

A newsletter for Lions across the V6 District September



DG News

Childhood Cancer Awareness Month

Junior Public Speaking District Finals

Frankie May's Gift

and lots more...



# From the DG...

This year we are going to try and have clubs visit one another for meetings, assist with social events or just social get to know one another. Therefore, I have asked some clubs to combine my visits which leads to clubs getting to know one another and saves Lyn and myself a visit. Our first visit was combined with Echuca and Moama Lions Clubs held at Moama RSL.

This visit to these Lions clubs was a chance to see firsthand the wonderful service being carried out in both communities. Member shared updates on their local projects and their continuing support for families, youth, and community organisations.

Both clubs displayed strong fellowship and enthusiasm for the year ahead and the warm hospitality extended to Lyn and myself was greatly appreciated. It demonstrated the strength of Lions service in border towns, making a real difference through their dedication and teamwork.

Another combined visit was to Rochester where Lockington & Elmore Lions clubs which was a wonderful opportunity to see the strength of Lions service across these three communities. At Rochester, members spoke proudly of their ongoing work to support the community in the recovery after the devastating floods and beyond, showing resilience and dedication. In Lockington the club continues to play an active role in community life, with projects and events that bring people together in true Lions spirit.

At Elmore, members highlighted their strong presence in the town through fund raising and service activities that provide direct support to local residents. The warm welcome and friendship extended by each club reflected the enthusiasm and commitment that continues to drive Lions service in the region.



DG report continued.....

The visit to the Cohuna Lions clubs which also included the Gunbower & Leitchville Lions clubs the opportunity to meet members from other clubs and hear about the ways they continue to serve their community's and the positive impact these have on local families and events. Also, I had the privilege of inducting three new members 2 into the Lions Clubs of Gunbower and one into the Lions Clubs of Leitchville As well as inducting three new members I had the honour of presenting a Melvin Jones Fellowship to Graham Thompson Secretary of Leitchville Lions Club who has been a member for 46 years this award was well deserved In Gunbower the club remains very active with members working together on practical service and fundraising activities that strengthen their town. The Leitchville club with its proud tradition of service, continues to support its community with enthusiasm and dedication. The warm hospitality and friendship extended by all three clubs was greatly appreciated and demonstrated the true strength of Lions spirit in rural areas.

The visit to the Kerang Lions Club was an excellent opportunity to meet with members and hear about their ongoing projects and community involvement. The club is active and well regarded in the town, with members showing strong commitment to service and fellowship. During the meeting members shared updates on their local activities and plans for the future, demonstrating the value that lions bring to regional communities the warmth of their welcome extended was greatly appreciated and reflected the spirit of friendship that characterises the club.

Kerang continues to be a fine example of Lions making a real difference in their community. The visit to the Corowa which included the Lions Club of Rutherglen highlighted the important role lions play in their border communities. Members shared updates on their wide range of community projects and the strong teamwork that ensures their success. the club demonstrated the value of Lions presents in a smaller community. Their service projects, fund raising efforts, and visible environment visible involvement in community life are greatly appreciated by the local residents. The warm hospitality extended to both Lynda & myself highlighted the pride members have in their club and achievements. Both visits underlined the importance of Lions work in border communities and the strength of fellowship and service that continues to define our organisation. I also had the privilege of inducting a new member into Rutherglen Julie Langridge

Paul Shortis

Lions Club of Lake Mulwala have a lot of fun conducting a weekly chook raffle at Mulwala Water Ski Club. The raffle is held over happy hour on a Wednesday evening. Tickets cost just \$1 which gives the purchaser 6 numbers and thus 6 chances to win. Then there are 6 draws which creates quite a bit of excitement. Patrons are very generous especially knowing that we are raising funds for Lions. Our club is very grateful to the Water Ski Club for their help with drawing out the winners. Also we appreciate the local Mulwala Foodworks who sell us 6 delicious, cooked chooks at a discount price. The four members who sell tickets for 1 hour each week enjoy the social event, engaging with the regulars and chatting to the many visitors while raising funds. Other Lions clubs might find it worthwhile to contact their local pokies place to suggest running something similar. Other than chooks, some places have meat raffles. The Water Ski Club is very pleased

that we create this bit of fun for their customers every week and the customers are happy, especially the winners.





# Planning a Membership Drive?

We have a brand new membership banner that can be used and a membership trailer that can help clubs with membership recruitment projects.

Not sure how to go about recruiting?

# We've got your back!

Contact your **Zone Chairperson** to find out how we can help you.



Brochures, flyers, social media posts? Contact the PR Chairperson!

# Cobram Lions





The Moira Shire announced the following thank you 

We're incredibly grateful to the Cobram Lions Club for their generous donation towards the agility equipment at Cobram's new dog park. Their community spirit and support help make projects like this

The Lions Club continues to be a vital part of our community, and we can't thank them enough for their ongoing commitment to making Moira Shire an even The dog park was officially opened on August 14th.

What a busy few weeks the Cobram Lions members have had. Apart from our usual BBQ at Mitre 10 there has been several other projects being completed. We congratulate Liam on progressing to the District Final of the Junior Public Speaking



Competition. We wish Liam every success on the 31st at the District Final.



It was a pleasure to be involved in the establishment of the Cobram Dog Park. Cobram Lions have been involved with this from the consultation period when we offered to financially assist the Shire in building this assett for Cobram.

Residents and their dogs to enjoy.

Congratulations to all that took home prizes at the Cobram Lions Art Show The Art.show was on August 16th and 17. It was wonderful to see the number of entries increasing. We welcomed Liam the District Peace Peace Poster Chairman to the Art Show. This year we had 10 Peace Poster entrants. The Presentations were held on Sunday 17th August. It was a pleasure to welcome Susan Benedyka, Moira Shire Council Administrator to our Art Show. Susan had the pleasure of presenting the winners their prizes. We thank the Moira Shie for the grant we received to help with this year's costs, and our new frames. Thank you to all the Local Businesses for their support and sponsorships. It was wonderful to see so many excited artists, and families attending. Thank you Cobram for supporting the Art Show. Our winner of the Lions International Peace Poster Competition has had her entry travel safely to the next level. Several pieces of the artwork entered and some photography entries from the Art Show are now on display at the Cobram Library for a month.



Cobram Lions continued....

On August 19th we opened up Killara House to allow the children involved in the book week celebrations to visit for story time. Absolutely Fantasic to see all the children being involved in book week.

On Tuesday 26th Cobram Lions hosted the DG visit. Of course we wrap up the month with a market at Federation Park on Saturday 30th August. There are several pictures of these events on the Cobram Lions Facebook page if anyone would like to visit the page and view them.

Coming up soon we can now announce we have been successful in our application to be a host Town and club for the Lexus Melbourne Cup Tour. There are several opportunities to see the Lexus Cup itself, photographed with the cup, talk to a winning jockey and VCR representatives. The clubs is hosting Sunrise with the Cup at Thompsons Beach and Sunset drinks an official dinner with the Lexus Cup and the VCR. Tickets are limited in numbers, any visiting Lions are welcome.

# **Yarrawonga Lions**

Despite many members being away, our Club successfully organised several events, allowing us to continue making meaningful contributions to the community. The Lions District 201V6 Junior Public Speaking Region Final was held at the clubrooms. A total of 120 students and families attended, representing Yarrawonga, Cobram, Tungamah, Finley, Barooga, Jerilderie, Tocumwal. Strathmerton, and Katamatite. Students delivered speeches that they had previously presented at their schools and clubevents. which qualified participation in the Regional Finals. Winners from this event advanced to the next level of competition. Year 3/4 - Liam from Cobram with Farley from Yarrawonga runner up. Year 5/6 -Harper from Barooga with Isabella Strathmerton Runner Up. Congratulations to everyone who participated.









We were once again given the opportunity to provide catering services for the District Schools Lightning Premiership inter-school competition held at the sports facility adjacent to our clubrooms. With the large number of students, parents and teachers we decided to return our old Yellow Peril to work. With the ability to use 2 BBQ we were able to cook hundreds of sausages and burgers. However, the children could not get enough of our sweet donuts and muffins. Well done everyone



Her Excellency Professor the Honourable Margaret Gardner AC, Governor of Victoria's held a morning tea at the Sebel with a change to mingle with some of the shire's most distinguished volunteers. Guests included 2025 Order of Australia Medal recipients Debbie Van Corler OAM and Les Harrison OAM. The Governor said Debbie Van Corler OAM had summarised the spirit of those who were recognised for their volunteering work. "It's not the awards; it's the people in your life who think you're worthy of them". Debbie is always adamant when talking about the project that she emphases that it is the "Yarrawonga Lions"

Made with Love
Free Chemotherapy
Turbans Project".
This
acknowledgement
reflects Debbie's
commitment to
both the Lions
organisation and
our flagship
project.



# **Benalla Lions**

On Saturday 2nd August the Benalla Lions Club held a Bunnings BBQ in Wangaratta although it is a long day, it is very rewarding. It is nice to chat to customers, especially the children, who are quite shy at first but eventually begin to smile and speak.

Thank you to Club Members Chris and Helen Vaughan, Peter Brown, Loch Lidgerwood, Dale and Margaret Frankland, Gil Smith, David Lowing and Peter and Margaret Poels, for cooking and serving 540 sausages.

On the 7<sup>th</sup> August the Benalla Lions Club had the pleasure of Past District Governor John Houghton OAM attend the meeting and spoke about Lions Insurance, John also inducted a new member – Ian Capp into the Club, Zone Chairperson Stuart and Kaye Whisson also attended the meeting.



On the 8<sup>th</sup> August Past District Governor Peter and Margaret Poels attended the Cobram on the Murray Leo's Changeover, where Peter had the pleasure of inducting the new Leo's Board. This is always a fantastic day with their teachers and carers, they also had an Album on display which had photo's of their activities, which is simply amazing to see what they have done for their community, and Lions.

On Sunday 10<sup>th</sup> August Past District Governor Peter and Margaret Poels attended the Junior Public Speaking Regional Finals in Corowa, although the Benalla students – Leo and Hannah, both from the Benalla St Joseph's Primary School, are not going any further they represented our Benalla Lions Club and their School to the best of their ability, it was a most enjoyable



afternoon listening to the students present their speeches. A big thank you to the Corowa Lions Club Ladies for providing a fantastic afternoon tea for all in attendance.

The Benalla Craft and Farmers Market was held on Saturday 23<sup>rd</sup> August down by the lake. Peter and Margaret again helped setup the market. There were 51 site holders in attendance, and the crowd enjoyed the music provided by Glenda Edwards on a beautiful sunny day. Loch Lidgerwood, Denise Brown and Peter Brown organised the wood raffle, which was again very well supported, and Stephen Kelly helped in collecting the site fees.



On Wednesday 27<sup>th</sup> August President Peter Brown, Corie Van Beek, Loch Lidgerwood, Denise Brown, Gary Clues, Peter and Margaret Poels, braved the icy wind to cook a BBQ at the Lakeside Community Centre which was in support of the 100 Retrenched Workers from Forest One. This was organised by the Murray Valley Workforce, and they were there to give support for the workers next step for employment.

# **HOPE Lions**

HOPE Lions club Branch Junior Public Speaking 2025 - Hope Lions Club Branch joined with Tongala Lions Club for their JPS Club Final. Girgarre and Stanhope students competed with students from Tongala Primary, St Patrick's Tongala, St Augustine's P12 College and Kyabram P12 College. Each club had their own Representative & Runnerup.

Girgarre Primary students Amelia (3-4) and Zara (5-6) won both Sections and Stanhope Primary students Leon (3-4) and Zyla were Runners-up. Unfortunately, both Amelia and Zara were unable to compete in the Region 2 Final at Numurkah on 10 July. This gave runners-up, Leon and Zyla the opportunity to compete. They were both very keen and did themselves proud. It was a great experience for 2 students from a small school.

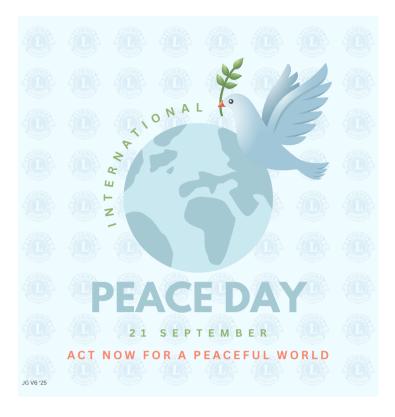
Other schools competing in the Region 2 Final were representing Lions clubs of Lockington, Echuca, Tongala and Numurkah.

The Representatives to present at the District Final at Corowa are Willow (3-4) from St Augustine's P12 College Kyabram and Indianah (5-6) from Kyabram P12 College both representing Tongala Lions.

Runner-ups were Emma (3-4) and Caylee (5-6) both from

St Joseph's Numurkah.





# **Beechworth Lions**

Gang Plate Layers Cottage – Thanks go to the Beechworth Prison work gang for gardening working bee – hedge, lawns and garden beds. Thanks go to them.

Junior Public Speaking - President John as Chairman gave report Zone a Zone/Regional Competition. Results: 3/4 -Sophie (St Anne's Primary School), Runner-up - Patrick (Yackandandah Primary School), 5/6 - Audrey (St Anne's Primary School), Peter (Yackandandah **Primary** School) Lily (Beechworth Primary School) represented Beechworth Lions Club.

Beechworth Seniors Club – President John will represent Beechworth Lions Club at the 50<sup>th</sup> birthday of the Beechworth Seniors Club on Friday 29<sup>th</sup> August. Christine collated the history of Beechworth Lions Club involvement of the building of the clubrooms, all monies for the building was raised by Beechworth Lions Club and Lion Graeme Smart was President at the time. Lion Ian McGuffie stood in for Graeme at the opening as the Smarts were on holidays.

# **Tungamah Lions**

Tungamah Lions have once again had a busy month, with a couple of meetings. We had a wonderful at the Leos disco by helping with the supper. We also assisted with security which is so important these days. We also enjoyed a meeting at the Pub, where the meals were fantastic.

The final footy gates for the season were extremely successful, so many thanks to all and sundry. Special thanks to the footy club and the netballers for giving us this job. We have been able to respond to a large number of people needing assistance. We have made donations to our emergency services as well as Friends in Common and Kickstart for the Splashpark.

We are back doing Bunnings Sausage Sizzles and have just run out over the past couple of times. Lots of banter happens as we do have fun with what we do.

Coming up next meeting we a visit from the District Governor, Paul Shortis. This is a special night on the calendar and we await Paul's words of wisdom. The meeting following that will be our "footy colours" night as we get closer to the next Hawthorn Premiership.

Tungamah have now decided to take part in the "Green Canopy" project and have their first tree planting day on Saturday, 13<sup>th</sup> September. We are doing our best to "green up" our country for the environment. We have also taken delivery of four benches, designed to be rest places for the town's walkers, and will be erected by the Shire, who are donating another two. On the 20<sup>th</sup> September we are also catering for the Moira Shire's Youth Day to be held at Cobram.

At the District Changeover dinner, we were presented with a special 100% award for reporting, thanks to our secretary, McKayla Peterson. Well done McKayla and Past President Victor. Come help us with our endeavours. Our new members are great, and our Christmas in July just so much fun.

See you next month.

ROARER.

# **Tungamah Leos**

Our very small club recently hosted an underage disco at the primary school. We had over 50 kids turn up, along with some wonderful parents and Lions. Music was supplied by Toni-Lee and Danielle and security headed by Kerrie Hook. It was important we had good security to keep everyone safe.

All food and drinks were donated by Woolworths and Crusty Loaf, while several of the Lions did the cooking and handed out drinks. Our thanks to Woolworths and Crusty Loaf. Also, a huge thanks to the Lions. After two hours, all them kids said thank you, and when is the next one.

We have a couple of service activities coming up soon and more will be said on Monday night. The combined Leos and Cubs Camp at Torrumbarry come up during the holidays on then1st, 2<sup>nd</sup> and 3<sup>rd</sup> October.

A new club in the district has been formed at Koondrook. Welcome to the wonderful world of Leos.

Demi has been on Variety Bash Bratz and has done a wonderful job. Good to see you back safely Demi.

We still need kids for Leos and Cubs, so come on, be a part of an important group.

LITTLE ROARER.



Each September is Childhood Cancer Awareness Month and we believe every child deserves a chance at a healthy life.

Every year in Australia, almost 800 kids are diagnosed with cancers, many of them aggressive, hard to treat and with a high risk of mortality.

The <u>Australian Lions Childhood Cancer</u> <u>Research Foundation (ALCCRF)</u> has helped fund major projects which has not only supported vital research but has also helped save lives. Lions Clubs from around the country have also worked incredibly hard to raise funds for the foundation, hosting BBQs and events each year.

Items can be purchased via the website, have a coin line, undertake a BBQ just to raise funds for Childhood Cancer Research any ideas will help fund a child to hopefully find a cure.

This month, we're thinking of all the people that are battling cancer and their families. For more info about how you can join the fight against childhood cancer, visit <a href="https://alccrf.lions.org.au/">https://alccrf.lions.org.au/</a>

Childhood cancer survival rates have significantly improved in recent decades. In 2024, it is estimated that 760 children aged 0–14 years will be diagnosed with cancer in Australia.<sup>1</sup>

An estimated 760 children aged 0-14 years old were diagnosed with cancer in 2024, corresponding to an age-specific rate of 15.6 cases per 100,000 children.<sup>1</sup>

In 2022, 93 cancer deaths of children aged 0–14 in Australia (45 boys and 48 girls) were reported according to the National Mortality Database (NMD).1 During this year (2024), the leading causes of cancer death in children aged 0–14 were brain cancer (34 children) and leukaemia (25 children).1

From 1972-2022, the child mortality rates decreased from 7.0 deaths per 100,000 children to 2.0 deaths per 100,000 children.1 In 1972, the number of cancer deaths of children aged 0-14 was 266, compared to 93 in 2022.1



100% of donations goes to the Foundation
- there are no paid employees





\$12 Million donated

Supporting Childhood Cancer Research in Australia with worldwide benefits



lajor research project



#### Sources

[1] Australian Institute of Health and Welfare. Cancer data in Australia [Internet]. Canberra: Australian Institute of Health and Welfare, 2024 [cited 2024 Sept 11]. Available from:

https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia [2] Currell, Anne & Henshaw, Chloe. "A Summary of Childhood Cancer Statistics in Australia, 1983-2020". Cancer Council Queensland, June 2023. Available from: https://cancerqld.org.au/wp-content/uploads/2023/08/23076\_ACCR\_Statistics\_Summary\_final.pdf

# What They're talking about on Social Media...

# Welcome to Wodonga Lions....

Bree Sinclair and her partner joined the Lions to share and honour the memory of their beautiful daughter Frankie May, who tragically passed away last year. Bree is raising funds to provide a neonatal baby simulator for Albury Wodonga Health.

See special feature included this month for more info.





Lions Club of Finley - One of our Lions members has been travelling this wide brown land and visiting Lions structures. Can you guess where he was in this photo?

A very special event at our District Governor's visit for Cohuna Lions club, a tradition started back in 2000, when Lion Rob Shanahan presented DG Brenda Henderson a handmade clock as a momento of her visit to Cohuna. Rob may not have been with us but his legacy lives on. His wife Anne presented DG Paul Shortis with a clock to mark his visit.





Appreciation Certificates for our local Businesses that assisted with the Lions Skin Bus visit to Rochester.

# **District Finals - JPS**

On Sunday 31<sup>st</sup> August approximately 75 people came together at the Corowa Lions Club for the Junior Public Speaking District Final. Ten very brave young students from across our district came to give their speeches, having progressed from school level to club level followed by a regional final, before qualifying for this final today.

to the special special

Grade 5/6 students gave a 4-minute speech arguing with the idea that technology may be moving too fast for humans to keep up. Twiggy represented Cohuna Lions Club; Indianah represented Tongala Lions Club; Harper represented Barooga Lions Club; Alanna represented Corowa Lions Club; Audrey represented Lavington Lions Club.

Following these amazing speeches, the Grade 3/4 students stepped up to the plate to describe their new invention. They were allowed 3 minutes to tell the audience about it. Riley represented Kerang Lions Club; Willow frepresented Tongala Lions Club; Liam represented Cobram Lions Club; Hypatia represented Wangaratta Lions Club; Sophie represented Lavington Lions Club.

Grades 5/6 then had ten minutes to quickly put together a 1-minute impromptu speech sharing ideas about what community meant to them.

Corowa Lions Club provided a delicious afternoon tea, while the judges had the extremely difficult task of deciding a winner and a runner up for each section.

Leah Walker representing the judges, provided valuable feedback for all the participants.

Presentations were made by PDG John Houghton OAM and Jo Howell Multi District JPS Chairperson.

Harper won the Grade 5/6 section with Audrey chosen as the runner up.

Hypatia won the Grade 3/4 section with Sophie coming runner up.

Congratulations to all involved in an inspiring afternoon. Hypatia and Harper will now progress to the State Final to be held at Kialla West Primary School on Sunday, September 21 commencing at 1.pm





# **District Finals - JPS**































2025 STATE FINAL Sunday, 21<sup>st</sup> September Kialla West Primary School Commencing at 1pm sharp

# **District Convention**

Corowa Lions Club Convention committee have been working hard readiness for the coming District Convention in Corowa on the weekend of the 24th to the 26th October. The various and interesting guest speakers have been given careful consideration as to their topics and times and all are very much worth listening to. We have been able to secure a very impressive key note speaker in Mrs. Judy Brewer - the wife of former Dept. Prime Minister the Hon Tim Fischer. She is speaking on her passion for disabled children and the care extended to them at her farm in the beautiful hills at Mudgegonga.

Another speaker is Mr. Dean Druce the owner of Corowa Whiskey and Chocolate. Dean will be speaking at the First Conventioneers / Key members breakfast being held in the Corowa Lions Club rooms on Saturday morning – don't miss this one.

The whole weekend is packed full of interesting speakers and we have 10 Lions information displays in the Convention Hall for you all to visit. The venue, Corowa St. Mary's School Hall, in Federation Ave. is very easy to get into and there's plenty of parking in easy walking distance. It's a short walk from Motels and the main shopping center.

Friday night has the Flag raising ceremony and official opening followed by fellowship and finger food. The partner's tour is at the Corowa Historical Museum and is a very interesting journey back through Corowa's past and a must to see. Afternoon tea will be provided by the staff at the Museum. Again, is just over the road from the Convention venue – so an easy walk. The Saturday night entertainment is going to be something different with light music so people can talk and we have some other very interesting entertainment arranged for you all – so don't miss this one either. Bookings are essential.

A great deal of thought and consideration has been given to this event and it's always a great opportunity to catch up with Lions friends and acquaintances. We look forward to seeing you all there. Let's make this Convention on to remember.

PDG Lynn Fredericks, Convention Chairman



### Lions Christmas Cake Decorating Competition

If your club is looking for a challenge then this may interest your club and its members. The Annual Cake Decorating Competition.

I challenge your members to have a go and make this a social time, having a go and enter into the competition, your Lions members will certainly have a lot of fun and fellowship when it comes time to decorate a Lions Cake.

An entry form is attached below. If you require extra copies then please photocopy as required.

The rules and regulations are simple. Your entries need to be lodged at the Merchandise display no later than 10am on the Saturday of the convention. They can be submitted once the cake display has been set up. Judging will take place on the Saturday afternoon and the announcement of the winners will be announced Saturday evening.

So... organize yourself and your team and enter this decorating competition.

Good luck and Happy Decorating.

## **Cake Decorating Competition Rules**

The task is to decorate one Lions Christmas Cake and only Lions Christmas Cakes will be accepted. The decorations can be any theme, not necessarily Christmas.

This is a team competition, with teams of up to four members, who may be Lions, Leos or partners.

There will be **four sections**: All male teams; All female teams; Mixed male and female teams; Leos.

Judging will be done on a handicapped system taking into account the experience (or lack of experience) of team members.

Hand made decorations will receive more points than bought ones.

Judging will take place on the Saturday of the Convention.

The judge's decision is final and no correspondence will be entered into.

# Special Feature Albury Wodonga Health Foundation

# Frankie May's Crift

Supporting The Albury Wodonga Health Foundation



On May 25th, 2024, our beautiful daughter 'Frankie May Maroney' made her entrance into the world at just 23 weeks gestation, weighing a tiny 533 grams. Our journey to parenthood took an unexpected turn when, at just 19 weeks and 6 days, I was diagnosed with Preterm Premature Rupture of Membranes (PPROM). This led to my admission to Wodonga Hospital, where I remained under careful monitoring until being transferred to a hospital in Melbourne with NICU facilities. Born a micropreemie, Frankie came into this world fighting—and she never stopped.

In her 139 days earthside, Frankie showed us the true meaning of courage, resilience, and unconditional love. Despite the odds stacked against her, she fought with everything she had. From her first breath, through countless medical procedures, critical setbacks, and miraculous recoveries—Frankie inspired everyone who knew her.

Her story is one of hope and heartbreak. For almost 5 months, we watched our girl grow and overcome almost every health concern predicted for a micro preemie. At times, we envisioned our family finally home. Heartbreakingly, as Frankie's body continued to grow, her internal organs—specifically her lungs—just couldn't keep up. Frankie passed away in our arms on the 8th of October, 2024.

Throughout our journey, we were incredibly grateful for the care and compassion shown by the medical teams that looked after Frankie and ourselves. Being away from home for such a long time brought immense emotional and logistical challenges—which is why we want to do our bit for our local Maternity Unit and Special Care Nursery, by keeping families close to home.

We're sharing Frankie's story not only to honour her memory, but to give purpose to our grief. Raising funds in her name gives us a place to put the boundless love we have for her – a way to help other families who might find themselves where we once were.

Scan the QR code to find out how you can help.

# **Using the Lions logo...**

There are many clubs out there still using the incorrect Lions logo - please make sure that you update any of your advertising, social media posts, embroidery for shirts, etc to the current logo - which has been around for quite some years now.





Logos can be downloaded from the Lions International website. If you need any help or advice, please contact the PR Chairperson - Jo Guthrie.

# Social Media - Facebook Page suspensions

We have also had a high incidence of club Facebook pages that are suspended and/or closed down all together. This is due a lot to the use of the Lions Logo as the profile picture. This is seen as duplicating a well known brand and Meta doesn't understand this!

AVOID USING THE LOGO AS YOUR PROFILE IMAGE.







A great way to avoid having your page suspended is to change up your profile pic to something that is not just the Lions logo.

You can create your own using a program like CANVA or you can just simply use a club photo.

If you need any assistance, please contact PR Chairperson - Jo Guthrie



#### **District Governor**

Paul Shortis 0407 854 829 ~ dg.v6@lions.org.au

#### **Cabinet Secretary**

Lee Walkington 0400 576 383 ~ cabsec.v6@lions.org.au

#### **Cabinet Treasurer**

Belinda Cooper-Green 0479 114 275 ~ cabtreas.v6@lions.org.au

#### Welfare Officer

Sandra Temple 0467 259 722 rev.sandra.temple@gmail.com

#### PR Chairperson

Jo Guthrie 0428 366 220 ~ v6roar@gmail.com

# Are YOU following us....



## **Facebook**

http.facebook.com/201V6Lions
Member's Only Group
https://www.facebook.com/groups/
676430540448974

## Instagram

Instagram.com/lionsdistrictv6 (@lionsdistrictv6)

#### **SEPTEMBER**

5-7th - ANZI Forum

Prostate Cancer Awareness Month

1-5th Women's Health Week

7<sup>th</sup> - Father's Day

8<sup>th</sup> - International Literacy Day

12th - R U OK Day

21st - Alzheimers Day

21<sup>st</sup> - International Day of Peace 21<sup>st</sup> - International Day of Sign Language

#### **OCTOBER**

Breast Cancer Awareness Month

Mental Health Awareness Month

4<sup>th</sup> - World Smile Day

5<sup>th</sup> - International Teacher's Day

10<sup>th</sup> - World Mental Health Day

10<sup>th</sup> - World Sight Day

12<sup>th</sup> - World Arthritis Day

13-19th National Carer Week

15th - International Day of Rural Woman

V6 Promotional Trailer Bookings

- https://calendly.com/v6trailer









Special "Members Only Area"



# ions District 201 V6 Convention Corowa 2025

Lions Christmas Cakes
Cake Decorating Competition
Entry Form



#### Club:

	Team Members Names:	Percentage of decorating done by each member.	Category (see below)
1			
2			
3			
4			

#### **Categories:**

Choose the Category that best describes each Team Member

- A. We / I have only ever eaten Cake"
- B. We / I have Decorated the Kids Birthday cakes when they were young"
- C. We / I have Done some Serious Cake Decorating"
- D. We / I'm an Experienced Cake Decorator"

#### **Decorated Categories Themes:**

Traditional Christmas Cake

Classical

Novelty

Is this the first time your Club has entered the Cake competition Do you need your decorated cake back or will you donate cake to DG auction. Yes / No

Yes / No

Yes / No

# Sometimes, its more than just the thought that counts.



Dear Lions.

There seems to be a problem at least with some if not all of the Gluten free cakes being delivered at the present time.

There should be 10 cakes in the carton so Clubs will need to double check to make sure they have the amount of cakes in the cartons they receive and if there are some out there with only 8 cakes then they will need to follow Stephen's email below –

The Gluten Free cakes should contain 10 cakes per carton and are labelled accordingly - 2 cakes per layer, 5 layers high per carton.

I've just opened 3 random cartons from our last remaining pallet of cakes in the warehouse and all of them had 10 cakes in the carton.

Please advise those Clubs that only received 8 cakes in their cartons, and not 10 cakes, to contact us for a refund. And also, please get them to provide us with the batch code of the cakes/cartons that they received, to assist with traceability back to our production and packing records.

Apologies, Stephen Heath Traditional Foods.

## If you have any queries please contact me as soon as possible.



Yours, Judy McKerrow V6 Cake Chairperson 0427 638 717



# Roar for Wellbeing this October

Join Lions across Australia in promoting positive mental health and wellbeing in your community.

This October, during Mental Health Month, the Australian Lions Wellbeing Foundation is leading a nationwide campaign to support the **Lions International Service Initiative: Mental Health & Wellbeing** with our campaign *Roar for Wellbeing*.

Whether your club is large or small, city-based or regional, you can play a vital role in raising awareness, encouraging connection, and supporting positive mental health and wellbeing in your community.

By hosting an event – big or small – you'll help create **awareness**, **education**, **and advocacy** for mental health and wellbeing, while showing your community that Lions care.

We developed a Club Host guide as well as 50 free Club Resource packs valued at \$100 to support clubs to raise awareness and start conversations



# VICTORIAN LIONS FOUNDATION



If you wish to honour a member of your club who has dedicated their time to sight related projects, present them with a Leo Tyquin Award.

Past International Director Leo Tyquin Leo Francis Tyquin was born in Werribee on 9th June 1924 and passed away 10th September 2001. He joined Lions as a member of Mordialloc-Mentone in 1968 and held the offices of Club President, Zone Chairman and District Governor. He served as Multiple District Council Chairman and International Director in 1984-86.

Leo attended 20 International Conventions and was presenter at the Council Chairman's Workshop at the Montreal and Chicago Conventions.

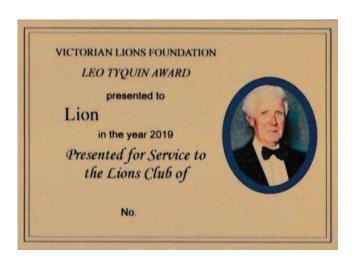
He was a keynote speaker at the 10th and 15th Charter Anniversary of Lionism in Indonesia and at Conventions in England, Wales, India, Sri Lanka and New Zealand. Leo received many awards including the International Leadership Award, the Association's Ambassador of Goodwill Award, the highest honour given by the Association to a member. He was a Life Member, a Melvin Jones Fellow, a Life Member of the Lloyd Morgan Trust in New Zealand and No 1 Governor of the Victorian Lions Foundation.

Leo was passionate about the Lion's Village at Licola as he was one of the early pioneers of the conversion to a children's and general-purpose camp. Leo's pride was the Lion's Eye Bank, an integral part of Victorian Eye and Ear Hospital's facilities.

He reminded people constantly that the Eye Bank was an initiative of his own Mordialloc-Mentone Club-being personally instrumental in its establishment in 1983.

Leo Tyquin was a man who only saw good in people, and who tried to do good for people. Leo will always be remembered for being a truly fine person and also for the excellent and tireless work he did for so many.

Past International Director Leo was a conscientious Lions member giving unlimited support to the VICTORIAN LIONS FOUNDATION.





# VICTORIAN LIONS FOUNDATION



ALL MAIL TO; The Secretary, Lion John Mitchell 37 Arden Avenue, Leopold, VIC 3224 ABN 78 903 242 780 Registered No. A0016982M

## APPLICATION FOR LEO TYQUIN AWARD

NAME of RECIPIA	ENT (IN FULL) :	
v	(include title if re	equired; i.e. PDG, Dr, Professor)
DELIVERY ADDR	RESS:-	
(if not the recipien	nt, i.e. for presentation	n to the recipient)
		Post Code:
TELEPHONE: (H	()	(B)
EMAIL:-		
LION/LIONESS/L	EO CLUB of	District 201
CLUB CONTACT	DETAILS (Name)	
EMAIL;		, PHONE;
,		
COMPANY or CO	PRPORATION NAME	
CONTACT DETA		<del></del>
<i>EMAIL</i> ;		, PHONE;
Citation on Plaque	e (where applicable):-	-
(EXAMPLE; Prese	ented for works to Lio	ons Sight Programs) 10 words or less
	application for a "Le ions Foundation Inc.	o Tyquin Award"
(as set by the Gene	eral Council of the Fo	prescribed fee \$500.00 pundation from time to time) to this application or note Receipt No
Signed:		Date
(President	or Secretary)	Date
	Victorian Lion	s Foundation Office use only:
Date application rec	eived	
		2
Date of approval/co	nfirmation by Council _	
Award No	Date of Issue	
Signature of Member	ership Chairman	Date



# LEXUS MELBOURNE CUP



# **COBRAM**

# **Monday 6 October 2025**

# Breakfast at Thompson's Beach

6.30 to 10.00 am

Early morning opportunity to see the cup and take photos

Egg and Bacon Rolls for sale

Free Tea and Coffee

Games for Children

#### **Free Entry**

Stop by on your way to work or school



# Gala Dinner Grand Central Hotel

Commences 5pm allowing Photo opportunities with the Cup

Includes a delicious 2 Course Meal Drinks @ Bar Prices

Tickets @ \$100 per head

Dress Code: Smart casual

#### **Bookings**

https://www.trybooking.com/DETFY



Come and meet a Jockey, See the Cup and Join the festivities.

Money raised goes to NCN Health Cobram to provide access to dialysis services for Cobram / Barooga locals.



The Elmore Town
Garage Sale

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Sunday 20 September 2025 8:30 am to 12pm

The Elmore Lions Club have organised a Town Garage Sale.

A map of the registered addresses, which will be available from the BBQ area at Railway Square from 8:30am.

Contact Karen Sutherland on 0412726779 or email elmore.vic@lions.org.au

The Elmore Lion's Club will run a BBQ with sausage sizzle and egg and bacon rolls.

PLEASE SHOW RESPECT FOR THE PEOPLE HAVING THE GARAGE SALES – NO EARLY BIRDS



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LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.



# **MENTAL HEALTH AND WELL-BEING**

**Facts and Statistics** 

# SUSTAINABLE GALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.



An estimated **700,000 people die by suicide every year** (World Health Organization).



On average, **2% of health budgets go to mental health** (World Health Organization).



People who are exposed to adverse circumstances – including poverty, violence, disability and inequality – are at higher risk of developing a mental health condition (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide – the majority of them women, young people and the elderly (United Nations).

#### THIS GLOBAL CAUSE SUPPORTS SDG #3



ENSURE HEALTHY
LIVES AND PROMOTE
WELL-BEING FOR
ALL AT ALL AGES



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated 23% of cases receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at 3% of cases (World Health Organization).



More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).



LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.



# **MENTAL HEALTH AND WELL-BEING**

### **Service Ideas**

# lionsclubs.org/mental-health



Promote education, awareness and advocacy resources and tools from reputable organizations such as the World Health Organization and World Federation for Mental Health.



Find your region or country's suicide prevention hotline using the International Association for Suicide Prevention's international suicide crisis hotline search feature and promote the hotline at awareness events and on social media.



Volunteer at your local center for elderly care to assist with enrichment and well-being events.



Explore the World Health Organization's mental health and well-being stigma reduction resources and promote them using social media to highlight the importance of lessening mental health stigma and debunking common misconceptions.



Use resources, facts and statistics from the World Health Organization and World Federation for Mental Health to create a World Mental Health Day social media campaign with your club, district or multiple district. Share your impact on social media with photos, videos and other assets using the hashtag #WorldMentalHealthDay.

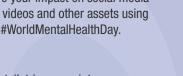


Support <u>Lions Quest</u> social-emotional learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for Lions Quest by applying for a <u>Lions</u> <u>Quest Promotional Grant</u> or <u>Lions Quest</u> <u>Community Partnership Grant</u>.



Contact local, state/province and federal government representatives to advocate for increased mental health funding and expanded services. Use our <u>Lions</u>

<u>Advocacy Toolkit</u> to get started.





Use resources from the <u>International</u>
<u>Association for Suicide Prevention</u> to highlight <u>World Suicide Prevention Day</u> in your community.



Explore ways to increase access to vital mental health screening services in your community among underserved groups by contacting and utilizing mental health professionals, psychologists and psychiatric physicians in your networks. Connect with local stakeholders such as schools, hospitals and community leaders to collaborate on shared goals.



Donate food, toiletries or maintenance services to a local transitional living home serving disabled individuals and/or those living with various mental health conditions in your community.



Provide assistance to mental health agencies and treatment centers by hosting fundraisers, providing publicity on social media and collecting needed supplies.



Host a walk or event in partnership with a local mental health organization to raise mental health and well-being awareness utilizing the World Health Organization's mental well-being resources and depression infographics.



Encourage well-being and development of life skills among youth by creating a local social and mentorship group in your community. Get started by **watching this video** about Camp Conquer, a community-based youth wellness group created by Lions in Delaware, USA.



# REGIONAL LIONS LEADERSHIP INSTITUTE Adelaide 30th January - 1st February 2026

Please complete form electronically

#### PARTICIPANT QUALIFICATIONS

Candidates must be Lions or Leos in good standing from clubs in 201.

Preference will be given to Lion candidates who have not completed a year as club President. (This restriction does not apply for Leo's). As this is a live-in programme Leo's must be 18 years or older.

Candidates will be required to commit to all days of the institute, including group mealtimes. Attendance at all classroom sessions and scheduled meals is mandatory.

#### **COST OF THE INSTITUTE**

Lions MD201 will provide all meals and lodgings on a single share basis unless twin share basis is requested. If additional accommodation days are required this would be at the cost of the participant. Travel costs are the responsibility of the participant.

On acceptance each participant will be required to pay a non-refundable fee of \$275. Please do not send funds until you receive a notification of acceptance into the institute.

#### **SELECTION PROCESS**

Because of the high number of applicants received for such programmes, acceptance into the institute is not guaranteed. Selection will be made by the MD201 Global Leadership team in consultation with each district GLT Coordinator. Depending on applicants received, a number of positions will be reserved for younger Lions and Leo applicants as part of the MD commitment to supporting youth leadership development.

After the application submission deadline, all applicants will be notified of their selection status.

MD201 reserves the right to cancel the institute due to insufficient applications or other circumstances. In such event any fees paid will be refunded.

#### APPLICATION PROCEEDURE

All applicants must complete the following items and submit as indicated below. All completed documents must be submitted by the stated application deadline in order to be considered.

- A. Application form
- B. Candidate's Lions or Leo history
- C. Nomination form to be signed by:
  - i) Club President or Zone Chair
  - ii) District GLT Coordinator

# APPLICATION SUBMISSION DEADLINE DATE:

24th October 2025

#### **RETURN APPLICATION TO:**

Email: leadership@lions.org.au
If you wish to discuss your application you can
contact MD GLT Coordinator PCC Phillip Johnson
Ph. 0438426211

#### LOCATION OF THE INSTITUTE

Adelaide Royal Coach 24 Dequetteville Tce Kent Town Adelaide, South Australia



# REGIONAL LIONS LEADERSHIP INSTITUTE Adelaide 30th January - 1st February 2026 APPLICATION FORM

Application submission deadline date: 24th October 2025

Application form can be completed as a PDF document and emailed for electonic signature or can be printed, scanned and emailed. If hand written please make sure all contact details are clearly legible.

Gender: Male	Female	Non Binary	Lion	Leo	
FAMILY NAME		FIRST N	IAME	PREFERRED NAME	<u>:</u>
STREET ADDRESS			SUBURB/CITY/TOWN	STATE	P/CODE
TELEPHONE HOME	TELE	PHONE MOBILE			
EMAIL ADDRESS					
LIONS MEMBERSHIP N	0.	CLUB NAME		LIONS DISTRIC	Т
CURRENT LIONS/LEOS	POSITION	HIGHES	ST LIONS/LEO POSITION		
EMERGENCY CONTACT	NAME		EMERGENCY CON	NTACT PHONE	



# REGIONAL LIONS LEADERSHIP INSTITUTE Adelaide 30th January - 1st February 2026 APPLICANT LIONS/LECHISTORY Application

**Submission Deadline Date: 24th October 2025** 

NAME			
CURRENT CLUB		DISTRICT	
YEAR & MONTH JOINED			
OFFICES HELD WITHIN LIONS/LEOS			
COMMITTEE POSITIONS HELD			
PREVIOUS LIONS/LEO CLUB MEMBERSH	HIP		
OTHER LEADERSHIP COURSES ATTENDE	D		
REASON FOR APPLYING			
APPLICANT SIGNATURE	DATE		



# REGIONAL LIONS LEADERSHIP INSTITUTE Adelaide 30th January - 1st February 2026 NOMINATION FORM

**Application Submission Deadline Date: 24th October 2025** 

APPLICANT NAME		
STATEMENT BY CLUB PRESIDENT OR ZONE ( Why do you believe this applicant will benef	<u>-</u>	-
SIGNATURE CLUB PRESIDENT/ZONE CHAIRP	ERSON/LEO ADVISOR	
DISTRICT GLT COORDINATOR		
District GLT Coordinators should make thems a position to discuss each candidate should t application being submitted, it is not to be se	he need arise. Their signature	is purely an acknowledgement of the
I acknowledge this application being submitt	red.	
DISTRICT GLT COORDINATOR (NAME)	SIGNATURE	DISTRICT