



Lions Clubs International LIONS TASMANIA

Vol 40 No 7 January 2015

Newsletter Editor: John Salmon Ph: 6265 3840 Email: editor@lionstasmania.org



FROM THE DESK OF DG MICHAEL

Congratulations are extended to Lions who have received a Monarch Chevron Award honouring them for their dedication to community service as a Lion.

Lion Ian Wild

40 years - City of Devonport Club

Lion John Humphreys

30 years - City of Devonport Club

Lion Peter Redman

30 years - Ulverstone Club

Lion James Smith

25 years - Ulverstone Club

Lion Glenn Leighton

25 years - Perth Club

Lion Bernard Dobson

20 years - West Tamar Club

Lion Bruce Nibbs

15 years - Kingborough Club

Lion Laurence Connors

15 years - Kentish Club

Lion Brian Willcox

10 years - Wynyard Club

Lion Lyn Dent

10 years - Westbury Club

Lion Sandra Johnstone

10 years - Hadspen South Esk Club

A wonderful effort to you all as your involvement throughout the years have been recorded with assisting so many people within your Communities. Well Done !!!

December is over and into a New Year, 2015! I hope you and your families all spent great times over the holiday season. It certainly was a time for a well earned break before we all go full tilt into our activities and Community Events.

On the 1st December, 2014 travelled to spend an evening with **North East Club** where they held their Christmas Dinner at the Hilton Hotel in Winnaleah. A great night and was well attended with partners

and the Zone Chairman Merv Chillcott and wife Jan. It was pleasing to see new members and to be new members also present.

The Club is very active and currently involved with assisting the Local Council in putting in coin operated showers at the local caravan and recreation Park. The Club was assisted from funds from The Tasmanian Lions Foundation. Members are involved in barbecues and Community Events.

During the month it was interesting as well rewarding to attend a meeting of the new **Legana Club**. Members have been very active with a Christmas Raffle as well as organising Market Day at Exeter. *Congratulations to all members plus the two Guiding Lions Zone Chair Robert Scott and Zone Chair Leigh Johnstone.*

It was a highlight to be invited to *Crime Stoppers* at the *Police Academy Rokeby*. It was an honour to meet with all the Board Members and then attend their Christmas Luncheon. Also of interest to hear of the good work that is being carried out in our Communities.

Coming up is the Council of Governors Meeting to be held in Sydney and all the necessary reports that go along with the Meeting have been completed.

Congratulations goes to our First Vice District Governor Annette Ogilvie who has completed all her assignments and also prepared and submitted her 3 year Plan for Membership as well as plans for the future of District 201T1.

cont'd on page 2 ...

Fundraising Dinner

The next Southern Lions Clubs Annual Dinner hosted by the Lions Club of Sorell will be held in Sorell on:

WEDNESDAY

4th February 2015

6.30pm for 7.00pm

@Sorell Memorial Hall

Cost: \$25 per head

Drinks: RSL @Bar prices

**For further details & to
RSVP 1st February 2015**

Please contact Geoff Clow

03 6245 9176

0408 281 176 or

geoff49@bigpond.net.au

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Membership has been up and down and still a number of drops. **When the Membership Report was submitted on the 31st December, 2014, I was delighted to report out District Membership stood at 1251.** I hope that this keeps improving, but, very pleasing all the same. Membership has to be worked on all the year round and congratulations go to **Tasman Club** as during the month of December, eight (8) new members were inducted. We have had a steady flow of new members for which I congratulate all those Clubs involved.

During the next six (6) months there will be training for all new Office Bearers, which I urge all Clubs to send their members to, as it is most important to learn all that is coming up, as well knowing how to go about the tasks that go with the positions. **Other training days have been planned and they will be advised closer to the times.**

GMT and GLT are busy with their Reports as well as working with their Regional Chairs, Zone Chairs as well as Clubs.

Lion Amanda Olson and Lion Anne Fagg are working hard in these areas and I commend them both in their tasks they have already achieved.

Lion Sue Johns is to be congratulated in the merchandising area as our District is above Budget. Sue has worked extremely hard and it certainly has paid off. Also thank you to Lions Viv Cardwell and Glenn Gillies for their assistance.

The next few months will be busy as trying hard for the new **Legana Club** to be Chartered, as well as giving assistance to several of our struggling Clubs. **This will be ongoing to enable our District to stay out of transition.**

I still have a further Council of Governors' Meeting to attend in Sydney, then off to Newcastle for the MD Convention and finish up in Hawaii for the International Convention.

Looking forward in catching up during 2015 and most importantly enjoy Lions and Serve well.

Regards, DG Michael



**A single act
of service
can change
a life.**

But, when

1.35 million

**Lions members
come together to
serve, we can change
the world!**

Proud to be a Lion!

WELCOME TO THE LIONS FAMILY

City Devonport
Don Pilkington
Sponsor: John Winter

Jeremy Skinner
Sponsor: Lyndon Thurlow

Clarence
Ian McLaren
Sponsor: Susan Lowry



Rachel McLaren
Sponsor: Susan Lowry

George Town
Bryan Sharman
Sponsor: John Widdowson

Joanne Sharman
Sponsor: John Widdowson

Jo-Anne Suito
Sponsor: Jeanette Johnson

Huon
Stephen Fall
Sponsor: Kent Wells

King Island
Malcom Neary
Sponsor: Linda Payne

Margaret Neary
Sponsor: Linda Payne

Kingborough
Brian Welch
Sponsor: Brian Bennett

North-East Tasmania
Stephen McCann
Sponsor: John Wardlaw

Riverside
William Flaherty
Sponsor: Keverall Sturgess

Sorell
Anne Burnett
Sponsor: Dawn Gatehouse

Gareth Evans
Sponsor: Graeme Evans

West Tamar
David Ball
Kerin Lintner
Wesley Davie,
Sponsor: Tony Armstrong



DISTRICT STAMP COLLECTING

Welcome to 2015 and I hope it is a good one for you all and that you will continue to support this District project.

We invite all Lions to participate and if that could be achieved it would certainly help to make life a little easier for those for those less fortunate than ourselves, through the **Lions Mobility Foundation.**

We would be pleased to welcome you.

All stamps can be posted direct to me at:

11 Camina Court,
Riverside, TAS 7250

Until next month.

Peter Burke, Co-ordinator
Riverside Lions Club

Our District Count

30 November 2014

Clubs: 50

Membership: 1239

31 December 2014

Clubs: 50

Membership: 1241

YTD ADD 62

YTD DROP 59

YTD GROWTH % 0.40

Status: "Established district"



Fellow Lions

LYNX has been going now for 8 years and thanks to the Lions of T1's response at the Scottsdale Convention it will be continuing for at least another 2 years. *I would like to take this opportunity to thank those who have assisted with the running of this terrific programme for the youth of our State.*

Unfortunately, Lion Heather Johns left our programme last year after many years of dedicated work in bringing and assisting the youth from the Smithton region to our many workshops and camps. Thanks Heather for your contribution and I know that you have seen a lot of changes in the participants that you brought along. Also Lion Tim Cooper left to travel overseas and I wish Tim all the best with his search for work in the UK.

But we were able to gain the services of Lion Alex Bell from the Burnie Lions Club who has picked up where Heather left off. Thanks Alex for your assistance this year and I trust that the experience has been as rewarding for you as it has for me.

Leo Ebony McConnon has assisted us with providing transport and support to the participants from the South of our state and Lions Louise and Daniel Eiszele have continued supporting and delivering the programme. We still have our two community supports from the North of the state in Mark Brown and Sally Coker.

Thanks to all those mentioned for their ongoing support and assistance over the last eight years and I look forward to working with you all in the next couple of years. Also thanks must go to my wife, Julie, for all the meals that she has prepared, both at workshops and camps. I think the attendees mainly come for the food and not the programme.

Finally a huge thanks to the Kings Meadows Lions Club for the donated use of their premises for all of our workshops. It is a terrific venue and all

supports and participants enjoy going due to its central location and the peace and quiet that is on offer with no traffic interruptions.

LYNX has seen many teenagers come and go over the years, some have had only a small change in

their behaviour but the majority of participants have shown huge changes in their lifestyle with many going on to deliver the programme to their peers.

Below is a quote from one of the participants this year. It was posted on our private LYNX Face Book page and I have her permission to share it with T1 Lions.

"So I was just going through my notes on my phone and I came across this one from January. I have just realized how much I have changed and grown and how much happier I am these days and it wouldn't be without people like you guys supporting me I'm so glad I have met you all. The note is a little aggressive but I thought I would share it with you guys because then maybe you guys will see how much I have changed since the start of the year.

"I lay in bed of a night and cry myself to sleep because you thought that you had finally started getting better."

Do you know what it feels like when you hate what you see when you look in the mirror when people tell you that you're pretty or beautiful just the way you are... That it's what's on the inside that counts but really they are only saying that to make you feel better, only for them to talk about you behind your back once you leave. Do you know what it's like to hate every single little f!&*g thing about yourself!!!! You look in the mirror and all you see is a fat ugly piece of sh** you keep telling yourself that it's no more, no more junk food no more sitting in your room, you tell yourself today is the day that I'll start to change... But you never do, you eat not because you're hungry but because you're seeking comfort and the only comfort you have had for years are the salty goodness of potato chips or the sweet taste of chocolate, or the bubbly taste of coke as it slides down your throat. When you start eating these things you don't stop, you eat the whole bag of chips or you eat a whole block of chocolate sometimes both in one sitting. It disgusts you but you can't stop.*

I sit here and look at myself, I am ashamed of how I look, how I feel, I am ashamed that I have size 22 work pants because that used to be a size 16 has tripled in size. You try to stop, you don't eat for a few days, you skip a few meals but it only turns worse because once you do eat again you can't stop. I look at myself and I cry because of how much I have lost control. My friends tell me "No stop saying these things". Hell half the time they probably think you're doing it for attention. But you're not, you can't help the way you feel you just can't. You don't see how you can be anything but fat and ugly. I lay in bed of a night and cry myself to sleep because you thought that you had finally started getting better.

That things were going to be okay again but they haven't. You have crashed again, you have stopped going to CAMHS (Child and Adolescent Mental Health Services). You don't tell anyone anything because you don't want the sympathy, you don't want the whole damn world to know that your bruised and broken, that you're not so strong as you appear to be, that on the inside your just a lost little girl who has no idea what she is doing. You don't want to tell your mum this because she will make you move back in with her and I don't want that at all, I like having the freedom, I love it. Truth be told you don't know how you're going to make it through week to week but you have made it this far without ending back up in hospital so, like the tattoo on your arm that covers up all the little marks says, ONE DAY AT A TIME, you'll be okay little girl, you just need to believe in yourself, you can make it."

So you can see that we are making a difference to the young lives whose paths we cross. We give them the opportunity to share their problems and to make a better life for themselves, their friends and families.

So once again I thank the Lions of T1 for allowing us to continue with the work that we have started and make a difference to those that need it the most. I have always and will continue to offer my services to any club in our District to come and talk more on LYNX so that you can have a better idea of how the programme works and the changes we have made to so many young lives in our state.

Lion Toby Crawford
District Chairman LYNX

Email: djcrawford2001@yahoo.com.au

Smithton Lions

in conjunction with Rocky Cape, Wynyard and Ulverstone Lions, are hosting a family social night with proceeds going to Prostate cancer.

This event is being held at:

**Rocky Cape Tavern
on 18th February 2015
at 7.00pm
cost per person is \$32.00**

*There will be two guest speakers:
Mr. Wayne Bould and Mr. Guy Carey.*

*There will be bus leaving Ulverstone
for any member or new members
who would like to attend.*

You can contact:

ZC 3 Stuart Greig 64372945
or email him on stuart@caniluna.com

For further inquiries contact:
Sec Sheryl Robson 0457461573
or sheryl.robson11@gmail.com

**LIONS CLUBS
INTERNATIONAL**
CENTENNIAL Service Challenge

Protecting our Environment

*Serving
25 Million People*

25 Environment Project Ideas



1. Develop an awareness campaign around environmental issues.
2. Plant trees or a community garden.
3. Help build a safe drinking water system.
4. Host seminars regarding simple practices that "Protect our Environment."
5. Organize a "Trash Mob" - a flash mob/race to pick up trash in a single location for a specific time (like 30 minutes).
6. Organize a beach or riverbank clean-up project.
7. Partner with your local environmental authorities to save an endangered animal, forest, or water source.
8. Organize a community-wide bike to work/school day.
9. Establish a school-wide recycling program.



10. Conduct community-wide clean-up projects.
11. Raise awareness about the benefits of "going green."
12. Remove debris from a nature trail.
13. Recognize a local environmental leader.
14. Organize a battery/cell phone computer recycling drive.
15. Sponsor a nature camp to teach youth about environmental preservation.
16. Sponsor an environmental preservation training program in partnership with park/forestry authorities for residents.



District Governor Elect Ann Eldridge from Victoria is conducting a 50/50 Pathway Forum in Launceston. She will include the following topics to strengthen and enhance our clubs.

- Increasing our volunteer resources
- Reinvigorating and regenerating Clubs
- Becoming a significant and relevant force in our communities
- Attracting women as members and leaders
- Involving young people and families

All Lions are encouraged to attend, bringing your thoughts and ideas to help our clubs grow and bring new life to them.

Venue: Kings Meadows Lions Club Rooms
Date: Saturday 28 February 2015
Time: 11.00am to 3.00pm. Lunch will be provided
RSVP: 14 February 2015

Amanda Olson: Mobile: 0419357190

Phone: 63 954347

Email: amandaolson@bigpond.com

LOOK

Amanda Olson
District Global Membership Team Coordinator



17. Work with a local school to organize a contest that will challenge students to offer creative solutions to solving environmental issues.
18. Volunteer at a recycling center.
19. Organize a roadside clean-up.
20. Clean up a park or playground.
21. Decrease your community's plastic waste consumption by encouraging others to use reusable water bottles and tote bags.
22. Encourage your club to participate in the LCI Environmental Photo Contest.
23. Host a community film screening and show an environmental film/documentary to raise awareness.
24. Gather clothing from your community members and donate them to a local shelter.



30th Christmas Pageant celebrated in Cygnet



The Cygnet Fire Brigade together with the Port Cygnet Lions Club held their 30th Christmas pageant in the township of Cygnet.



As these images show it was a colourful and fun event, the floats were spectacular!!!

The Port Cygnet Lions Club assisted with parking and things ran smoothly.

I'd like to take the opportunity to wish you and your family all the best for 2015, good health and prosperity.

Karin Bluemmel - Secretary, Port Cygnet LC

THANK YOU & A REMINDER TO ALL CLUBS

FIRSTLY, THANK YOU FELLOW LIONS, FOR YOUR HARD WORK AND TREMENDOUS EFFORT THIS YEAR IN THE SELLING OF OUR CHRISTMAS CAKES AND PUDDINGS -

WE HAVE MANAGED TO REACH OUR DISTRICT TARGET.

WELL DONE FOR SUCH GREAT WORK!

FINAL PAYMENT FOR CHRISTMAS CAKE ACCOUNTS NEED TO BE COMPLETED

PRIOR TO THE END OF JANUARY 2015

TO ENSURE THAT OUR DISTRICT RECEIVES OUR FULL CAKE REBATE.

Lion Sue Johns
District Chairman - Merchandising Cakes, Puddings, Mints & Fudge

Dear Lions

This week, we celebrate the birthday of Melvin Jones, founder of Lions Clubs International (LCI). It has been nearly 100 years since Melvin Jones first encouraged people to address the needs of their communities and the world, and I know he would be proud of what Lions have accomplished.



Lions Clubs International FOUNDATION

As your clubs, districts and multiple districts come together during this LCIF Week and the Worldwide Week of Service to honor Melvin Jones, I encourage you to think of all the lives you can impact now and throughout the entire year. Your club might host vision screenings, sponsor a food drive, host a highway cleanup, or paint a playground; the possibilities for service are endless—and so are the lives we can touch. However you choose to serve, know that you are making a positive difference every day, all year long.

I also want to remind you that your donations to LCIF make it possible for Lions to meet the growing needs of people around the world. We give sight, support youth, provide disaster relief and improve communities only because of your generosity and selfless giving. Thank you for your support of LCIF.



Melvin Jones once said, "You can't get very far until you start doing something for somebody else." Look how far we have come!

Sincerely, **Barry J. Palmer**
Chairperson, Lions Clubs International

DISTRICT NEWSLETTER 2011

Copy for the newsletter is required on or before the tenth (10th) of the month of publication.

It is preferred that articles be typed and submitted for publication by e-mail or CD/DVD.

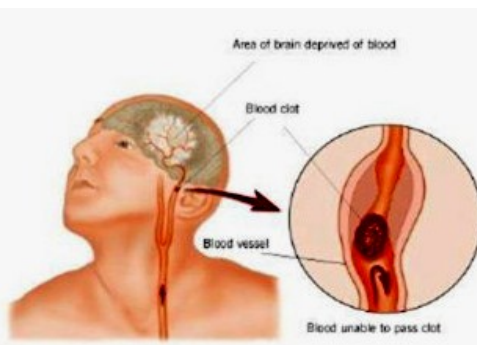
Please forward (where possible) photos and newspaper cuttings with your article.

Scanned images should be of high quality (300dpi).

Deadline for next issue is: FEBRUARY 10th

IMPORTANT INFORMATION!!

Stroke has a new indicator They say if you email this to ten people, you stand a chance of saving one life. Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.



STROKE: Remember the 1st Three Letters...

S. T. R. STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ... she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Jane passed away) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally.

He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE...

Thank God for the sense to remember the '3' steps, S.T.R. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. Chicken Soup)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

**New Sign of a Stroke -----
Stick out Your Tongue!**

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.



TASMANIAN LIONS FOUNDATION

The next meeting of the Foundation will be held on Sunday,

15th March 2015

Any Club who may wish to submit a grant application please have it in the hands of the Secretary by:

6th March 2015

I hope you all had a safe and enjoyable Festive Season and your batteries are recharged to continue the good work within your communities.

If there is any matter you may wish to be discussed, please have it to me by the same date above.

We look forward to being able to assist you in need.

Regards to you all.

Peter Burke Secretary



Aloha Lions! The 98th Lions Clubs International Convention will be held in the beautiful city of Honolulu, Hawaii, USA, June 26th – June 30th, 2015.

Honolulu is like paradise. Over 100 beaches surround Honolulu, more than any other city on the earth. You can relax on the white sandy beaches of Waikiki, hike the magical trails on Diamond Head crater, and view incredible waterfalls such as Waimea and Maunawili Falls are among the many favorites not to be missed. Also, take time to explore the history Honolulu offers. The USS Arizona Memorial is a renowned portrayal of World War II, while the Pearl Harbor Park provides a sobering yet stunning piece of history that will never be forgotten. In today's ever-changing world, Lions from all walks of life symbolize a 'ray of hope' in their commitment to touch the lives of those in need. LCI's convention offers a once-a-year opportunity to meet together to discuss the important matters of the day that will form the future of our association, and to create new friendships along the way.

Make plans now to join us for an experience to remember!

The Last Word...

"A friend told me she was taking up meditation. I said it was better than sitting around doing nothing."