



# Lions Clubs International LIONS TASMANIA

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Newsletter Editor: John Salmon Ph: 6291 1278 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.*

<b>Lion Alan Beardwood</b> Clarence Lions Club	<b>40 years</b>
<b>Lion Alan Margieson</b> Wynyard Lions Club	<b>35 years</b>
<b>Lion Ken Bath</b> Kingborough Lions Club	<b>35 years</b>
<b>Lion Jean Iles – Haigh</b> Dodges Ferry Sthn Beaches Lions Club	<b>20 years</b>
<b>Lion Roderick McGarvie</b> King Island Lions Club	<b>20 years</b>
<b>Lion Tasman Turley</b> Ulverstone Lions Club	<b>15 years</b>
<b>Lion Roger Broomhall</b> George Town Lions Club	<b>10 years</b>
<b>Lion Dorothy Sweet</b> George Town Lions Club	<b>10 years</b>
<b>Lion Shane Walsh</b> Flinders Island Lions Club	<b>10 years</b>
<b>Lion Dianne Walsh</b> Flinders Island Lions Club	<b>10 years</b>
<b>Lion Gail Archer</b> Bridport Lions Club	<b>10 years</b>
<b>Lion Robert Smith</b> City of Devonport Lions Club	<b>10 years</b>
<b>Lion Philip Thompson</b> Riverside Lions Club	<b>10 years</b>
<b>Lion Tony Sutton</b> Devonport Mersey Lions Club	<b>10 years</b>
<b>Lion Tony Smith</b> Devonport Mersey Lions Club	<b>10 years</b>

*Well done Lions a great achievement.*

*Another month gone how quickly they pass. Still plenty to do!!*

A visit was made to **Port Sorell Club** and presented **Past President Robert Donoghue** with a **Club Excellence Award for 2013–2014**. A lively dinner meeting was experienced and all members working well on their activities.

At **Wynyard Club** a further **Club Excellence Award** was presented to **Past President Nigel Sheehan** plus a **Centennial Banner Patch and Pin** was presented to **President Margaret Carter**. Members are all working well with their activities and a new member was inducted at their last dinner meeting.

**Zone 4** conducted a Zone Dinner at the Lucas Hotel in **Latrobe**. The dinner was extremely well attended and there was a very interesting **Guest Speaker from Beyond Blue**. Congratulations go to the Zone as it was wonderful to meet up with members and partners from the area.

I then attended the **State Final of Youth of the Year in Latrobe**. The three (3) young ladies participating were excellent and congratulations go to **Hollie Jackson** for winning the Public Speaking and Youth of the Year for District T1 went to **Grace Williams of Launceston**. A huge thank you goes to **Lion Jenny Triptree** as the work Jenny put into the programme has been amazing and without her efforts this event would not have eventuated. **Great work Jenny!!**

**Scottsdale Lions Club** was visited with a **Club Excellence Award** presented to **Past President Wayne Harper**. A great dinner meeting and all members very keen to advise of their activities. Whilst in **Scottsdale** an invitation was received from the **RSL President** to view one of the Vietnam Helicopters in

the **Museum at the RSL in Scottsdale**. The **Lions Club** had assisted with finances to procure the helicopter and house it as part of the Museum display. **Zone Chair Merv Chilcott, Lion Max Tavasci and myself** attended and it was a privilege to see what was being done as well as view the war memorabilia on display. Also we were shown the **Scottsdale War Memorial** and the names in the bricks of local war heroes. This path led to the Cenotaph forming a great tribute.

Another interesting and well attended function was the **Rocky Cape Top Gear Expo** put on by the **Rocky Cape Lions Club** and **Circular Head SES**. Over one hundred (100) vintage cars were on display (a record number) plus motor cycles and a number of market stalls and **Lions Eye Health** information was on display. A never ending barbecue ran all day. A great day and congratulations goes to **Rocky Cape Lions**.

**Attended the local Anzac Day Ceremony in Burnie**. A very well attended and moving ceremony was experienced.

It was then time to fly to **Newcastle** to attend the **Council of Governors Meeting** starting off with **Committee Meetings** on the first day and then from there to one and a half days of **Council Meeting**. At the end, the Governors were all de-briefed by **Tim Irvine** as well being given a run down on being Mentors to our new **Lions Clubs** formed in our year. This will mean being a Mentor for two (2) years once the **Legana and Districts Lions**

*cont'd on page 2 ...*

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Club is formed.

Attended the *Council Chairman's Dinner at the Marina Views Conference Centre*. **The new Council Chairman for the next year was announced - District Governor of V2 Phillip Johnson and Partner Ann.**

*The 63rd Multiple District 201 National Convention commenced in the Newcastle Civic Theatre*. There were interesting speakers from *Beyond Blue*, Past International President Barry Palmer, MD 307 Council Chairperson PDG Ina Gunawan, MD 202 Council Chairperson PDG David McDonald, International Director Eric Carter, Past International Director Cheryl Jensen Professor Stephen Davies Spinal Cord Fellowship just to name a few.

*The Youth of the Year Final* was an excellent presentation with the State winners making it very difficult for the Judges. The overall winner was Patrick Cross representing Q Districts and the Public Speaking was awarded to Hannah Worsley representing the N Districts. T1 Entrant did us extremely proud - Grace Williams representing the Kings Meadows Lions Club.

**Lion Jenny Triptree did a wonderful job in arranging T1 contestants and State final in Latrobe. Thank you Jenny!!**

*The Leo of the Year National Final* was held and the overall winner and public speaking winner was Leo Katerina Blekic representing South Australia/Northern Territory. T1 representative Leo Brooke Farrelly of Penguin gave an excellent speech, we were all very proud of her.

There were seventeen (17) Notices of Motion although two (2) were withdrawn and the remainder were all passed in record time. The important Motion that will affect all Clubs was -

***"That Clause 45 of the Multiple District Constitution be amended to read as follows:***

**The annual contribution payable by each member of each Club shall be \$30.00 (including GST) for the year commencing the 1st July 2015.**

**The annual contribution payable for the year commencing 1st July 2016 shall be \$40.00 (including GST) and the annual contribution payable for the year commencing the 1st July 2017 shall be \$43.00 (including GST)."**

T1 received an Award for Cakes and Mints thank you goes to Lion Sue Johns

for doing a remarkable job in the merchandising area.

**Well done Sue!! Your efforts are greatly appreciated.**

During lunch breaks I attended the Australian Lions Drug Awareness Foundation - and congratulations go to PDG Toby Crawford for being elected as a Trustee to the Foundation.

*Also attended Save Sight and Public Health Care and the Lions Eye Health Program as well as going to Autism - "Changing the Outcome"*

**At the end of the Convention all District Governors were at the peril of their Cabinet Secretaries where they were presented with a T Shirt signifying Sea Change and of course a bucket and spade, a pair of rose coloured glasses and a kite. After all that all District Governors, Cabinet Secretaries and past and present Cabinet Treasurers attended a Chinese Luncheon and all DGs were fined for their misdemeanours that took place during the year.**

*On the last night attended the Lion Clubs International Foundation annual dinner.*

After the busy schedule in *Newcastle* arrived home ready to tackle the last of the tasks that are still to be completed.

A reminder to all Clubs re Peace Poster - Kits are ready to be obtained and distributed to schools and so on. A great project to involve the younger members of our Communities.

**Membership, sorry this has to be mentioned again. As a District our membership just about gets to 1250 - (currently it is 1247).**

**Then it seems, we jump up and down, but I am really pleased with all your efforts.**

**All Clubs have been working extremely hard and I have a strong feeling that we will achieve 1250 plus by 30th June 2015.**

Another Cabinet Meeting to go on the 17th May 2015. I really have had a great year but it is not over yet so many things still to do and achieve.

Please keep well and enjoy Lions as it is a super Organisation with many, many, lovely people we class as our family.

I am privileged to be serving you all as District Governor for 201T1 and thank you all most sincerely.

**Until next month take care and enjoy LIONS !! as WE SERVE !!**

**Regards, DG Michael**



## EXPRESSIONS OF INTEREST

### CABINET 2016/2017

All Lions who may be interested in District office in Lions year 2016/2017 are invited to contact me with details of the desired position and a brief resume of Lions and other relevant experience.

Michael Walsh  
VDG

Email: [mwalsh@iinet.net.au](mailto:mwalsh@iinet.net.au)



## ANZAC DAY 2015

### Dawn Service at Port Sorell

*The Lions Club of Port Sorell Inc. held their second Dawn Service on Anzac Day. We estimated the crowd at between seven to eight hundred (700 - 800).*

*Two Navy personnel from HMAS SHEEHAN also were in attendance.*

Three (3) students from the Latrobe High School read the names of seventy-four (74) men who left the Newground, Moriarty, Northdown, Wesley Vale and Port Sorell Districts to go to the First World War (WWI), of these eighteen (18) were killed in action.

We included in our service the burning of gum leaves.

The Club also provided a cooked breakfast for approximately 400 people, free of charge, however a box for donations to Legacy was provided and \$747.00 was collected.

It was a highly successful event and one which will continue each year.

LION ROD BRAMICH  
Co-ordinator





## POSTCARDS FROM ALL OVER!



- Photo 1 DG Michael and Secretary of Scottsdale Lions Club Merv Chilcott standing in front of one of the six helicopters brought back from Vietnam
- Photo 2 DG Michael with his Kite, Sand Bucket and Spade also Rose Coloured Glasses!
- Photo 3 DG Michael presenting IPP Wayne Harper, Club excellence Award at Scottsdale
- Photo 4 DG Michael with YOTY 201T1 district Winner, Grace Williams from Launceston, sponsored by the Lions Club of Kings Meadows

## Fledgling rowing team shines at State Titles!

The new HPE teacher, herself a keen rower, has started a small rowing program at Sheffield School.

There are only three rowers, none of them have any past experience and all of their equipment has been generously loaned by the Mersey Rowing Club. Despite this they have returned from the recent state schools finals with a bag of accolades.

**Lilly Maddick (pictured below)** is now the State U15 Singles Scull Champion.



**Abbey Boucher** was an U14 state singles finalist and joined with Lilly to become the State U15 Doubles Scull Champions.

As well as having a top 20 finish in the under 15 singles scull event, **Tom Rockliff** teamed with a boy from Ulverstone High School to reach the state U15 doubles scull finals.

The coach of the Sheffield School rowing team, **Casey Scattergood**, was most impressed by the team's overall performance, "I want to congratulate the girls and Tom on all their efforts over the season, they have represented the school with pride, excellent sportsmanship and enthusiasm".



Lilly, Tom and Abbey

Rowing is a very expensive sport. Rowing shells can easily cost many thousands of dollars, oars start at \$800 a pair.

The Kentish Lions are proud to have supported this dynamic team on the road to purchasing their own equipment.

*Have you ever wondered? Why doesn't glue stick to the inside of the bottle?*



## TASMANIAN LIONS FOUNDATION

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

**14th June 2015**

Any Club wishing to submit a grant application please feel free to do so and have it in the hands of the Secretary not later than:

**3rd June 2015**

Any other matter you may like discussed is to be with the secretary by:

**10th June 2015**

By now you would have received my correspondence concerning the purchase of TLF awards.

**Should you be considering making an award to a club member or citizen to be presented at your changeover, please have your requests in approximately ten (10) days before presentation.**

If you are not purchasing one this year, please consider the Foundation by making a donation so that we can continue to assist you at some future date if you require a grant to conclude your project.

**It is your Foundation and we are here to assist you. Many thanks!**

*Keep up the good work in your communities.*

Until next month, Regards to you all.

**Peter Burke** Secretary



DG Michael presenting 10 yrs Monarch Chevron award to John Deverell @Kentish

## LIONS YOUTH OF THE YEAR

Club, Regional, State, National Finals have all been held for another year.

The State final was hosted by the Latrobe Lions Club on the 12th April at the Latrobe Primary School.

Three (3) very strong contestants, one (1) from the North, South and North West Coast battled it out for a place at the National Final in Newcastle.

The overall winner was Launceston Church Grammar student Grace Williams. Grace was hosted by Kings Meadows Lions Club.

The Public Speaking winner was Don College student Hollie Jackson. Hollie was hosted by Kentish Lions Club.

It was pleasing to see Madeleine McGregor from Collegiate in the South, hosted by New Norfolk as one of the finalists after no contestants from the South over the last couple of years.



From left to right: Hollie Jackson - Don College; Grace Williams - Launceston Church Grammar; Madeleine McGregor - Collegiate with DG Michael

The Overall National winner was Patrick Cross from Q3 District, and the Public Speaking winner was Hannah Worsley from N1 District.

I have set the dates for next year (*below*) for the incoming President's to consider including this Lions Youth Program as one of their projects for the year.

We cannot offer this program to students if clubs are not willing to participate. I have contacts in the South and will be promoting the program through the schools and media coverage.

### Dates for 2015-2016

- Club Finals to be completed by 1st April 2016
- Regional Finals to be completed by 10th April 2016
- State Final to be held on the 24th April 2016

If your club is interested please contact me so as I will be able to forward stationery to you to run the Club final.

Jenny Trippree - State Coordinator



## A gentle reminder to all Club Secretaries

*There is a special type of Lions Club in our system whose prime reason for being in existence is to help "Stop the Drop". This Lions Club is Australian Lionsonoz, or simply Lionsonoz.*

Lionsonoz was formed in 2009 and chartered in Melbourne by the then International President Al Brandell with 23 members. The idea of Lionsonoz came from the experiences of charter members Lions Kel and Yvie Kearns when they retired, bought a mobile home and took off to see Australia.

They found at many caravan parks other Lions who have done the same thing, however they were quite concerned about the greater percentage of those Lions who had lost touch with their own Clubs and had eventually resigned from Lions altogether.

This represented a large number of dropped Lions who could have stayed on as members if a suitable Lions Club was in existence to cater for these "Grey Nomads".

**The normal rules of transfer apply. When their travelling days are over, they simply transfer back to a Club of their choosing.**

*It took no time to get a Lions Club off the ground to cater for these special people. Lionsonoz has a membership at present of over 40, but it is in constant change.*

When a member of a "Main Stream" Lions Club wants to join Lionsonoz, all he/she needs to do is ask his/her secretary to apply for transfer. The normal rules of transfer apply. When their travelling days are over, they simply transfer back to a Club of their choosing.

*Lionsonoz is definitely not out to "poach" members, it's prime objective is to help retain good Lions who would likely fall by the wayside if this special type of Lions Club was not available to them.*

Lionsonoz does not have an activities account. They do not raise or donate money. The members achieve service hours by offering their assistance to the Lions Clubs in which town they visit. It works out very well.

*It has helped many Lions who find ... cont'd on page 7*

## Earn Your Centennial Celebration Membership Award

Looking for a great way to build your membership and earn rewards?

The Centennial Celebration Membership Awards gives all Lions and Lions clubs the opportunity to earn special limited edition awards for inviting new members and helping to organize new clubs. **Learn more today at:**

<http://members.lionsclubs.org/EN/lions/awards/centennial-membership-awards/>



**FOR YOUR CLUB DIARY****NOTICE OF INCOMING OFFICER  
FORUMS 2015****EAST COAST****(Please note Diary change!)**

Bicheno 10.00am

**Saturday 30th May at the Beach Front  
Motel****NORTH****(Please note Diary change!)**

Launceston 10.00am

**Saturday 23rd May at Brooks High  
School****RSVP & Enquiries: GMT Co-ordinator****Amanda Olson****M: 0419 357 190 E:****amandaaolson@bigpond.com****NORTH WEST**

Wynyard 9.30am

Saturday 23rd May at St Brigid's Primary  
School, Jackson Street

Latrobe 9.30am

Sunday 24th May at Latrobe Primary School,  
Lewis Street**WEST COAST**

Queenstown 10.00am

Sunday 31st May at the Queenstown Club

**RSVP & Enquiries: GLT Co-ordinator****Anne Fagg****M: 0439 027 037 E: amf6388@gmail.com****SOUTH**

Hobart 9.30am

Sunday 31st May at the Community Centre,  
Springfield**RSVP & Enq: RC Hester Van  
Niekerk****M: 0428 127 968 E:****hestervan@hotmail.com**

Anne Fagg

GLT Co-ordinator

Lions District 201T1

**SAFETY OFFICER FORUMS**

Safety is an issue for Lions Clubs and it is important that Safety Officers and members avail themselves of information which enables them to gain a clear understanding to ensure the safety of the public and members.

Lions Paul Cairnduff and Brian Roberts will be conducting forums concerning understanding risk and using a matrix as an assessment tool (a hands-on exercise)

**SAFETY IS EVERYBODY'S BUSINESS**

and therefore I would appreciate Club Executives encourage as many members as possible to attend.

**SOUTH****facilitated by Lion Paul Cairnduff****Hobart**1 pm Sunday 31st May at the Community Centre,  
Springfield.**RSVP & Enquiries: RC Hester Van Niekerk****Mob: 0428 127 968****Email: hestervan@hotmail.com****NORTH WEST****facilitated by Lion Brian Roberts****Latrobe**11.00 a.m. Sunday 24th May at Latrobe Primary  
School, Lewis Street.**RSVP & Enq: GLT Co-ordinator Anne Fagg****Mob: 0439 027 037****Email: amf6388@gmail.com****NORTH****facilitated by Lion Paul Cairnduff****Launceston**Saturday 12<sup>th</sup> September - details to be advised.

Anne Fagg  
GLT Co-ordinator  
Lions District 201T1  
48 Pollards Rd  
ROCKY CAPE TAS 7321  
Ph. 6443 4287  
Mob: 0439 027 037  
Email: amf6388@gmail.com

LIONS CLUBS INTERNATIONAL - Global Leaders in Service

Where there's a need, there's a Lion. Lions Clubs International is the largest service club organization in the world. Our 1.4 million members perform valuable service in 210 countries and geographic areas around the globe.

## UP FOR THE CHALLENGE?

### Recycle For Sight

### MD 201 Category "A" project administered by District 201Q2

Lions Club Name	Collecting Lion/s Name/s	Approximate Number collected 2013-2014	Approximate Number collected to date 2014-2015	Reporting on MVLCI as a project Yes/No	Yes/No
Bicheno	Bob McCreadie	Just started collecting	Non available	Will do	
Bothwell & Districts					
Bridport					
Brighton					
Burnie-Emu Bay					
City of Burnie (Collection transferred to Penguin Dec 2014)	Was John Medwin Membership transfer to Penguin	8 ctns = 3200			
City of Devonport	Kevin Wills	2000+	1200+	Yes	
Clarence					
Deloraine					
Devonport-Mersey	Details to follow				
Dodges Ferry-Southern Beaches	Jean Iles-Haigh	Not counted	Not counted	No	
Flinders Island	Barbara	101			
Forth Valley					
George Town	Doreen Cook	81	30	yes	
Glamorgan					
Glenorchy City					
Hadspen-South Esk	Replied				
Hobart Town	Roy Bonken	6,400	5,000	Yes	
Huon					
Kentish	Don Braid	300	250	yes	
King Island		150 approx. p/a	150	yes	
Kingborough					
Kings Meadows	Derek Fellows	TBA	TBA	Yes	
Latrobe	Mark Campbell	250	160	yes	
Legana (Branch)					
Lilydale	Do not participate	-	-	No	
New Norfolk	Margaret Bester	Project lapsed	Considering re-start	No	
North East					
Penguin/Burnie	John Medwin	(Penguin) 400 pairs	2910 pairs	Yes	
Perth					
Port Cygnet	Marie Duggan	226	50	yes	
Port Sorell	Dallas Griggs	978	489	yes	
Queenstown					
Riverside	Peter Burke	4800 pairs	3200 pairs	yes	
Rocky Cape					
Scottsdale					
Smithton-Circular Head					
Sorell	Details to follow			yes	
Spring Bay	Details to follow			yes	
St Helens					
St Marys	Replied	-	-	No	
Tasman	Replied and follow up				
Ulverstone					
Westbury	Mary Gill	Just started	Will advise		
West Tamar	Bob Hill	250	160	No	Encouraged to do so
Wynyard					
Zeehan					
<b>Totals</b>		<b>19,136+</b>	<b>13,599+</b>		

Above: Known District 201T1 clubs collecting spectacle for recycling.

If your club takes part in this project the District would love to know about it. Please add your club's name, Lion responsible, No's collect during last year, No's collected so far this year, and most importantly, are you reporting this project on My LCI each month? Secretaries have been sent these sheets (as above).

You will notice a challenge image behind the table. That is put there challenging Tasmanian Lions clubs to support this worthy project that provides many thousands of third world country people to see clearly for the first time in their lives.

Does your club keep the Christmas cake cartons? If not please do so and if you don't, or can't, commit to this project for any reason, there are other clubs who may take them off your hands. Discuss this project at your Zone and Regional meetings. Each carton will accept between 350 and 400 pairs of spectacles.

Where I can, I am prepared to address Zone or Regional meetings to explain the Lions Eye Health Program and the relationship of that and the Recycle for Sight.

Secretaries please complete the sheets you were sent and return to Lion John Medwin Ritchie Avenue, Burnie, Tasmania. 7320

### TICK WARNING



Please send this warning to everyone on your e-mail list. If someone comes to your front door saying they are checking for ticks due to the warm weather and asks you to take your clothes off and dance around with your arms up, DO NOT DO IT!! THIS IS A SCAM!! They only want to see you dance naked. I wish I'd gotten this yesterday... I feel so stupid.

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themselves Club-less when their own Lions Club folds and for ladies of the Lions family who are not welcome in a males only Lions Club.

Lionsonoz does not cater for non-Lions. The applicant must have had Lions experience because of the difficulties a non-Lion would have with the isolation and lack of personal contact with other Lions members.

A transferee must also be computer literate and have available computer connection to the internet because the meetings are conducted through Skype Messenger on the third Monday evening of the month.

If you need any further information please visit our website at: [www.lionsonoz.nsw.lions.org.au](http://www.lionsonoz.nsw.lions.org.au)

PDG Lion Warren White



## Vale

**Lions Lady Helen Clarke  
Died Saturday 18th April 2015**  
at her home in Devonport.

Helen was the wife of  
3rd Vice-President Bill Clarke  
and  
had been a Lions Lady  
for the last 22 years.

Helen had been sick since September last year with trips to the Royal Hobart and Launceston General Hospitals and was eventually allowed home.

The 201T1 Lions family extends condolences to Lion Bill and his family on Helen's passing.

Vere Cooper  
Z4 Chairman



## VANUATU DISASTER

Following the March cyclone in Vanuatu, and in response to the LCIF Vanuatu Disaster Appeal, the Lions Clubs of 201T1 were again responsive to the needs of others. In the initial period of 2 weeks, up to April 10, twelve (12) Clubs made donations totalling A\$12,100. More Clubs have since responded. The total of donations recorded by LCIF as of 30 April now exceed US\$25,000. **A great effort by Tasmanian Lions.**

**Appeal has also been made to assist in Nepal following the earthquake disaster..**

**All donations to assist in these disasters should be made out to "LCI/LCIF Disaster Relief" and sent to the Cabinet Treasurer.**

As we near the end of the Lions year I bring to the attention of all Clubs the need to make a donation to LCIF this year as part of the qualification for the Club Excellence Award. **It is recommended that, due to the administrative time lag between a Club Treasurer writing the cheque and its recognition by LCIF in Chicago, all donations should be made before the end of May.** LCIF is very busy mid-year and past experience indicates that donations made late in June to not receive recognition until July.

**Do not leave it to the last moment to make your Club's donation.**

John Gillham, PDG - LCIF District Coordinator - [lcif@lionstasmania.com](mailto:lcif@lionstasmania.com) or [vsbtas@bigpond.com](mailto:vsbtas@bigpond.com)



### AUSTRALIAN LIONS CHILDREN'S MOBILITY FOUNDATION (ALCMF)

*I recently attended the MD Convention in Newcastle and at the convention as the new Tasmanian Trustee for ALCMF or Australian Lions Children's Mobility Foundation, I was honoured to meet a little girl named Marley.*

Marley was born with Cerebral Palsy and without the use of her legs as a toddler she had to crawl on her belly to get around.

**That was until Lions stepped in and was able to fund a simple**



**walking frame for her.**

On stage at the Newcastle convention Marley showed us all how a simple gift like the frame has changed her life.

**Marley now is not only is able to stand upright but zooms about with the biggest of smiles and the change in her is amazing.**

*This is what we as Lions expect for the work that we do .....a smile on a little girl's face is our thank you.*

**PDG George Bugeja**





## Lions Biggest BBQ for Childhood Cancer



Lions Club of Port Cygnet recently held a **BIGGEST BBO for Childhood Cancer** in Huonville which was organized to perfection by Lion Sarah who is pictured above with the Mayor of Huonville, Clr Peter Coad at left.

On the right is the Club's Tail Twister Lion Robert who was not told he might be in the photograph and therefore forgot to smile!!



Lion Robert our Tail Twister is also handy when it comes to auction off produce from our trade table which is a good fundraiser. Living in an area where most people have a vegie patch there is lots on offer as seen here.

**Karin Bluemmel - Secretary**

## Ulverstone Lions Club 50th Anniversary

May 25th marks 50 years since the Ulverstone Lions Club was founded, the club was sponsored by the City of Devonport Club.



In its 50 years the club has maintained a healthy membership and even in today's environment boasts a steady membership of fifty (50).

The club has consistently had members involved in the zone and district as well as the Tasmanian Lions Foundation, and we have enjoyed hosting three (3) District Conventions.

*The board and members of the club, invite all Lions and their partners to join us to celebrate this milestone occasion at the Ulverstone Rowing Club on Saturday May 23rd.*

There will be a couple of speeches, but there will more celebration and much fellowship followed by entertainment from local band **"Hits and Misses."** *Cost is \$30/head for a 4 course meal and music.*

On Sunday the 24th at 2 pm the club will unveil the Central Coast Memorial Wall (*see below*), which recognizes all of the recipients of Citizen of the Year Awards since their inception in 1983.

The wall is a joint project between the Lions Club and the Central Coast Council. The wall is located in the small park at the junction of Alexandra Road and Reibey St adjacent to the Memorial Clock.

For more information please contact: Lion Brian McKenna on 0428 293 259.

To reserve you seat at our dinner please RSVP to: Secretary Brian Peters on 6429 3334.

## DISTRICT STAMP COLLECTING

*Last year a sum of \$7000 was raised to help fund the purchase of walkers for children with disabilities.*

Over the past 10 years some \$30,000 has been raised and donated to the Mobility Foundation.

**Lions though the Foundation have promised to buy walking aids for every child in Australia requiring assistance to walk providing they are assessed by a fully trained physiotherapist.**

Anyone willing to collect and donate stamps will indirectly be giving a child the opportunity to walk.

I would like to say to you all that age is no barrier to participate in this project and is a project.

*Very little effort is required and is equally very rewarding to you as you know your efforts are giving someone a better life.*

With the drop off in letters, we need to find extra donors to help us pick up this shortfall.

**I am appealing to all Lions, Leo's and Lionesses to participate in this project. we all have family and close friends and many have good business contacts.**

If you don't have time to trim stamps that is no problem, as we have sufficient numbers to carry this out.

Once collected they can be sent direct to myself at

**11 Camina Court,  
Riverside, TAS 7250,**

**I look forward to your continued support and eagerly await new participants.**

Until next month.

**Peter Burke, Co-ordinator  
Riverside Lions Club**

**P.S.**

**Stamps if in big quantities, can be given to your Zone Chairman or Cabinet Member who will get them to me.**



# 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: JUNE 10th**

## Cardiac arrest or heart attack?



*People often use the terms 'cardiac arrest' and 'heart attack' interchangeably, but these medical emergencies are not the same thing. Do you know the difference? If so, it could save someone's life – maybe even yours – one day.*

### What is cardiac arrest?

Cardiac arrest is an 'electrical' failure of the heart. This malfunction causes the heart to beat irregularly (arrhythmia), which can stop it from pumping blood around the body.

When blood stops circulating, the brain, lungs and other vital organs are starved of oxygen. Seconds later, the person loses consciousness and stops breathing. Without emergency treatment, they can die within minutes.

### What to do:

Cardiac arrests usually occur suddenly, so there are no warning signs. However, if the person is treated within a few minutes of the arrest, then it may be reversed.

**So, if you suspect someone is having a cardiac arrest, you will need to act immediately. Call for an ambulance on 000 from any phone, or 112 from your mobile if you have poor or no reception. Then check the person: if they are not responsive and have no pulse, begin CPR**

while you wait for medical help to arrive.

**N.B. Uninterrupted CPR increases the person's chance of surviving.**

### What is a heart attack?

A heart attack happens when blood flow to your heart is blocked. This means less oxygen-rich blood reaches your heart. Oxygen is life, so with less of it, your heart muscle begins to die, which can cause permanent damage to the heart. This can lead to death.

During a heart attack, the heart usually doesn't stop beating – unless it goes into cardiac arrest (see below).

**Typical heart attack symptoms can include:**

- **pain/discomfort in the chest or other upper areas of the body, such as your jaw, back, neck, shoulders or arms,**
- **shortness of breath,**
- **cold sweats.**
- **nausea/vomiting,**
- **dizziness.**

However, it's important to know that heart attack symptoms can vary from person to person. For example, while the majority experience some form of pain, a small percentage of people don't. Also, symptoms tend to start slowly and persist

for hours, but for some people, can be immediate and intense. *For these reasons, identifying whether you or someone else is having a heart attack can be difficult.*

### What to do:

*Even if you're unsure if you or someone else is having a heart attack, call an ambulance immediately. Sit or lie down while waiting for help to arrive; don't drive to the hospital yourself.*

### Is there a link between the two?

Heart attacks and cardiac arrests are both usually linked to coronary (or ischaemic) heart disease.

*Even though most heart attacks don't result in cardiac arrest, most cardiac arrests are often caused by heart attacks.*

### Remember those numbers:

*For an ambulance call 000 from any phone, or 112 from your mobile if you have poor or no reception.*

## Our District Count

**31 March 2015**

Clubs: 50

Membership: 1243

**30 April 2015**

**Clubs: 49**

**Membership: 1248**

YTD ADD 146

YTD DROP 134

YTD GROWTH % 0.97

### Vale

#### EVA MAY JOHNSTONE

the wife of PDG Easton Johnson (dec), died on 7th May 2015. Her funeral was held at All Saints Anglican Church, Currie, King Island on 12th May.

Zone 4 Chairman Vere Cooper, attended the funeral with members of the King Island Lions Club. **Eva** was born on 8th December 1925 and was in her 90th year.



## The Last Word...

**"When you are dissatisfied and would like to go back to your youth, think of algebra!"**