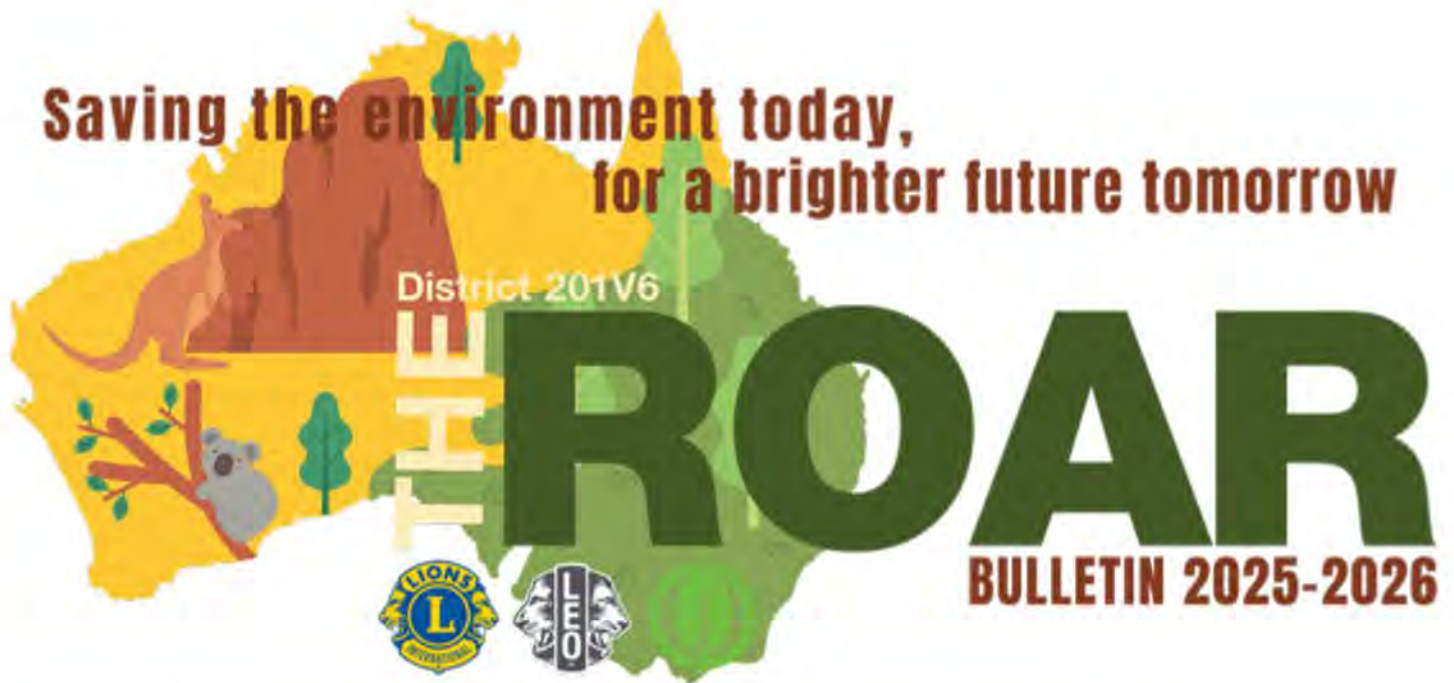


**Saving the environment today,
for a brighter future tomorrow**



A newsletter for Lions across the V6 District

May 2026

**INSIDE YOU'LL
FIND MORE...**

—————
DG's report

Around the
Clubs

Upcoming
events

What's hot on
social media
and lots more...

From the DG...

Lyn & I attended a combined visit with Barham Koondrook and Murrabit a very social relaxed evening was had by all who attended. I had the priveledge of presenting the following chevron awards
Bruce Campbell Barham Koondrook 40-year Monarch
Graham Minnis Barham Koondrook 35-year Monarch
Lynn Sheldrick Barham Koondrook 15-year Monarch
Robert Salter Barham Koondrook 10-year Monarch
Dorothy Gilford Murrabit 25-year Monarch
Margaret Dent Murrabit 10-year Monarch

I would like to take this opportunity on behalf of Lyn & myself to thank PDG Alan & Rose Millar for providing us with accommodation & the town tour next morning

I also this month attended the Man from Snowy River Festival which went for 4 days in Corryong where I volunteered for bar duty, this abled me to collect cans with the **proceeds going to Australian Lions Childhood Cancer Research Foundation approximately \$1,100** was raised. This year we had three members from Cohuna Lions Club, PDG Norm & Lee Walkington & Faye Donaldson who assisted at the festival also with the can collection which was greatly appreciated.

Continued...

Member Recognition & Records Management

A significant portion of April was dedicated to refining and completing member service records across the district.

Key achievements include:

- Preparing clean, structured data suitable for club secretaries, district reporting, and future awards.
- Ensuring records are ready for upcoming Monarch, Key, and milestone presentations.

This work supports accurate recognition and reinforces the value we place on long-term service.

Wellbeing & Support for Clubs and Families

Your ongoing commitment to wellbeing across the district continued throughout April:

- Monitoring and supporting clubs assisting fire-affected families, ensuring grant distribution and follow-up remains on track.
- Providing guidance to clubs navigating internal transitions or community tensions, helping maintain stability and confidence.

Engagement with Clubs and Community Leaders

While April did not feature a high number of formal club visits, you remained actively engaged through:

- Ongoing communication with club presidents and secretaries as they prepare for the final quarter of the Lions year.
- Supporting planning for upcoming anniversaries, changeovers, and recognition events.

Administrative Leadership & District Coordination

April also included essential behind-the-scenes leadership:

- Preparing for end-of-year reporting and transition planning.
- Reviewing training participation and identifying clubs needing follow-up or additional support.
- Continuing to promote the importance of the Lions Portal and accurate, timely reporting.
- Providing guidance to clubs on governance, compliance, and member engagement.

April has been a month of consolidation – strengthening data accuracy, supporting wellbeing initiatives, and maintaining strong communication with clubs. These quieter administrative months often make the biggest difference to the smooth running of the district, and your work this month has set up a strong finish to the Lions year.

Paul Shortis



Koondrook 1st Vice President Lion Belinda Rash in the absence of President Lion Rob Daws



Murrabit Secretary Carmel Flynn in the absence of President Lion Neil Hopkins

Echuca Lions

Echuca Lions. club members counting donation from local Firebrigades & other service clubs raising in excess of \$120,000 for the RCH Good Friday Appeal.



Good Friday Appeal



Benalla Lions

On Thursday 2nd and Friday 3rd April the Benalla Club organised the Driver Reviver at the north bound Mokoan wayside stop. This is a great project, meeting some very interesting people, telling us where they had come from and where they were going. They are very grateful for a free cup of coffee/tea and a biscuit, and Milo for the children together with a small Easter Egg if there are any left, the stop is a most welcome rest for the travellers.

The Club raised \$855.00 from donations for the Royal Children's Hospital Appeal. Thank you to President Peter and Jan Brown David Lowing & Garry Clues, Anna Lynch, Corie Van Beek, Loch Lidgerwood, Chris and Helen Vaughan, Margaret and Peter Poels.

Saturday the Club travelled to Wangaratta for a Bunnings BBQ, the morning started slowly but soon gathered pace, we sold our 450 sausages by 1.30pm and we drove around looking for a butcher, however being Easter weekend they had closed early, thankfully Coles and Woolworths saved the day. Again thank you to President Peter Brown, Chris and Helen Vaughan, Garry Clues, Loch Lidgerwood, Anna Lynch, Yvonne and Ian Capp, Peter and Margaret Poels.

Our Benalla Lakeside Craft and Farmers Market was held on 18th April, which was a week early this month due to Anzac Day. Loch Lidgerwood and Denise Brown organised the first wood raffle for the year with the help of President Peter Brown, and it was a great success as a record of \$711.60 was achieved in ticket sales, as nobody wanted to cut wood!!!

Thank you to Anna Lynch and Chris Vaughan for helping Peter and Margaret Poels to set up and collect the site takings.



Service...

How did your club approach the Environment Week of Service during the month of April? Were you able to focus on environmental conservation and sustainability? Did you participate in projects aimed at caring for the planet and supporting communities in their efforts to protect the environment? Lions were encouraged to capture their project on video and submit it to the Weeks of Service Showcase to inspire others and share their best practices in service activities.

Lions Top Club Service Award
The Lions Top Club Service Award recognises the top community service projects conducted by Lions Clubs. Each year, clubs across the globe are encouraged to submit their most impactful service projects for consideration. The award is a testament to the dedication and creativity of Lions Clubs in making a positive difference in their communities.

This award is still open to our clubs until August 2026

Lion Warwick
V6 Service Coordinator

continued....

The next Lakeside Craft and Farmers Market is on MAY 23rd.

On Sunday 19th April the Benalla Club supported the Lions Assistance Dogs Trivia afternoon at Wilby, which was a fun afternoon and well organised by Michelle Wild and members of the Tungamah Lions Club.

President Peter Brown laid a wreath from the Benalla Lions Club Members at the 11o'clock ANZAC DAY service at the Benalla Cenotaph, there was a large crowd in attendance.

Lavington Lions



Despite the cooling of the weather, things are still happening in our Club with major projects still on the go.

The Mirrambeena Dance is still attracting appreciative crowds every week and is a great avenue for community involvement and fund raising. Congratulations to the organisers and their willing band of helpers.

continued.....

1,2,3 Read2Me is going from strength to strength with Wodonga Lions now involved. Easter family nights were held at Bunnings Albury and Wodonga and hundreds of free books were given to children. Bunnings also kicked in with some vouchers for our Clubs too!

Membership is now 46 with the recent induction of Helen Goldsworthy and Mark Wilson into our Club. Unfortunately, the Board had to accept the resignation of Lion Gordon Spencer due to age and health concerns. Gordon was a very active and popular member of our Club and will be missed.

Pleasing to see that rosters being sent around for various activities are being quickly filled. Well done team! The Thurgoona footy gates roster is really a challenge but worth the effort.

Henty Lions

On a beautiful autumn day the Lions Club of Henty held a BBQ and wood raffle as part of the ALCCRF Biggest BBQ! The wood raffle was well supported with the approaching cold weather people were keen to secure a supply of wood. All the tickets for the wood raffle sold out early! The sausage sizzle was conducted on both Friday and Saturday morning and was a great hit with the community. The club also had a stall selling other Lions products such as cakes and mints. A great promotion for our club!



On ANZAC DAY the Lions Club of Henty members served morning tea to the veterans and members of the public who attended the Anzac Day March and the Service of Remembrance. The morning tea was a simple affair with tea, coffee and Anzac biscuits that was enjoyed by all allowing for a time of fellowship. This year Henty had the honour of having Delta Company from the 1st Recruit Battalion, Kapooka marching as part of it's ANZAC Day parade. The Lions Club layed a wreath in remembrance of those who served in conflicts and peace keeping roles.



Save the Date

23-25
October 2026

*V6 District Convention
Kerang, Victoria*





National Volunteer Week falls between the 18th – 24th of May this year. Make sure you get involved and celebrate those who sacrifice their time for causes greater than them!

Lions Assistance Dogs recognises the vital importance of celebrating National Volunteer Week. It is the largest annual celebration of volunteering in Australia. It recognises the contribution of millions of volunteers across the country and invites everyone to discover how giving their time and talents can create connection, purpose, and stronger communities. Volunteers are the backbone of our organisation, from Puppy Carers, BnB carers, Guardian Carers, and Fire Evacuation Volunteers, to Lions Clubs across the country who support with placements and accreditations. Without any of them we would not be where we are today, so we say thankyou and celebrate each of our volunteers on this special week.

2027 Calendars and New Stock!

We also have new stock in our online shop. Pictured you can see Dougie (cover boy!) sitting alongside our new 2027 calendar and our newest tea towel design. Head to our website at <https://lionsassistancedogs.com.au/shop/> to purchase some of our new merch, and stayed tuned for more new items coming to the shop soon.

As always if you have any questions about Lions Assistance Dogs, how to get involved or support us, please contact us at: development@lionsassistancedogs.com.au



Beechworth Lions

April Dinner Meeting - We made welcome to our April Dinner Meeting previous Beechworth Lions member Brian Cornish now a member of Altona. Brian brought to us photos taken for the year of 2015 when Josie Cormish was Lions Club of Beechworth President. They are full of wonderful memories particularly of the hard work at the Wangaratta Road Rest Area - a Beechworth Lions Project, the handing over to Beechworth the large Lions Gavel, Trauma Teddies to Beechworth SES Captain, and the visit of past DG Steve Kazenwadel.

Easter Saturday - As part of the Golden Horseshoe Festival Beechworth Lions Club were able to hold a Sausage Sizzle. The day was a very successful due to the hard work all day of our club members Lions Christine, Lyn, John, Iris and a friend of Beechworth Lions Anne who not only helped but supplied us all with lunch. We were well position outside the RSL to also view the wonderful parade.

Golden Horseshoe Festival Easter Egg Hunt - It was a fantastic morning for our Beechworth Lions Club Easter Egg hunt. Our estimate was that all up near 300 parents and children attended. Thank you to Lion John, Lyn, Christine and Iris. On a sad note, one of our young helpers Zachary lost his watch. If any of our ROAR readers was at the Easter Egg hunt that may have picked up a child's watch - black band with goldy/pink surrounding the face we would love to get it back to him. The last few Easter Egg Hunt Zachary has turned up just to help us so we would love to get it back to him. Email Beechworth Lions Club and as secretary I will pass on a contact phone number.





Continued.....

It is with much sadness that Lions Club of Beechworth has been advise of the passing of Past Lion Len Dodd on the 18th April – funeral arrangements to be advise. He is survived by wife Ada Dodd who was Beechworth Lions President with Gil Beaty 1990/91 and by herself in 1991/92.

Len was President of Lions Club of Beechworth 1983/1984 and 1984/1985. Len was President when Lions Club of Beechworth, to celebrate the 150th anniversary of the white settlement of Melbourne in 1835, installed new picnic facilities and benches at the Lake Sambell Reserve still in place today.



VICTORIAN volunteering

AWARDS 2026

The Victorian Volunteering Awards are an opportunity to recognise and thank volunteers across Victoria for the incredible contributions they make to our state and local communities. Showcasing excellence by individuals and organisations, the Awards are run by Volunteering Victoria with the support of the Victorian State Government.

Go to the website to find out more:

<https://www.volunteeringvictoria.org.au/events/awards/>

Key dates

Nominations close

27 May 2026, 4pm (AEST)

Finalists announced

September 2026

Judging & Selection

June – August 2026

Awards ceremony

October 2026

National **18-24 MAY 2026**
Volunteer
YOUR YEAR TO VOLUNTEER **Week**



Continued.....

Beechworth commemorated ANZAC Day 2026 with a Dawn Service, Gunfire Breakfast, and Main Service followed by Refreshments and Traditional Activities in ANZAC Hall/RSL Rooms. 32 Wreaths were laid by community groups. Lion Graeme Smart laid a wreath on behalf of Beechworth Lions Club.

District Youth of the Year

Was an inspiring day today as the Lions Club of Wangaratta hosted the Lions District 201V6 Youth of the Year Final at St. Bernard's School, Wangaratta. Students representing clubs across our district competed in a big day consisting of both interview and public speaking components.

Congratulations to Zoe, representing Numurkah Lions Club for winning the public speaking section, and Matilda, representing Cobram Lions for being the overall winner today.

Thank you to those Wangaratta Lions members in attendance and assisting on the day in support of the Youth of the Year Australia program.



Wangaratta Lions

Easter came a few days early for some Wangaratta residents with Lion Jo Howell presenting Easter baskets full of chocolate treats from Lions Club of Wangaratta to the residents of St John's, Illoura, St Catherine's, and Rangeview this afternoon. Wishing all the residents at Wangaratta's aged care facilities a Happy Easter.

Quambatook Tractor Pull - A few members of Lions Club of Wangaratta assisted the Quambatook Lions Club at the Quambatook Tractor Pull on Easter Saturday. What a fantastic day supporting fellow Lions and being a part of such a well-supported community event.



Business Breakfast @ Pengerang House - Lions Club of Wangaratta had a busy morning with a Business Breakfast down at Pengerang Community Hub with 102.1 Edge FM and McDonalds.

Art of Flight Festival - It was a big day for Lions Club of Wangaratta manning the gates and providing the BBQ for all those attending the Balloon Glow & Drone Show as part of the Art of Flight Festival at Wangaratta Turf Club

YOTY District Final - Was an inspiring day today as the Lions Club of Wangaratta hosted the Lions District 201V6 Youth of the Year Final at St. Bernard's School, Wangaratta.

Business Breakfast @ North Vic Caravans - Lions Club of Wangaratta had a busy morning with a Business Breakfast down at North Vic Caravans Wangaratta with 102.1 Edge FM and McDonalds.



Junior Public Speaking

Thank you to the clubs who have already registered for the Junior Public Speaking Contest for 2026.

A gentle reminder that your club registration is due by 31st May 2026.

Everything you need to run the program is available on the 201V6 website <https://lions201v6.org.au/jps-resources/>

The entry form is to be sent to Judy Byrne (V6 District Chairperson) at v6juniorpublicspeaking@gmail.com

The club then needs to pay \$50.00 to the Lions District 201 V6 Clearing Account BSB 032870 Account Number 236646.

Please use your club's name as reference so that we know you have paid – thank you.

It would be interesting to know how many students start the JPS journey. Could you please find out and let me know how many students participate at each of your schools' level.

If I could have this information by the end of term when all school competitions should be completed, I would be most grateful.



Years 3 & 4

If you could go on a holiday anywhere in Australia, where would you go and why?

Tell us about it... e.g. What can you see and what would you do there?



Years 5 & 6

If you could have dinner with anyone in the world (a real person past or present), who would it be, and why, and what would you serve them for dinner?

Hint: You will need to research this person to find out about their life.

2026 Topics



Dear Lions Club of Yarrawonga /
Turban Angels Team,

I am writing to express our sincere gratitude for the generous donation of handmade, lightweight turbans for the cancer patients at the Olivia Newton-John (ONJ) Cancer Wellness & Research Centre.

These turbans are a truly fabulous gift. They are soft, comfortable, and stylish, providing much-needed comfort to patients facing hair loss during their chemotherapy journey. Your donation brings smiles and brightens the spirits of our patients, offering them dignity and warmth.

The dedication of your team to creating these beautiful items is incredibly touching. We appreciate your continued support in helping our patients feel empowered and cared for.

With heartfelt
thanks



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



Yarrowonga Lions out and about in Yarrowonga - Our dedicated members at the KHub Community BBQ. Lions President Peter, Denis, Andrea, Laurie and Nora



Tocumwal Lions - We had DOUBLE the number of stalls at our Mother's Day Made, Baked & Grown Market compared to our February market, which featured baked goods, honey, crochet, plants, artwork, preserves, cheesecakes, flowers, and more! There was a nice stream of people coming through the door all morning, and just as many were walking out with bags of goodies.

Questions raised by fellow Lions on the Lions Global Forum on Facebook...

"If we had a class for incoming District Leaders taught by Clubs rather than LCI, what material would be different?"

If a young person asked you, "What makes Lions different from other volunteer organizations?" what would you answer?

Does Bullying exist in Lions?

If 94% of you feel that Bullying exists, tell us what you think are ways to reduce it?

What are some club level awards you give?

Do Lions have a problem with politics on the club, district, MD levels?

Using Images Found on Facebook: What You Need to Know

Facebook makes sharing photos easy, but easy to see does not mean free to use. In Australia, photos are protected by copyright as soon as they are taken. Posting an image on Facebook does not make it public domain. In most cases, the photographer owns the copyright, not Facebook and not the person in the photo.

When a photo is uploaded to Facebook, permission is given only to Facebook to display it. Others are not allowed to download, copy, or reuse the image in newsletters, flyers, websites, or promotions without permission.

When is it generally okay? You can usually use an image if:

- You have permission from the photographer
- You share it using Facebook's share tools
- It is clearly labelled Creative Commons or licensed for reuse
- The photo was taken by you or your club

Adding "Photo from Facebook" is not permission. What about "fair dealing"? "Fair dealing" allows limited use for things like news reporting or review, but these exceptions are narrow and rarely apply to general newsletters or promotional material.

Quick Tips for Editors & Contributors

- If you didn't take the photo, don't assume you can use it
- Facebook photos are not free just because they're public
- Always get permission from the photographer
- Credit is not permission
- Use Facebook's share function, not downloaded images
- When unsure, leave it out
- Use club photos or licensed images instead

Best practice for Lions Clubs

- Use club-taken photos wherever possible
- Keep a simple record of permissions
- When in doubt, don't use the image

Respecting copyright protects the organisation, supports creators, and reflects Lions values of integrity and service.

Using Images Found on Facebook: What You Need to Know

A wide range of AI-generated images and graphics created by Lions PR representatives in Australia and overseas are regularly shared on Facebook pages such as the Lions Global Forum and other unofficial Lions pages. These images can be useful and inspiring, however care should be taken before reusing them. PR representatives invest significant time and effort in planning and creating their social media content. When sharing or reusing this material, it is good practice to seek permission where appropriate and to always credit the original creator, rather than presenting the content as your own.

Below are some of the images getting around Facebook that are being shared everyone - these have been created by Jennifer Simpson from Victorville, CA Lions Club District 4-L5 (which she is happy for people to use - with a credit acknowledging her as the creator).

WHAT DOES THE PRESIDENT DO?

Great Clubs Don't Just Happen... They're Led!

THE ROLE:
The President leads with vision, serves with heart, and empowers others to make a difference.

WHAT THEY DO:

- Lead meetings and set the tone
- Work with officers and members as a team
- Plan and guide service projects and events
- Make decisions and keep the club moving forward
- Represent the club in the community and Lions family
- Inspire, motivate, and recognize members

THE GOAL:
Build a strong, united club that serves boldly and grows in membership and impact.

WHY IT MATTERS:

- Provides leadership and direction
- Creates a positive and engaged culture
- Turns ideas into action and impact

REMEMBER:
You don't have to do it all alone - you just have to lead, believe, and bring out the best in others!

LEADERSHIP. SERVICE. IMPACT. That's the President Effect!

CLUB PRESIDENT

WHAT DOES THE SECRETARY DO?

Great Meetings Don't Just Happen... They're Recorded, Shared, and Remembered!

THE ROLE:
The Secretary keeps our club's records, communications, and information organized, accurate, and accessible.

WHAT THEY DO:

- Take accurate meeting minutes
- Manage club correspondence and communications
- Maintain attendance records
- Keep and update important club documents
- Prepare reports and share information with members
- Support the president and other officers

THE GOAL:
Create clear, reliable records and communication so our club stays informed, organized, and strong.

WHY IT MATTERS:

- Decisions are based on accurate information
- Members stay informed and connected
- Our club runs smoothly and professionally

REMEMBER:
It's all about accuracy, communication, and attention to detail - you're the keeper of our club's story!

RECORDS. COMMUNICATION. RELIABILITY. That's the Secretary Effect!

CLUB SECRETARY

WHAT DOES THE TREASURER DO?

Strong Clubs Don't Just Happen... They're Planned, Tracked, and Trusted!

THE ROLE:
The Treasurer manages our club's money with integrity, accuracy, and transparency.

WHAT THEY DO:

- Keep track of all club income and expenses
- Record deposits and pay bills
- Maintain accurate financial records
- Prepare financial reports for meetings
- Present the budget and monitor spending
- Work with officers on fundraising and planning
- Ensure proper financial procedures and reporting

THE GOAL:
Protect our club's funds and provide clear, responsible financial stewardship so we can serve more and grow stronger.

WHY IT MATTERS:

- Builds trust and accountability
- Helps us plan, grow, and make a larger impact
- Keeps our club strong and sustainable

REMEMBER:
It's not just about numbers - it's about responsibility, trust, and helping our club thrive!

ACCURACY. TRUST. IMPACT. That's the Treasurer Effect!

CLUB TREASURER

WHAT DOES THE TAIL TWISTER DO?

Spoiler Alert: They don't hand out fines... they hand out FUN!

THE ROLE:
The Tail Twister brings energy, laughter, and engagement to our meetings!

WHAT THEY DO:
Lead fun and friendly activities, icebreakers, and challenges that get everyone involved and help our club feel like family.

THE GOAL:
Build camaraderie, boost participation, and create a welcoming and positive meeting experience.

REMEMBER:
It's all about fun, connection, and making memories - NOT fines!

LAUGHTER. FRIENDSHIP. ENGAGEMENT. That's the Tail Twister Effect!

TAIL TWISTER

WHAT DOES THE LION TAMER DO?

Behind every great meeting is a Lion Tamer making it happen!

THE ROLE:
The Lion Tamer keeps meetings organized, on track, and running smoothly from start to finish.

WHAT THEY DO:

- Prepare the agenda and support the president
- Keep meetings on schedule and focused
- Ensure smooth transitions between speakers
- Help maintain order, flow, and professionalism

THE GOAL:
Create an efficient, productive, and well-run meeting where every member's time is respected.

WHY IT MATTERS:

- Meetings stay engaging - not chaotic
- Members stay informed and involved
- The club operates like a well-oiled machine

REMEMBER:
It's all about structure, leadership, and flow - not control, but coordination!

ORGANIZATION. LEADERSHIP. IMPACT. That's the Lion Tamer Effect!

LION TAMER

WHAT DOES THE BOARD OF DIRECTORS DO?

Great Decisions Don't Just Happen... They're Discussed, Guided, and Decided Together!

THE ROLE:
The Board of Directors provides guidance, support, and oversight to help our club thrive now and in the future.

WHAT THEY DO:

- Set goals and approve plans and budgets
- Support the club officers and service projects
- Make key decisions that shape our club's success
- Ensure we follow Lions International policies and values
- Evaluate progress and plan for the future
- Represent the voice and best interests of our members

THE GOAL:
Build a strong, sustainable club that delivers impact, serves with excellence, and grows membership.

WHY IT MATTERS:

- Brings wisdom, experience, and fresh ideas
- Creates accountability and smarter decisions
- Keeps our club strong, relevant, and ready for what's next

REMEMBER:
The Board doesn't do the work for the club - they help lead the way, support the team, and protect our mission!

VISION. LEADERSHIP. DECISIONS. That's the Board Effect!

BOARD OF DIRECTORS



LIONS RHEUMATISM AND ARTHRITIS MEDICAL RESEARCH FOUNDATION Australia DISTRICT 201 V 1-4

ABN 97 824 299 568

Web Page; <https://lionsrheumatismfoundation.org.au/>

All correspondence to Secretary/Treasurer

Chairman

PDG Pauline Harris OAM
1 Rushworth St Watsonia VIC 3087
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Secretary/ Treasurer

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April 2026

Dear Club President and Lions members.

Thank you again to all clubs that have supported the LR&AMRFAustralia over many years.

The last few years have been very hard on Lions Clubs, in the eastern states as well as other areas of Australia, which has caused untold hardship to families, plus devastation to business as well as bush fires and more devastating floods.

With this in mind the LR&AMRFAus. would, if possible, like you to donate this time, and I ask that you consider supporting the LR&AMRFAustralia.

The reasons are as follows as there would be very few members of your club who do not know someone, a friend, relative or acquaintance, who has Arthritis, Osteo-Arthritis, Rheumatoid Arthritis or other forms of the disease.

The aim of the Lions Rheumatism, as you may be aware, is to raise 2 million dollars. This money will, with the interest it accrues, enable the foundation to fund a Research Fellow, for the foreseeable future, and also include necessary equipment with the funds. The Lions Rheumatism are continuing to sponsor a PhD research student, and with your assistance, would like to continue this, to help further assist the cause, and also help find the causes and a cure for this insidious disease. Recently the Foundation supported a PhD Student for an International Conference, to help assist with their education into research.

The way that your club can help could be a donation and I ask that you assist the LR&AMRFAustralia in this way if possible. Also, by **Promoting the project through BBQ's and presentations would also be of great benefit.**

A Presentation DVD is available on the web site for downloading, and also the use of the LR&AMRF Aus. Flyer.

Currently our funds stand at \$520,000.00. Still a way to go, but with your help, not too far away.

I hope that you can help and thank you in anticipation.

Thank you

Eric Gittins JP PDG



**Please email the Secretary/Treasurer when you make a donation,
so it can be confirmed on the bank statement**

PAYMENT IS BY DIRECT TRANSFER PLEASE

Lions Club of _____ District _____

Donate the following; \$_____ by **deposit/ EFT** details shown below

Donations of \$2.00 or more are Tax Deductable

Bank details Lions Rheumatism & Arthritis Medical Research Foundation Aus. **BSB 063 130 10229690**

**Please include your club's name and District (or club number) in the bank deposit /EFT
and forward a copy of this, by email, to me please.**

A receipt will be emailed to your club secretary.

An invitation from the Corowa Lions Club Match or Better



Dear Club Secretaries

Tony Peace from the Emergency Services Foundation is paddling down the Murray River to Goolwa in South Australia over 60 days and raising funds to support Emergency Workers' Mental Health. (See attached download from Tony's website)

Our Corowa Lions Club has donated \$500 to this very worthy cause. We met him on the river at Corowa when he made an overnight stop at the Corowa Rowing Clubrooms. Tony was met by First Responders and their organisations and by our club members and the Federation Council Mayor, as well as members of our community

Given the importance of Emergency Workers in our communities, many of whom are volunteers, and the impact of often traumatic situations on some workers we know the importance of these people receiving assistance when they are confronted with mental health issues

Our invitation to all Clubs in our District is to match or exceed our donation to this very worthy and important cause

The details for a direct deposit are:

Account: **Emergency Services Foundation** BSB **704 230** Account **100609834**

Please Reference Tony's Trek and your Club Name (eg Lions Corowa)

Yours through Lions Service

Lorraine Wheeldon

President Corowa Lions Club

An invitation from the Corowa Lions Club Match or Better

Copy From Tony's Website <https://www.givenow.com.au/tonystrek2025>



better together

About this cause

Murray River Paddle to Support Emergency Workers' Mental Health.

Following the success of Tony's Trek - One Step at a time in 2023 and Tony's Trek - Side by Side 2024 in Nepal, I am proud to announce that I will begin Tony's Trek 2026 - Paddle for Awareness on 12 April 2026.

This is an unsupported, solo 2,400 kilometre paddle down the Murray River. My aim is to raise awareness of the profound mental health challenges faced by our emergency workers, and to acknowledge the impact of that on their families.

Starting in Bringenbrong New South Wales and finishing at the mouth of the Murray at Goolwa in South Australia, I expect this journey to take approximately 60 days. Along the way I will take every opportunity to shine a light on the often hidden and unrecognised toll that emergency work takes on those who serve our community because the statistics are damning, and we must do better.

According to a study led by Beyond Blue:

1 in 3 emergency service workers experience high or very high psychological distress. The majority of all mental injury WorkCover claims come from emergency services workers.

Only 37% emergency workers with a mental injury claim are back at work in 6 months which is below the scheme average.

And more emergency workers than ever before are unable to return to work at all.

This solo journey down the mighty Murray River will be both a physical and mental challenge for me, and this is my way of acknowledging the daily challenges faced by our emergency workers.

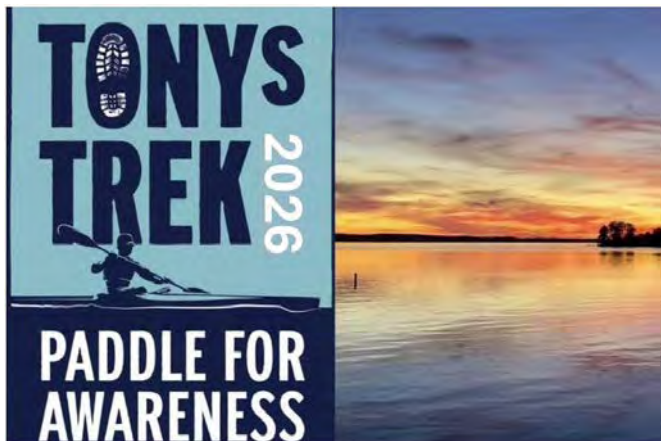
An invitation from the Corowa Lions Club Match or Better

Along the way, I will connect with local communities, share stories of lived experience and resilience, which will undoubtedly highlight the need for robust mental health resources and support systems. Along the way I hope to raise vital funds for the Emergency Services Foundation to do its important work of developing evidence informed programs that enhance and promote wellbeing for our emergency services personnel.

In 2023, Tony's Trek raised vital funds to help deliver a pilot residential wellbeing program, and in 2024 funds raised went towards the development of a new Lived Experience program.

In 2026 I hope to raise funds to help maintain the momentum of the highly effective Residential Wellbeing Program, so even more people can benefit.

I invite you to come on this journey with me by offering your support—whether by following my progress, spreading the message, or contributing to the cause.



LIONS AUSTRALIA DIABETES FOUNDATION

ABN 81 053 872 446

LADF Newsletter – Autumn 2026

Welcome to our thirteenth Newsletter.

GRANTS

Since 1994 the Foundation has approved grants totalling over \$1,355,000.

This has been made possible by the wonderful support that LADF has received from Lions Clubs throughout Australia.

For a number of years, the Foundation has partnered with Type 1 Foundation to support nurse educators at various camps throughout Victoria, NSW & Queensland.

As mentioned in the last Newsletter, The latest grant of \$3,000 was to Type 1 Foundation (Geelong) to support a diabetes camp for adults to be held at Camp Koala, Victoria.



Nurse educators at Camp Koala

Clubs are reminded that The Lions Australia Diabetes Foundation welcomes Grant Applications from any Lions Club in Australia or its territories, for assistance with their diabetes-related projects. A Grant Application form is available for downloading from the LADF website. Details about how to fill in the form are included in the instructions attached to the form.



Young adult participants at Camp Koala

PDG JOHN HAYES OAM HONOUR AWARD

Would your Club like to nominate a member or other person for an Award? Details are in our brochure and on the website –

www.tinyurl.com/lionsdiabetesfoundation.

DONATIONS TO THE FOUNDATION

Direct deposit by Lions Clubs to the Foundation's bank account are encouraged: **BSB 032-569, account number 580405.**

We remind you that personal and corporate donations (of \$2 or more) to the Foundation are tax-deductible. Receipts are issued for all donations made.

If you would like a supply of LADF's brochures and bookmarks for your Club or District promotional activities, please contact us at diabetes@ozemail.com.au. We are happy to provide them free of charge; we only ask that the Club or District re-imburse LADF for postage.

On behalf of the Trustees and Management Committee of the Foundation,

keep on smiling. 😊



Good Morning,

Federation Council, in partnership with the Corowa Local Health Advisory Committee and the Corowa Lions Club, is proud to offer fully subsidised Youth Mental Health First Aid (YMHFA) training.

This is a vital opportunity for adults in our community to gain the skills, confidence, and practical tools needed to support young people (aged 12–18) when they need it most.

Why Take This Course?

Research indicates that most mental health disorders start between the early teens and mid-20s. With sports clubs and community groups creating the primary connections for our youth, you can provide a crucial safety net. This course teaches you how to:

- Recognise early warning signs and distinguish them from typical adolescent development.
- Understand the impact of mental illness and available treatments.
- Take Action using evidence-based plans to start supportive conversations.
- Respond effectively in crisis situations and guide youth toward professional help.
- Practice Self-Care while acting as a Mental Health First Aider.

Who Should Attend?

If you are over 18 and engage with young people in the Federation Council area, this course is for you. We encourage registrations from:

- Sports club volunteers and coaches
- Community group leaders and members
- Teachers, school staff, parents, and carers
- Employers of young people

Delivery Options

The 14-hour course will be led by John Dean (MLHD), a licensed MHFA Instructor. Catering is included for all face-to-face sessions.

Weekend Intensive: 2 x 7-hour sessions (Sat & Sun) held in Corowa, Mulwala, Howlong, or Urana.

Alternative Formats: (Subject to interest) include split Sundays, evening sessions, or blended eLearning with video conferencing.

How to Register

Training is FREE for residents and volunteers in the Federation Council. Please register your interest early to secure your place and indicate your preferred training format.

[Register for FREE Youth Mental Health First Aid Training - Federation Council](#)

Applications close on Friday 22 May, 2026.

Once EOIs close, I will work with the trainer to finalise locations and dates based on group preferences.

Feel free to pass this to others who may be interested.

Yours sincerely,

Amber Harvey

Team Leader Community Development

Federation Council Logo

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Helpful Links

District Governor

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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
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PR & Website Chairperson

Jo Guthrie
0428 366 220 ~ v6roar@gmail.com

Information Technology (IT) / Website

Aydan Stark – Beswick
0484 249 521

Are YOU following us....



Facebook

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

Instagram

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

Diary Dates

MAY

Mindful May

8th - World Ovarian Cancer Day

11th - Mother's Day

12-17th - Mental Health Awareness
Week

20th - Autoimmune Arthritis Day (Lions
Rhumatoid Arthritis Foundation)

19-25th National Volunteer Week

28th - World Hunger Day

JUNE

7th - LCI's Birthday

15th-21st - Men's Health Week

11th - Thank a First Responder Day

14th - World Blood Donor Day

27th - Helen Keller Day

didn't see
YOUR
club in the latest
edition of....



THE ROAR
V6 District Newsletter

deadline is 28th of each month



District
WEBSITE
lions201v6.org.au

Special "Members Only Area"