november
2026

THE ROAR

BULLETIN 2026-2027

District 201V6

Be Kind, Be Brave and Be the Change for Good

DG ALISON KAZENWADEL
DISTRICT 201V6
2026-2027







SPECIAL CONVENTION EDITION

From the DG....

Well, how a month flies, and what a month we've had. For those of you who weren't aware we have just concluded our 49th District Convention at Kerang on 23rd-25th October. There were in excess of 130-140 people booked in over the weekend which was fabulous to see.

It was fantastic to welcome our new conventioneers also; I hope you had a good time and we all look forward to seeing you next year in Rochester. Our guest speakers were varied and ranged from a very interesting presentation from three gentlemen involved with the Variety Club Charity Bash, to an informative talk by Lions Australia CEO Lion Rob Oerlemans, Lions Eye health presentation by Council Chairperson Susan Eyton and an informative video presentation from the Bionics Institute in Melbourne.

We were also honoured to have Lion, Dr Lorraine Wheildon speak about Diabetes and Prostate Cancer awareness and PDG Geoff Freudenstein give a presentation on the Green Canopy Project. Mark Mathieson spoke about his work with the reality TV series "Alone Australia" and mental health and wellbeing.

I wish to thank again, the Lions and helpers from Kerang and Barham/Koondrook and anyone else who helped to make this weekend the resounding success that it was. I don't think that the townsfolk will see as many hippies wandering down the street in Kerang for a while.

District DG Team visits are going well. Most of our official visits will be completed by Christmas. I would like to encourage all members to think about our Lions colleagues, especially if you haven't seen them for a while. The end of the year and towards Christmas can be a very lonely time for people and remember being kind is the smallest act with the biggest impact.

Have a great November. Yours in Lions Service
DG Alison







District Convention Delivers Learning, Laughter and Lionism

The 49th Annual Lions District 201V6 Convention in Kerang proved once again that Lions know how to combine meaningful service, inspiring ideas, lifelong friendships and a healthy dose of fun. Over three busy days, members from across the district gathered to learn, celebrate, vote, reminisce, dance, laugh and, of course, enjoy more than their fair share of good food. By the end of the weekend, attendees returned home inspired, motivated and perhaps just a little exhausted!

A Great Start to a Great Weekend - Saturday began bright and early with the Key Members, Melvin Jones Fellows and First Conventioneers Breakfast at the Kerang Lions Den. With Barham-Koondrook Lions serving a hearty cooked breakfast for 48 hungry Lions, nobody was left wondering where the next meal was coming from. The breakfast provided a wonderful opportunity for fellowship before a full day of convention activities.

Guest speakers Lindsay Schultz, Doug Fehring and Mal Johnson entertained everyone with stories from their adventures on the Variety Bash, sharing tales from their travels across Australia that were equal parts humorous, adventurous and inspiring.

Business, Leadership and Inspiration - The convention business sessions reminded everyone just how much work happens behind the scenes to keep Lions moving forward. Delegates considered projects, constitutional matters and future directions for the district, while leadership nominations and elections highlighted the strong future ahead for District 201V6.

Lions Australia CEO Rob Oerlemans delivered an engaging presentation about the support available through the national office, reminding clubs that assistance is only ever a phone call or email away.

One of the weekend's standout speakers was industrial psychologist Mark Mathieson from Alone Australia. His reflections on resilience, mental health and adapting to change provided valuable insights that resonated with many attendees.

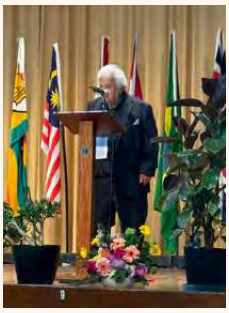
The Lions Green Canopy Project update highlighted the goal of planting one million trees across Australia by June 2027, while an informative presentation from the Victorian Lions Foundation showcased the important work of the Bionics Institute. Research into hearing impairment, epilepsy, Parkinson's disease, Crohn's disease, chronic pain, stroke recovery and arthritis demonstrated just how far Lions support reaches beyond our local communities.

A particularly powerful moment came when State Leo of the Year Cooper Belfall shared his personal experiences while speaking about domestic violence. His courage and honesty left a lasting impression on delegates.


MEMORIAL
HALL
WELCOME TO KERANG
Kerang Lions Club




KERANG
VIC















ALBURY
KIEWA-TANGAMBALANGA
LAVINGTON
THURGOONA
WODONGA



WONGA

CULCAIR




Lions
youth
of the
year




ALONE,
TOGETHER

















ANG
GUNBO

Eye Health Prog
Australia

Emergency Medical Info


Lions
Assistance


District Convention continued....

Groovy Baby! - Saturday night saw the Kerang Bowling Club transformed into a colourful celebration of the swinging sixties. Close to ninety convention-goers embraced the "Back to the 60s" theme with enthusiasm. Hippies, flower children, Austin Powers lookalikes, Bob Marley clones and even a few giant mushrooms appeared to have wandered in from another era entirely. The delicious meal prepared by Ben North and his team was followed by fantastic entertainment from The Hoffmans Duo, whose music had the dance floor busy throughout the evening.

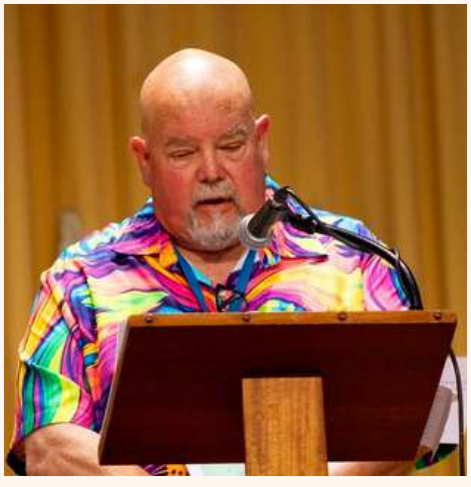
Adding to the fun were the ever-popular Bucket Quiz, featuring plenty of questions from the 1960s, a modern spin on the classic "Spin the Bottle", and an auction of beautifully decorated Christmas cakes that raised funds for the V6 Foundation. The combination of great food, great music and great company ensured the evening became one of the convention's most talked-about highlights.

A Meaningful Sunday - Sunday began on a reflective note with a beautifully conducted Memorial Service honouring Lions members and partners who had passed away during the past year while in service. The service, led by Rob Daws, Ruth Arthur and Sue Daws from Barham-Koondrook Lions Club, was simple, respectful and deeply moving. Beautiful orchid sprays donated by John Boyd added colour and warmth to an occasion that reminded everyone of the enduring bonds within the Lions family.

Council Chairperson PDG Sue Eyton then delivered an excellent keynote presentation on the Lions Eye Health Program and the importance of children's vision screening.

Delegates were also treated to presentations by District Junior Public Speaking winners Noah and Isabelle, who impressed everyone with their confidence, outstanding delivery and ability to present remarkable speeches entirely from memory. They were wonderful ambassadors for the program and a reminder that the future is in good hands.

DGE - Mark Nordbye



1st VDG - John Eldrid



2nd VDG - Rick Rickard



GROOVY BABY!





















































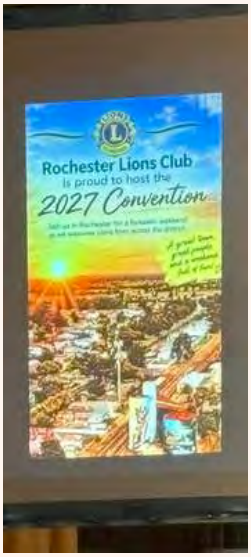



Remembering Lions & partners we have lost











District Convention continued....

Looking Ahead - Election results confirmed a strong leadership team for the future, with District Governor Elect Mark Nordbye, First Vice District Governor Elect John Eldrid and Second Vice District Governor Elect Rick Richard all elected unanimously.

Members were also given a preview of the 2027 District Convention in Rochester. Their proposed theme of "Recycling" promises a creative and unique celebration as the district marks its 50th convention and joins in commemorating 80 years of Lions in Australia.

Before the convention officially closed, District Governor Alison Kazenwadel presented framed Certificates of Appreciation to the many Kerang and Barham-Koondrook Lions members and partners who had worked tirelessly for almost two years to bring the event together. The recognition was thoroughly deserved and warmly received.

A Fitting Finish - Even after the final session, the weekend wasn't quite over. Following the clean-up and pack-down, many members gathered once more at the Lions Den for the unveiling of a plaque on the Memorial Wall honouring the late PDG Peter Niall. Family, friends and fellow Lions attended the ceremony before sharing fellowship, conversation and, naturally, one final afternoon tea.

As visitors eventually headed home through the rain, there was a strong sense that the weekend had achieved exactly what a Lions Convention should. It celebrated service. It strengthened friendships. It inspired new ideas. It honoured the past while looking confidently to the future. Most importantly, it reminded everyone that while Lions may be known in some circles for sausage sizzles, the heart of Lions is people. And over three wonderful days in Kerang, there was no shortage of those.

Here's to another year of service, fellowship and Lionism, and to doing it all again next year! 🦁💛



Shout out to Victoria Kennedy for the amazing photos she took and shared on Facebook. Great effort from Victoria to keep everyone up to day each day. Many Thanks Victoria! Did you attend Convention? Do you have photo's you'd like to share? Please contact me via phone (0428 366 220) or email - v6roar@gmail.com ~ EDITOR

ONLINE SESSION



Engaging with your Club's Social Media

Stay connected.
Stay inspired.



FACEBOOK

Sunday 22nd November



Canva

7pm - 9pm

Microsoft Teams

Meeting ID: 931 989 579 933 9



Hints and Tips

Taking better photos for social media, writing posts that capture your audience + lots of hints and tips to help you with your Social Media

Email v6roar@gmail.com for the link to the Teams meeting or use the Meeting Id above.

Exiting Updates, special announcments - boot your club's image online.

Henty Lions

DG visit - On Wednesday, 7 October, the Lions Club of Henty welcomed District Governor Kazenwadel, PDG Stephen Kazenwadel and Zone Chair Ken Scheuner to a special meeting of our club at the home of President Stephen Colley and Treasurer Julie Colley. Our self-catered dinner was very successful. It was very interesting to hear of DG Alison's path into Lions and to have members consider her motto for her term as DG and the priorities she would like the District to pursue over this year. The Platypus Gum presented by DG Alison is currently being carefully nurtured and a place in the Henty Memorial Park has been chosen for its planting. A further discussion has subsequently been initiated with a view to Henty Lions being able to further contribute to the Green Canopy Project. To enhance the air of the evening, we were very happy to welcome two potential new





School Spelling Competition - On Thursday 22nd October, the Lions Club of Henty again conducted the annual Spelling Competition at Henty Public School. Students from three schools participated, including Henty Public School, St Paul's Primary School and Culcairn Public School. Second place went to Hudson from Culcairn and first to Meg from St Paul's. This year the Max Davidson Shield will be held by St Paul's Primary School following its presentation in the first week of November by Max Davidson's daughter and event organiser, Lion Kate. The event was quite fruitful





Lavington Lions



Catering is the chief way in which our Club raises a substantial amount of funds to disburse to worthy causes in our community. Our Club has recently inducted three new members who have thrown their support into our Club programs. In October we catered for the Twin Cities Show, Shine and Swap meet at the showgrounds and the day was very successful. Our next major program is catering for the Albury Show in early November. This huge undertaking needs and gets great support. Catering manager Lion Wayne Sharrock is already organized for the big event.

Another ongoing project that is achieving great results is 123 Read2Me organized by Lion Sandra Rafferty and her diligent team. Family Days involving giving away free books from Bunnings have been held and more days are planned for later in the year

Moama Lions



Moama Lions was delighted to welcome two new members, inducted by President Graham Johnston in October 2026.

We welcome Jane and Peter Whitlock, who are eager to take part in the club and its activities.

Their sponsor, Lion Colin Hosking, will support and guide them as they settle into the club.

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.

Glenrowan Warby Ranges Lions

Glenrowan Warby Ranges Lions had another successful two days at this year's Wangaratta Show, held on Friday 9th and Saturday 10th October. It was the show's 160th annual event.

The public supported our BBQ extremely well, with our hamburgers, sausages, bacon and eggs proving to be very popular. We received excellent feedback from our customers.

A great effort was made by all our members over the two days and also with the setting up of our stall on the Thursday prior.

We would like to express our sincere thanks to Beechworth Corrections for their continued assistance for the two days and to our volunteer, Helen McInnes (pictured with all our club members), who worked with us on Saturday



Tungamah Lions

Tungamah Lions, this last month found our lions having a heap of fun for our Footy Colour themed meeting, Pies for dinner, very colourful meeting (could have had a little more black and white, hint hint), but overall, the night went very well with plenty of laughs and even more light-hearted team battles.

3 of our lions also spent time at our district convention this month for the groovy, 60's themed annual convention, the one time of the year our lions district come together as a whole and plan the next year to come.

But not all fun and games our lions have been hard at work planning our Annual Halloween event, one of our many chances to give back to the community and get kids involved in costumes and socialising within your peers (and maybe a cheeky lolly bag or snow cone...), planned for this Saturday 31st of October at 4pm, be there or be scared!

Our involvement in the Green Canopy Project has not stopped, with our members having planted another 120 trees this month and many more to come.

Now to an unfortunate time, our club would like to say thanks to everyone who joined us in celebrating the life of one of our longest lasting members, John Herring, we are forever grateful for your involvement in our club and long-lasting dedication to Lions as a whole.

Children of Courage

district 201V6

We Serve

The 2026 V6 Children of Courage Awards ceremony will be held on

Sunday 16th May

at the Tocumwal Lions Club

1pm for a 1.30pm start

Come along and Support these amazing Kids and their Families.

Afternoon Tea will be provided
RSVP for catering please

Peter Poels by Friday 6th May
0442 399 887

Tungamah Leos

Leos had a pizza night for their changeover this month with help from the Lions who didn't fall short on any ingredients!

From hand grated cheese to homemade pizza dough the night was a success. Special thanks to Peter Poels from Benalla lions club for making a special visit for the Leos changeover and presenting Jack Harrington with his LEO of Honour Award, a prestigious award for Leos who go above and beyond for their club.

The Leos finalized the night with calling the winner of their wood raffle, loads of tickets sold and a local Tungamah Resident won.

The Leos also had a camp out at the local creek, to get out and socialize with each other, fantastic night with roasting marshmallows, campfire singalongs and scary stories! Can't have camping without fishing, the Leos finally ran their long-awaited Annual Carp Muster with 65 entries and tonnes of prizes, it was a magnificent day for all who came!

Service Coordinator's Report

As our Lions year progresses it is good to see so many clubs reporting their monthly service activities, fundraisers, meetings and donations in the Lions Portal. During the month of September our district conducted a Lions membership promotion at the Henty Field Days. Over the three days members from twelve of our clubs spent time at the site promoting Lions. An excellent way for Lions to be seen by hundreds of people, and a great opportunity to foster the thought of membership with those people.

It is interesting to see that several clubs are conducting recycling as another service activity within our district. This activity has many benefits to the community by ensuring these resources are reused and prevented from being dumped in landfill. Some clubs appear to have dedicated members working on this project every day.

Meanwhile, the Green Canopy project is gaining momentum within our district as more clubs adopt tree planting and maintenance as part of their regular activities.

It is good to see many clubs promoting their activities in the V6 Roar, and encouraging to see these projects then being reported in the Lions Portal so that our district receives the credit it deserves.

Yours in Lionism and service
Warwick Douglas
Service Coordinator
0427 809 697

Cobram Lions

Cobram Lions have been out and about in Cobram over the last month.
As well as our monthly Market and BBQ at Mitre 10 we have managed to spread our members out across the community. Here is a snap shot of some of our activities. A large team ventures to help at the Deniliquin Ute Muster. Despite the wet conditions if was a fantastic weekend away together.

October 11th we cooked and served Breakfast to 150 visitors to town for the International Apex Convention. It was a wonderful morning spent with the Apex members.

On October 14th 2 teams of Lions ventured out to help at 2 differnet events on that evening. 4 members had the pleasure of cooking a the BBQ for the "CoolHeads" driving program, for Learner drivers and their parents. This is a fabulous program, for our young drivers just venturing onto the roads.

Also on October 14th 4 members attended the "Just a Farmer" movie night organised by the Cobram Rotary Club. These members assisted Rotary with the evening. They helped cook the BBQ for the free meal and whilst there took the opportunity to promote Lions.

We attended the 54 reasons playgroup to cook a sausage sizzle for the children and parents. What a fabulous morning we had. About 55 under 4 year olds, plus parents. Along with several free activities happening for the children.This was organised by the group as part of the Childrens Week celebrations in the area.

The tree DG Alison Kazawadel presented to the club at her DG visit to us, was planted today in Coglan Park, in Cobram. It now joins several other native plants in the newer gardens area with native Australian plants. We Thank the Moira Shire Staff for their assistance in making this happen.

The club has helped with 2 local schools eye screening, with another school to do, we have had 2 more members just about complete their screening training.

Last weekend saw some members promoting Lions, and selling our large Christmas Raffle tickets at the Cobram Agriculture Show.

Cool Heads evening. - The police members and 2 Moira Shire staff presented us with a certificate.







Cobram Lions





Lions Eye Health Program

Lions Eyes Health Program is well under way with in our district. What a fantastic speaker we had on the LEHP at the convention.

After her inspirational presentation, I look forward to other clubs starting to help their local children by conducting eye screenings in their local towns. It is not a hard program to do, and it.is relatively inexpensive to provide it to the schools.

Congratulations to Wangaratta, Tungamah, Lake Mulwala, Yarrawonga and Cobram Lions who have joined together, to have their members trained and help screening at our local schools.

The figures presented as 1 : 5 children having eye issues, is Actually Very True. Looking forward to helping your club get started with this valuable program soon.




Yarrawonga Lions



October 3rd saw another successful Yarrawonga show and what Yarrawonga show would be complete without the Lions Club annual wool classing competition. Wearing his CFA cap and sporting a very sheepish look is Yarrawonga Lion John Kendrick who, after judging was completed, acted as a wool press as part of the wool judging exhibit at the Yarrawonga show.

At the completion of the judging the fleece was to be auctioned off and the sale price donated to the Lions club. Thank you to all of the sheep farmers who put their fleeces in for judging.

With an Octoberfest theme thumping out oompa music and kranskis patrons were being well fed whilst the children were being entertained in the Lions Club Kids Korner. The Lions pavilion was a hive of activity and fun at this year's Yarrawonga show.



If you think Deb Balls were a thing of the past then one look at what the Barooga Lions club arranged in October could change your mind. Over 200 local teenagers along with parents and friends attended two events organised by Barooga Lions were held at the shire hall in Cobram. Four members from Yarrawonga Lions, Linda Rate, Don McPhee, Gavin Foy and John Weinert were glad to assist the Barooga Lions by helping to serve a great meal to those attending.



Vale Laurie Reynen - V6 District, and Yarrawonga in particular, lost a valuable fellow Lion and a sincere friend when long time Lion Laurie Reynen passed away at Wangaratta hospital on 20 November. During his time with Yarrawonga Lions Laurie, or Wheelie to some, held a number of roles not the least being coordinator and chief onion cutter for the weekly sausage sizzle at K-hub in Yarrawonga for the past 5 years. Although one big wheel has fallen off the weekly K-hub sausage sizzle will continue. We will miss you Laurie.

Yarrawonga Lions continued.....

Yarrawonga Lions Club recently welcomed our current V6 District Governor Lion Alison Kazenwadel and husband PDG Steven for the annual visitation. A lovely informative evening with members and partners joined Alison and Steven at the Yarrawonga Mulwala Golf Club. President Peter Ornsby shown exchanging bannerettes with DG Alison







Lions District convention at Kerang - The representatives of Yarrawonga Lions, Peter Ornsby, Joan and Ollie Tufvesson and Zone Chairman John Weinert, look as if they got into the spirit of things, at least judging by these colourful snapshots. By all reports Kerang Lions hosted a fine convention

Wodonga Lions







Just a few photos of when we welcomed Wodonga's latest member Dick Vandenberg, also pictured is Gerry Hellman, Harold Cover and Ray Davies.



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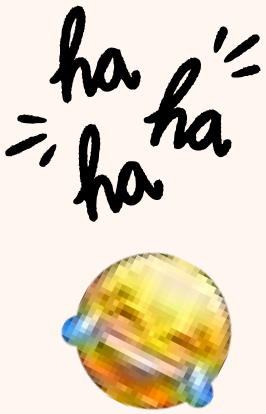

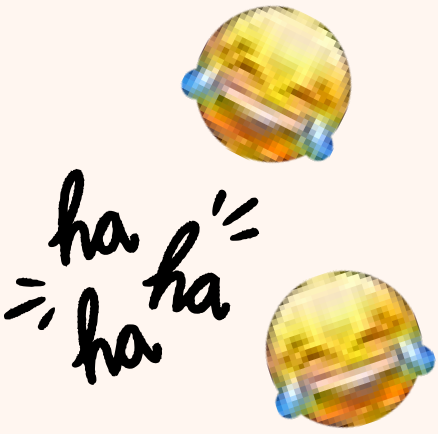



Whats Hot on Social Media....



Through rain or shine Lions Club of Echuca serving up more snags at Bunnings



Through rain or shine Lions Club of Echuca serving up more snags at Bunnings

Whats Hot on Social Media....



What a fantastic day at Campaspe Run - Rural Discovery Centre! A huge thank you to everyone who came along and helped make the day such a great success. It was wonderful to see the community out enjoying the day, with plenty of smiles, laughs and great memories made along the way.



Lions Club of Lockhart - Another fantastic Sunday festival day. Thank you to all our members and volunteers for helping out. Thank you also to Lockhart Ex-Servicemen's Club, #lockhartanglersclub for your support & the Spirit of the Land Lockhart Festival Committee for all your hard work.



Deniliquin Lions - Our Lions Lyn & Mick are having a spooktacular time at the Mental Health Halloween Event!

From the 2VDG Desk

Since being inducted as your Second Vice District Governor I have had the privilege to represent the DG at Tungamah and Wangaratta Lions Clubs where I had the honour to Induct members into Lions.

I visited Culcairn for joint meeting of Culcairn and Walla Walla. Unfortunately, Walla Walla was unable to attend at late notice. I am planning a visit to Walla Walla to introduce myself to them in the near future. On a pleasant note, I was able to join DG Alison at her official with Culcairn.

Along with Beechworth Lion Iris Mannix, we attended the Henty field day. A long day for the district travelled. Good to see good attendance from across the V6 district to give a helping hand on the day.

On 20 October I represented the DG at Lake Mulwala Club for an informal dinner and gave them a small tree to plant as part of the Green Canopy project.

I attended the district convention at Kerang and like most in attendance had great time.



November marks the official start of Lap the Map 2026, and we want you to be part of it!

Join Lions Clubs, members and communities across Australia as we collectively Lap the Map to raise much-needed funds for Lions Assistance Dogs and our Medical Assistance Dog Program. Our program provides Diabetic Alert Dogs to Australians living with type 1 diabetes, free of charge. As the only program of its kind in Australia providing these Assistance Dogs at no cost to recipients, fundraising initiatives such as Lap the Map play a vital role in helping us continue this life-changing work. Every kilometre travelled and every dollar raised helps us support Australians living with type 1 diabetes.

Getting involved is easy, with three simple steps:

1. Register – Sign up and plan your journey! Walk solo, create a team or get your Lions Club involved.
2. Share – Spread the word with friends and family to encourage others to support your journey.
3. Lap & Log – Walk, run, swim or get moving in your own way, then log your progress through the Lap the Map website.

Our goal for 2026 is to collectively cover 25,760 kilometres, one lap of Australia, and raise $50,000 to support our Medical Assistance Dog Program. Whether you're participating individually, joining a team or rallying your Lions Club, every contribution makes a difference. Together, we can raise awareness, reach our fundraising goal and help provide Diabetic Alert Dogs to Australians who need them.

Register today and join the action: **www.lapthemap.com.au**
As always if you have any questions about Lap the Map, or Lions Assistance Dogs, feel free to contact our development team at **development@lionsassistancedogs.com.au**

Aging Men and the Silent Challenge of Prostate Cancer

By Dr Lorraine Wheeldon

For many men, aging brings wisdom, experience, and a new appreciation for life. It also brings health challenges that are often difficult to discuss. Among these, prostate cancer remains one of the most significant concerns facing older men today.

The prostate is a small gland located below the bladder that plays an important role in the male reproductive system. As men age, changes in the prostate become increasingly common. While some changes are benign, others can develop into cancer. Age is one of the strongest risk factors for prostate cancer, with the disease most commonly diagnosed in men between the ages of 60 and 79.

Why Age Matters - Medical researchers have long recognized that the risk of prostate cancer rises steadily with age. Scientists believe this is due to a combination of factors, including accumulated genetic changes, hormonal shifts, and age-related changes in the body's immune system.

Most prostate cancers grow slowly and may remain undetected for years. This means many men can have the disease without experiencing symptoms in its early stages. Unfortunately, this silent progression can delay diagnosis until the cancer becomes more advanced.

Symptoms That Should Not Be Ignored - Although early prostate cancer often causes no symptoms, aging men should pay attention to:

- Frequent urination, especially at night
- Difficulty starting or stopping urination
- Weak urine flow
- Blood in the urine or semen
- Pain in the pelvis or lower back
- Erectile difficulties

It is important to remember that these symptoms do not always indicate cancer. Benign prostate enlargement, a common part of aging, can produce similar signs. Nonetheless, any persistent changes warrant medical attention.

The Screening Debate - Screening remains a topic of discussion among healthcare professionals. Tests such as the Prostate-Specific Antigen (PSA) blood test can help identify potential problems before symptoms appear. Many experts recommend that men discuss screening with their doctor beginning around age 50, or earlier if they have a family history of prostate cancer or other risk factors.

The challenge lies in balancing early detection with the possibility of identifying slow-growing cancers that may never become life-threatening. For this reason, screening decisions are often individualized.

Aging Men and the Silent Challenge of Prostate Cancer continued...

Beyond Cancer: Emotional and Lifestyle Impacts - The diagnosis of prostate cancer affects far more than physical health. Men may experience anxiety, depression, concerns about sexual function, and fears about their future independence. Treatment options such as surgery, radiation therapy, and hormone therapy can carry side effects that influence quality of life.

Open conversations with healthcare providers, partners, and support groups can help men navigate these challenges. Many survivors report that emotional support is just as important as medical treatment.

Hope Through Research - Researchers continue to make progress in understanding prostate cancer. New studies suggest that certain proteins found in blood samples may help identify men at higher risk many years before diagnosis, opening the door to more targeted screening and prevention strategies in the future.

Advances in imaging, genetics, and personalized medicine are also improving treatment outcomes and helping doctors distinguish between aggressive cancers and those that can be safely monitored.

A Message for Aging Men - Perhaps the greatest obstacle in prostate cancer care is silence. Too many men avoid discussing urinary symptoms, sexual health issues, or fears about cancer. Yet early conversations can save lives.

Growing older inevitably changes the body, but it should not mean surrendering control of one's health. Regular checkups, informed screening decisions, a healthy lifestyle, and honest communication remain powerful tools in the fight against prostate cancer.

For aging men, awareness may be the most important medicine of all.

Prevention and Lifestyle: Taking Charge of Prostate Health - While age and family history cannot be changed, men can take positive steps to support prostate health and potentially reduce their risk of developing aggressive disease. Research suggests that healthy lifestyle habits contribute to overall well-being and may play a role in lowering cancer risk.

Maintain a Healthy Weight - Excess body weight has been associated with a greater likelihood of developing more aggressive forms of prostate cancer. Maintaining a healthy body weight through balanced nutrition and regular physical activity can support hormonal balance, reduce inflammation, and improve overall health.

Stay Physically Active - Regular exercise offers numerous benefits for aging men, including improved cardiovascular health, stronger muscles and bones, better mental well-being, and enhanced immune function.

Aging Men and the Silent Challenge of Prostate Cancer continued...

Experts generally recommend at least 150 minutes of moderate physical activity each week, such as brisk walking, cycling, swimming, or gardening.

Adopt a Prostate-Friendly Diet - Although no single food can prevent prostate cancer, a nutritious diet may help reduce risk and improve long-term health. Men are encouraged to:

- Eat plenty of fruits and vegetables rich in antioxidants.
- Choose whole grains over refined carbohydrates.
- Include healthy fats from fish, nuts, seeds, and olive oil.
- Limit processed meats and excessive consumption of red meat.
- Reduce intake of highly processed foods high in sugar and saturated fat.

A Mediterranean-style diet, emphasizing plant-based foods and healthy fats, is often recommended for healthy aging and cancer prevention.

Avoid Tobacco and Limit Alcohol - Smoking is linked to numerous cancers and chronic diseases and may increase the risk of more aggressive prostate cancer. Quitting smoking at any age can provide substantial health benefits. Limiting alcohol consumption can also contribute to better overall health and reduce the burden on the body.
Know Your Family History

Men with a father, brother, or close relative diagnosed with prostate cancer, particularly at a younger age, have a higher risk of developing the disease. Understanding family medical history allows men and their healthcare providers to make informed decisions about screening and monitoring. [canceraust...lia.gov.au]

Participate in Regular Health Checks - Routine medical examinations provide an opportunity to discuss urinary symptoms, screening options, and other health concerns before problems become serious. Men over 50, and those at higher risk, should have informed discussions with their healthcare provider about prostate cancer screening. [medicalnewstoday.com], [canceraust...lia.gov.au]

Healthy Aging Is the Best Prevention Strategy - There is currently no guaranteed way to prevent prostate cancer. However, men who remain physically active, maintain a healthy weight, eat a balanced diet, avoid smoking, and participate in regular health screenings place themselves in the best position to protect their prostate health and detect problems early. While aging is inevitable, proactive lifestyle choices can significantly improve both quality of life and long-term health outcomes.



Lions Assistance Dogs

New goodies have arrived in the Lions Assistance Dogs shop! 🐶

Check out the latest arrivals, including adorable dog plush toys ($20) and fun dog toys ($7). Christmas cards are also back in stock, with packs of 5 for $6 or 10 for $12. Popular favourites such as 2027 Calendars ($10), Jute Bags ($10), and Linen Tea Towels ($15) are still available, along with sale items including ALHD Baseball Caps ($10), Bamboo Cups ($5), and Compression Socks ($5). Perfect gift ideas for birthdays and Christmas!

Shop online at Lions Assistance Dogs Shop or visit the new Hahndorf premises.

Lap the Map 2026 👟🌏

Registration is now open for Lap the Map, supporting Lions Assistance Dogs' Medical Assistance Dog Program. Every dollar raised helps provide Diabetic Alert Dogs free of charge to Australians living with Type 1 Diabetes.
Register with your dog and receive a FREE Lap the Map bandanna. Join Lions, Leos, family, and friends as we collectively "Lap the Map" of Australia while raising vital funds. **Register today at Lap the Map**.

Meet Airlie 🦮



Airlie is a Lions Diabetic Alert Dog who helps her recipient, Owen, by alerting him when his blood glucose levels move outside his target range. She also provides additional safety through tasks such as retrieving emergency supplies and activating an emergency alert button.

Airlie has given Owen and his family greater confidence, independence, and peace of mind, demonstrating the life-changing impact of Medical Assistance Dogs.

For more information, contact **Michelle Wild**, V6 Assistance Dogs Chair on 0411 533 339 or email v6.assistancedogs@gmail.com.















Support your community with a Lions Christmas Cake.

1kg Cake $17



1.5kg Cake $21



900g Pudding $17



400g Pudding $11



New! $13



Mini Fruit Cakes $3



lions australia
we serve

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



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