

# THE ROAR

DISTRICT 201V6 ~ OCTOBER ISSUE 2021

WILLING HANDS FOR



# PROGRESS

## Steve Kazenwadel

District Governor 2021-2022

**1st VDG**  
**Neil Stuart**



**2nd VDG**  
**John Houghton**



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### Are YOU following us....

#### Facebook

[www.facebook.com/201V6Lions](http://www.facebook.com/201V6Lions)



#### Instagram

[Instagram.com/lionsdistrictv6](https://www.instagram.com/lionsdistrictv6)  
(@lionsdistrictv6)

#### Twitter

[twitter.com/201\\_v6](https://twitter.com/201_v6) (@201\_v6)

## DG STEVE KAZENWADEL

### FROM THE DG'S DESK...

#### *"Willing hands for V6 Progress"*

Hello V6 Lions family

Well, it's been a quiet September, but things are happening. It was good to see Yarrowonga Lions out and about, repairing the street kiosk in, Belmore Street. Markets were being operated by Cobram, Moyhu and Yackandandah. Benalla did it's first Bunnings BBQ (at Wangaratta) and Cohuna Leos catered at the Cohuna market. Thankyou to those clubs for posting on social media. If I've missed someone, post it on Facebook and/or put it in the Roar.

#### Membership

It is a bit hard to predict membership movements, but in preparation for the DG year, Lions Clubs International expects DGEs to make a "realistic" prediction for the coming year. Anyway, for the first 3 months the District added 15 members and dropped 8 (predicted 20 added and 15 dropped).

#### Service

Service is of course the reason why Lions exist. MyLion is the way we record our service activities. So far only 10 Clubs have entered activities. This amounts to 2550 service hours for 98 activities and serving 7012 people. Please be proud of your Club projects and make sure that a record is kept. MyLion is just



the place. By the end of the Lions year, I would like to see all clubs reporting on myLion.

#### Lions Clubs International Foundation

I realise that funds are tight and Clubs have more localised spending priorities, but I would like Clubs to consider a small donation to LCIF. At this stage 7 Clubs have donated a total of US\$3539 to LCIF, all going to the area of greatest need. Unfortunately, this is one of the lower amounts on the national LCIF tally. It should be remembered that the purpose of LCIF is to supply grants to help your Club in emergencies and to make a Club project not only achievable, but also something bigger than normal fundraising will allow.

#### World Sight Day

I hope Lions will consider a sight project for World Sight Day on 14th October 2021.

This can be promoting an existing project, such as spectacle collection or adopting a new one like children's vision screening. Your Club could also consider the "Fly a kite for sight" initiative promoted by the Lions Eye Health Program. We should remember that in 1925, when Helen Keller challenged Lions to be the "Knights of the Blind in a world of darkness", the organisation had no hesitation in accepting. We have been at the forefront of eye health service ever since.

#### Fruit-fly

With spring just around the corner, it's time for Clubs to start promoting the District fruit fly project again. Please contact John Weinert if you require material and signage

We look forward to getting out visiting Clubs again soon. Here's to a successful October and beyond.

Your friend in Lions  
**Steve Kazenwadel**

**Always.**  
lionsaustralia   
75 years and counting



## SAFETY ADVICE

There are over 170 snake species in Australia



Roughly 140 species of land snakes and 32 species of sea snakes have been identified Down Under. Of these roughly 170 species, 100 of them are venomous, but despite this large number, only 12 are likely to cause a wound that can kill.

To help keep people safe and equipped to deal with the worst, there are courses that teach best practice for managing contact with venomous snakes.

### **They don't need venom to kill their prey**

In striking – sometimes up to three or four times – they bite and inject venom through their sharp fangs, paralysing their victim, resulting in an inability to move or death, making it easier for them to eat their kill. Not all snakes require venom to subdue their prey. While this is often the case, others use constriction to immobilise the victim. For example, pythons wrap their strong bodies around their prey, suffocating it until death ensues. However, both constricting and venomous snakes have the ability to eat their catch whole, by dislocating their upper and lower jaws.

### **They have an almost perfect record of striking and not missing**

Different types of venom have different effects, but there are some similarities – such as a near 100% success rate when they strike. The toxins they release break down tissues and blood, making their prey easier to digest. Victims experience pain at the bite site, followed by difficulty breathing, vomiting, nausea, blurred

vision and numbness in the face and limbs.

### **The Eastern and Western brown snakes are responsible for most deaths**

Responsible for the most amount of reported deaths, venom from both the Eastern and Western brown snakes causes blood clotting disorders and paralysis. The good news is that there is anti-venom to reverse these frightening effects. Other deadly snakes in Australia include death adders, copperheads, taipan snakes, red-bellied black snakes and tiger snakes.

### **They are responsible for only two deaths per year**

On average, only about two people a year die from snake bites in Australia. So it's rather rarer than people assume and fatalities can often be put down to human error. Generally, the person will have been trying to kill the snake, or show off to their mates – resulting in the animal freaking out and attacking.

snake, or show off to their mates – resulting in the animal freaking out and attacking.

### **They have heat sensors that help them to identify their prey**

Snakes have poor eyesight, so they sense prey through heat sensors. Not only can they pick up vibrations, but they can also tell the difference between a change in ambient temperature and in body heat from their quarry. They can also 'taste' different odours in the air.

### **They live almost anywhere, including your pipes**

Their natural habitat is in oceans, trees and the bush; however, they can be found almost anywhere, including in people's shoes, under pillows and in your pipes.

**John Walker**

V6 Safety Officer

Ph: 0417 391 044

Email: rivinst@bigpond.com



KEEP AN EYE ON THE V6 WEBSITE FOR MORE SAFETY INFO UPDATES!

You'll find it under the "members' tab once you log in!

# LIONS CAKES & MINTS

Sometimes, its more than just the thought that counts.



Support your community with a Lions Christmas Cake.



Share the love...



Support your community with a Lions Christmas Cake.



New images for your cake advertising are now available to download from our Facebook page and website.

Club names can be added if you want send an email request in and images will be email back to you.

v6roar@gmail.com

It's just not Christmas without...



## LION MINTS NEWSLETTER September Edition 2021

### LIONS CHRISTMAS MINTS now available

Lions Christmas Mints are now available to order.

Spread a little Christmas cheer with these proudly Australian Made, festively packaged, refreshingly strong peppermints - all while supporting the local manufacturing industry!

Order forms can be downloaded from the Lions Australia website. You can also download promotional posters to display in your outlets.

**LIONS Christmas Mints** are the perfect seasonal offer:

- Use as Christmas raffle/hamper prizes
- Send a bag to outlets as a Thank You gift
- Sell alongside Christmas cakes & puddings
- Great value at RRP \$2.00 per bag!
- Each carton contains 20 x 150g bag

Minimum 2x cartons per order



### STOCK & DELIVERY DURING COVID-19

As a result of extended covid restrictions, Dollar Sweets is currently experiencing delays with both packaging and shipping stock.

We apologise in advance for the potential delay of your order/s. We continue to implement early interim procedures in our factory to minimise disruptions to our normal business.

We appreciate your patience and are doing our best to fulfill orders on time.

### HOUSE KEEPING

A friendly reminder our office hours for orders is:

- Monday to Thursday
- 11am to 3pm

We ask that all orders to be placed during this time frame only.

If display merchandise is ordered, it will be sent out with a stock order. Upon notification, stock can be collected directly from Dollar Sweets; please ensure you state this whilst placing an order.

Any changes to your email address, please email:

- [mints@lionmints.com.au](mailto:mints@lionmints.com.au) or
- Brendan Delahunt - [bdelahunt53@gmail.com](mailto:bdelahunt53@gmail.com)



LION MINT AUSTRALIA  
PO BOX 267 PAKENHAM VIC 3810  
FREECALL 1800 815 787

EMAIL: [mints@lionmints.com.au](mailto:mints@lionmints.com.au)  
HOURS: Monday to Thursday 11am-3pm



Australian Lions

Childhood Cancer  
Research Foundation



## What is Genome Power? How do we find out what it is?

These two words directly relate to research into Childhood Cancer. This research was and is being conducted at the Garvan Institute of Medical Research in N.S.W.

To begin to understand this research you have to know what genome is and the simplest definition is as follows: 'the complete set of genes or genetic material present in a cell or organism. Each genome contains all the information needed to build that organism and allow it to grow and develop'.

### Now, why is this relevant to us (Lions)?

Statistics show that in Australia every year almost 800 children are diagnosed with cancer of which many are aggressive, hard to treat and with a high risk of mortality. So, any research into causes of this insidious disease is worthwhile to pursue reductions and even cures.

The Scientists at Garvan began a mission in 2016 to analyse the genomes from 400 children with high risk, aggressive cancers and to use that information to help guide treatments.

Imagine being able to identify genetics in those children that lay the foundation to that individual's future of being cancer ridden. It opens up the opportunity of early treatment, prevention, cure and understanding of the disease.

To this end LCIF and the Australian Lions Childhood Cancer Foundation (ALCCRF) committed \$3.2 million to fund the mission and an additional \$800,000 was still needed to ensure the genome sequencing of all 400 children taking part in the research.

The mission ran during the period 2016 to 2000 and in that time the successful raising of funds was reached thanks to Lions Clubs involvement.

This program is already being utilised in the treatment of childhood cancer. A database has been created with the support of Lions and it will be accessible to researchers and doctors on a worldwide basis.

So, from a Lions point of view all Lions Clubs in general can be proud to have supported such a worthy program. The emotional power of children who are sick and/or disadvantaged will always elicit the best from human beings in a caring sense – we are a big part of that care package.

In conclusion – we applaud the scientists involved in this project. Their knowledge, skills and abilities and not to mention their dedication would be remiss, have made this a successful mission. Thank you to those individuals.



## KEEP MEMBERSHIP AT THE FRONT OF MIND

On the subject of recruitment and membership growth, Lions International President Douglas Alexander, likes to say: “Each one, bring one”. It is a simple concept, but one which has been very difficult to implement for much of the past year.

With the promise of restrictions easing in coming months as vaccination targets are reached in Victoria and NSW, there is a very real prospect that we can once again start inviting prospective members to our gatherings. That is only one part of the matter though.

Before inviting prospective new members, it is important to ensure that your club is actually ready for new members. Too often we invite people along, only to have them decline to join because of what they experience at the meeting or dinner – boredom, infighting, or a feeling of not really being welcome. There is a tried and tested process that works, and is available to all clubs.

I would suggest that all clubs download the recruiting guide “Just Ask!” available at <https://www.lionsclubs.org/en/v2/resource/download/79863805>. It goes through all the steps that clubs should consider before recruiting – and ensures that those that you do invite are much more likely to join.

Do not let your recruitment become hit or miss – plan it carefully, and bring the whole club along in the planning. New members need to be welcomed, encouraged, empowered and enthused. Then they will join, stay and thrive – as will your club and your community.



As a district we are now growing. Let’s build on our successes so far this year and take advantage of the improving conditions to really grow our clubs and improve our service to our communities!

Let’s see which clubs rise to the challenge – will yours be one?

**Geoff Turnbull**  
District GMT Coordinator

## TREE CHANGERS

Researchers have discovered that the pandemic has resulted in a record number of city dwellers looking for a “tree change” by moving to the regions. While this has been occurring for years, the pandemic has caused a surge in the numbers.



In the past, many of these tree-changers have stayed in the regions for only a couple of years, before then moving back to the city. Significantly, the difference between those that make it work, and those who return to the city, lies in how quickly they become involved in the local community – in other words, how quickly they feel like they belong here.

So what does this mean for Lions in our district?

Are you aware of people who have moved to your town from Melbourne recently? If so, invite them to a Lions meeting or gathering. Help them feel like they belong here. This will not only make them feel welcome and at home, but will very likely result in new and highly productive members for your club. And then their friends might follow.

There is a win-win opportunity here and it is something that we can all do.

## GLOBAL CAUSES IN OUR LOCAL COMMUNITY

Let's look at three of our Global causes



### ENVIRONMENT

Do the planning now for a Tree Planting in conjunction with your local Council or Community Centre. Partner with your local Council to revegetate Council

Land. Involve your Leo Club or the Boy Scouts/ Girl Guides

Contact your Community Centre – is there an elderly resident who needs weeds pulled or shrubs trimmed in the garden. Is there a Community Garden that needs maintenance?

Has your club “ditched the plastic” knife/fork/spoon/dinner plate used at club functions? If not, prepare a report listing the reasons why change is needed, and recommend substitute environmentally friendly items.

Contact your local Funeral Parlour, Optometrist, Chemist, Doctor and Community Centre to arrange collection boxes for recycling of Used Eye Glasses, hearing aids and mobile phones

Does your club collect batteries of all shapes and sizes for recycling. Car/truck/tractor batteries can be good money earners for your club, with some retailers also offering School Vouchers in exchange for old batteries used in household appliances

Does your club participate in “Cash for Cans” or other recycling programs for aluminium cans, drink bottles, drink poppers etc. Environmental Project as well as Club Fundraising Activity!

Does your Lions Club House or Lions Camp have Solar Power Capability? If not, suggest to your Club or Camp Committee to research suitable solar systems and apply for Grant Funding

Helping Kids reconnect with nature after (in many cases) being cooped up inside for weeks on end. Plan now with your local School and offer to help the children with building and maintaining school gardens.

Tree Planting - an easy project for clubs to take on, particularly in areas hit hard by the bushfires. It is only a matter of contacting the local authorities, i.e. Local Government Bodies/

Landcare, who if they have not already done so will at some stage be looking to replant areas that have been burnt out. They are most likely to provide the appropriate trees for planting at no cost to Lions. It will only be a matter of clubs providing manpower. Opportunities will be there to invite others and indeed there is no doubt other members of their community will line up to help. What a great membership opportunity and very little cost to our organisation and what a great project for our members to feel good about their service in a real practical way. Much of the organisation of this project will be done by the Local Government Body/Landcare leaving us to only organise our people. Members need to be equipped to handle potential membership enquiries, or at least selected Lions who are geared to handle these enquiries.

We regularly work with the local council doing the catering for their tree planting days. We then get to meet a lot of other groups such as Sikhs and Muslim groups who come along in droves. We have talked to them about what else Lions do, and always try to think how we can get a Lions club/s into these larger groups, certainly promote Lions within these communities.

Tree planting for National Tree Day 2 Aug; Clean Up Australia Sun 7 Mar; Plogging; recycling cash a can etc

Establish own and Community Gardens to grow own food

Create and promote Ecologically Friendly policies in home and workplace

#### Recycle: Coffee Pods.

1. A no cost project can be initiated by contacting Nespresso.
2. The aluminium pods used in the coffee machines can be recycled quite easily.
3. The coffee waste is emptied from the pod and composted, and the aluminium case is recycled with other similar products.
4. Go online and register your interest.
5. Find a local shop or café and see if they are willing to have a cardboard Recycle bin (about the same size as a Kitchen bin), in their premises.
6. Nespresso will supply a bin at no cost and the premises will be registered as an official pick up point for the capsules.



7. Our group in Clare has found that by having a bin like this in store actually encourages locals to enter the shop to drop off used pods, and the hope is that they will spend some money while they are there.
8. A clean and easy process.
9. The Clare LC Recycle Project promoted the fact that the local florist had a Recycle bin for pods. Over 8 months the collection rate went from 2>3 bins collected per fortnight, to 8>9 bins per fortnight!
10. People want to Recycle; they just need to know how and where.

Conduct a “Cup of Soup” night at your next Lions Dinner Meeting. Either:-- members bring Sachets of Soup for donation to Food Bank OR - Members bring Soup Sachet for own dinner, and donate the normal cost of their meal to Food Bank or School Breakfast Program

Conduct a “Paddock to Plate” home grown produce for school feeding program

## CHILDREN'S CANCER

Plan now for your clubs entry in the Australian Lions Children's Cancer Research Foundation's Biggest barbecue fundraiser.



Has your club committed to participate in the Longest Coin Line fundraiser for ALCCRF. If not, now is a good time to start planning!

Conduct a “Virtual Gala Dinner” on-line to raise funds for ALCCRF. Share a sumptuous menu, invite your family, friends and community acquaintances noting that funds are needed to maintain current Childhood Cancer Research “because cancer never sleeps”, charge and collect the entrance from each “participant” as their donation to ALCCRF as part of your club's fundraiser.

Is there someone in your community who has made a significant contribution to Childhood Cancer Research or fund raising for childrens cancer. Make a recommendation to your Club to recognize their efforts through a donation to ALCCRF for purchase and presentation of a suitable Award from the Foundation.

### SUMMARY

*No doubt there are many more great ideas for Service circulating on Face Book and other mediums. And as always, with every Service Project and Activity we do, ensure it is also a pro-active Membership Opportunity too!*

*Don't forget to report your activity and share on social media and the local newspaper. Let everyone know what you are doing!*

*Make sure all members are involved and be sure to have fun!*

## HUNGER RELIEF



Check with your local Food Bank. Are there items that Lions can donate, or organize donations from other community or grower groups. Can your club

offer a Cash donation to help feed the needy, or donate unused Christmas Cakes

When Schools re-open, offer to assist with regular Student Breakfasts or lunches for disadvantaged children

Donate goods or funds to help feed the homeless in your local area

Consider using your Club House Cooking Facilities (if you have them) to bake scones, biscuits or cook and prepare meals which can be used in care packs. A group of two Lions to cook, a separate group of club members to deliver – sharing the effort while still observing Social Distancing and Group Meeting rules.

Partner with your local school to commence a school vegetable garden where children can grow items to supplement their lunches.

Partner with your local Community Association to plan now – and implement later – a community vegetable Garden to provide recreational activity and fresh produce for the less advantaged

opportunities to partner and help with food hampers being supplied through other local community support groups.

Establish own and Community Gardens to grow own food

Partner with Community and conduct a Bake Sale – use the funds raised to help fund a School Breakfast Program

**PDG Carol Kennedy**  
Global Service Team  
0417 868 498

f gmV-qldfruitfly

# Fruit Fly Prevention

**NO FLIES  
ON US!**  
*Let's stop Queensland  
Fruit Fly*



## FRUIT FLY CONTROL IS A COMMUNITY EFFORT

Queensland Fruit Fly is a serious risk to the region's horticulture industry, backyard orchards & vegetable gardens.

It is important that home gardeners and horticulture producers implement an integrated management strategy and protect against the spread of fruit fly.

Funded by the Victorian Government's Managing Fruit Fly Regional Grants Program



[www.gmv-qldfruitfly.com.au](http://www.gmv-qldfruitfly.com.au)

## LIONS COOK UP A STORM

Echuca Lions Club cooking breakfast over 3 days for the Echuca Moama Bridge crew. Good to get our first job during lockdown.



## YARRAWONGA LIONS— DOING WHAT THEY CAN...WHEN THEY CAN!

Yarrowonga Lions are grabbing every opportunity to do what we can when we can. We are very fortunate to have our own clubrooms, where we can meet both socially and for meetings, but with limited numbers.

It has become obvious that catching up has changed and we must move with the times. It is fabulous to see how our members have embraced modern technology and joined in our zoom meetings when we cannot meet in person. At our first zoom meeting this month we had 17 members who participated.

We are back cooking at our weekly K Hub venue and have also had a day at Bunnings where we broke records as it was the first Saturday out of lockdown. Nothing like a breakout sausage. With little time to prepare our members jumped in with both feet and arranged stock and manned the BBQs. I think we were all so happy to be out there doing our thing and Lions do cook good sausages and egg and bacon rolls.

Our Wool Show subcommittee meet over coffee at local Cafe to discuss and organise our upcoming annual wool show. This will be held on the 2<sup>nd</sup> October in the annex of our Clubrooms with once again limited numbers. I will give a full report in next months issue, but a big thankyou to our members involved with this long running annual event, over 50 years now.

Our Turban Angels are back in the building sewing, packing, and getting orders out to recipients all over Australia. These are such an amazing group of dedicated ladies, and we thank them for all their time and involvement in this amazing project.

Our second meeting was held at the clubrooms when we had a build a burger and have a beer night to encourage fellowship and have a bit of fun (in the form a trivia sheets), and of course had a meeting. We are trying new time frames for meetings to see what suits members. We used to have fellowship at the end of the meeting but now trying to meet first for an hour then have our meeting. We have also commenced a social morning once a month with our first one held recently when we did

concentrate on a clean up but still had time for a chat, coffee, and homemade biscuits.

As Spring has sprung, members gathered to do a spring clean of our Lions Kiosk in Belmore Street, looking at future uses of this facility and maybe an upgrade/lick of paint. Once again it was an opportunity to get together and locals have commented on seeing us out there doing something, and yes, we did end the day with a well-earned coffee at Bells Café.



Don McPhee



Joan Tufvesson



17 of our members joined in our zoom meeting – not all visible



John Nicholls



Ollie Tufvesson



Coffee at Bells Café

Wool show subcommittee meeting – Lions Joan, Jock, Russell and Rob.



Denis Griffiths



## YOUNG LION TAKES THE HELM IN NURMURKAH



The Numurkah Lions Club held their changeover dinner on Monday August 16. At the changeover special presentations were made to Lions Ladies Bernadette Steward & Margaret Mitchell in appreciation for their many years of service to Numurkah Lions Ladies & the Numurkah Lions Club. The outgoing President Keith Nicoll handed over the gong & gavel (pictured) to Jack Fischer. Jack Fischer at 24 years is the youngest member to ever lead our Lions club. His younger brother Harry at 19 years is the club's assistant treasurer.

President Jack's goals are: the realisation of the Newman Square beautification project in Numurkah, the continuation of our main fundraiser - the Broken Creek Market, the annual Christmas carols, to mark the 75 year celebration of Lions in Australia in 2022, membership drive, investigate new fundraising

ideas, more social activities, increased promotion, support our Lions projects (Lap the Map for diabetes, youth, fruit fly, the environment), host & promote the skin check & awareness unit (Feb 2022), & support & promote the club's hosting of the District convention (Oct 2022).

Numurkah Lions Club had a successful day on Thursday 23 September in the Lions Park call keeping connected with each other on the banks of the Broken Creek Numurkah Lions Park. Tea and coffee was served with home made slices and biscuits was enjoyed by all who were there. There were a few good stories told on the day. There will be another one held one afternoon soon.

## BENALLA TAKE ON A BUNNINGS BBQ

In August 2021 the Benalla Lions Club received an invitation from the Bunnings Wangaratta Store to see if we would like to put in an application to conduct a barbeque at their store.



*In the photo is Club Member Lion David Lowing taking the money, ready to serve are Lion Margaret Poels and Club President Denise Brown and the cooks in the background are Lion Lock Lidgerwood and Lion Dan Brown, photo taken by apprentice photographer Lion Peter Poels.*

This fantastic opportunity was discussed at our Lions Club Dinner Meeting on the 19th August, where it was moved by the members that we take-up this great fundraising opportunity, as permission was also received from the Wangaratta Lions Club BBQ Chairman for our



Club to apply, so an application was sent to the Bunnings Wangaratta Store. Fortunately, we soon received advice that our application was successful and we were requested to conduct our first Bunnings Barbeque on the 25th September 2021, and we were also given some further dates on the 20th November and also on the 5th February 2022, which our Club gratefully accepted. Although the Barbeques are now set up away from the front entrance to the Bunnings Store, it was still visible for customers to see where we were set-up at the "side entrance" to the car park. The Lady that organises the Barbeques also kept on putting it over the stores PA System, that there was a BBQ available at the end of the building.

This was a very good opportunity to raise funds for our Benalla Lions Club, and the way that the "Barbeque Kitchen" is set up for you is fantastic and the rules for running it and what is required to abide by the Covid requirements, were also sent to our Lions Club prior to the day.

Our Benalla Lions Club is very grateful to Bunnings for this opportunity, and they are very supportive to our Lions Volunteer organisation.

*Club Member Peter Poels.*

## TUNGAMAH LIONS NOTES

Tungamah Lions have had a pretty quiet month, although we did have an extremely successful Bunnings Sausage Sizzle straight after lock down. There was a lot of enthusiasm on the day, which was great socially and financially.

The club is once again responsible for the running of the Australia Day Celebrations to be held on the 26th January. Nominations will close during the month of November, and details can be found on a flyer in the Moira Independent.

We are all anxiously awaiting the chance to have club meetings again, and the first night will be a beauty.

Our District Convention has been postponed until February for the second year in a row. Hopefully it will go ahead with lots of good times as always.

We are still anticipating our High Tea, even though it will be well overdue, but rest assured, it will be a beauty.

Lap the Map will be happening again, and has to be finalized. This takes the place of walking to raise awareness for Diabetes Awareness, such an important part of society.

That's it for the moment Folks. Short but sweet, but hopefully next month will see stacks of news.

*ROARER*

## TUNGAMAH LEOS PLANNING AHEAD

Since the changeover night, we have not been able to meet, but by the time this issue hits the new stands, we will be back in action with a meeting at the end of September. We are still working on a fountain in the creek and the doggie do bags along the creek. Please, we need young people of the town and district to join us and help others.

Fun things are planned with ten pin bowling coming up soon, as well as planning for the next carp muster. If there are any inquiries, please contact Les Harrison on 0417 301 797.

*LITTLE ROARER*

## MOHYU LIONS TURN SCRAP INTO ART

The Scrap Art Competition was held as part of the Clubs May Community Market and attracted a number of entries from more than twenty crafters.



*Above: Bryce Jones with "Robbie the Robot" which won the Judges and People's Choice Awards in the junior section.*

Below: "Sewin Time" entered by Ken Essenhigh won the people's Choice Award in the adult section.



Above: "Harley the Shed Heater" was entered by Trevor Dinning.

Below: Judges for the competition were Michael Ashby (Left) and Ben Jenkins (Middle), from the King Valley Art Show Committee, talking to Neville Handcock of the Moyhu Lions Club. The King Valley Art Show provided a grant to cover the costs of staging the competition.



## WHERE THERE IS A NEED...LIONS FIND A WAY

Covid May have closed us down from sewing Turbans in our Yarrowonga Lion's Sewing room, but some of us continued at home. Orders from oncology units still dribbled in. Our first Tuesday back we were very busy getting back orders ready to go out.

We have now caught up. A brilliant group of volunteer women who believe in what we do for the community.

Great Lion's project to be involved in. 6 years still going strong and coming up to 45,000 free pieces of chemotherapy headwear distributed all over Australia.

Cancer doesn't stop for Covid or Lockdown.

*Lion Deb Van Corler*





## GREAT FEEDBACK FOR JUNIOR PUBLIC SPEAKING

Some wonderful Emails received by District Chairperson, Margaret Poels...

Good afternoon Margaret,

On Thursday 12<sup>th</sup> August at the Junior School, 36 students participated in the Lions Junior Public Speaking competition.

Over the past 3 weeks these students from Years 3-6 have been preparing speeches and practising their delivery for this day. With support from Senior School Students and Staff they produced some amazing pieces of writing, topped off by an equally impressive presentation.

The standard of speeches was outstanding, "they all gave it their best shots and I was blown away by their depth of their knowledge and passion" - Dean Power, Year 12 student and Head of Public Speaking.

Our Learner Attributes were definitely on display throughout the process - our students were agile, compassionate, courageous and very effective at communicating their thoughts to their peers and panel of judges.

In the words of our PLC of Public Speaking - Ms Lester "I can't think of a better time for our students to speak up and have their voices heard in our topsy turvy world".

While congratulations must go to all the students who were willing to give it a go, the judges did award some individual efforts.

Congratulations to the following students - Years 3-4 Winner- Audrey Green (4),

Runners-up - Bharati Sandararam (3), Nashwa Saleh Aljassom (3), Izzy Adams (4), Peggy Handbury (4).

Years 5-6 - Winner - Charlie Johnson (5),

Runners-up - Elizabeth Moore (6) Rose Talbot

(6). Highly Commended - Ivy Lynch (6), Pallavi Haribhakth (5), Anika Agarwal (5), Florence Rogers (5), Lottie Cooke (5).

We are all very much looking forward to seeing all the students continue their Public Speaking endeavours into the future and hope to see more students also taking up the challenge.

Kind regards, Rachel Buck,  
Co-curriculum Co-ordinator,  
Junior School Teacher,  
Scotch Oakburn College,  
Launceston. Tasmania.



Dear Margaret,

It was a fantastic morning yesterday with St Joseph's Primary School and the Lions Junior Public Speaking competition at the Senior Citizen's Centre.

The standard was extremely high, right from the off, making it a difficult decision for us judges to pick the winner. They showed courage to overcome nerves and should be very proud of themselves!

There were 6 competitors in the Year's 3-4 section and 3 in Year's 5-6 section.

Congratulations to our winners, Olivia Ward and Tatum Hammond.

The judges were blown away by the quality of the content and also the calibre of our students.

Thank you to Principal Michael O'Dwyer for allowing us to finally stage this fantastic Lions Project with St Joe's and thanks to my fellow judges, Zarlle Butcher, Jono Goode and Marr Della Franca.

Regards, John Clare,  
Waroona Lions Youth Projects



John is also contacting Barry Simms from the Mandurah Lions Club with the vision of taking the project further.





## #LoveYourEyes

World Sight Day is observed annually on the second Thursday of October which is the 14th October 2021. This worldwide event is meant to draw attention on blindness and vision impairment. It was originally initiated by the SightFirstCampaign of Lions Club International Foundation in 2000.

Lions World Sight Day has raised awareness about the importance of eye health and the need for quality eye care services for all. On this special day of service, Lions clubs around the world conduct sight related projects including: vision screenings, eyeglass donations, restorative

surgeries, eye health education programs, and the donation of assistive devices to those with vision impairment.

During this month and beyond it is only in order for our clubs and our partners in the communities to continue with these noble service projects in a journey to reduce the impacts of vision loss.

### Causes of reduced eye sight

Reduced eyesight can be caused by several factors, including diseases like diabetes and trachoma, trauma to the eyes, or conditions such as refractive error, cataracts, age-related macular degeneration or glaucoma.

**CLICK HERE**  
For SIGHT PROJECT  
RESOURCES

### What are we to do this month and beyond?

The International Agency for the Prevention of Blindness (IAPB) recommends the following 4Ps:

<p><b>Prevention</b></p> <ul style="list-style-type: none"> <li>• Eat healthy</li> <li>• Adopt healthy habits</li> <li>• Go and play outdoors</li> <li>• Reduce screen time</li> </ul>	<p><b>Protect</b></p> <ul style="list-style-type: none"> <li>• Wear quality sunglasses if going out in sunny conditions</li> <li>• Use specific sports-related eyewear while playing sport</li> </ul>
<p><b>Preserve</b></p> <ul style="list-style-type: none"> <li>• Routine eye check-ups</li> <li>• Follow the recommendations provided during school vision screenings</li> <li>• Follow treatment advice for wearing glasses, and for any eye medications prescribed by the eye care practitioner</li> </ul>	<p><b>Prioritise</b></p> <ul style="list-style-type: none"> <li>• Prioritise your eye care and vision care. A periodic eye test is as important as a vaccination schedule or any other routine health check-up</li> <li>• Make sure that every child gets an eye examination before they start school, to enable early detection and treatment of eye problems that can impact reading and learning</li> <li>• Do not ignore any warning signs that indicate any underlying vision problems</li> </ul>

## FLY A KITE FOR SIGHT...

An Invitation to Schools and Pre-schools to . . .

Studies have shown that outdoor activities and sunlight may protect young eyes against near sightedness (Myopia). So, outdoor activity (like flying a kite) is a simple, free and effective method to help prevent Myopia onset.

The Lions Eye Health Program invites teachers and child care workers to consider incorporating the Fly a Kite for Sight activity into their classroom program.

The skills involved in printing the LEHP Kite Template, colouring and decorating the kite, constructing the kite and then flying the kite, along with researching the effects of sunlight on vision, could be aligned with subject content related to; IT, Arts, Design, Maths, Physics, Health and Physical Education, disciplines.

The materials to complete the task are most probably already available in the school, classroom or centre.

A little time spent outdoors each day is also recommended to overcome the increasing amount of time spent on close-up work in the current era of handheld devices.



**CLICK HERE**  
For FLY A KITE

## SO FLY A KITE FOR SIGHT

For more about Eye Health and the importance of Eye Examinations, go to the LEHP Website at:

<https://www.lehp.org.au/>

or contact the LEHP National Office,

PO Box 433 Wahroonga NSW 2076, Telephone: 1800 010 234

or email:

**CLICK HERE**  
to follow us on Facebook



## FOR HELPING WITH YOUR DUTIES AS A CLUB OFFICER

- Submit to the District Governor's Cabinet such reports as it may require including copies of regular Membership and Activities reports;
- Cooperate with and be an active member of the District Governor's Advisory Committee of the Zone in which this Club is located.

### DUTIES OF THE CLUB SECRETARY - a word about electronic communication

In a modern club, the use of physical mail; "snail mail" can be a very small part of the role. Instead, modern communication includes:

- 1 Managing e-mail
- 2 Managing other communication through instant messaging services
- 3 Corresponding with Lions Clubs using the MyLCI & MyLion systems.

In this environment, the Club Secretary must be very active in passing information to other club members to keep them informed. In the past, a Club Secretary would present a folder of correspondence for circulating to members, to do so in modern clubs would require printing off e-mails and this is not always practical and desirable. Some effective strategies are included in this manual, however it underscores the fact that in their communication role, a club secretary must be proactive to ensure that club communication is transparent and effective.

The Club Secretary in a modern Lions Club manages communication between the club and others.

The Lions Clubs Standard Form Club Constitution states that the duties of the Club Secretary shall be: 'He/she shall be under the supervision and direction of the President and the Board of Directors and shall act as the liaison officer between the Club and the district (single or sub- and multiple) in which this Club is located, and the Association. In fulfilment of this, he/she shall:

- Submit regular monthly and other reports to the International Office of the association on blanks provided by it or using the online system, containing such information as may be called for therein and otherwise by the Board of Directors of the Association;

### TIPS FROM THE CABINET TREASURER...

#### Lions International Dues Demystified

As the new Cabinet Treasurer, I am learning a lot on how to keep track of the monies paid by Clubs to fund the various costs incurred in keeping this organisation running. I think that we all know and accept that, as Lions, we pay dues to cover the cost of our administration so we can proudly declare, with hand on heart, that 100% of the money raised from the public, goes back to the public.

The complexity with dues comes about with the number of different payments clubs are required to make. There are 3 levels of Lions that have dues payable to them and all go through the Cabinet Treasurer, so if you have any questions, please feel free to ask me. Here I will look at Lions International dues as these appear to be currently causing some confusion.

International dues payments go via me into a bank account in NSW and the details are emailed to Lions headquarters in the USA. The invoices for these payments are not currently sent to Clubs, but I am considering it. Some key points are:

- **The Club's invoice must be downloaded for the Club Treasurer to pay it. It is located on the respective Club's MyLCI site.**
- Lions International dues are payable twice a year, like Multiple District and District dues.
- Payment is made to the Cabinet Treasurer (me), either by electronic transfer into the Cabinet clearing account, by cheque or by deposit into a Wespac Bank,
- **Follow up the EFT or bank deposit with email to me, so I know what the money is for.**



- **Payment must be made within 120 days**, or your Club may be suspended, and to Quote Peter Niall, Lions International have no sense of humour about this.
- Invoices are in US dollars with a **AUS dollar conversion at the bottom of the invoice.**
- There is a new invoice added in MyLCI every month, which will probably have a different total at the bottom due to different exchange rates each month. **Don't be misled by this change and end up paying it twice thinking they are separate invoices.**
- **Don't stress about the exchange rate**, if you are a few dollars over or under it will be corrected in the next invoice and this amount will be well below the threshold for 120-day overdue club suspension.

You will have to wait for next month's Roar for the next thrilling instalment where I will attempt to demystify Lions Multiple District and District dues.

Ollie Tufvesson  
District 201V6 Treasurer

## LAP THE MAP FOR DIABETES

### Sunday 14th November 2021

This World Diabetes Day, Sunday 14 November 2021, we are calling for Australians to 'Lap the Map' for diabetes prevention. Can you help us walk a combined distance surpassing the circumference of Australia?

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

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

All funds raised will go towards diabetes awareness, prevention and research.

See below for various resources and information you can use when planning your Lap the Map event.

#### Resources

[CLICK HERE - Lap the Map 2021 Manual](#)

[CLICK HERE - Lap the Map 2021 Certificate of Participation](#)

#### How to log your kilometres

Start logging your kilometres now and record them via our Surveymonkey link - [CLICK HERE](#)



## October is - MENTAL HEALTH AWARENESS MONTH



CLICK on the image for resources for World Mental Health Day and Mental Health Month



# Lions Clubs International Foundation



Lions Clubs International  
FOUNDATION

## Help Wanted: Club LCIF Coordinator

The Club LCIF Coordinator is an ambassador for Lions Clubs International Foundation in your club. This person will share LCIF stories, motivate fellow Lions to support LCIF, and enable LCIF to advance its humanitarian work both locally and globally. This new position is crucial to the promotion of our foundation and we need all club presidents to actively recruit within their clubs to enable its success!

### Appoint your Club LCIF Coordinator in 5 easy steps!

- 1 Announce the open position at your next club meeting
- 2 Educate members on the roles and responsibilities
- 3 Identify club members who are passionate about LCIF
- 4 Nominate and appoint a Club LCIF Coordinator for your club
- 5 Enter required Club LCIF Coordinator information in MyLCI

As club president, you are responsible for appointing your Club LCIF Coordinator. What an exciting way to be part of the future of LCIF!

The Club LCIF Coordinator is nominated by your club's nominating committee, elected as a member of the club's board, and serves a one-year term until reelection the following year. The Club LCIF Coordinator works closely with local leadership and communicates directly with LCIF District Coordinators to ensure alignment with district goals.

Once your nominating committee is ready to appoint to this important position, enter that information into MyLCI. We'll take it from there!

## Club LCIF Coordinator Quiz

Are you interested in the Club LCIF Coordinator position?

Yes

No

Are you ready to share your passion about LCIF with your club?

But aren't you passionate about LCIF?

Yes

I'm not sure

Yes

No

What if LCIF were to give you all the support you need for the job?

Then yes!

I don't think so

Great!

That's okay!

Tell your club president that you want the job!

There are plenty of other ways you can support LCIF!

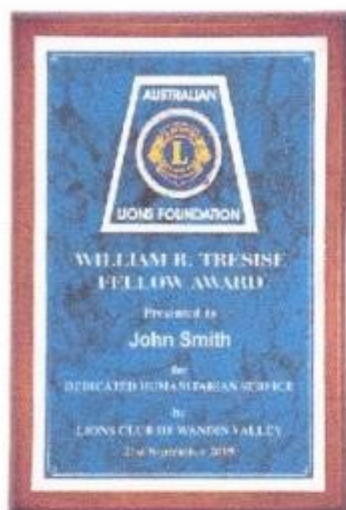
# It's Awards Season

Why not finish your year as District Governor or President by rewarding those Lions who have served well within your District or Club on a particular project or just for being that Lion who is always there to lend a hand or offer support.

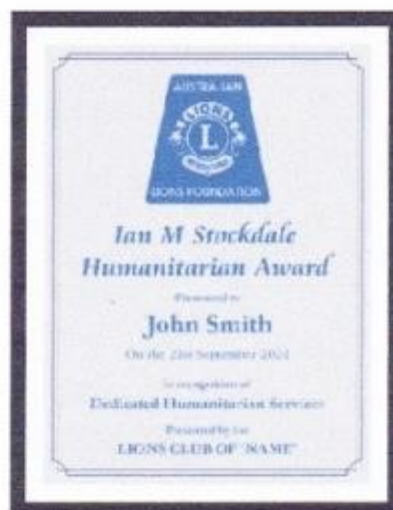
And don't forget about the Community Service Award, for a non-Lion whom you may have noticed doing an outstanding job within your local community.

Go to our Website [www.alf.org.au](http://www.alf.org.au) to find our **current** award forms, or contact

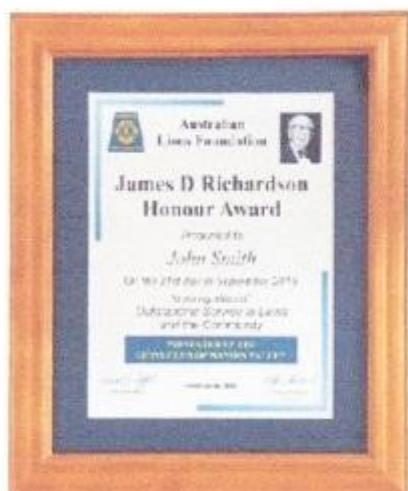
Awards Chairperson  
**PDG Lesley Lyons**  
 PO Box 303 Wynnum, QLD 4178  
 0419 796 022



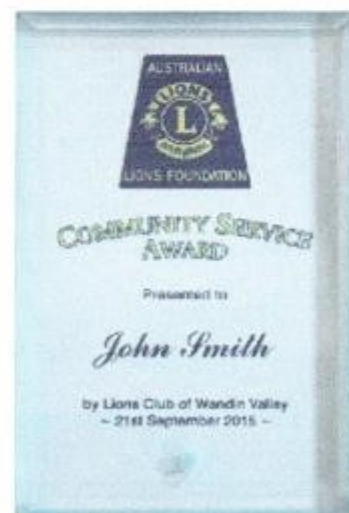
William R Tresise  
 Fellow Award  
 \$2000



Ian M Stockdale  
 Humanitarian Award  
 \$1000  
 This Award has been redesigned to reflect the significant value and prestige of this award.



James D Richardson  
 Honour Award  
 \$500



Community Service  
 Award  
 \$250



# DISTRICT NOTICE BOARD



## HEARING DOG CALENDARS

This year's Hearing Dog Calendars can be accessed directly from the Australian Lions Hearing Dogs Foundation. District Hearing Dogs Chairperson, Robyn Harrison is urging all clubs to support this excellent project.

Click on the image below to purchase the 2022 calendar



Any further inquiries, please telephone 0408 485 682.

**CLICK HERE**

For more information on Lions Hearing Dogs

## Breast Cancer Facts

In Australia this year, over 15,000 women will be diagnosed with breast cancer and 150 men will be diagnosed.



Breast cancer is the most common cancer in Australian women.



Women have a 1 in 8 chance of getting breast cancer in their lifetime.

### Symptoms of breast cancer



Some people have no symptoms and the breast cancer is found during a screening mammogram, or physical examination by a doctor.



However, if you have any symptoms, have them checked by your doctor without delay. Breast changes don't necessarily mean you have cancer.

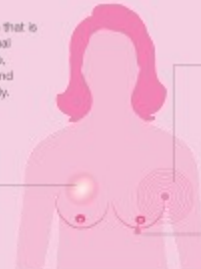


Persistent, unusual pain that is not related to your normal monthly menstrual cycle, remains after a period and occurs in one breast only.

A lump, lumpiness or thickening



Changes to the skin of the breast, such as dimpling, a rash, a scaly appearance, unusual redness or other colour changes.



Swelling or discomfort in the armpit.

Changes to the nipple, such as a change in shape, crusting, a sore or an ulcer; redness; unusual discharge, or a nipple that turns in (inverted) when it used to stick out.



A change to the shape of the breast.



An increase or decrease in the size of the breast.

### Breast Screening



Women aged 50-74 should have a mammogram every two years to screen for breast cancer.



Breast cancer is more common in women over 40.



A breast screen (or mammogram) can find cancer early, when it's small and easier to treat.

### You can reduce your risk of breast cancer by:



Be physically active.



Maintain a healthy body weight.



Reduce alcohol.



For more information go to [cancercouncil.com.au/breast-cancer](http://cancercouncil.com.au/breast-cancer)





LIONS DISTRICT 201V6

# CONVENTION

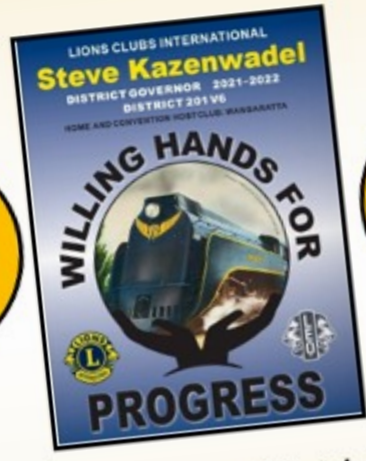
Covid Safe District Convention  
**February 25-26th  
2022**

At Galen College, Wangaratta  
Hosted by the Lions Club of Wangaratta

**Early Bird  
Registration Prize**  
valued at \$250 if received  
before December 31st

**WELCOME  
SUPPER**

Partners  
**Silo  
Tour**



**GUEST  
SPEAKERS**

**Dinner  
Dance  
@ The Oaks**

Come and hear about our many District and National Projects  
and enjoy some fellowship with other Lions



Tim McCurdy  
Official Opening



Lou Onley  
Opening Speaker



Graeme Plumridge  
Breakfast Speaker



Rob Orlemans  
Keynote Speaker

More information & registration form available on the website -  
[201v6.lions.org.au](http://201v6.lions.org.au)

Registrations Close 7th February

**CLICK HERE**  
To download your  
registration form





## LINKS, CONTACTS, USEFUL INFO....

### District Governor

Stephen Kazenwadel (Alison) (Wangaratta)  
21 Pelican Ct Wangaratta Vic 3677  
(M) 0418 629 797  
Email: dg.v6@lions.org.au

### 1st Vice District Governor

Neil Stuart (Numurkah)  
(M) 0439 794 565  
Email: neilastuart1953@yahoo.com.au

### 2nd Vice District Governor

John Houghton (Wangaratta)  
(M) 0407 303 691  
Email: john.houghton10@bigpond.com

### Immediate Past District Governor

PDG Carol Kennedy (Tocumwal)  
(M) 0417 868 498  
Email: carolk1810@gmail.com

### GLT District Co-ordinator

PDG Les Harrison (Tungamah & District)  
(M) 0417 301 797  
Email: les.harrison29@gmail.com

### GLT Support

John Houghton (Wangaratta)  
(M) 0407 303 691  
Email: john.houghton10@bigpond.com

### Global Membership Team

Geoff Turnbull (Wangaratta)  
(M) 0427 229 322  
Email: geoff@geoffthechef.com.au

### Cabinet Secretary

Clinton Cathro (Wangaratta)  
(M) 0427 102 541  
Email: cabsec.v6@lions.org.au

### Cabinet Treasurer

Ollie Tufvesson (Yarrowonga)  
(M) 0477 143 336  
Email: cabtreas.v6@lions.org.au

### Constitution & By-Laws Chairman

PCC David Skinner OAM (Culcairn)  
(H) 02 6058 0000  
Email: d.skinner@skinner.com.au

### GMT - Retention

PDG Carol Kennedy (Tocumwal)  
(M) 0417 868 498  
Email: carolk1810@gmail.com

### GMT - Club Branches

Neil Stuart (Numurkah)  
(M) 0439 794 565  
Email: neilastuart1953@yahoo.com.au

### Global Services Team

PDG Carol Kennedy (Tocumwal)  
(M) 0417 868 498  
Email: carolk1810@gmail.com

## DISTRICT WEBSITE - [www.201v6.lions.org.au](http://www.201v6.lions.org.au)

## PROMOTING CLUBS THROUGH THE DISTRICT NEWSLETTER

Do you have an UPCOMING EVENT? Have you had an event you'd like to tell us about?

Best place to promote it is through the Roar!

Cut off date is the 28th of each month (items arriving after that date may not make it in but will be held over till the next one.)

Please send articles in a Word file (not a PDF)

EMAIL - [v6roar@gmail.com](mailto:v6roar@gmail.com)