

october
2026



From the DG....

My how the year is flying. Over the past few weeks, the DG team has been out and about visiting lots of clubs.

On our visits we have been gifting clubs with a tree to promote the Green Canopy Project within the district. It is hoped that will kick start this very worthy Category A project, and perhaps with community involvement encourage some new members to join Lions. As a District Governor, I was requested to appoint a district ambassador to liaise with the Green Canopy national committee and I am pleased to announce that Lion Meredith Mitchell from Corowa Lions has accepted this role. A few clubs at the beginning of the year did not receive a tree but this will be rectified.

One of the DG focuses this year was to increase the Children's Vision Screening Program (CVSP) within the district. I am pleased to announce that for this year LEHP has screened over 27,300 children nationally with over 5000 referrals made. If anyone in your clubs wish to train as screeners then please contact our District Sight Projects Chairperson, Lion Janet Austin.



I am extremely proud of the way that Lions Clubs are working together on projects; an example here is where over 10 clubs worked together to promote Lions at the Henty Field Days. Of course, the Deniliquin Ute Muster and the Elmore Field Days are coming up in the next week and again Lions will be out there in the community and working together. Well done to all for your dedication and willingness to serve the community.

Convention is approaching fast and we would like to see as many Lions as possible, come for a fantastic weekend in Kerang from 23-25th October. Registration information is on the district website and available from your club secretary. We look forward to seeing you there.

I hope you all have a fantastic month full of fun Lions projects and activities.

Yours in Lions Service

DG Alison



Convention Update

The 201V6 Convention in Kerang is nearly upon us and all the preparations are going very well. Registration forms have been available for over 5 weeks and are starting to come in nicely. New Convention Treasurer Jeff Jackson requests all conventioners to make sure they send their registration forms and payment details together to make life easier for him!

Accommodation is limited in Kerang to 2 x motels - Kerang Valley Resort and Loddon River Motel and 2 caravan parks - Kerang Holiday Park and Big 4 Riverside CP, so please book asap. I have been to see all of them and they will look after conventioners with discounts or upgrades if they mention they are in Kerang for the Convention.

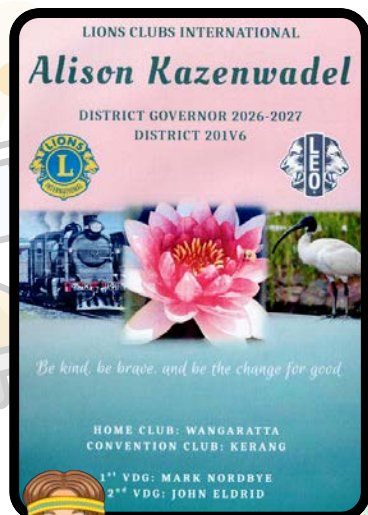
Our Convention Program has taken shape well with very interesting speakers for everyone to enjoy. Jeanette Young is our Friday night entertainment and she is a very talented musician and comedian who you will enjoy. The Hoffmans on Saturday night will have everyone up and dancing to their wonderful music and they will certainly entertain you all.

As you would all remember from our presentation at Corowa last year, our theme is "Back to the 60's!" and we encourage everyone to embrace the theme and dress accordingly. You have had 12 months to get your best hippie or rock and roll gear together, so let's all have fun and make Saturday night a night to remember!

Conventions are important for Lions Clubs to gain more knowledge about our great organization and to meet friends old and new but most importantly we should all try and remember Kerang and Barham/Koondrook Lions Clubs' maxim and that is to Have Fun!

Yours in Lionism,

Lion Greg Gin, Convention Chairman.



49TH DISTRICT 201 V6 CONVENTION

Hosted by the Lions Club of Kerang &
Lions Club of Barham-Koondrook

Kerang Memorial Hall

4 Nolan Street, Kerang

23-25 OCTOBER 2026

GUEST SPEAKER
Rob Oerlemans



GUEST SPEAKER
Sue Eyton



GUEST SPEAKER
Mark Mathieson
Alone Australia



LIONS BREAKFAST
GUEST SPEAKER
Lindsay Schultz

WEEKEND ENTERTAINMENT



Jeanette
Young



Heather & David
Hoffman

MEMORIAL SERVICE

Will be held on
Sunday at 9am

CLOSING DATE FOR REGISTRATIONS

Convention + Hospitality - 16/10/26

Convention ONLY - 22/10/26

For more information Contact Chairman Greg Gin -
lionsv6convention@gmail.com



Download your
registration form
HERE



Spring has Sprung!

By Dr Lorraine Wheeldon 201V6 Chairperson for Diabetes and Prostrate Cancer

Spring provides the strongest natural momentum for our Lions Clubs to deliver diabetes education, screening, and prevention messaging in the community. The season brings improved weather, increased community activity, and a psychological “fresh start” effect that makes people more receptive to health information.

Spring: A Strategic Season for Lions Diabetes Education in the Community

Spring marks a turning point in community life. After the colder, slower winter months, people begin to re-engage with outdoor activities, reconnect socially, and reset personal routines. For Lions Clubs committed to reducing the impact of diabetes, this seasonal shift creates an ideal environment for education, screening, and prevention initiatives.

Diabetes remains one of Australia’s most significant and growing health challenges. Many individuals are unaware of their risk, unsure how to take preventive action, or disconnected from regular health checks. Spring offers a unique opportunity to change this.

1. Spring Motivates Behaviour Change

Behavioural research consistently shows that seasonal transitions—especially spring—trigger a “fresh start effect.” People feel more motivated to adopt healthier habits, review their wellbeing, and take proactive steps toward improving their lifestyle.

For diabetes prevention, this matters. Many risk-reducing behaviours—walking more, eating fresh foods, reducing sedentary time—become easier and more appealing in spring. Lions Clubs can harness this motivation by:

- Encouraging community members to complete AUSDRISK assessments
- Promoting simple, achievable lifestyle changes
- Providing clear pathways to screening and support

Spring is a moment when people are ready to listen—and ready to act.

2. Fresh Seasonal Produce Supports Healthier Eating

Healthy eating is central to diabetes prevention and management. Spring brings an abundance of fresh vegetables, herbs, and fruits that make nutritious meals more accessible and affordable.

Community education can highlight:

- How to build balanced meals using seasonal produce
- The role of fibre, whole grains, and lean proteins in blood glucose control
- Practical tips for reducing sugary drinks and refined carbohydrates
- Affordable recipe ideas for families and older adults

By aligning nutrition messaging with what is available locally in spring, Lions Clubs make healthy eating feel achievable in the community rather than overwhelming.

Spring has Sprung....continued

3. Better Weather Encourages Physical Activity

Physical activity improves insulin sensitivity, supports weight management, and reduces the risk of type 2 diabetes. Spring's mild temperatures and longer daylight hours make movement easier and more enjoyable.

Our District Clubs can support this by organising:

- Community walking groups
- "Walk with Lions" events at local parks
- Outdoor fitness sessions in partnership with councils or Men's Sheds
- Family-friendly activity days at spring markets or fairs

These initiatives not only promote health—they strengthen community connection.

4. Spring Community Events Create Ideal Outreach Opportunities

Spring is one of the busiest seasons for local events. Markets, festivals, sports days, agricultural shows, and cultural gatherings provide high-traffic opportunities for Lions diabetes education.

Lions Clubs can set up:

- AUSDRISK screening booths
- Information tables with brochures and risk-reduction tips
- Interactive displays about healthy eating and physical activity
- Partnerships with local health providers for on-site referrals

Community members are more relaxed and open to conversation at these events, making education more effective.

5. A Seasonal Checkpoint for People Living With Diabetes

For individuals already managing diabetes, spring is a practical time to review health routines and equipment. Lions messaging can encourage:

- Checking glucose meters and sensors
- Replacing Batteries in testing devices
- Updating medications
- Scheduling eye checks, foot checks, and GP reviews
- Refreshing self-management plans

This "spring health check" approach helps reinforce safe and effective diabetes management.

Spring has sprung....continued

6. Reaching Priority Populations

Spring outreach can be tailored to community groups at higher risk of diabetes, including:

- Older adults
- Men's groups
- CALD communities
- Aboriginal and Torres Strait Islander communities
- Families with limited access to health services

By delivering education in familiar, trusted settings—community halls, sporting clubs, cultural centres—Lions Clubs ensure prevention messages reach those who need them most.

Why Spring Matters for Lions Diabetes Education

Spring amplifies the core goals of Lions diabetes initiatives:

- People are more motivated to improve their health
- Fresh produce is abundant, supporting better nutrition
- Outdoor activity is easier, encouraging movement
- Community events increase, expanding outreach opportunities
- Self-care routines can be refreshed, improving management for those with diabetes

For Our Clubs, spring is not just a season—it is a strategic window to make a measurable impact on community health.

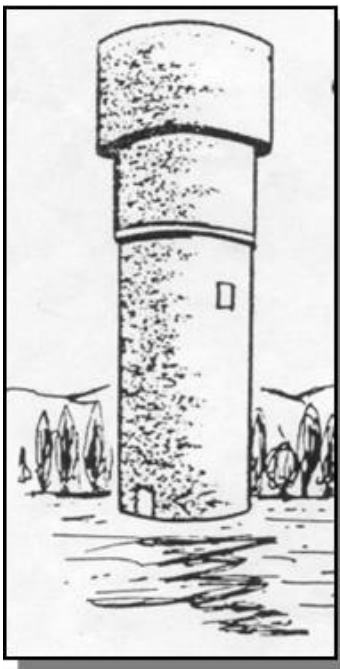
A Call to Action

As spring arrives, Lions Clubs across our District are encouraged to lead the charge in diabetes awareness and prevention. Whether through screening days, walking groups, nutrition workshops, or partnerships with local health providers, every initiative helps reduce the burden of diabetes in our communities. All district zone chairs have been provided with a selection of materials that are readily available from our Diabetes Foundation and other diabetes information providers. Every Club is invited to make a difference

This spring, Lions invite every community member to take one positive step toward better health. Prevention truly is in our hands.

Lions Club of Wodonga

DISTRICT 201V6 INTER-CLUB **TRIVIA NIGHT**



Saturday 10th October
\$10 per person
Teams up to 8
Wodonga Lions Club Shed
172 Victoria Cross Parade
Wodonga
(Behind SES)
Commencing 7:00pm

You are welcome to bring food and drinks
for your table.

We also have bar open at reasonable prices.
Light supper and coffee provided.

Raffles

On the spot prizes

Lucky door prize

Club Champion Trophy

Light supper and coffee

Please RSVP to: wodonga.vic@lions.org.au

By 3rd October. Hope to see you there

Kerang Lions

At our dinner meeting one of our local policemen Travis Collier talked about Men's mental health in his role at NDCH and then about robbery and violence in his role as a policeman. Very thought provoking. President Sandy Morvell thanked Travis for his interesting speech.

Successful catering for Irrigation Farmers Network Field Day on 17/9/26 with more than 70 participants well fed. Great job Lions!

Kerang Lions had a very successful day catering at the Kerang community Market on Grand Final Day with virtually all the food sold! Well done Lions!



Corowa Lions

Corowa Lions have inducted 4 new members recently. L to R President Stuart Whisson new member Sue Creighton, new member Meredith Mitchel, new member Brendan Christy PDG John Houghton. the other new member not in the picture is Mr. Roy Monte.

Corowa Common members handed over \$7000 to be added to the \$20,000 that Corowa Lion donated to the Lions Children's Cancer Research Foundation. The cheque was presented to PDG John Houghton by Mr. Ian Rodgers at the Corowa Lions dinner meeting on the 21st September.



Corowa Lions...continued

Recently PDG John Houghton as the District Chairman for the Lions Children's Cancer Research Foundation was presented with a cheque for \$20,000 to the Foundation from Corowa Lions Club. These funds are raised from the "Cash for Cans" project that the Corowa Lions club has run as a signature project for the past 3 years. Pictured: Lion Lynn Fredericks presenting the cheque to PDG John Houghton.

Lion Loraine Wheeldon presented a certificate of thanks to the owner of Corowa IGA for their support with the Shane Warne health check machine.

The Corowa girl Guides presented the Corowa Lions club a framed certificate of thanks for the ongoing support over the past 25 years. Senior Guide Leader, Mrs Sonia True and new Guide Bella, presented the certificate to Club President Stuart Whisson at a recent Club dinner meeting. The Guides have been an ongoing benefactor of the Corowa Lions Club and for this they provide the members with table waiting and dishing out the prepared meals at all our dinner meetings. Pictured: President Stuart Whisson Guide Leader – Sonia True and young Guide Bella receiving the certificate.

The Coordinator of the Corowa Water Aerobics group Mrs. Liz Seeliger was delighted to present a certificate to the Corowa Lions Club for their support in purchasing new water Dumbbells for the group. Mrs Seeliger said she never thought that they would be able to afford until she contacted the Lions Club and they very generously offered to buy all the necessary equipment for the group. The Water Aerobics group is a collection of 25 to 30 - mainly women that meet regularly at the Corowa Aquatic Centre for low impact exercise. Pictured: President Stuart Whisson receiving the certificate from Mrs Seeliger.



**The aim isn't to take away a club's individuality.
It's to make sure that wherever people see
Lions, they know immediately that it's Lions.**

One Lions organisation. One recognised identity.

Please use the current approved Lions logo and colours on club promotional material. Consistent branding helps our community recognise Lions wherever they see us and ensures we present a strong, professional and united image.





HENTY LIONS CLUB TOWN GARAGE SALE

Saturday, 31st OCTOBER
8:00am – 2:00pm

Maps available at Dale's Electrical
for a gold coin donation

Site Fee – \$15 per address
Main street sites available on request.

*For further information or bookings please ring:-
Ken at Dale's Electrical- 02 69 293 330*

OR

Lorri Roden 02 69 293 071 or 0438 003 071

Cobram Lions

On Tuesday 22nd September Cobram Lions hosted DG Alison Kazenwadel visit to our club. At This visit we had the pleasure of welcoming the Barooga Lions members. Plus PDG Steve Kazenwadel and Zone chairman John Weinert. The meeting was well attended and everyone enjoyed a Potluck dinner, supplied by various members.

DG Alison presented Bruce Keir his 15 years of service Chevron and Janet Ausitn her 35years of service Chevron.

DG Alison presented the Presidents of both clubs. a lovely native tree to plant in our towns, and her Bannerette.

DG Alison presented a surprise award to Janet, the Golden Roley Award. for her service towards the Children's Vision Screening Program { LEHP }



Cobram on the Murray Leos

The Cobram on the Murray Leo Club recently spent a a morning helping our on a Yarroweyah farm helping them replanting trees and helping rebuilding a green corridor for the birds to return to.

The students have learnt a lot about what a tree needs to grow and was done to also celebrate Planet Ark National Tree Planting Day 2026, and The Lions Green Canopy project together.

The Leo's were replanting trees in the burnt areas near Yarroweyah following the devastating bushfires earlier in the year.

Well done everyone who rugged up and with a can-do attitude took on the challenge, on what was a very cold day. The Leos planted over 50 shrubs and trees and then shared a warm BBQ lunch on the verandah of a nearby farmhouse.

Well done Cobram on the Murray Leo Club.



Yarrawonga Lions

In September Yarrawonga Lions had the privilege of hosting the V6 Junior Public Speaking finals in Yarrawonga. It is fair to say that the judges, and all of us that witnessed the finals, were blown away with the enthusiasm and proficiency shown by all participants. We thank the more than eighty people, family and friends, that came along to support the junior speakers. Judging by their performances our future is in good hands. Well done.

September saw the Yarrawonga Lions sixth annual Community Garage Sale with residents from Yarrawonga and Mulwala registering to take part. Fine weather helped make the day a success for participants and bargain hunters alike. Twenty-five sites were booked, and more than 100 cars visited the clubrooms to purchase site listings. Club president Peter visited garage sale locations and received positive feedback about the event and the number of visitors. The sale raised more than \$700, with all proceeds donated to the Lions Childhood Cancer

At a relaxed morning tea at the Yarrawonga Lions Clubrooms in September President Peter Ornsby warmly thanked our wonderful Turban Angels. Our much-loved "Made with Love Free Chemotherapy Turban" project has now been running for more than 11 years. President Peter told the Angels, "As a club, we admire your dedication to such a worthy cause. You help many people across the nation, and possibly overseas as well. Thank you for what you do each week and for your wonderful contribution to the project." Peter then presented each Angel with a certificate of appreciation, recognising the number of years each member has contributed to the project. The certificates recognised Gerda Leitermann for 11 years; Sandra Hart, Sandra Bozzola, Margaret Dripps, Donna Nicholson and Nancy Pateman for 10 years; Lorraine Lee, Nora Reynen and Jeannie Chessels for 9 years; Ruth Jurriaans and Roma Young for 8 years; and Heather Giblett, Kathy Fisher and Andrea Sackeyfio for 1 year. Denis Griffiths was presented with a certificate for being projects handyman since the beginning of the project. What an amazing group of ladies who gather every Tuesday morning at our Clubrooms

Yarrawonga and Mulwala locals were pleased to announce a new and strong spiritual link to our wonderful World War 1 veterans following the planting of a seed from the original lone pine tree in Gallipoli at the Club Mulwala RSL in August. Yarrawonga Lions Don and heather McPhee, Peter and Liz Ornsby, and Denis Griffiths attended this moving and special ceremony at the Mulwala RSL to witness the planting. Long may it grow.



Well known Yarrawonga resident, Jan Parker, was our guest speaker for the first Lions Club meeting in Spring. Jan brought us up to date on the Yarrawonga Family History Group, the Yarrawonga Cemetery Trust as well as the library and sports complexes currently under construction. It's always good to hear from Jan who takes a keen interest in everything Yarrawonga.

Eye Health



Lions World Sight Day is on October 8th.

This coincides with the release of a new campaign for LEHP, targeting our “Tradie” community, and the younger mothers, both groups fit into the age groups, that often neglect their own health, LEHP is encouraging them to have a free eye examination at the optometrist. 90 percent of vision loss is avoidable, if detected early.

Kits are available from LEHP to promote this campaign. These kits are free to participating clubs, [Postage to be paid]. It cost \$4 per member to be a participating club, and the benefits to the community are enormous especially if your club does the screening program. A small investment could help save someone’s vision problems in your own towns.

Lions Eye Health week runs this year between 8th and 18th October. It would be fantastic to see some of the District clubs become involved in this and participate and help promote and advertise the Lions eye Health Program. The items in the Kit are to be handed out at whatever community events your club is doing during this week, ie BBQ’s, markets, benches at local hardware stores. School events, Any where this age group can be found.

Congratulations to the Lions members from Cobram, Yarrawonga, Tungamah and Lake Mulwala Lions club who attended the face to face eye sight screener training. Their Next step is to attend the screening session at the schools already booked in to complete their Lions Screener certificate. Allowing them to become a part of the District Screening team.

The District needs more screeners, if every club joins in, and follows the process involved, we can cover the district and let's see if we can screen all the District Schools.

Lions...You too, could be involved in a program that is making a big difference to our children. These children are our Future, we need to be proactive. Remember90 % of vision loss is avoidable.

Lions let's all work together to do our part in this valuable program.



Beechworth Lions

Lions On-Line Zone Meeting - Beechworth Lions Club President John and Secretary Iris participated in what was a very productive on-line Zone 8 meeting. As secretary of not only Beechworth Lions but two other community committees I am so please that our Zone chair is taking advantage of this means of communication to brief clubs on updates such as specifically, membership status and plans for expansion, a proposed Generic recruiting brochure were among some the topics discussed. Well-done Zone 8 Chairperson Rick Rickard.

Henty Field Day - Beechworth Lions Club President John and Secretary Iris joined Tungamah Lions Club at their site at Henty Field Day on Wednesday 23rd September. We left Beechworth at the ungodly hour of 6.15am to travel to Henty for an 8am start. For the next three hours did our best to promote Lions 201V6. Thank you John for the reviving coffee and lunch on the way back to Beechworth.



Beechworth Welcome Expo - Beechworth Lions Club will be part of this community event. The Beechworth Welcome Expo is a free community event hosted by Beechworth Health Service and Indigo Shire Council on Friday 9 October from 4.30pm to 7pm at the Mayday Hills Cricket Oval. Bringing together local clubs, groups and organisations, the Expo is a chance for the Beechworth community, old and new to discover the many ways to get involved in community life. From sport and recreation to arts, culture and special interest groups, there are opportunities for people of all ages and interests. This relaxed, family-friendly event is a great way to meet people, make connections and find activities that match your interests. Chat with local clubs, explore what's happening in the community and learn how you can participate, volunteer or simply try something new. Interactive activities and plenty of family-friendly fun throughout the afternoon. Date: Friday 9 October, 2026; Time: 4.30pm - 7pm; Location: Mayday Hills Cricket Oval; Cost: Free

Tungamah Lions & Leos

Our lions this month have been busy once again. We hosted the zone 6 meeting in Tungamah with great laughs, delicious food, and even better company. Tungamah Lions are getting ready for our annual Halloween night to get the kids involved and having fun (Rumor has it, the pinata will return again this year). Next meeting we are having our footy colours night and cannot wait for delicious meat pies and chips. Always one of our best meetings of the year. Lions have just gotten the detail ironed out for our ANNUAL CHRISTMAS CAROLS!! Our biggest event of the year with fantastic music, amazing raffle prizes and some of the best company around. Come along on December 20th for an amazing day of fun for the whole family.

Tungamah Leos have been inviting to some of the lions upcoming bunnings to help show how versatile and diverse our club is to promote membership. Tungamah Leos are exstastic for their LEO Camp coming up. From campfire songs and catching fish to smores tents, it will be a fantastic night for all Leo clubs involved. The Leos are nearly ready for the annual Carp Muster with hundreds of dollars of worth of prizes for our biggest carp muster ever. The kids cannot wait.



TUNGAMAH
Leo's
CARP MUSTER

COME FOR THE FISHING,
STAY FOR THE COMMUNITY!

DATE
SUNDAY
11 OCTOBER 2026

TIME
11AM - 2PM

LOCATION
WEIR POOL
TUNGAMAH

\$10
FOR ADULTS

\$5
FOR SCHOOL CHILDREN

\$25
PER FAMILY

INCLUDES
BBQ LUNCH

SILENT AUCTION
FOR A SWAG!

GREAT PRIZES!

INQUIRIES TO **Les Harrison** | 0417 301 797
GOOD FISHING • GREAT COMPANY • STRONG COMMUNITY

Benalla Lions

At Waminda House on Thursday President Peter Brown, Chris and Helen Vaughan, Anna Lynch, Corie van Beek, Loch Lidgerwood and Garry Clues manned a BBQ lunch for 60 people for the builders at the accommodation site.

At the Club Meeting on Thursday 3rd September President Peter Brown presented Christ Vaughan with a James McLardie Award. Since joining the Club in 2021 Chris is currently Immediate Past President and Membership Chairman, he also looks after the street seats, he also helps with the Market and Welfare Kitchen, and organises the BBQ's.

On 16th September the Benalla Lions Club provided egg and bacon rolls for 70 people at the Australian Christian College. This was organised by N.E. Tracks where the older students are introduced to a variety of trades people who explain what their employments in those trades have to offer for future employment. Thank you to President Peter and Jan Brown, Chris and Helen Vaughan, Anna Lynch, Garry Clues, Peter Poels, Corie van Beek and Loch Lidgerwood.

Bunnings BBQ on Saturday 19th September, was another successful day. A very warm day where a second marquee should have been provided, a large team of members attended, thank you to Chris and Helen Vaughan, President Peter Brown, Anna Lynch, Corie van Beek, Loch Lidgerwood, Garry Clues and Peter and Margaret Poels. Also on Saturday 19th September Peter and Margaret Poels attended the 90th birthday party for Margaret Elliott (she was a former Benalla Lions Club Member), who now resides in Cooina Village.

Peter and Margaret Poels attended the Junior Public Speaking State Final which was held in Wangaratta on Sunday 20th September and what a fantastic afternoon. The students delivered amazing speeches as usual. It was very exciting that both year 3 – 4 and year 5 – 6 Most Outstanding were from V6 – Isabelle Pilcher from Corowa Public School, Isabelle spoke how she would like to go to the Great Barrier Reef for a holiday and Noah Wilson from St Anne's Primary School in North Albury, would like to invite David Attenborough for dinner.

Driver Reviver was held on Thursday 24th for the AFL Grand Final weekend. It was a quiet day, but we received some very favourable comments, that it is good to be able to stop, get a free cup of coffee/tea and a chat. Some of the people are "regular customers" and make it a point to stop at the Mokoan wayside stop at long weekends when our Lions Club is there to provide a free cuppa.

On Wednesday 2nd September PDG Peter and Margaret Poels visited the Rutherglen Lions Club where he had the pleasure of presenting his former Cabinet Secretary Julie Simpson with a Life Membership Award on behalf of the President and Members of the Rutherglen Lions Club.



Myrtleford Lions



Myrtleford Lions get behind the rail trail's Bush Food Corridor - Canadian Maples planted on eastern approach to Myrtleford

Story taken from the Alpine Observer MyrtlefordTimes, August 12, 2026

Myrtleford Lions Club members were out in force on Sunday 2 August planting 11 Canadian Maples along the Murray to Mountains Rail Trail on the eastern approach to town.

Once established, the maples will offer welcome summer shade for walkers and cyclists, and their autumn colour will complement the native plantings going in nearby as part of Myrtleford Landcare's Bush Food Corridor project.

The corridor stretches roughly 1.6km along the rail trail and now features five planting locations, each paired with an original mosaic created by local artisans The Crackpots. The mosaics, affixed to rocks donated by local quarry HVP, depict edible native plants that will be growing alongside them - including midyim berry, lemon bottle brush, pigface, lilly pilly and Geraldton wax flower.

The project has been made possible through grants from Rail Trails Australia, GROW Myrtleford+and Tourism NorthEast with further support from Alpine Shire Council, assisting with landscaping and mulch.

The Myrtleford Lions Club's contribution is one piece of a genuinely community-wide effort, and there's more to come.

Tocumwal Lions

Tocumwal Lions Club provided a BBQ lunch for the Big Ride. The Big Ride is a Jet Ski Ride from Albury to Coolwa September 25 to October 3. This Volunteer run event raises funds and awareness for Motor Neurone Disease. The thirty-five riders and crew enjoyed their lunch break before refuelling and heading on to Echuca for the night.

Carol and Keith Kennedy travelled to Henty Field Days for the District Lions membership drive. They enjoyed taking a turn on the information stand. They hope the three days at Henty prove to be successful in gaining new members.





Roar for Wellbeing is Back - Please Join Us!

Join Lions across Australia in promoting mental health and wellbeing this October as part of Mental Health Month

We are thrilled to announce that Roar for Wellbeing is returning for 2026, and this year, we want to make it bigger, bolder and more impactful than ever. Our 2026 event packs are proving to be very popular with half already claimed - don't miss out...

After an extraordinary inaugural campaign in 2025, the Australian Lions Wellbeing Foundation is proud to once again invite Lions Clubs across Australia to Roar for Wellbeing during Mental Health Month in October 2026.

1. Download Your Club Host Guide

Download our club host guide for event inspiration, ideas and resource information. Your event can be big or small, simple or creative. -

<https://alwf.org.au/wp-content/uploads/2026/08/Roar-for-Wellbeing-Pack-2026.pdf>

2. Register your event/activity and claim your Free Host Event Pack

Tell us what you're planning - big or small - and claim your free resource pack.

<https://alwf.org.au/roar/>

3. Host your wellbeing event / activity

We'd love to see your Club in action hosting your event. Send us your stories and photos on social media or via email so we can share them nationwide and showcase how Lions are supporting mental health and wellbeing.

NEED IDEAS?

Here's what clubs did in 2025...

Whether your club is large or small, city or regional, there's an idea for you:

- Morning teas and Coffee & Chat events focused on social connection.
- Community Wellbeing Walks and 'Walk & Talk' events combining movement and conversation
- Health and Wellbeing Expos partnering with local health services
- 'Out of the Shadows' memorial walks and suicide prevention events
- School poster competitions promoting Tune In Not Out (TINO)
- Guest speaker evenings on mental health, dementia and community car
- Participating in a community Mental health event

2026 Roar for Wellbeing Challenge

Wellbeing touches all parts of our life, and it's as important for communities, our Clubs and our members as individuals.

This year can your Club promote wellbeing across all 3 areas?



1. Community Wellbeing

An event or activity that raises awareness in your broader community



2. Club Wellbeing

Internal activities that boost the wellbeing of your Club culture



3. Club Member Wellbeing

Activities that improve the mental health and wellbeing of your Club members

Whats Hot on Social Media....



Lions Club of Wangaratta honoured long-serving member PDG Steven Kazenwadel with Life Membership at this weeks meeting.

Steve has demonstrated incredible commitment both to our club and to Lions District 201V6, giving his time, energy and experience over many years to Lions Clubs.

Congratulations Steve and thank you for your service and dedication to both Lions and our community.

The clocks have changed and Daylight Saving is officially here! ☀️ That means Australia now has five different time zones to keep track of, which might make things a little confusing for a while! But on the bright side, we get those beautiful longer evenings and extra daylight to enjoy. There's something about that first Daylight Saving evening that makes it really feel like the warmer weather is on its way and summer isn't too far away! ☀️



Henty Field Days





Christmas is just around the corner, and we have new stock available in our online store! Our ever-popular Christmas cards are now in stock with some new designs. These are available in a pack of 5 for \$6 or a pack of 10 for \$12. We will also have a new range of dog's toys hitting the online shop just in time for Christmas.

Keep an eye on our online shop and social media channels for updates. Visit the Lions Assistance Dogs online shop to see what's currently available:

[Lions Assistance Dogs Shop](#)

We are also excited to welcome When You See a Dog in a Vest to the Lions Assistance Dogs shop! Available for \$22.95, this book is a wonderful way to help children learn about Assistance Dogs and the important work they do. Even more special, the illustrations have been created by one of Lions Assistance Dogs' long-time volunteers, making this a meaningful addition to our shop and a lovely gift for Assistance Dog lovers.

Lap the Map Is now open to the public ahead of our November launch. We are thrilled to see Lions Clubs, members and individuals of the wider community already getting involved. So far, 48 participants and 22 teams have raised \$2,941 to support Lions Assistance Dogs Medical Assistance Dog Program, specifically our Diabetic Alert Dogs in training.

There is still plenty of time to register, get your team together and start fundraising before November! Register today and help us Lap the Map:

[Lap the Map 2026 registration page](#)

For any questions about Lap the Map or our online shop, contact our Development Team at

development@lionsassistedogs.com.au.



Lions Assistance Dogs

Great news from Lions Assistance Dogs Merchandise Department - one word - "SALE!!!"

- ALHD Baseball Caps now \$10
- Reusable Bamboo Cups now \$5
- Compression Socks now \$5

Shop now at

[Lions Assistance Dogs Website](https://www.lionsassistance.org.au/)

- Plus 2027 Calendars are in stock at our same great price of \$10 (Plenty of time to send these cuties as overseas Chrissie presents)
- Check out the new Christmas Cards - Packs of 5 or 10
- Christmas Dog Toys are back! - Same great price \$7
- Our new Plush Dogs are in - Sooo cute!!
- Plus a Children's Book - great school holidays reading and learning

MORE DISTRICT V6 NEWS:

It was so good for Lions Assistance Dogs to be involved in the recent Henty Machinery Field Days stall held by 201V6 Lions. Three big days spreading the word of Lions and all the great work we do to help our communities. Assistance Dogs was a big draw card with their merchandise and current sale items. Nearly all Plush Dogs and Foster Puppies sold! Thank you to everyone who helped out over these 3 days. A worthwhile effort that I'm sure we will continue for a few more years.

Foster Puppy News!! Yarrawonga Lions sponsored a Foster Puppy late in 2025. They chose the name Melvin, and luckily it was free. He is a Tenterfield Terrier in the Hearing Assistance Dog program. Great news !! Melvin is in the spotlight. His time in the Puppy Program has come to an end. But that means an exciting start to his full-time training begins! We cannot wait to see how he progresses.



Lions Assistance Dogs continued....

More news.

- At the end of August, Lions Assistance Dogs have delivered 20 Assistance Dogs this year!
- This quarter, we're celebrating the wonderful progress of two Labradoodles making their way through the Psychiatric Assistance Dog Program - Ayla and Incus.
- Remember Lap the Map is November. Set your date and join us as we collectively raise much-needed funds for Lions Assistance Dogs, Medical Assistance Dog program, providing Diabetic Alert Dogs to Australians with type 1 diabetes, free of charge. See QR code to register.

Michelle Wild

District 201V6 Chairperson Lions Assistance Dogs Australia

Ph: 0411 533 339

Email: v6.assistedogs@gmail.com

Junior Public Speaking

Thank you all for your amazing support of our Junior Public Speaking program for 2026 - another very successful year. We started out with 29 Clubs registering for this program. We had 75 schools across our region participate and while I have no accurate number, I estimate we had over 1000 students start this journey. It is very much valued by all the participating schools.



Your support makes this program possible along with judges, timekeepers, chaperones, caterers. MC's and audience members. A big thank you again to all those people that were involved this year. We realise there were problems with the website this year, especially with regards to the certificates. We intend to go through every document and make sure it is right for 2027.

We held a very successful District Final at Yarrawonga on Sunday August 30 and the judges had an extremely difficult task. Thank you to all at Yarrawonga for hating this event, which was well attended. Presentations were made by our DG Alison and MD Chair Jo - thank you.

We provided feedback sheets at this event and one comment worth noting was: "Well done! I have seen a global improvement in the standard. I attribute that to this program". We also had a successful state final in Wangaratta this year. Congratulations to all involved. Without your passion for this program, it wouldn't be as successful as it is.

Junior Public Speaking continued.....

I encourage you all to share this wonderful program with other clubs in your Zone/ Region and look forward to our new topics and working with you all again in 2027.

Judy Byrne

V6 Chairperson Junior Public Speaking

V-Districts State Final of Lions Junior Public Speaking Contest was held in Wangaratta a couple of weeks ago. It was a great finale for the 2026 program and was fantastic to see how far the students had improved over the various stages of the competition since starting the program earlier this year.

There were some exceptional speeches presented and it was inspiring to hear the quality of these students competing at such a high level. I didn't envy the judges facing the very difficult task of choosing winners!

Was thrilled to have our V6 contestants come out as winners of both year 3/4 and year 5/6 sections. Congrats to Isabelle from Corowa and Noah from Thurgoona on winning their respective sections. I was so proud of them both!

It's so inspiring to be involved in such a fantastic Lions Club program for developing students in public speaking and with increased promotion of Lions youth programs I look forward to seeing this Lions Junior Public Speaking grow even further next year!



LIONS CHRISTMAS CAKE DECORATING COMPETITION

2026



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 and are published below.

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.



Lions District 201 V6 Convention KERANG 2026

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? Yes / No

Do you need your decorated cake back? Yes / No

OR will you donate cake to DG auction Yes / No



Talking About Mental Health at Your Event

Hosting a Roar for Wellbeing event is a wonderful opportunity to connect with your community, share resources, and start positive conversations about mental health and wellbeing.

You don't need to be an expert – your role is to create a welcoming space and connect people with support if needed.

Create a Safe & Welcoming Space

- Begin your event with a warm, inclusive welcome.
- Make it clear this is a judgement-free space – no one has to share anything they're uncomfortable with.
- Use simple, positive language when discussing mental health and wellbeing.

How to talk About Mental Health

- Use simple, everyday language and focus on wellbeing and connection.
- Always talk about mental health in a way that focuses on prevention, mental health promotion and, wherever possible, early intervention.
- Phrases you can use:
 - “Many people experience challenges with their mental health.”
 - “It's okay to ask for help.”
 - “Looking after your wellbeing is just as important as physical health.”

If Someone Becomes Upset

Talking about mental health can sometimes bring up strong feelings. You don't need to provide counselling – just:

- Listen calmly and thank them for sharing.
- Acknowledge their courage: “Thank you for telling me that. It's brave to talk about these things.”
- Gently offer information about professional help and local services.

Consider Inviting a Local Professional

- You might like to invite a local mental health professional or representative from a support service.
- This provides your audience with an opportunity to hear expert insights and connect with services in your area.
- Reach out to local organisations – many are happy to attend community events or provide guest speakers and resources.

Support Guest Speakers

If you invite a guest, make sure they feel supported and prepared:

- Provide them with an outline of the event and your audience.
- Let them know how long they'll be speaking and what's expected.
- Check in after their talk – discussions about mental health can be personal and emotional, even for professionals.
- If your speaker shares something personal, thank them privately afterwards.

Share Helpful Support Contacts

It's a good idea to have these details available - see our handout Support Services and Helpline or find these at alwf.org.au/support

Helpful Links

District Governor

Alison Kazenwadel

0407 229 907 ~

dg.v6@lions.org.au

thewaterlily21@outlook.com

PDG District Governor

Paul Shortis

0407 854 829 ~

pshortis52@gmail.com

Cabinet Secretary

Clinton Cathro

0427 102 541 ~

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, Newsletter, Social Media & Website Chairperson

Jo Guthrie

0428 366 220 ~

v6roar@gmail.com

Information Technology (IT) / Website

Aydan Stark

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)



23rd – 25th October 2026

Memorial Hall, Nolan Street, Kerang

REGISTRATION FORM

Closing Date for Registrations is 16th October (Convention + Hospitality)

Closing date – Convention only - 22nd October

Registration check-in will be available from 4pm Friday, 23rd October

Registration Details - Registrations are required even if you do not require hospitality.

Club Name:			
Status *	Title #	Surname	Given/Preferred name

* Lion/Leo/Partner/Guest # DG/PDG, etc Mr/Mrs/Ms/Miss, etc

Contact Details

Street		Town		State	
Mobile		Phone		Post Code	
Email			Is this your first District Convention?		
			Yes ☐ No ☐		

Hospitality Booking

		Cost \$	No.	Total \$
Friday 23rd	Welcome – BBQ Dinner (Memorial Hall, Nolan Street, Kerang)	\$25.00		
Saturday 24th	Melvin Jones Fellows, Key Members & First Conventioneer Breakfast - <i>bacon, eggs, sausages, tomatoes, toast.</i> At the Lions Den, Alexandra Park, Park Rd, Kerang	\$20.00		
	Lunch (buffet style) - sandwiches, sausage rolls, fruit.	\$18.00		
	Dinner - 2 course meal, drinks at bar prices Kerang Bowling Club, Murray Valley Hwy, Kerang Theme: Back to the 60's – Dress to Impress	\$55.00		
Sunday 25th	Lunch (boxed) – Salad roll, cake/slice, piece of fruit, water bottle	\$18.00		
Convention Badge		\$2.00		
FREE Tea & Coffee & bottled water available all-day			Total	

Please indicate any dietary/allergies or other needs below:

Registration & Payment Methods - Preferred method EFT

EMAIL: lionsv6convention@gmail.com POST: Lions Club of Kerang PO Box 117 Kerang VIC 3579	Electronic Funds Transfer BSB: 633 000 Account No: 228 965 224 2026 Convention Activities Account <i>Please put your name in the transaction description and send proof of payment with your form – either via email or post.</i>
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