

# LIONS TASMANIA



— 1917 — 2017 —

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**Lions Clubs International**

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**"Serve your community in such a way so that when you say to your neighbour "I am a Lion" he won't ask "what is a Lion?"**

In April I visited **Flinders Island** with **Cabinet Secretary Robin Pulford** and had a really good two days with **Lion Alison** as our chauffeur.

At the Club dinner meeting I had the privilege of presenting Melvin Jones Fellowships to both **Margaret and Alan Wheatley**. I also inducted **Claire Gaby** as a remote **Leo of Penguin Leo's Club**.

We had a trip to **Killiecrankie** for a scrumptious crayfish lunch, provided by **Margaret Wheatley**, I wasn't very good with the claws and legs, but **Robin** did good job! Also spent time with the new Secretary and Treasurer, which was time well spent.

I have also visited **LC of Bicheno**, only a small group, but a very friendly evening. Being able to sit and have a good round table discussion made it easy to discuss concerns and pass on information and advice. They have a new Lions computer so are all set to record their information.

I stole three days and went to **Fingal** to my brother laws Viv's property for R&R, where we planted over six-hundred (600) bulbs, that I had taken from my garden! Planting was supervised by 'Copper' the dog. I am really looking forward going back in the Spring.

The **Lions Youth of the Year** programme has been held in many Clubs. As Clubs or Regions finals. I thank all the Club Chairman and co-coordinators' who have to spend many hours in making sure they

are very well run events.

I was able to attend two Club finals in the South and the State Final hosted by **LC Clarence** at the **Clarence Council Chambers**, which is an excellent venue for this type of event.

Thank you to **Lion Jenny Trippetree** for all the time and effort she puts into making sure the **Lions Youth of the Year** competition is a very successful event within the District.

She will now be going to **Echuca** to join all the other State Coordinators in supervising the State Winners at the MD Finals.

As always, the young youth who participate give us an insight into their thinking and knowledge, and makes one proud to think they will be our leaders in the future.

**T1 Lions** have become celebrities this month, with a photo of our own **Lion/Leo Jenna Moate**, as a happy camper at the **Lions International Youth Camp** in New Zealand. This was seen in the South Pacific Edition of the Lions Magazine.

Speaking of magazines, in the "My Country Style" magazine, there featured an article on **PDG Toby Crawford and the LYNX Project**, that he started and which **T1 Lions** continue to support.

I have been a subscriber to "My Country Style" for nearly ten (10) years and now I am looking forward to the snap shot on Lions every month!

**March -April remain membership months**, and I continue to ask that every Club be proactive in promoting the Clubs and **Lions Clubs International**, by inviting others to join Lions.

Next all must remember the dates of the "Club Development Day" has been organised in your areas. Please encourage all Lion members to attend. By now all Clubs would have received in new power point for new & old members to be used in your clubs.

I will be going to **Echuca** to attend the **Council of Governors** meetings and the **MD Convention 8th May-18th May**.

We are having a booth at the Convention to

promote the 100 years' anniversary of Lions and the 65th Multiple District Convention in May 2017 at **Wrest Point**, in **Hobart**.



*In Lionism, DG Annette*

## Contents

**Cover DG Report**

**2 Heroes Need Heroes**

**3 2016 201T1 District Convention**

**3 YOTY Report**

**4 LCIF Earthquakes Appeal**

**5 District Centennial Report**

**6-7 LYNX Reprint from Magazine**

**8 Welcome to the Lions Family**

**9 Spectacles Recycling**

**10 Family Genetics - Part 2**



# HEROES NEED HEROES

Heroes Need Heroes Inc. (HNH) is a registered Australian charity, dedicated to the redistribution of decommissioned ambulance, rescue & health equipment to developing services.

*HNH is now registered with the Australian Charity and not-for-profits Commission (ACNC) and incorporated within Tasmania.*

The Lions Club of Sorell who are major sponsors of HNH, wanted to introduce the charity and its founder/president Michael Fawcett (*Bach. Health Science (Paramedic)*).

In the past two years, HNH have reached their AU\$180,000 mark for recycling and purchasing ambulance and rescue equipment. They have also taught over 3,500 people skills in CPR and life-saving first aid in Thailand and started a similar program in Fiji. **None of this could be achieved without our home heroes!**

Last year HNH purchased a CPR machine valued at AU\$25,000 for Vanuatu's heroes. This piece of equipment has been put into action on several occasions in Vanuatu, where it now provides a high level of intervention for patients suffering from Cardiac Arrest.

HNH Vice President, Trent, has recently visited Thailand, where he delivered over AU\$5,000 worth of brand new equipment to the Kanchanaburi Ambulance Service.

We have submissions with the Australian Embassies in Thailand, Fiji and Haiti for grants through the Australian Aid Programs.

**Why Haiti?** HNH were contacted by some American Paramedics who wanted to help, so it was thought HNH would help them set up a USA branch of HNH and it is hoped to kick this program off with a grant through the **Direct Aid Programs!**

HNH have also sponsored an Emergency Nurse from the Royal Hobart Hospital to volunteer on a mission to PNG with the Youth With a Mission (YWAM) Hospital ship (**pictured here with volunteers and donated equipment**) in March this year. HNH hope to jump 'on board'



Teaching people in overseas countries skills in CPR and life-saving first aid is part of HNH



Equipment donated by Lions Club of Sorell



themselves later in the year (when Michael has time!).

Last year, the Charity also sent the ship two primary response kits (fully kitted) and stretchers to assist with patient extrication outside of the ship.

In September 2015, HNH sponsored a school student (from Hobart) to go to Cambodia and deliver first aid equipment and promote another generation of humanitarian work.

*Michael Fawcett says, "we have some exciting plans for training and further assistance for our mates in Fiji! We have even placed a grant application with the Pacific Humanitarian Challenge (in conjunction with Australia Aid) to prepare and assist emergency access in the event of large scale natural disasters, such as the recent Cyclone in Fiji."*

*We believe that the world leaders have a responsibility to our Pacific neighbours, to prepare them for Global Warming. We have a great team of both Australians and Fijians on board to offer a diverse multidisciplinary approach to deliver a successful program. We have a shipping container in Australia, currently being filled with ambulance and rescue equipment, ready to dispatch to assist Fiji's frontline heroes.*

HNH is also working with Rotary International to build a strong partnership which we hope to further develop in the near future. **Sorell Lions would like to see other T1 Clubs get involved with this locally conceived and ongoing essential and much appreciated charity.** HNH deals with many of those ideals and projects so close to **Lions** hearts namely: health and equipment (both used and new, sponsoring individual participation (with younger folk, the next generation of humanitarian workers), disaster relief and the environment.

The HNH team believes that the future success and growth of their charity, requires a strong network of multi-skilled and shared experiences to achieve joint goals in improving health and health education.

You can always follow HNH  
on FaceBook  
which is regularly updated at:

<https://www.facebook.com/HeroesNeedHeroesHNH>

# 2016 201T1 DISTRICT CONVENTION

Our Committee members have been working hard to make this Convention the most interesting and entertaining meeting yet.

Throughout the Convention there will be some very interesting guest speakers, a comical interlude and background music on Saturday night as well.

For the partners, there will be a guided bus tour available taking them to a number of attractions in the area, some not found anywhere else in the state.

There is also a number of walking tracks, or just a walk around town will offer retail outlets offering a variety of wares from Antiques to fudge to ice creams and bakeries.

One of Latrobe's biggest attractions "Reliquaire" unfortunately burnt to the ground last December, but has re-opened on a much smaller scale until they rebuild, so pop your head in there as well.

As mentioned in my last letter, accommodation in Latrobe is limited, but what is here is top class, so if you want to stay in Latrobe then I suggest you book early. These are:

- ◆ **Sherwood View B & B – 4 star** Go to <http://www.sherwoodview.com.au/>
- ◆ **Lucinda B & B - 4 star** Go to <http://www.lucindabedandbreakfast.com/> the 3 rooms here have been reserved for the Convention to be confirmed by the visitors, so if you want to stay here mention the Convention when you call.
- ◆ **A Country View** – Go to <http://www.countryviewstays.com.au/>

If these are already booked then Port Sorell and Devonport offer a wide range of accommodation from Caravan parks, to B & B's, to Hotels.

An outstanding B &B in Devonport is Birchwood on the River, offering a choice of 2 self-contained apartments. Go to <http://birchwoodontheriver.com.au/> for this one. Rex and Julia will ensure you have a very pleasant stay.

*The Latrobe or Devonport Information Centres can assist you with all of these.*

**Don't forget - The Convention dates are 11th – 13th November, so set those days aside in your calendar and come and join us for what promises to be an interesting and enjoyable weekend.**

Until then  
**Kevin Moulden**  
Chairman

## Our District Count

**31 March 2016**

**Clubs:** 50  
**Membership:** 1247

**30 April 2016**

**Clubs:** 50  
**Membership:** 1223  
YTD ADD 89  
YTD DROP 120  
**YTD GROWTH % - 2.47**

**Status: "Established district"**



A very successful State Final was held on Saturday 23rd April at the Clarence Council Chambers, hosted by the Lions Club of Clarence.

This was achieved by the many hours and hard work from David McDavitt, Peter Goldstone and Robin Pulford, not forgetting the members and partners for the excellent lunch and afternoon tea. **THANK YOU!**

*Students Jessie Horder-Geraghty from Collegiate, Rhianna Lovegrove from Scotch Oakburn and Rowena McPhee from Don College battled it out in the presence of five (5) Judges for State Winner.*

**Jessie Horder-Geraghty** was judged Overall Winner and Rowena McPhee the Public Speaking Winner.

After the State Final Jessie was confronted with a very difficult situation to either attend the National Final of the YOTY or attend the National Debating Competitions in Sydney which both of them are held on the same day.

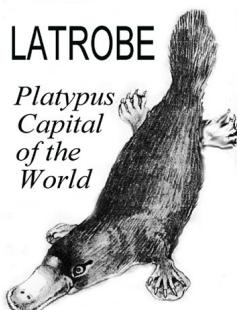
Jessie being devastated and with regret chose not to let her Debating Team down as Co-Captain and school declined from the Youth of the Year National Final.

As a result of this Rowena McPhee was judged runner-up and will represent our District at the National Final.

This year saw an increase in club participation to twelve (12). *I thank all those clubs and Club Chairman for all their hard work especially the Lions Club of Sorell for hosting their first club final.*

Finally, a big **THANK YOU** to Russell Cairns for accepting to take on the Southern Coordinator role, this made my work a lot lighter.

**Jenny Trippetree**  
State Coordinator YOTY



Students with DC Jenny and Lion Russell





## TASMANIAN LIONS FOUNDATION

Following our last Foundation meeting, the following a grant request from

**City of Devonport** we pledged to support their request to the extent of \$5000 subject to the balance of funds being sourced to purchase a motor vehicle to transport children in their area.

### PLEASE NOTE

For the next three weeks I will be away and returning at end of May. In the meantime any club requiring a TLF Fellowship Certificate will you please

**NOTE** to send your requests to

**Lion Phil Robinson**

11 Harrington Court, Norwood,  
Launceston TAS 7250

To encourage members to know more about the Foundation, we have Trustees willing to visit your Club as a guest speaker and outline what we are about and the services we offer. I do hope you take advantage of the offer.

Keep up the good work within your community and support your Foundation.

Until next month,  
Regards to you all.

Peter Burke Secretary



## IS A COMPUTER MALE OR FEMALE?

A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil,' however, is masculine: 'el lápiz.'

**A student asked, 'What gender is 'computer'?'**

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether computer' should be a masculine or a feminine noun.

Each group was asked to give four reasons for its recommendation and the following are the results.....

## DEADLY EARTHQUAKES STRIKES TWO NATIONS

Dear Lions, Lioness and Leos,

Over recent weeks we have had two earthquakes strike both Japan and Ecuador. In Japan the quake struck the Kumamoto Prefecture. Another quake struck Ecuador only 24 hours later this earthquake had a magnitude of **7.8**. **Hundreds are dead, thousands are injured, and many more are homeless**

**Lions Club International Foundation (LCIF)** has responded by awarding major catastrophe grants to both Japan and Ecuador, but the people impacted by these terrible disasters will need your help to recover. That's why we're asking for your support.

A Major Catastrophe Grant of **US\$250,000** has already been approved to help fund relief efforts in Japan, with a further **US\$150,000** being mobilized for Ecuador.

Your donations will help provide immediate relief – food, water, clothing, supplies, and temporary shelter – and ongoing assistance. Lions will be there to help those communities rebuild and regain hope following these disasters.

**Lions your generosity enables us to respond to disasters whenever and wherever they strike. We hope that you will keep the victims in your thoughts and prayers, and we ask you to join us in giving as only LIONS do.**

Your donation to the **LCIF Disaster Relief Fund** will enable much needed assistance to be given to Disaster related projects throughout the world including Japan and Ecuador. Send your cheque in Australian Dollars to the Cabinet Treasurer.

Your donation to the Disaster Relief Fund will be eligible to go towards a Melvin Jones Fellowship or Progressive Melvin Jones Fellowship, and may be directed specifically to Japan or Ecuador.

**100% of every dollar donated to LCIF goes to the people in need.**

**Please help...**

Tom Becker

LCIF MD201 Co-ordinator

John Gillham

LCIF 201T1 Co-ordinator



The men's group decided that 'computer' should definitely be of the feminine gender ('la computadora'), because:

1. No one but their creator understands their internal logic;
- 2.. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.



The women's group, however, concluded that computers should be Masculine ('el computador'), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they **ARE** the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model!



# District Centennial Report



In the May Edition of Magazine "Country Style"

is information on our LYNX Program etc just turn to

pages 88, 89, 90 and 91. We are very fortunate to have the Crawford Family in our District – buy a copy of "Country Style" and read for yourselves. (N.B. some of article on pages 6-7).

Several Clubs have been in touch with me regarding a Centennial Community Project- some projects already have been completed and some still in progress- what a great opportunity for your Club to be involved – it would be ideal if there were 50 Clubs in our District to have a Centennial Community Projects.

## Lions Centennial Environment Project – Environmental Day Sunday March 20th

### Seven Mile Beach - Weeds removal from roadside to dunes area

The intention of this project was to assist in the removal of juvenile radiata pine, boneseed and lupin, all considered weeds. This would allow the area to return to a more native Tasmanian bush reserve. Coastal wattle would also be reduced in areas where indigenous white gums are growing. Additional planting of indigenous trees would also be carried out over time. Each Club would plant native eucalypts supplied by Sorell Lions Club today.

Weather turned out perfectly for the day, no rain or wind, cloudy skies and moderate temperature in the high teens.

A group of 21 participants, Lions members, a local Coast Care representative and a representative from Clarence Council, who brought along his son, gathered at the Day Use 1 area at 10 am for a briefing from event organizers, Lions Geoff Clow and David Ritson on the work involved and a few essential safety reminders.



Lions members from Sorell, Dodges Ferry, Hobart Town and Clarence Clubs attended for a total of 72 hours work (28 hours for Sorell Lions).

**Thank you to Lions David Ritson and Geoff Clow for the above part of their interesting report which is featured in full with photos on page 8-9.**

### Connect with your community by planning a Centennial:-

Community Legacy Project during our Centennial

Celebration. Legacy Projects are visible gifts to your community that commemorate our Centennial and create a lasting legacy of your service contributions.

### Plan Your Legacy Project

All Lions clubs around the world are encouraged to complete a Legacy Project by June 30, 2018. With three levels of participation, there's an opportunity for every club to get involved.

### Promote Your Legacy Project

Your Legacy Project is an opportunity to showcase your project and club to the community. These tips can help you maximize this great PR opportunity:

- \* Dedication Ceremony – Host a dedication or ribbon cutting ceremony and invite your community and media to attend.
- \* Social Media – Share your project on social media and ask your community to share photos at the site of your Legacy Project. Use the hashtag #Lions100 on all your Centennial posts.
- \* Local Media – Send out a press release or ask a reporter to help tell your story.

### Report Your Legacy Project

Be sure to report your Legacy Project using the MyLCI Service Activity Report, under the Community and Culture activity type. Clubs can earn a special banner patch, and select projects will be featured on the LCI website, social media and LION Magazine.

Would Clubs please advise me of their Club's Community Legacy Projects plus a written report so I can enter the information in the Centennial Newsletters as well as reporting to MD.

There are 21 Clubs that have not as yet recorded their Centennial Campaigns – come on let us get to 50 Clubs in completion. Make our District work toward the 100 years celebrations.

At the end of April our District recorded 65, 384 service hours and the number of People served a staggering 210,738,! Congratulations to those Clubs who have recorded this information on MYLCI.

## MD CONVENTION - 2017

Finally, a reminder of the Multiple District's Centennial Convention to be held in our own District in Hobart from 5th - 9th May, 2017 at Wrest Point Casino.

Let us make this a memorable event for T1 as the working Committee has been working many hours getting plans in place.

## Michael MacLaren

Immediate Past District Governor  
Centennial Co-ordinator for 2017T1

## DISTRICT STAMP COLLECTING

Thanks to all who continue to support this project **THANK YOU** keep up the good work.

We still would and invite Members who have not yet taken up our request to help a child to walk.

**All stamps can be posted directly to me at 11 Camina Court, Riverside TAS 7250**

N.B. Remember, if you have a large parcel of stamps, the cost of postage can be reimbursed through your Activities Account as all funds raised from this project go the Lions Mobility Foundation, which is a registered project.

Alternatively, you may give them to a Cabinet Officer and they will get them to me.

**Keep up the good work in your community...**

Kind Regards

**Peter Burke**

Co-ordinator

Riverside Lions Club





## **LYNX - Lions Network Youth Xpress**

As mentioned in DG Annette's report on page 1 of this issue, the following is part of a feature spread in the "My Country Style" magazine and features PDG Toby Crawford and the LYNX Project. It reads in part ...

**WHEN THE YOUTH** Insearch program for 'at risk' youth pulled out of Tasmania over a decade ago because of behaviour issues experienced at one of their weekend camps, a local stepped up to bridge the gap: Lions member Dale "Toby" Crawford. Toby, now 56 and a builder by trade, has been associated with Lions in Penguin, northwest Tasmania, since he was 17 years old.

"After Youth Insearch pulled out, we decided to work out how we could do it differently," Toby says, explaining how his family set about establishing a new program supported by Lions called **LYNX (Lions Youth Network Xpress)**, "so a heap of young ones weren't left swinging without completion". The program, which to date has helped around 100 young people, is designed to address 'big life' issues, such as self-esteem, drug and alcohol abuse, family relationships, assault and abuse, and grief.

One such teenager was Courtney Hill, then a rebellious 14-year-old from a broken home. She coped by drinking too much, smoking marijuana, riding in fast cars and fighting with her peers. It was hard to keep her in school and she was suspended from two. The future looked bleak.

"I was pretty far gone," Courtney says. "Mum gave us everything she possibly could, but she and my dad split up when I was seven. It was hard growing up without a dad and just mum trying to support four kids." "She was a bugger of a kid," says Toby, sharing a smile with the young woman who today stands proudly with him and his daughter Louise Eiszale, on Toby's 12-hectare property near Natone in the state's north-west. "She knows where she was then. Thank goodness we helped her to move on, to talk about her problems and overcome them."

Courtney agrees - Toby has become something of a surrogate father to her - and is proud to say she went on to finish Year 10 at TAFE. Now, at 24, she's had time,

although she is still young, to reflect on her troubled beginnings. "I was a big 'blockie' person" (she met her husband on the 'blockie' route in Launceston, driving cars around the CBD at night), "but now I look back, it was just a waste of fuel."

From such beginnings, through her involvement with the LYNX program of workshops, Courtney is now a youth leader and adult support, and has also been able to move on in her personal life. A devoted mother of three and part-time teacher's aide, she lives on a 12-hectare property north of Launceston with her husband, Hugh, their children Daniel, six, Jake, four, and Savanna, two. "I love my family, they're everything."

Courtney's pride in her children is clear as she praises eldest son Daniel for his sensitivity. "He's so kind," she says. "We now pack two lots of fruit in his school lunchbox because he's always giving his to kids who haven't got any." "She'd do anything for them," acknowledges Toby, "which makes me so proud when you look at where she's come from."

*Our program has an 80-85 per cent success rate. You hear of so many people up before the courts blaming their crimes on a poor upbringing, but I want to ask them, 'Did you make the right choices to try and change that, or was it just easier for you to go the way you went?'*

So what kept Courtney in the program when nothing else worked? Toby and Louise, for one. "They never made me talk or forced me to do anything," Courtney says. "Growing up, I found it hard trying to fit in with what people called 'normal'. At LYNX you didn't have to fit in with that."

"Courtney is living proof that you can change your future," says Toby. "They may have changed without LYNX but we give kids an opportunity to talk openly about their problems so there's no bad egg sitting and rotting inside their soul. *The young people in the program have a lot of issues to do with trust and it takes time to build that up - some take five or six years to open up. In time they're comfortable to talk to anyone freely about their life.*

*Courtney's story is an affirmation of that. We taught her how to deliver the program and she's now a guiding light.*"

Family and community service are key tenets of Toby's life. He met his wife, Julie, through Lions and three of their children are also involved with LYNX, including Louise. The 31-year-old teacher and mother of two from Stowport near Burnie, remembers

seeing a change in Courtney when people started to take the time to listen to her and value what she was saying. "Courtney started to realize that her own experiences and the decisions she made could affect other people in a positive way," says Louise. It's the spark that has helped Courtney become a role model herself. "By using what she's been through, she can be supportive of other young people and has found something she can do with her life that she's good at."

*I think it's important to have programs like LYNX within a community, continues Louise. If I've pulled out we'd be leaving a group of young people for whom we are the only adults they can trust and call on at any time of the day or night. If we weren't here, they wouldn't have developed those skills sets with another person who can help them make the right decisions. Everyone has to have somebody to turn to if they're stuck in a hole. A lot of the young people we see don't have the kind of family that we all just take for granted.*"

Toby and his family have welcomed Courtney and others like her. "We've always said family should come first," says Toby, "then your job, then Lions and service work. I get frustrated when people say they haven't got time and yet they sit around doing nothing. You can always find time."

For more information about Lions Australia telephone (02) 4940 8033 or visit lionsclubs.org.au

See also page next page (6) ...

**"...WE ARE THE ONLY  
ADULTS THEY CAN  
TRUST AND CALL ON  
AT ANY TIME..."**

Three of Toby's children - including Louise - are involved with LYNX...

## Konnichiwa!

The 99th Lions Clubs International Convention will be held in the charming City of Fukuoka, Japan, June 24th – June 28th, 2016.



Fukuoka is a well-balanced harmony between the old and new. Historically, it is the merging of two cities; the port city of Hakata and the former castle town of Fukuoka were unified.

Fukuoka City is also the pioneer in using reclaimed water; its urban vitality and heartfelt hospitality are just some of the reasons that make Fukuoka City a wonderful place to visit.

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



### DISTRICT STAMP COLLECTING

I have just received advices of our efforts throughout the year.

You will no doubt be delighted to know that we have had an outstanding year this year and I am pleased that we are part of this effort when a cheque of \$13,500 will be presented to the ALCMF. (Mobility Foundation). Congratulations to you all for your efforts.

### WELL DONE EVERYONE!

The amount raised comes from the sale of 413 kilos of stamps sold during the year. Thank you again for your support. I know with all supporting this project i.e. Lions, LEOS, Lionesses we can continue to increase the amount and make and give a child a chance to walk.

REMEMBER - WHERE THERE A NEED  
A MEMBER OF THE LIONS FAMILY  
CAN ASSIST...

Looking forward to your continued support and hope to welcome new supporters.

Kind regards. Peter Burke. Co-ordinator

## WHAT IS LYNX?

The Lions Youth Network Xpress, or LYNX, was set up through the Lions Clubs of Tasmania 10 years ago, with the aim to assist and empower young Tasmanians aged 14-20 to introduce positive changes in their lives'

LYNX allows young people the opportunity to share their stories, meet other young people in similar situations, and to access resources, and peer support.

Day-long workshops are held four times a year exploring issues associated with trust, self esteem, drugs and alcohol, parent/adolescent relationships, assault, abuse and grief, LYNX workshops are run by Youth Leaders with guidance and support from Support Adults who may also offer after support by making appropriate referrals on a needs basis.

Workshops are held free of charge thanks to donations made by Tasmanian Lions Clubs.

For further information and dates of the next series of workshops contact Toby Crawford on 0418 141 236; email djcrawford2001@yahoo.com.au



# WELCOME TO THE LIONS FAMILY

APRIL 2016

**City of Devonport**  
Hayley Martin  
*Sponsor: Brian Ralston*

**Kentish**  
Athalie Verrall  
*Sponsor: Robyn Kelly*

**Lilydale**  
Alfred Brown  
*Sponsor: Helen Chick*

**Helen Brown**  
*Sponsor: Julie Livingstonn*

**Penguin**  
Kellie Bryan  
Chris McKay  
*Sponsor: Glenys Clarke*

**Queenstown**  
David McGee  
*Sponsor:*

**St. Helens**  
Colleen Nalder  
*Sponsor: Anthony Bradley*



**WELCOME**

## People, Bikes & Cars @Rocky Cape

On 24th April 2016 Rocky Cape Lions Club held its second annual car and bike show, Top Gear@Rocky Cape at the Rocky Cape Tavern.

It was an outstanding success with over 160 car and bike entries on the day and over 2000 people attending the show and adjoining market.

Crowd numbers and competition entries were unprecedented due to the unseasonably warm weather and the small band of Lions' volunteers and their helpers were run off their feet ensuring that

everything ran smoothly!

Taj Hanson was excited to be allowed to sit in one of the car entries



There were 10 trophies and 9 raffle prizes on the day, and more money was raised through the auction of donated goods.

This year all funds are to be donated to the family of Lily Best, a four year old battling juvenile cancer. The club raised a substantial amount of money towards this worthy cause.

The Top Gear committee would like to thank trophy and raffle prize donors, judges, helpers and everyone who supported our

successful event. Bring on next year!



Early in the day and the field at the Rocky Cape Tavern was filling up fast

**Victoria Cochrane**  
Rocky Cape Lions Club



ordinary people  
amazing things

## Recycled Glasses Drive to help the less fortunate

**Lions Recycle for Sight  
receives support from  
Eyelines Tasmania during May**

*Eyelines Tasmania recycle their old glasses to third world countries for Sight program.*

These old glasses are members and recycled to As an incentive to recycle offering a \$50 on the spot glasses.



*encourages everyone to help the sight affected in through the Lions Recycle*

collected by dedicated Lions help those less fortunate. in May - Eyelines is trade in off a new pair of

**Will Downie CEO of Eyelines  
is keen on the company  
supporting such a significant project.**

*When you trade in your old glasses, we recycle them by forwarding the glasses to Queensland where they are quality tested, washed and dried, graded, sorted and packed. These recycled glasses are forwarded to Lions Clubs, church missions and humanitarian groups in third world countries to be given to people in need."*

Last year alone, in excess of 26,000 pairs of spectacles left the state for other areas of the world where there is a need such as Africa, Solomon Islands, Moldova, India, East Timor, Fiji, and other islands on the Pacific Rim.

For some it is the first time in their lives that they have seen family members clearly.

Optometry services and products are simply not available, too expensive or out of reach for the majority of the third world population.

The Lions Recycle for Sight ensures supplies of various graded glasses are instantly on hand to give to adults and children who are sight affected, improving their quality of life.

**Eyelines is hoping to reach a target of  
1400 glasses for the  
Lions Recycle for Sight Project in May.**

*To support the Lions Recycle for Sight Project bring in your old frames to any Eyelines store across Tasmania or log on to [eyelines.com.au](http://eyelines.com.au) or call 1300 139 363 for more information.*

Contact:

Mary-Anne Legro  
Marketing Manager Eyelines  
0408 188 223  
[mlegro@eyelines.com.au](mailto:mlegro@eyelines.com.au)



**LEHP-Australia  
Lions Eye Health Program**



indigenous trees would also be carried out over time. Each Club would plant native eucalypts supplied by Sorell Lions Club today.

Weather turned out perfectly for the day, no rain or wind, cloudy skies and moderate temperature in the high teens.

A group of 21 participants, Lions members, a local Coast Care representative and a representative from Clarence Council, who brought along his son, gathered at the Day Use 1 area at 10 am for a briefing from event organisers, Lions Geoff Clow and David Ritson on the work involved and a few essential safety reminders.

## Lions Centennial Environment Project

Environmental Day  
Sunday March 20<sup>th</sup>  
Seven Mile Beach



### Weeds removal from roadside to dunes area

The intention of this project was to assist in the removal of juvenile radiata pine, boneseed and lupin, all considered weeds.

This would allow the area to return to a more native Tasmanian bush reserve. Coastal wattle would also be reduced in areas where indigenous white gums are growing. Additional planting of



Lions members from Sorell, Dodges Ferry, Hobart Town and Clarence Clubs attended for a total of 72 hours work (28 hours for Sorell Lions).

Participants split into small groups and strolled casually from Day use 1, through the dunes area, pulling or cutting off mostly the small pines. All waste plants (weeds) were left lying wherever they were removed, as recommended by Coast Care group.



On return to the Day use 1, participants enjoyed a BBQ of sausages and hamburgers, where Lion David Ritson was the appointed chef, ably assisted by other Lions, to the point where he was made completely redundant for a period (the help was most welcome).

Great to report there were no injuries or need to call on first aid (and a sigh of relief from Lion Sue Ritson).

**The concentration needed was evident at all times, just look at photo below!**



All those attending appeared to enjoy the day and the opportunity for a bit of exercise and a casual chat with Lions from other clubs.

A further similar weeding day and other related exercises may be arranged in the future as part of the ongoing improvement to dunes areas and for Lions participation through the Centennial Environmental Project.

Report from  
LC of Sorell by  
David Ritson  
Geoff Clow



## LIONS TASMANIA

### WEBSITE

[www.201t1.lions.org.au](http://www.201t1.lions.org.au)

### LIONS TASMANIA FREECALL

1300 920 181

## PROMO FOR WISER AND OLDER FOR LION'S CLUB NEWSLETTER:

Team members from the Drug Education Network have recently delivered information sessions to various Lion's Clubs around Tasmania on the topic of alcohol and drugs.

These talks have generated great debate and discussion on this topic and have highlighted the interest of your members in keeping informed of the issues.

DEN has recently produced an informative resource called **Wiser and Older – Safer drinking throughout life**.

You will find everything you need to know about safe consumption of alcohol especially if taking medications, the facts about the Mediterranean diet and red wine, and tips for safer drinking as we get older.

This free resource is available to order by phoning: 1300 369 319 or online by visiting <http://www.den.org.au/resources>



Australian  
standard  
drinks



# DISTRICT NEWSLETTER 201T1

**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**

## FAMILY GENETICS –

## WHAT YOU SHOULD TELL YOUR FAMILY –

## PART 2

This is part two of the article started in last month's newsletter dealing with the issue that medical conditions are often passed down through families and what information should you be passing down the family tree?

### What do your genetic markers tell you?

A genetic marker is a section of your DNA. It is always located on the same part of the chromosome, which can be used to determine your genetic characteristics. For example, scientists know which part of your DNA to look at in order to find out whether you have brown hair or blonde. The hair colour genetic marker is the bit of your DNA which tells your body which colour to make your hair, and it is always found in the same location on everyone's DNA.

Genetic markers can also tell a specialist whether you are more likely to suffer from particular health problems. Scientists have not yet mapped out what all our genetic markers mean, however, there are some genetic markers which they know to be associated with certain conditions. Two such markers which have been in the news recently are the BRCA1 and BRCA2 gene mutations. Women who carry these gene markers are known to be more likely to suffer from breast and ovarian cancer.

### What you should be tested for?

Genetic testing is increasing in popularity in Australia, however, testing for most conditions is not yet common. You may know that it is common practice to test all babies in Australia for cystic fibrosis. What you may not know is that this is a genetic test, where scientists look for the cystic fibrosis genetic marker. **For those aged over 50 the most common genetic tests are for cancer markers.** If you already have a specific cancer which is known to be inherited, your doctor may suggest that you have a blood test to attempt to identify the faulty gene. If it can be found, your family can then also be tested to see if they have also inherited the faulty gene. If they have, it gives them early warning to look out for signs of that particular cancer.

The other common cancer tests are for known mutations, such as the BRCA1 and BRCA2 mutations, which are associated with breast cancer. If your family has a history of breast cancer, for example if both your mother and grandmother suffered from it, then you can be tested to find out if you carry these gene mutations. Again, this gives you early warning that you are at an increased risk of breast and ovarian cancer. Genetic testing can be costly and take considerable time to complete, so it is important to discuss the pros and cons with your doctor before going down this path.

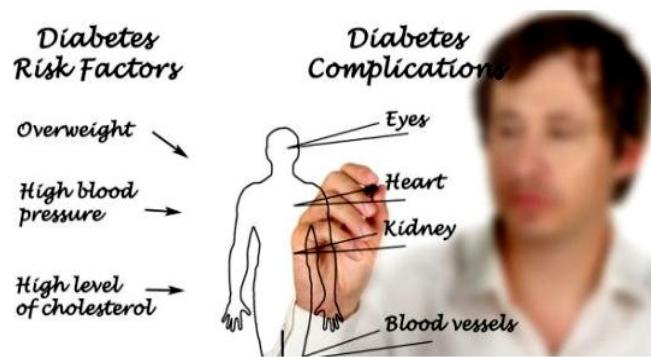
### Your family health tree

A family health tree is set out a lot like a regular family tree, with extra space in which to include details of health conditions. Writing out your family health tree can be a great way to notice new trends in your family. It might turn out that urinary tract infections are a common occurrence for the women in your family, or that all the men on your grandfather's side go bald at a young age. Making a family health tree can also be a useful way to start the conversation with other family members.

*A family health tree should include the following information about each of your family members:*

- ◆ Name
- ◆ Gender
- ◆ Year of birth and, where applicable, death
- ◆ Age at death
- ◆ Any major health conditions, and the year in which they began.

Once you have created it, you might also like to show your family health tree to your GP. He or she may notice trends which to you seem trivial or harmless. **It is also a good idea to make copies for your family members, as it provides an invaluable record.**



## Dignity, Harmony, Humanity.

2015-16 International President's Theme



**The Last Word...**

**"If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old!"**