australia.

Annual General Meeting Invitation

To all Western Australian Lions Clubs.

All clubs are invited to send delegates to the Annual General Meeting of the Lions Cancer Institute Inc.

Delegate entitlement is calculated on the basis of 1 Delegate for every 10 members, or greater part thereof (Where 5 is the greater part.).

WHERE: Old Jandakot Primary School, 12 Poletti Road, Jandakot.

WHEN: Monday October 19th.

TIME: 6.30pm for 7.00pm.

The attached Notice of Motion to Amend Section 10 of the Lions Cancer Institute Constitution has been approved by the Board and will be put to the AGM.

There will be light refreshments served. For catering purposes please indicate your intention to attend by 12th October 2018, to Secretary Bill Crosthwaite, bill.crosthwaite@lionscancerinstitute.org.au

Apologies may also be sent to the above email address.

Bill Crosthwaite, Secretary.

Bill Crosthwaite, Secretary, PO Box 2195, MANDURAH DC, WA 6210. (M) 0417 171 662 (E)
bill.crosthwaite@lionscancerinstitute.org.au



LIONS HEARING CLINIC UPDATE

Hearing services: a vital component of Veteran healthcare

According to the Department of Veteran's Affairs, **hearing loss and tinnitus are in the top three most common accepted conditions for veterans**. This is likely to be due to noise exposure during service and the ageing of veterans, as hearing loss prevalence increases with age.

Research shows that **untreated hearing loss** is associated with an **increased risk of cognitive impairment, poor quality of life, social isolation, depression, anxiety and even dementia**. While, addressing a hearing loss, for example, via a hearing aid, **improved hearing-related and general-health related quality of life**.

Lions Hearing Clinic, as part of Ear Science Institute Australia, a world-renowned research centre, is honoured to announce the opening of our new clinic, **dedicated to reducing the impact of hearing loss for Veterans and their families**.

Situated in ANZAC House Veteran Central, 28 St Georges Terrace, Perth WA 6000

ANZAC House Veteran Central is a state-of-the art service hub that's the first of its kind, our clinic joins a range of services important to Veteran Health, accessible from one convenient location.

Hearing is vital to keeping us connected. With our new ANZAC House Veteran Central clinic, it has never been easier for veterans to access hearing services.



A MESSAGE FROM WEST AUSTRALIAN LIONS CLUBS HISTORICAL ARCHIVES COMMITTEE (WALCHAC)

ARE YOU CONCERNED ABOUT YOUR CLUB's HISTORY?

WHAT IF IT ALL DISAPPEARED?

WHAT ARE YOU GOING TO DO ABOUT IT?

PUT YOUR HAND UP TO BE YOUR CLUB's RECORDS KEEPER

WALCHAC MEMBER John Clare for W2 on leo.chairman201w2@gmail.com



LATE NOTICE

INVITATION FROM THE BALDIVIS LIONS CLUB

CELEBRATION EVENT

When? Sunday 11 October 2020 from 11.00am

Where? Baldivis Reserve (Community Market site), corner of Baldivis Rd and Fifty Rd, Baldivis

What do I bring? Some lunch to share (no kitchen facilities available - bring whatever you need, utensils etc), own drinks of choice, a fold up chair if you have one, and a sense of fun and willingness to participate in some games of bocce.

Do I need to wear club uniform? Not unless you really want to! But name badges would be a good idea.

If any of your club members would like to attend, we would love to see you. Just reply to this email by **Thursday 8 October** to let us know how many we should expect on the day.

Kind regards

Kay White

President

Lions Club of Baldivis

Lions Clubs International Foundation Australia

Donation Envelopes

Our new LCIF Donation Envelopes are helping turn your loose change into real change.

All donations to LCIF, whether big or small, go a long way in ensuring our clubs can continue making a difference when times get tough.

Any time you find loose change in your pockets, car cup holders or down the side of the couch, pop it in the envelope. As society becomes more and more cashless, now is the time to put your loose change collection to good use.

Once a month, or whenever it gets full, take the envelope to your Lions Club Treasurer, who will deposit it in the LCIF fund.

Each club member should be given an envelope. Encourage them to keep it somewhere visible – in the car or on the kitchen bench top where they'll see it frequently.

If every Lions Australia member placed as little as a \$2 coin in their envelope each week, we would raise approximately \$2.9 million each year – and that's just with our spare change.

Can members of the public use them too?

Absolutely. Encourage them to return full envelopes to your Club Treasurer.

How will the funds be used?

Donations to LCIF come back to your community through grants. These grants help clubs get vital work done, especially in times of great need. Most recently, LCIF provided over \$300,000 in emergency relief during the 2019/2020 bushfires.

How do we get more envelopes?

To order more envelopes, please email lcif.ops@lions.org.au



OUT AND ABOUT

ALCOA'S R U OK? BBQ and AFTERNOON TEA

Held on the 10th September 2020

After a long break due to the pandemic, we finally had our first BBQ which was for Alcoa on R U OK? day where we cooked a free Sausage sizzle breakfast for their workers. We had nine Lions make the journey very early to Alcoa's Contractors carpark where we set up at 5:00am at the gate, lucky for us it is undercover because we experienced some rain in these early hours. Unfortunately business was very slow as we they were hoping to catch the contractors who were starting work, but they all seemed to have eaten prior.

Seven members also helped out with the RU OK? Morning Tea which was held at the Mewburn Centre carpark, serving to the homeless and needy. Between the Alcoa BBQ and the RU OK? Morning Tea we made \$825.00

A motion was passed at our Dinner meeting on the 22/9/2020 that \$500.00 from the proceeds be donated to "BEYOND BLUE"



Left :Lions Dave Knight and Brook Arelette {the sauce men} talking to some of the Alcoa RUOK? organisers

Right PDG Peter Lamb, hard at it, cooking snags Other members who attended were PDG Wally Barrett, Lions Helen Lamb, Denice Knight, Barry Simms, Des McLean and Rob Garratt



Left: RUOK Morning tea was held at Mewburn centre, where Lions Dave O'Leary, Wendy Moyses, Judi Hughes, Dick Ingle, Rob Garratt, President John Osborne and PDG Garry Irvine were there to lend a helping hand



AT THE SWAP MEET

HALLS HEAD SWAP MEET

Although, he BBQ's have been postponed, until the end of the year, we are still collecting the vendors stall fees, thanks to Lions Paul and Wendy Ripley who had lions Graham Bateman and Dave O'Leary there to learn the ropes

Have a Laugh

A young law student, having failed his Law exam, goes up to his crusty old professor, who is renowned for his razor-sharp legal mind.

Student: "Sir, do you really understand everything about this subject?"

Professor: "Actually, I probably do. Otherwise I wouldn't be a professor, would I?"

Student: "Ok. So I'd like to ask you a question. If you can give me the correct answer, I will accept my mark as it is. If you can't give me the correct answer, however, you'll have to give me an "A"."

Professor: "Hmmmmm alright, so what's the question?"

Student: "What is legal but not logical, logical but not legal, and neither logical nor legal?"

The professor wracks his famous brain, but just can't crack the answer. Finally he gives up and changes the student's failing mark into an "A" as agreed, and the student goes away, very pleased.

The professor continues to wrack his brain over the question all afternoon, but still can't get the answer. So finally he calls in a group of his brightest students and tells them he has a really, really tough question to answer: "What is legal but not logical, logical but not legal, and neither logical nor legal?"

To the professor's surprise (and embarrassment), all the students immediately raise their hands. "Alright", says the professor and asks his favourite student to answer.

"It's quite easy, sir", says the student. "You see, you are 75 yrs old and married to a 30 year old woman, which is legal, but not logical. Your wife has a 22 year old lover, which is logical, but not legal. And your wife's lover failed his exam but you've just given him an "A", which is neither legal, nor logical."

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptised, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!

A man buys a parrot and brings him home. But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologise for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"

Lions Myalup Pines Cottages – A Project of Lions District 201W2.

Lions Myalup Pines Cottages has bounced back after a four month hiatus caused by the Covid-19 restrictions, with bookings booming as visitors escape from the city to the South West. From being physically closed to all visitors during the lockdown to being fully booked for most weekend from now until Christmas and beyond, things are looking good for the future!



Myalup Pines is now the proud owner of a new Tractor and Isuzu D/Max four-wheel drive, thanks to the support of local Zone 11 Lions Clubs, which has enabled, our hard working Managers Roy and Marie, undertake numerous upgrades to the facilities and surrounding areas.

MYALUP PINES BUSY BEE

As we did last January, we intend closing the facility for a week between Monday 11th January and Sunday 17th January 2021 to enable maintenance to be carried out on the hall and seven cottages including interior and exterior painting, cottages repairs and ground maintenance. We will also be erecting the new 10m x 6m colourbond machinery shed which will house the tractor and 4 w/d Ute under lock and key. This shed was purchased from the Lions Club of Canning City (W1) and requires the laying of a concrete pad, prior to the erection of the shed. This will happen between now and December.

All Lions Club members are encouraged to take up our offer of free accommodation during this closure in January, to share a cottage with fellow members in return for assisting Roy, Marie and the committee in a working-bee week to maintain and improve the Myalup Pines facilities. Stay overnight or a couple of days but remember to bring your own bed linen, pillows, food and drink.

Finally - we also require three new Board members to serve on the Myalup Pines committee, interested Lions should nominate in writing through your Club to go to the 2020 Busselton Convention in November. The committee meets monthly at Myalup and usually includes a casual BBQ lunch. If you feel you can contribute to this District Project, please consider nominating, you won't be disappointed.

Lion Helen Lamb
Publicity Officer
Lions Myalup Pines Cottages



SERVICE PROJECTS AND ACTIVITIES – “CARING FOR OUR ELDERLY”

(As at 12 June 2020)

The following list of “Suggested Projects and Activities” has been compiled to assist Districts and Clubs in conducting projects as we emerge from COVID-19 restrictions, and in support of the Multiple District 201 Humanitarian Project “Caring for our Elderly”, adopted by the Council of Governors at the 23rd May 2020 Council Meeting.

LOCAL CLUB AND COMMUNITY, INCLUDING IN OWN HOME ASSISTED LIVING

All of the following examples of engaging with and helping individuals or groups within our communities with assistance, or simply staying in touch with them and offering friendship companionship and kindness, applies equally to all of our own Lions Family!

- **Look after our own Lions Club Members “First”** - remember “Club Care”. Using the analogy of the airline hostess “fit your own mask first before helping others”, we must firstly ensure our own Lions and Lions Clubs emerge from the pandemic (and in many cases after fire and drought) healthy, ready and able to support Club Service Projects and Activities.
- Find out if there are particular needs for the older members of your Club. Some may have safety concerns in meeting again in larger numbers following period of isolation.
- Offer pick-up and drop-off service for elderly or other “at risk” groups - medical needs, food items etc.
- If you identify a need while talking to friends, neighbours, family or other community members, assist them to connect with relative support agencies (Centre Link/Mental Health Agencies such as Beyond Blue, Lifeline etc)
- Drop off a meal, a bunch of flowers, a freshly baked cake, phone to say “hello” so you hear their voice, making sure they feel wanted and are valued. Use email, Text, Face Book, Messenger, Whats App, Skype – or any other medium to keep in touch
- Has your club embraced technology and now staging meetings on-line? Is fear of technology an issue? Partner with your Leos and young Lions who are tech savvy – their project could be to offer “One on One” coaching and personal assistance to those club members who need (ask) for assistance so they can communicate with their friends and families on-line! Adopt the principles of “show me – don’t tell me” and become a club trainer.
- Volunteer as a driver with “Meals on Wheels”. (A lot of older delivery drivers stopped volunteering with Meals on Wheels during the pandemic)
- Keep in touch with other nearby Lions Clubs. Your Club may be able to collaborate in another project or activity, such as partnering with ALF and LCIF for funding for provision of electric reclining chairs in Nursing Homes and Hospital Rehab facilities, mobility scooters or other mobility equipment
- Do a club PR Project via Press and Social Media to keep your community engaged and informed! “We are still here, we are still operating, and we will still be here to offer even more Service and Support once the Coronavirus has passed.”
- Liaise with your Community Association and Local Council now to plan and conduct a Community Celebration themed **“Corona Community Recovery Day”**. Make it a “whole of family” Fun Day
- Set up community hubs for Clubs to host social and information for people who are living alone or socially isolated, to provide a friendly place to have social interaction, play board games/quizzes etc, and have a cuppa or light lunch. Council and other community facilities could be used. This could be a low cost project but will provide significant support for these people. People attending could be encouraged to build social networks and make friends to help them re-integrate into the community. Potential for new members and community volunteers. (**This could also apply in Retirement villages/Nursing Homes**)



SUPPORT TO RESIDENTS – AGED CARE FACILITIES

Make contact with the providers of Aged Care Facilities and over 55's Residential/Lifestyle Communities. and see what support is needed. Contact your local Council – have they activated their own Disaster Recovery Centres and if so, what are the needs that Lions could volunteer to provide?

Projects could include, but not limited to:-

- Visits to retirement/nursing homes on a regular basis to offer entertainment, social or reading activities
- Support to Mental Health Programs, which could be as simple as accompanied shopping trips, offering to take residents out for a coffee or a hair cut.
- Have your Club donate a Care Package with home-made Greeting Cards to let the residents know that they are being thought of.
- Establish a ‘Book or Puzzle” exchange, and volunteer time for a group reading or to assist with completing puzzles
- Offer a Free Puzzle Newsletter, add in some jokes, photos of local interest and other Bits'n Pieces – and call it the “Lions Kindness Korner!”
- Form knitting, crotchet or sewing groups within Community Centres or Aged Care Facilities Many agencies will welcome donations of knitted beanies, scarves, clothing and blankets. Alternatively, donate the items back to those within the Centre
- Provide Zoom facilities in local nursing homes to facilitate contact between residents and family. This could be done through provision of iPads for resident's use or helping to equip a suitable area with good quality webcams, large monitors etc. Consider larger Keyboards for Visually Impaired.
- Donate an I-Pad to enable residents conduct Face-Time calls with their family.
- Assist Aged Care Facilities to connect with the Digital Community Visitors Support Scheme funded by the Commonwealth Government, providing contact with the lonely and elderly via tablet access Australia.
- Establish a “Music Therapy for Nursing Home Residents” project – particularly helpful for those suffering from dementia.
- Undertake a garden development project. Establish a Rose or Butterfly Garden and conduct on-going maintenance. Encourage Morning Teas and Social Activities either in the garden or a nearby activities room with views of the garden

PROSPECTIVE NEW MEMBER OPPORTUNITIES

Plan your next Club Membership Drive – this could be the greatest requirement your club has to re-energise and revitalise your members and local Community following the pandemic!

Look for opportunities in your area and on social media with like-minded community people or groups who are actively organising activities, entertainment or offers of assistance. These are potentially good prospects to invite to join your Lions Club, or to start a new Chartered Club or Club Branch. Maybe a Club Branch of Staff and Volunteers within the Aged Care Facility you are supporting. It could be as simple as **“Just Ask.”**

Remember Always

“Kindness Matters”





MEDIA RELEASE

A partnership to support veterans and rebuild communities

05 August 2020: Australia's largest service organisation, Lions Australia is partnering with Disaster Relief Australia, an organisation which unites the skills and experience of military veterans to rapidly deploy disaster relief teams in Australia and around the world. When disasters strike Lions volunteers are amongst the first to assist. With 1300 clubs across Australia the organisation is able to quickly mobilise and get support quickly and to those who need it most.

The partnership comes at a significant time for Australia, after the Black Summer bushfires of 2019/2020.

"We are very pleased to be partnering with Disaster Relief Australia. Lions Australia are committed to doing what we can to help others and make a difference in the community and we have a proud history of mobilising to help communities in times of crisis. Lions volunteers are always amongst the first to help and are still there when the smoke clears. We saw this with the recent bushfires. Volunteers on the ground were cooking meals for the fire fighters and providing food and essential items to affected residents whilst Lions clubs right across Australia immediately started shaking buckets and holding fundraisers for the national appeal," says CEO of Lions Australia Rob Oerlemans.

"In addition to quickly raising over \$2.5million in our National Appeal, Lions clubs have been there every step of the way providing supplies, tools, materials and helping hands to support communities as they get back on their feet. We look forward to working closely with Disaster Relief Australia volunteers on projects like this to help rebuild lives and communities in the future," added Rob.

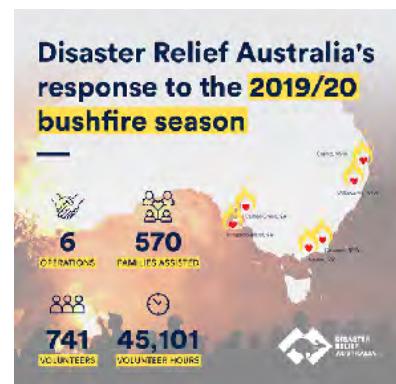
Disaster Relief Australia CEO Geoffrey Evans says the partnership will benefit both veterans, Lions clubs and the wider community.

"Through Disaster Relief Australia, military veterans, emergency responders and motivated civilians can volunteer their time to assist with emergency and disaster relief operations. This not only helps communities devastated by disasters, but it also helps Australian veterans find purpose through community service," he said.

"Everyday Lions Clubs across Australia change lives and make the community a better place to live. Partnering with Lions Australia will provide veterans the opportunity to get involved in the incredible projects and initiatives lead by Lions clubs. It will also provide Lions clubs with skilled and experienced volunteers that can help continue and grow the wonderful work they are doing in the community," Geoffrey added.

Lions volunteers pay membership fees to cover admin costs which means 100% of funds donated to Lions club goes directly towards the cause.

For more information on the relationship between Lions and Disaster Relief Australia and to find out how you can get involved, Visit www.lionsclubs.org.au





A special dog to assist Australians with Diabetes

- Since the 1980s Lions has provided over 600 assistance dogs to deaf or hearing-impaired Australians and now they are on a mission to do the same for those with Diabetes
- New medical alert dogs will be trained to alert to low blood sugar levels in asymptomatic Type 1 Diabetics.
- Across Australia over 1.3 million people have diabetes and 283 people are diagnosed every day Australian Lions hearing Dogs has announced a new medical assistant dog program to support Australians living with Diabetes.

The new medical alert dogs will be trained to alert to low blood sugar levels in asymptomatic Type 1 Diabetics.

The first puppy to be trained in the program has been welcomed into its foster home this week where it will live whilst completing its training. The working English Springer Spaniel, named Cody, is sponsored by parent Vicki who already has a hearing dog, as does her son.

Vicki says she looks forward to supporting Cody through the training and seeing the program introduced in coming years for people who can't hear important sounds such as the knock at the door, a telephone or, most seriously, a smoke alarm, our assistant dogs provide us with confidence and security. The Diabetes medical alert dogs will do the same for those living with low blood sugar levels. It's a pleasure to be the foster home for the first Lions Diabetes medical alert dog," says Vicki.

Australian Lions Hearing Dogs CEO David Horne says the program launch comes at an exciting time for the organisation. "Since the 1980s, Australian Lions Hearing Dogs has been procuring, training and placing Hearing Assistance Dogs with deaf or hard of hearing people all around Australia. We are the only Australian organisation accredited by Assistance Dogs International to carry out such work. There is currently a very high demand for our dogs with an increasing number of Australians suffering from some form of hearing loss. Unfortunately this number is on the rise, as is the number of Australians living with Diabetes," says David. "We are very pleased to be expanding our facility in Adelaide so we can support more Australians with our medical alert dogs. Across the country, 1.3 million people have been diagnosed with Diabetes and 283 people are diagnosed every day. Diabetes has been named one of the Lions' 5 key focus areas and we are excited to be introducing this new program as part of this commitment," says Australian Lions Hearing Dog CEO David Horne. "I know first-hand how much an assistant dog can change someone's life. Many hearing-impaired people like my son and I,

The work of Australian Lions Hearing Dogs is not only helping many Australians live a safer, more secure and confident lifestyle but it's also giving the animals a new home and purpose. An Australian Lions Hearing Dog can be any shape or size and the majority of dogs are actually sourced from pounds, rescue organisations and shelters.

About Australian Lions Hearing Dogs

Lions Hearing Dogs is a not-for-profit organisation that provides hearing dogs and training to hard of hearing people throughout Australia.

We have transformed the lives of hundreds of Australians by providing independence, security and confidence. As well as being loyal companions for many years, some of our dogs have even saved lives.

With the support of Lions Clubs across Australia, we have been providing trained Hearing Dogs to those in need since 1982. An Australian Lions Hearing Dog can be any shape or size, as the majority of our dogs are sourced from pounds, shelters and rescue organisations.

Where there's a need, there's a Lion. Lions Australia is Australia's largest service organisation with more than 1200 clubs in Australia and Papua New Guinea. Lions Australia promotes youth, support medical research, provide aid to people with disability, community service and disaster relief..



LAP THE MAP FOR DIABETES

Saturday 14th November 2020

In January 2019, the Lions MD201 Council of Governors adopted to promote as its key direction in the Fight against Diabetes.

"To conduct activities and projects that Promote Healthy Lifestyle and improve Education awareness about Diabetes".

Those efforts are now directed to a MD201 activity in 2020, with all Clubs encouraged to participate in a National Day of Action through [LAP THE MAP FOR DIABETES](#) to support World Diabetes Day (WDD) November 14th, 2020.

What is "Lap the Map"?

All Clubs are being encouraged to plan and conduct an event that engages members of the public in an activity that promotes a key preventative strategy for Type 2 Diabetes – exercise. This could be a walk, run, ride, swim, jog, Pilates, dance or gym workout (invent your own) that can be recorded as kilometres covered. The aim is to collect all kms travelled by events across Australia to try to achieve 25,760 kms – the circumference of Australia, Tasmania and the major islands!

At the same time, Clubs will be expected to provide some information and promotion of Diabetes awareness such as symptoms, risk and prevention. As an added bonus this year, it is proposed to provide participating clubs in W2 with a supply of step counters or pedometers to give away to members of the public as a motivational gift, after all, exercise needs to be an everyday event!

To participate in this great fun initiative and do your bit for Diabetes Awareness, your Club will need to start organising your event as soon as possible. For more details and to receive a complete guideline manual on how to conduct your Lap the Map event, you will find all the documentation on the W2 website – see:

<https://201w2.lions.org.au/lapthemap>

For further information contact:

PDG Grant Hewett, W2 Service Coordinator E: gst201w2@gmail.com M: 0417 919 777

Lap the Map in November 2020

On Saturday 14 November 2020, we are calling for Australians to 'Lap the Map' for diabetes prevention.

Lions Clubs across the country will be hosting family friendly walks and community events to promote healthy lifestyle and raise awareness of the Diabetes epidemic in Australia.

Lions will be engaging with local groups and experts to provide information on diabetes at these events. Clubs will be reporting the length of their 'Lap the Map' walks and we are aiming to move a combined distance that exceeds Australia's circumference (25,760 kms).

You can [add the details of your local 'Lap the Map' event by simply clicking and pinning an event on our interactive map!](#)

'Lap the Map' is one important part of our overall mission to reduce the prevalence of diabetes in Australia this year. Type 2 Diabetes represents 90% of all cases of diabetes, and can be prevented or delayed in more than half of these cases through making healthy lifestyle choices:

- Regular physical activity

- Maintaining a healthy weight
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking.

It doesn't matter how far you walk or run, it's about being involved, getting active and moving together on this critical national project.

Fast facts:

- Diabetes is recognised as the world's fastest growing chronic condition.
- One in 11 adults has diabetes (415 million)
- 12 per cent of global health expenditure is spent on diabetes (USD\$673 billion)
- Every six seconds a person dies from diabetes (5.0 million deaths)
- You can check how many diabetics live in your community with this interactive map – <https://map.ndss.com.au/#/>

Lions across Australia are committed to doing what we can to raise awareness and increase education around diabetes prevention and promote healthier living. Many of us know someone with diabetes and understand the impact it has on quality of life, so we encourage all Lions, Leos, friends and family to join in our Lap the Map events on Saturday 14 November.

You will enjoy a great day out and participate in a wonderful opportunity for Lions Australia to benefit your community and raise awareness around how we stop the spread of diabetes nationally. We also encourage attendees to post photos or videos participating in Lap the Map walks and use the hashtag #Lionslapthemap to help spread the message to as many people as possible.





Letters to Father Christmas

Lions Letters to Father Christmas:

Each year for over 40 years the Lions Club of Vermont has invited Lions Clubs to help provide letters from Father Christmas to Australian children. It is amazing to think that children receiving those first letters will have children of their own now. I wonder if they remember the thrill of opening their very own letter from Father Christmas.

In this year of change created by COVID-19 we have also made a change. This year we have dispensed with hard copy and now communicate by email. We hope this is convenient for you. We would appreciate any feedback.

If you are one of our regular participants you will know how Letters to Father Christmas works, if you have not tried it yet maybe this is the year to promote some extra Christmas joy for the children in your community.

It is an easy, cheap, and satisfying project. It can be run by one person supported by a working bee to finally address and mail the letters. Letters written by children are delightful and much time is spent reading them.

Vermont Lions Club would like to give your members the opportunity to bring joy to the young children in your community this Christmas! With Lions help, Father Christmas will send each child their very own letter before Christmas.

This is a very flexible project that can be tailored to suit your Club. You can raise some funds by asking for a small donation, or provide the letters free of charge as a community service. Either way Lions will reap a ton of good will with children and their families.

There are many ways of running this project. We have suggested a couple of ways that we know work, but you can also design your own method. The 10 letters from Father Christmas are illustrated in this brochure and are designed to fit any situation that you will encounter. Select the letters that you need and order in packs of 100 on the enclosed Order Form. Prices are shown on the order form.

SUGGESTED METHODS:

1. Contact local Kindergartens, Childcare Centres, and Pre schools.
2. Advertise the project through your normal sources (Facebook, Local paper, newsletters, notice boards etc.)

For further information on using one or all of these methods please refer to the You Tube video to be found by accessing You Tube and searching "Vermont Lions letters to Father Christmas".

The letters can be provided free of charge as a community service or a donation can be asked for to cover mailing costs and provide a small donation to your Lions Activity Account.

Appoint an enthusiastic Chairman and have your Club spread joy to our children at Christmas.

Kingsley Fiske

Your District Governor is aware of the project.

Appoint a Letters to Father Christmas Chairman and give it a go.

Kingsley Fiske

Lions Club of Vermont

Chairman Letters to Father Christmas.

September 202.



We Serve

LEOS FLASHBACK

We were fortunate enough to attend the Sydney International Convention and see Hannah speak, it's interesting to see what influence Leos and Lions has had in her life.

Hannah Bellwood, 2007-08 Leo of the Year



FLASHBACK: Schoolgirl Hannah celebrates her Leo of the Year win in 2007 at the International Convention Centre in Sydney.



LEO ACHIEVER: In the 13 years since Hannah's Leo of the Year win in Sydney, she has established herself as a medical doctor and soon-to-be fully qualified anaesthetist.

LIFE AFTER LEOS

Grabbing opportunities, learning life skills and coping as a frontline doctor in the scary days of Covid-19

Writer Tony Fawcett catches up with past Leo of the Year winner Hannah Bellwood who's making her presence felt in a big way.

SEIZING OPPORTUNITIES

As a year 12 student, Townsville's Hannah Bellwood took off the 2007-08 Leo of the Year title. Thirteen years later Hannah MD, now Brisbane-based, married and soon to become a fully fledged anaesthetist, recalls her win and recounts how it helped change her life.

What do recall of your 2007-2008 win?

I'm one of those people with quite a good memory for these things. My topic was Opportunity Knocks and it was about seizing opportunities, and there were so many of those that came in my time with Leos and Lions. In Leos, I had so many opportunities to do cool and exciting things, contribute to people. It was at the International Convention Centre in Sydney. I can't remember how many hundred people I spoke in front of but I was in grade 12 at the time and it was a really big deal, presenting to so many distinguished people. Lions come from all different walks of life so it was an overwhelming feeling. And I was lucky to win. I was nervous but I had been doing a lot of speech and drama in my schooling up until that point, and there was also that little bit of excitement. I do like being on the stage and putting on a bit of a performance in some ways, but regardless of the outcome I was just so excited to be in Sydney. I was in high school at the time so the idea of going on a trip by myself with my friends, it was going to be great, regardless.

Did your win change your life in any way?

It was life-changing in a way I can't even describe. Even just being involved in Leos was life-changing. What I really learnt and loved was the capacity to communicate with people from all walks of life, meeting people and learning what their common goals are. Helping people basically underpins Lions. And I then went on to a career in medicine, so the things I learnt through Leos and Lions basically have extrapolated to my career.

So did medicine run in your family?

There were no doctors in my family. It was a combination of things like Leos and Lions and my schooling, and I quite enjoyed science. Leos and Lions made me realise I wanted a career that involved helping people and learning what people experience in their lives. You can't underestimate what difference you make through altruism, doing something for your fellow man. My way of combining that and science was to do something in healthcare. I decided to aim high with medicine. It all just worked out and I loved it and I got the marks and I managed to go through



LEO ACHIEVER: In the 13 years since Hannah's Leo of the Year win in Sydney, she has established herself as a medical doctor and soon-to-be fully qualified anaesthetist.

Medicine was a difficult path to follow?

I haven't quite finished my training. It was 13 years ago that I started and if I'd known it was going to take this long and be this hard, I still would have done it – but it's a really long slog. The hardest bit is balancing the work requirements on top of all the extra curriculars that I love. One of the saddest things since moving to Brisbane is that because studies and work have predominated I haven't joined Leos or Lions. But it's definitely on my radar for when things get better, I'll get back to it.

You have gained many honours, from graduating from medicine/surgery with an Academic Medal and as Class Valedictorian to being named the Australian Medical Association Queensland's junior medical officer and medical student of the year. What do you consider your greatest achievement over those 13 years?

It's going to sound very cheesy but I think my greatest achievement if anything is marrying my husband, who used to be a Leo as well. All the career stuff aside, unless you're got someone to share your life with, where it's all fun, none of that other stuff matters much. There's a lot of study in medicine and lots of exams. I just finished my final exam last year, and it's a bit of an existential moment. After 13 years on the hamster wheel of specialty training you realise you never have to do another exam if you don't have to. So that was pretty special.

So might more exams follow?

It's funny you ask that. I'm always a busy person but I have signed up to do some post- graduate qualifications. There are no exams, only assignments so far, but yeah, I'm one of those persons who is not going to slow down soon.

What made you turn to anaesthetics?

I enjoyed it as a medical student and my part time job through medical school was working in a pharmacy. Again, I liked being around people and I quite enjoyed pharmacology and medications and also stickers, yes, I'm one of those Office Works sort of people. Anaesthetics is kind of an unknown specialty to a lot of the general public. (As anaesthetists) we really have finessed procedural skills, we're experts in resuscitation. We're very much in control of everyone's physiology when they're asleep and we have to keep them very safe. It's a vulnerable time for patients and I really like being put in a position of trust and compassion, that you are there to take care of their life right there in that moment. People forget that the surgery couldn't happen without us.

What will you do when you're fully qualified?

That's a good question. Once I've finished my training it's just about finding, not my forever job, but just a fulltime specialist appointment. My intention is to stay in Brisbane because Peter (Hodgson), my husband, has become a partner of his company down here. He's a partner of a financial and accounting firm and is a financial planner himself.

I know you were both members of Twin Cities Leo Club in Townsville, but had you and Peter known one another for long before marrying?

Yeah, we met in 2010, the year he joined Leos. Everyone just thought he joined the club because he liked me but he ended up doing our most successful club project ever. And then we got married in 2016, six years later. And that was four years ago.

Was that project Sail4Palsy?

Yeah. At that time our club had about 20 members and Peter's sister has got cerebral palsy, so it was a project close to his heart. It was just phenomenal that such a group of young people could manage to rally all Townsville's community to make exceptional donations, put together this project. Peter sailed his little catamaran, which is only about 14-foot long, from Townsville to Cairns in peak summer cyclone season. It managed to raise \$15,000, quite a lot for a bunch of uni students. To this day we very much put that achievement up on the shelf. Like we can't believe we did that. We'll never top it.

Has Covid affected your work in anaesthetics?

I feel very lucky that I have not been personally affected. I didn't have any big life events or travel plans this year that have been scuttled or anything like that, but it certainly has crept into the workplace. Whilst Queensland's been relatively untouched thus far, the impact on our workforce and restructuring, up skilling and not knowing what's coming is kind of like preparing for war ... except we didn't really sign up to put our lives on the line in this job. But that is the reality we have to face.

So you think of that risk being there all the time?

We feel very thankful we still have got jobs because so many people have lost them, but at the same time a lot of people are still terrified to go to work. Yeah, we have to keep ourselves safe so we can take care of everybody else. It is a scary unknown time.

With so much going on in your life, are there any plans for a family?

Absolutely. I work well when I'm busy but I turned 30 this year so that was the big round number when all my friends started to have babies. I have almost finished my training, 18 months to go, so I feel I'm just going to push through. I'll wrap that up and we'll probably, yeah, tackle that next challenge.

What do you think about young people becoming involved in quests like Leo of the Year? Good for them?

Absolutely, and without a doubt I'd highly recommend joining Leos. It changed my life in that it's one of those unique opportunities you get to actually do some sort of community service. It's not just the fundraising. It puts young people in a position of meeting others they wouldn't usually, and learning how to communicate and work in teams. I had some amazing opportunities to travel as a result of it. Like public speaking, learning your own skills and having the opportunity to build on those sort of things. I hope Leos continues its success for years to come.



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.

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

**"Do all the good you can
By all the means you can
In all the ways you can
At all the times you can
To all the people you can
As long as ever you can"**

John Wesley



Have you asked the question?



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.

THE VIRUS *DaveK*

*I am a sinister beast,
Just waiting to spread, if released.
I came from bats they say,
Or was it from a Lab, in a land faraway.*

*I just lay in waiting,
Ready for infecting.
I only have to infect one,
Then I spread, with aggression.*

*Around the world I have run rife.
But here, it's not so easy to cause strife,
They are making it hard for me here,
As they know what direction to take, its clear.*

*All states have gone into lockdown,
Other countries were lax, and now they are rundown,
They are dropping by the thousands there,
But here it is a totally different affair.*

*But I will just wait,
They will get lax and that's when I will infiltrate.
People on cruise ships are my forte,
They spread me quickly, after joining the fray*

*But the Aussie states were doing well
As they were all trying to bid me farewell
Then one state let its guard down
Lifted restrictions, soon it will be all frowns*

*A rally was organised, so I jump into action,
And through this distraction,
I infect a few,
And from here the numbers grew.*

*The hotel lockdown isolation was where i starred
Not having the right people to stand guard
The aged homes care was slack so I run amuck
That's where I cause the most havoc*

*Now that state is back in isolation.
This time I've grown rapidly, to my elation.
Soon I was running rampant,
This gift I was happy to grant.*

*Other States I try to infiltrate,
But they are not letting me exacerbate.
They know I will, like I have around the globe,
I cause death and illness, when I probe.*

*To find a way to get the rest,
I will hang around like a pest.
But I know I am safe and sound,
Until a vaccine is found.*

*So, watch out I'm everywhere,
And I am keen to share.
Let your guard down for a minute,
And my feats I will gladly emulate.*