

# Make Today Count in February 2013

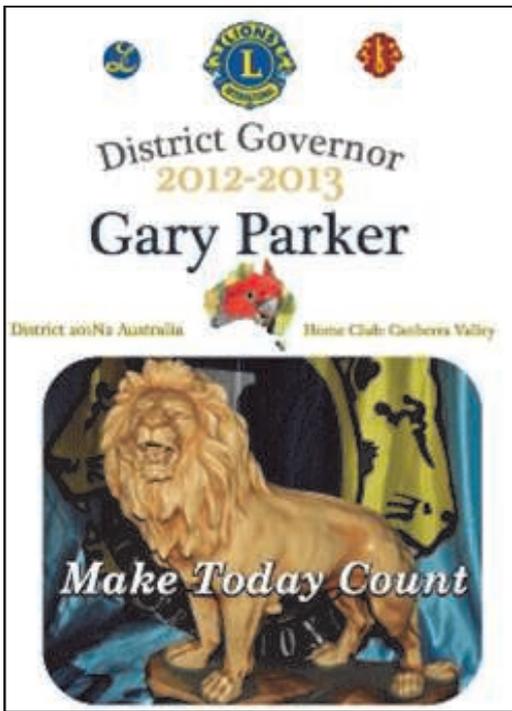


**lions australia**  
we serve



District Governor—Gary Parker

*District 201 N2 of the International Association of Lions Clubs*



## Greetings from District Governor Gary

Lois and I wish everyone a Happy New Year and trust you are able to fulfill your plans for the year ahead.

In Lions terms we are at the half way mark for the 2012-2013 Lions year. It has been a most rewarding six months for us as we have travelled through the District learning about the amazing projects undertaken by clubs. It has been an honour to induct many new members to clubs but the bleed of members leaving their clubs remains a major concern. This is not unique to District 201N2 – it is an issue being faced by all Districts.

During the month of March there will be a special National promotion to increase our membership. All clubs are being asked to participate- information will be sent out shortly. This will become an annual promotion depending on the success of this year's effort.

Our thoughts go out to our fellow members that have been in the fire or flood zones of our country. ALF has launched a special appeal for the victims of these disasters. I encourage clubs to support this appeal by send any donations to Cabinet Treasurer Danny Howard who will coordinate the efforts of District 201N2.

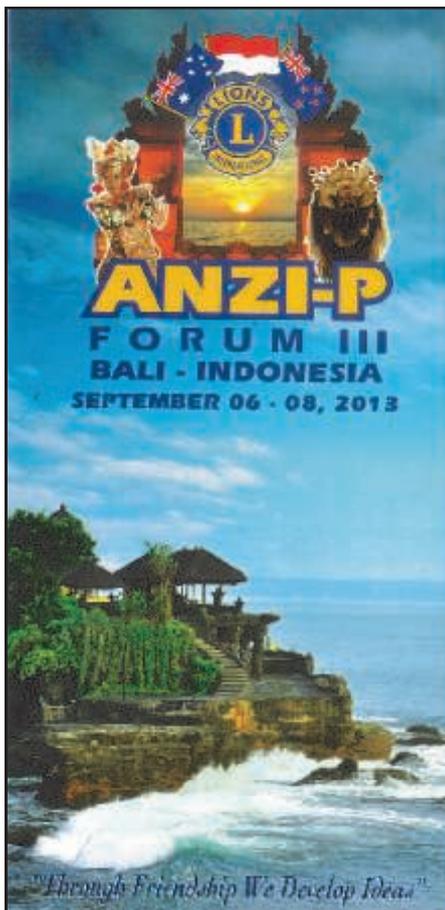
It is a serious concern that the incidence of members not showing respect to their fellow members has been increasing in recent times. Some of these are reported to me while, no doubt, others do not come to the surface. I ask everyone to be conscious of how you speak to others and remember that we are all volunteers, just like yourself. We have circulated the Multiple District 201 Code of Behaviour to all members and ask everyone to read this document and be aware of its content. I ask that everyone to realize that certain actions that are taken can cause the future of your club to be challenged when members leave.

Getting re-started after the holiday break has been challenging. There are number of projects that need attention and these will be sorted as we move into February.

We need to be aware that Nominations is fast approaching and then we have Club elections. Encourage new members to play an active role in the leadership of your club.

Have a great month

District Governor Gary



61st MD201  
CONVENTION  
CANBERRA  
26 to 29 April  
2013  
Go to:

[lionsclubs.org.au/conventions/canberra-2013/](http://lionsclubs.org.au/conventions/canberra-2013/)



## 96th LCI CONVENTION, HAMBURG, GERMANY 5 to 9 July 2013

Go to: <http://www.lcichamburg.de/en/convention/>

### DG's SNIPPETS cont.

Sunday lunch to celebrate Christmas was the order of the day when we visited Fairfield Club on the 9<sup>th</sup> December. Michele Italiano, George Barcha and Jelena Gerencir were inducted as new members of the club during our visit.

Sitting on Santa's knee is not one of the usual things I do but when we visited Bowning and District on 11<sup>th</sup> December we had fun celebrating Christmas with the club members. Santa gave presents to everyone attending. We took the opportunity of welcoming Roderick and Deborah Harrison as members during the evening.

We have enjoyed having the break between Christmas and New Year to celebrate Christmas with our family as well as undertake a major declutter of parts of our house. Not a recommended holiday activity!!

Celebrating Robbie Burns birthday is the unique way the District Governor's visit to Sydney Baseball Club is shared. Managed the Haggis without too much trouble but could not bring myself to down the "half" whisky in one go! A very enjoyed and different evening.

(Photo right) L-R DG Gary Parker leaning about the finer art of celebrating Robbie Burns birthday from the Haggis Master Bro. Peter Kennedy from Lodge Dunblane.



Corrimal Club could well have a couple of District Treasures as members of their club. PCC Maurice Chapman and PDG Stuart Saywell are both not "spring chickens" but they were at the Club meeting when we visited them on 16<sup>th</sup> January 2013. It was a pleasure to meet them both.

(Photo right) L-R Lions Lady Lois Parker was acknowledged for her commitment to the role by President Corrimal Club Neil Cranny.



The coast has been our focus for the past week or so having visited Moruya Club on 21<sup>st</sup> January, 2013. It was a pleasure to induct Diona Driver, Jenny Jeffery and Shirley Hayes as members of the Club. Must admit I was feeling very challenged when the meeting was set up in the public restaurant of the Golf Club. I am most grateful the meeting moved to another room before I had to make my presentation.

## Contact & Meeting Updates

The underlined contact or meeting details below have been changed from those in the 2012-13 MD201 Directory:

**Campbelltown City Lions:** Secretary Sue Coppola Mob: 0407 790 312  
Email: campbelltowncitylionsclub@hotmail.com

## Anniversary announcements

### Canberra Valley Lions 50th

When: Saturday 23rd February 2013  
 Further details to be advised

### Gunning Lions 50th

When: Saturday 23rd March 2013  
 Where: Shire Hall, Gunning Showground  
 Further details to be advised in the new year

### DG's Gary's Calendar

<b>February 2013</b>	5 Tahmoor
	6 Cooma
	7 Sanctuary Point, Sussex Inlet, Jervis Bay
	10 Cabinet Meeting
	19 Macarthur
	21 Bermagui & District
	23 Canberra Valley 50 <sup>th</sup> Anniversary
	26 Minnamurra
	27 Nowra

### DG's SNIPPETS

#### HEARING DOG SOUND SYSTEMS:

It has pleasing to note that a number of clubs have been able to obtain the Hearing Dog sponsored school sound systems for their local schools. These range from Ulladulla Milton up to a number of schools in the Illawarra. A very worthwhile exercise and other clubs should seek out the opportunity for your local school.

#### YOUTH OF THE YEAR VISIT CANBERRA:

We had the pleasure of meeting the Youth of the Year winners while they were being hosted in the ACT. Unfortunately Elise Delpiano (NSW) was not present as she became ill while visiting her home town of Griffith. Mia Roberts from S.A., Molly McInerney from Qld, Nicholas Connelly from Tasmania, Elizabeth Smart from Victoria and Isha Sandhu from W.A. were hosted by the members of the Lions Clubs of Canberra Belconnon and Canberra Kambah. Special thanks must go to those members of the two clubs for the commitment to host the Youth of the Year students who were enjoying their time in our part of the world. They travelled to Victoria after their stay here.

After a very busy November our first visit in December was to Gunning. It was a pleasure to induct Diane Oke as a new member of the club and start to gain the Christmas spirit with the other club members.

Sue Mayr became a member of the Bemoka Club when we visited on 5 December 2012. We were pleased to learn how much the Bemoka Lions Club is a very valuable part of their local community.

## Wel come to new members

District 201 N2 covers southeast NSW and the ACT, comprising Lions, Lioness & LEOs Clubs in south-western Sydney, down the Hume Highway to Bowning, ACT, Snowy Mountains, Far South Coast, Eurobodalla, Shoalhaven, and Illawarra.

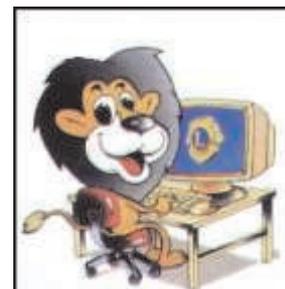


Welcome to the following new members who joined since the December 2012 / January 2013 N2 e-newsletter was distributed. Enjoy the activities, fun and fellowship of the world's largest service organisation. Don't be afraid to ask questions and suggest new projects.

We look forward to meeting you.

<b>Club</b>	<b>New member</b>	<b>Sponsor</b>
<b>Austinmer/Thirroul Lions</b>	<b>Howard Whitesmith</b>	<b>Stephen Jones</b>
<b>Batemans Bay Lions</b>	<b>Ann Gamble</b>	<b>Deidree Jones</b>
	<b>Gino Giovannangelo</b>	<b>Jacalyn Harding</b>
	<b>Phillip Helgeson</b>	<b>Jacalyn Harding</b>
<b>Bega Lions</b>	<b>Robert Gornall</b>	<b>Ross Ritchie</b>
<b>Cabramatta Cabra-Vale Lions</b>	<b>Johnathon Lai</b>	<b>Adrian Wong</b>
	<b>Vincent Lee</b>	<b>Julius Chu</b>
	<b>Thomson Ngo</b>	<b>Adrian Wong</b>
	<b>Corey Ta</b>	<b>Adrian Wong</b>
	<b>Stephanie Tran</b>	<b>Adrian Wong</b>
<b>Canberra Belconnen Lions</b>	<b>Trish Wilks</b>	<b>Judy Farr</b>
<b>Canberra Kambah Lions</b>	<b>Rob Bilderbeek</b>	<b>DG Gary Parker</b>
	<b>Jess Garnett</b>	<b>DG Gary Parker</b>
<b>Fairfield Lions</b>	<b>George Barcha</b>	<b>Tony Fornasier</b>
	<b>Jelena Gerencir</b>	<b>Tony Fornasier</b>
	<b>Michele Italiano</b>	<b>Tony Fornasier</b>
<b>Gerringong Lions</b>	<b>Alan Middleton</b>	<b>Mark Westhoff</b>
<b>Goulburn City Lions</b>	<b>William Clynk</b>	<b>David King</b>
<b>Gunning Lions</b>	<b>Diana Oke</b>	<b>Pamela Lees</b>
<b>Holroyd City Lions</b>	<b>John Daaboul</b>	<b>John Uebel</b>
<b>Jindabyne Lions</b>	<b>Christine Dicker</b>	<b>Wendy Hukins</b>
<b>Marulan Lions</b>	<b>Pauline Grech</b>	<b>Marlene Skipper</b>
<b>Moruya Lions</b>	<b>Diona Driver</b>	<b>Pat Murphy</b>
	<b>Jenny Jeffery</b>	<b>Pat Murphy</b>
<b>Nowra Lions</b>	<b>Ron Gough</b>	<b>Stan Wilton</b>
<b>Queanbeyan Lions</b>	<b>Peter Oder</b>	<b>Andrea Daniel</b>
<b>Tathra Lions</b>	<b>Donald Gartside</b>	<b>Peter Holmes</b>
	<b>Robert Kermode</b>	<b>Robert Cummins</b>
<b>Wakeley Fairfield Lions</b>	<b>Pauline Dinning</b>	<b>PDG Ruth Small</b>
<b>Woonona Lions</b>	<b>Terry Faricy</b>	<b>Peter McInnes</b>
	<b>Barbara Muirhead</b>	<b>Owen Hodgson</b>
<b>Lions</b>	<b>1,645</b> (as per 24/01/2013 MyLCI Report)	
<b>Lioness'</b>	<b>104</b> ( as per Dec 2012 Lioness Report)	
<b>Leos</b>	<b>231</b> (as per Apr 2012 Leos Report)	
<b>N2 total members</b>	<b>1,980</b>	

Official publication of  
Lions District  
201 N2  
**Editor:**  
**David**  
**Robson**



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Website: <http://201n2.lions.org.au>

The "MD201 N2 Lions Newsletter" relies on the contributions of Cabinet Officers and Club members. Please keep submitting stories, they improve the content and make interesting reading for other Lions.

**Please email articles as text or Word documents, with photos attached to the emails.**

### **CHANGES TO THE N2 NEWSLETTER**

The format of the N2 newsletter has been as four 12 page printed issues distributed at each Cabinet meeting, plus a larger online issue distributed by email and on the N2 website.

A trial of the format of the N2 newsletter in 2012-13 will be a monthly e-newsletter distributed by email and available on the N2 website [http://201n2.lions.org.au/](http://201n2.lions.org.au)

An extensive printed 'Annual Report' of District 201N2 will be distributed by post at the end of this Lions year.

### **E-newsletter Deadlines for 2012-13 editions:**

**Last day of each month**

### **NEXT EDITION:**

**MARCH 2013**

The printed and Internet editions of the N2 Newsletter are being lodged with the NSW State Library, the access codes being:  
ISSN—(Print) 1837—588X  
ISSN—(Online) 1837—5898

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### **CLUB NEWSLETTERS FOR DG's AWARD & ARCHIVES**

Please email or post your club's newsletters to me at the addresses above.  
**Please email PDF newsletters only.**

## Past members remembered

The following members of the Lions family passed away since the December 2012 / January 2013 Edition of this e-newsletter was distributed. The N2 Lions family thanks them for their friendship and service to their community and Lions, and offers our condolences to their families, friends and colleagues. May their service be an example to us.

<b>Club</b>	<b>Name</b>
<b>Austinmer/Thirroul Lions</b>	<b>Reg Ryan</b>
<b>Tathra Lions</b>	<b>Ronald Gregory</b>

# Passing of a wonderful leader, family man, & friend, Past International President KAY K. FUKUSHIMA



Photo source: www.lionsclubs.org

The death occurred on 30th November 2012, of a wonderful Lions leader, family man and friend to all who were fortunate to have met and known PIP Kay K. Fukushima.

As a Past Governor of N2 for Kay K's 2002-2003 term of office, on behalf of our 20 Governors and Partners of that year, we are deeply saddened by his passing.

PDG Patrick McAppion N5, and myself were fortunate to have both him and wife Denise attend our District Conventions in October 2002. Those Lions and Partners, who attended these Conventions, will always remember PIP Kay's "Bull Pit" one on one, question and answer session from the stage to engage the assembled conventioners. This session was the high light of our Conventions.

Both he and Denise were gracious guests and mixed freely with the 500 conventioners at each gathering.

Our journey with PIP Fukushima started at the 85th International Convention in Osaka, Japan, July 8-12, 2002, and we were fortunate to have had their company on a number of occasions, for Janet and myself personally Hong Kong 2005 and more recently, Sydney International Convention 2010.

The legacy and achievements he left on his passing are outlined in his Obituary written by International President Wayne Madden in his Lions Blog of 3rd December, and with respect I note some of his comments.

In 1965 the Late Past President was intro-

duced to a member of the Sacramento (Senator) Lions Club, became a member and over time went on to transform the Club into a leading volunteer organization in the community. He introduced and implemented many new ideas and projects, including financial support for the Sacramento Zoo, rebuilding the Fairytale Town Japanese Tea Garden, benefit movie fundraisers, raft trips for the blind, language and cultural book projects and many others as quoted by IP Madden.

His influence and service was worldwide. His many positions within Lions included Club President, Zone Chairperson, Deputy District Governor, District Governor 1978-79, International Board of Directors, Leadership Planning Forums, and Denver, Colorado 1988 as general Convention Chairperson.

For those readers who have access to the LCI web-site, I recommend viewing IP Maddens full Blog obituary, for further details of PIP Fukushima's amazing life. PIP Kay K. Fukushima's Ethics were, think outside the box, have courage of ones convictions, compassion and sensitivity, be true to your friends, humble and lead by example.

Our deepest sympathy to Denise, son, Keith, daughter, Cory and their children, we will always remember him.

Ian Hughes PDG N2, 2002-2003.



Child of Courage Leah Davidson (centre) meets Lions International President Kay K. Fukushima at the 2002 N2 Convention in Mittagong.



Leah Davidson (centre) receives a personal pin and banner from Lions International President Kay K. Fukushima



It's that time of the year where we have the exciting duty of dispensing scholarships to nurses.

Three nurses in N2 district received scholarships and I have contacted the Lions Clubs nearby to conduct a presentation. The nurses and presenting clubs are:

- Debbie Blanchfield      Oak Flats
- Danielle Bos                Batemans Bay
- Annmaree Nicholls        Gungahlin

Lion Helen Rae    Chairman  
02 9528 3809/ 0417 206 062/  
[helenrae1@bigpond.com](mailto:helenrae1@bigpond.com)

# Lioness Report

Welcome to 2013. I trust you had a safe and happy Christmas with family and friends.

I cannot believe that January is at an end and February is here, making for a busy time for all clubs, as most of us have our first dinner meeting for the new year, judging by your reports none for you have put your feet up during the holidays and once again the community benefits from all your hard work.

Camden Lioness were so taken by DG Gary's book, Gary the Gang- Gang, they purchased 25 copies for distribution to local schools. Congratulations to Secretary June, she was nominated for volunteer of the year 2012, she received a certificate of recognition, but keeping it in the Lions family, Lion Keith Maddock was awarded, Macarthur's Volunteer of the year 2012, congratulations Keith, well deserved.

Attending their Christmas party, I had the pleasure of presenting attendance awards too, Noeline - 9 years, Maria - 4 years, Lee- Ann and Angela - 1 year, congratulations girls.

Imagine going shopping and your grocery bill came in at over \$1000.00, the Liverpool Lioness went on this wonderful shopping spree, the end result 20 bags of groceries donated to Meals on Wheels. I'd love to know how many shopping trolleys you had, great work girls.

I'd like you to picture this in your mind, 12 women carrying, "200 fully inflated balloons", through the township of Nowra, this is what the Shoalhaven girls got up to just before Christmas. They were donating the balloons to Osbourne House Nursing home for the residence Christmas party, the girls have been doing this for over 20 years, and they also make up beautiful Christmas goodies bags for the residences of Shoalhaven Nursing Home, who have no family.

Driver Reviver is an important part of our road safety during our holiday periods; this is what the Wollongong Heights girls do throughout the holiday period, BIG JOB. They are also busy knitting animal pouches and sewing pouch liners for Wires.

Sounds like the Oak Flats Lioness, Oak Flats and Dapto Lions combined Christmas party was the one, all should have been seen at, lots of games, fun and good food, hope there are lots of photos!!!. They held a very successful Trivia evening and were able to assist a local family going through hard times.

Oak Flats, Shoalhaven, and



**LIONESS CLUB OF SHOALHAVEN**  
presents their  
**7th Annual**



**QUILT & CRAFT SHOW**

**Saturday 9th March 2013**  
**Sunday 10th March 2013**

**ST MICHAEL'S SCHOOL HALL**  
North Street, Nowra NSW  
Time: 10am - 4.00pm

**ENTRY \$5.00 per person**  
**Children under 16 free**

**SANDWICHES, SCONES**  
**TEA & COFFEE AVAILABLE**

**- PROCEEDS TO LOCAL CHARITIES -**

For more information contact  
Delma - 4441 5946 or  
Kay - 4421 6514

**RAFFLE PRIZES**  
**QUILT BY SHOALHAVEN LIONESS,**  
**SEWING HAMPER**  
**DONATED BY**  
**BERNINA AUSTRALIA PTY LTD**  
**AND NOWRA SEWING ESSENTIALS**  
**62 NORTH STREET, NOWRA**

**Trading Stalls - Lots of Parking**

Wollongong Heights, have been donating to the Chres Village Orphanage in Cambodia, before Christmas they had the pleasure of meeting 3 of the youth they have been helping, at the Berry Bowling Club. Clare Holman, a young Wellington girl has dedicated her life working at the orphanage, Clare and her family sends photos and keeps the clubs up to date with what they do. She has now started up a half-way house to assist the 18 year olds from the orphanage, they can no longer stay at the orphanage after that age, but have no life skills, so the half-way house will help them gain all the skills needed.

Eden girls are getting a wonderful response with their catering and they are in big demand. All their hard work with their open gardens and catering enable them to assist the community, Eden Child Care Centre have received a wonderful donation from them.

The Lioness are the face of Lions in Eden, I can see them resplendent in their new purple uniforms out and about in the community.

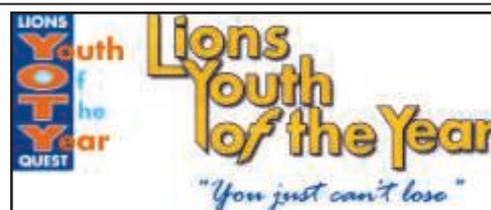
Just a few reminders

- Please see your way clear to donate towards the Lions bushfire funds.
- Nominations for Office Bearers.
- Our commitment to the Hart Walker
- Assist Freedom Wheels Campaign.
- The MD Convention - Lioness Luncheon, Thursday 25<sup>th</sup> April, Hellenic Club, Woden ACT.

N2 Lioness Club member numbers:

- Camden 28
- Eden 26
- Liverpool 6
- Oak Flats 11
- Shoalhaven 17
- Wollongong Heights 16
- TOTAL 104**

Bye for now, Lioness Kay Hardy



## N2 DISTRICT FINAL

Date: 16th March 2013.  
Venue: Sapphire Club, Merimbula  
Host Club: Pambula - Merimbula Lions  
Contact details: Robyn Bedford 6495 9623  
or email: [bedfordx2@gmail.com](mailto:bedfordx2@gmail.com)

Brian Thompson  
District Chairman.

## Ulladulla Milton Lions present learning system



L-R Malaiah Dampney, Audrey Grant, Lion Gill Rolfe and Jarrah Treweek . Photo supplied by Gill Rolfe.

Lion Gill Rolfe had the pleasure of presenting St. Mary's School at Milton with the Front Row Pro active learning system from Phonic Ear. The school applied to the Lions Hearing Dogs Incorporated who provide these learning systems to schools due to a legacy which they received. The Lions Hearing Dogs of course provide the wonderful dogs who assist the profoundly deaf. We have one lady in our area who applied for and received the wonderful Mystro, her hearing dog which helps her each day to cope with life with profound deafness.

The Front Row Pro is the latest in wireless infrared active learning systems which will ensure every student is able to hear the teachers voice more clearly above the ambient noise that exists in classrooms.

The portable system is offered to primary schools as the students usually have a set classroom whereas secondary students usually move from room to room. All students benefit from the system but of course there are special benefits for those students who are deaf or hearing impaired and those who suffer from various attention deficit disorders. It has been shown that having the equipment cuts down on the distraction level in the classroom and children remained on-task for longer periods.

The Lions Club of Ulladulla Milton did not contribute financially to the system but of course they donate to the Lions Hearing Dogs Inc., which is one of the wonderful projects which Lions International operate throughout the country.

Lions members are always pleased to hear from those who are interested in Lions work - contact can be made to the local Lions club via telephone no. 0457 180 399.

## Kiama Lions donation for reading machine



L-R Kiama Lions John Unwin & Jerry Granger-Holcombe at Kiama Library checking out the reading machine that the Kiama Lions Club's donation helped the local 'Visually Impaired Persons' group purchase. Photo by Dylan Robinson, Kiama Independent.

## MEN'S & WOMEN'S HEALTH ISSUES:

### ALZHEIMER'S A Most feared Disease

**Less than 3% of all Alzheimer's Disease cases are caused by defective genes, while over 90% is caused by lifestyle factors such as high fat diet and lack of exercise; change in hormone levels and genetic risk factors.**

**GOOD news is that....You May Have a Choice! Environmental influences and personal choice can alter many of the genes.**

- 1) Diet:** \* High intake of fruit and vegetables especially cruciferous vegetables e.g. broccoli, bok choy, cauliflower and cabbage.  
 Moderate to high fish intake.  
 High unsaturated fatty acids.  
 Low to moderate dairy product intake.  
 Low meat and poultry intake.

#### Curcumin..Could this be A Super Herb?

**Curcumin** – an active component in Turmeric. This herb is a favourite because it does so many wonders in our body. It is a powerful antioxidant and anti-inflammatory particularly in relation to cancer. It also has positive effects against depression. You need to consume it at least twice a day as a spice in food, or you could also get it as a supplement.

**Fish Oil – omega-3 fatty acid,** which is essential for power functioning of the brain. Most people don't know this...but if you have fish oil at home, please store them in the fridge to prevent it from going rancid.

If there were a drug that could prevent heart attacks, strokes and cancer and treat everything from fragile bones to constipation while quite possibly starving off dementia and improving sleep would anyone over 65 refuse this miracle elixir?. (Look that up in your dictionary). 8 out of 10 seniors forego something that has

*(Continued on page 7)*

(Continued from page 6)

all these benefits.

**2 ) Exercise:**

Exercise can profoundly increase the levels of Brain derived neurotrophic factor (BDNF). This means it allows your brain cells to grow more quickly and develop strong connections.

**3 ) Stress:** Emotional stress wears the brain down, causes lethargy, fatigue and memory loss and actually kills brain cells.

Janet Hughes, Women’s Health Issues, & Bill Bransom – Men’s Health Issues

## Have you Benchmarked your PSA yet?

### **A personal story**

In mid November, I went to St Vincent’s Hospital in Sydney for a biopsy of my prostate gland.

On November 23<sup>rd</sup>, it was confirmed I had prostate cancer.

On December 20<sup>th</sup>, I was operated on by robotic key hole surgery for the removal of the prostate gland at St Vincent’s by Dr Raji Kooner.

On December 22<sup>nd</sup>, I returned home for Christmas.

On December 27<sup>th</sup>, it was confirmed by the surgeon that the cancer was contained within the prostate gland where there was evidence of a number of cancerous tumours. However, the good news was that no further treatment was required as we had “got it just in time.”

Why am I telling you this?

Well, 15 years ago, I started to benchmark my PSA as part of blood tests done on a 12 monthly basis as well as have the physical.

It wasn’t until 5 years ago that my PSA readings commenced to be elevated, which set off a chain of events 2 years ago that culminated in the removal of the prostate gland on December 20<sup>th</sup> last year, and subsequently, a clearance that the cancer had not spread further throughout my body. All this, whilst at no stage did I experience any discomfort, such is the insidious nature of the disease.

It must be acknowledged that monitoring PSA is not the only way to detect prostate cancer. Prostate cancer is being detected in men as early as 40 years of age so the simple task of monitoring PSA from annual blood checks, is a simple way of getting some reassurance. In my case, it has saved my life. We benchmark cholesterol and other things regularly so why not PSA?

Bill Bransom – Chairman, Men’s Health.

## Australia Day: National Honours

The community service of the following Lions, past Lions, and supporters of Lions, was recognised in the 2013 Australia Day National Honours announcement by Governor General Quentin Bryce. Below are the brief Citations and Lions related activities from the full citation for each awardee who had all contributed to many community groups. There were no members of the N2 Lions family recognised in this announcement.

**Mr Jeffrey Ross BRITTON OAM, Smithton Tas**

For service to conservation and the environment, and to the community.

**Charter Member, Smithton Circular Head Lions Club, since 1969; has held a range of positions including President, Zone Chairperson and Deputy District Governor.**

**Awards/recognition include:**

**Tasmanian Lions Foundation Fellow; Melvin Jones Fellow.**

**Mrs Betty Iris BYRNE OAM, Burnie Tas**

For service to the community of Burnie.

**Awards/recognition include:**

**Citizen of the Year, Burnie Lions Club, 1996-1997.**

**Mr Donald CAMERON OAM, Ventnor Vic**

For service to local government, to conservation and the environment, and to the community, particularly through Lions International.

**Current District Governor, Lions International District 201V3; various Executive roles at District, Zone and Club level, since 1968.**

**Dr Kee CHEUNG OAM, Carindale Qld**

For service to the Chinese community of Brisbane.

**President Lions Club of Brisbane Chinese, 2006-2007; Member, since 2001; District Chair, Lions Cord Blood Bank and Leukaemia Research, 2004-2005; led various fundraising events.**

**Mrs Patricia June CONOLLY OAM, Buderim Qld**

For service to the community of the Sunshine Coast.

**Former Member, Ladies Auxiliary, Lions Club of Buderim, 1972-1985; also served in executive roles.**

**Mr Leslie David ELCOME OAM, Victoria Point Qld**

For service to people with a disability.

**Technical volunteer, Lions Aid and Relief Centre, Apple-MAQ Lions Club, since 2009.**

**Mr Lionel Herbert GILLMAN OAM, Corowa NSW**

For service to the community through Lions Australia.

**Director, District 201V6 Lions Foundation Ltd, since 1996; a fund established to assist people or organisations in need within the boundaries of District 201V6; current Treasurer. Member, Council of Governors, Lions Australia Multiple District 201, 1993-1994. District Governor, District 201V6, 1993-1994; Chairman, District Constitution and By-Laws Committee. Member, Lions Club of Corowa, since 1961; served in several executive roles including President and Zone Chairman; Life Member, since 1986.**

**Mr Thomas Frank HARDING ED OAM, Torquay Vic**

For service to the community through historical and service organisations.

**Member, Lions Club of Torquay, since 2003. Chairperson, Board of Management, Lions Village (Torquay), 2005-2010; Member, since 2004.**

**Mr Bernard Patrick QUINN OAM, South Murwillumbah NSW**

For service to the Northern Rivers community.

(Continued from page 7)

**Member, Murwillumbah Lions Club, since 1985; President.**

**Mr Alan Thorold RICHARDSON OAM,** Rivervale WA  
For service to veterans and their families, and to the community of Belmont.

**Life Member, Lions International, City of Belmont, 1987.**

**Mr Antonio ROMEO OAM,** Torrensville SA  
For service to the community as a supporter of a range of local organisations.

**Supporter, Edwardstown Lions Club, for 10 years.**

**Mrs Elizabeth ROMEO OAM,** Torrensville SA  
For service to the community as a supporter of a range of local organisations.

**Supporter, Edwardstown Lions Club, for 10 years.**

**Mr Bernard George SCOBIE OAM,** Big-gera Waters Qld  
For service to the community through youth and charitable organisations.

**Chair, Youth Point Connect project, Lions International, since 2006; Member Ashmore Lions Club, for about 10 years, before joining the Runaway Bay Lions Club in the mid 1990s;**

**Mr Mervyn Ray SHARMAN OAM,** Glen Innes NSW  
For service to local government, and to the community of Glen Innes.

**Former President, Lions Club of Glen Innes, 1991; held a range of executive positions including Treasurer, for 6 years; Member, 1968-1996.**

**Mr Alan Bruce WARD OAM,** Cootamundra NSW  
For service to local government, and to the community of Cootamundra.

**President, Secretary and Board Member, Cootamundra Lions Club.**

**Dr Anthony Rodham WILSON OAM,** Tumut NSW  
For service to medicine, and to the community of Tumut.

**Board Member, Lions Club of Narrandera, for 10 years; Vice-President, for 2 years; Treasurer, for 2 years; Member, 1977-1998.**

**Professor Ralph Nigel MARTINS AO,** Nedlands WA  
For distinguished service to medicine in the field of psychiatry through leadership in the research into Alzheimer's disease and the development of early diagnosis and treatment programs, and to the community of Perth.  
**Member, Claremont/Nedlands Lions Club, for many years.**

**The Honourable John Joseph AQUILINA AM,** Blacktown NSW 2148  
For significant service to the Parliament of New South Wales, and to the community.

**Member, Blacktown City Lions Club, 1983-2008.**

**Mr Stephen John JONES AM,** Withcott Qld  
For significant service to local government and the community of the Lockyer Valley, particularly in relation to the Queensland floods in 2010 and 2011.

**Member, Lions Club of Withcott-Helidon.**

Congratulations to all recipients

## Volunteer of the Year: Macarthur

It is with great pleasure that I can report that Lion Keith Maddock of the Lions Club of Camden was awarded the Macarthur Volunteer of the Year at a ceremony held on December 5th 2012. Lion Keith has been a tireless worker for his community and I am sure that we all congratulate him on this fine achievement.

Yours in Lionism  
Sharon Bishop, Zone 13 Chairperson

## EMERGENCIES: Donations

### **Australian Lions Foundation National Disaster Appeal**

With the unprecedented natural disasters that have affected many of our States over the recent times and now with the serious impacts of flooding and damage on the East Coast, the Trustees of the Australian Lions Foundation in conjunction with the Council Chairman have agreed to widen the current Appeal to be a "National Disaster Appeal" to cover all areas that are currently and are likely to be impacted in the future.

The Trustees thank the Districts and Clubs for once again showing their generous support of the National Appeal for bushfire victims from throughout Australia and hope that your support will continue in aid of those now impacted by the current flooding in Queensland and New South Wales.

The original appeal was established in mid-January to assist the Tasmanian fire victims, but since the need increased to other areas the appeal widened for support across the country. The Foundation has donated \$50,000 to Tasmania (T1) and \$20,000 to New South Wales (N4) to support the immediate needs of the bushfire victims. An immediate allocation of \$50,000 has been made to the Districts now dealing with the flooding and this funding will be disbursed as the Governor's request.

**Clubs should continue to send their donations through their Cabinet Treasurer, any cheques made payable to 'Lions District 201N2'. Do not send donations direct to the ALF Emergency Relief Account as electronic deposits made without a reference from a club cannot be identified and allocated and acknowledged as a club contribution. If Clubs wish their donation to be directed to a specific area impacted by the fires or floods, please indicate with your advice to your District Treasurer otherwise the Foundation will disburse funds received proportionally to the needs of the areas as these donations are received.**

**If a donor requests a receipt for their donation for tax deductibility purposes, clubs will need to obtain the following information and provide that to their Cabinet Treasurer when they send through their donations.**

- Name of Donor
- Address of Donor
- Contact Number
- Amount of Donation

**When the ALF Treasurer receives the donation from your District via your Cabinet Treasurer, a receipt will be issued direct to the donor.**

The Australian Lions Foundation is able to respond in such a way because of the generosity and willingness of the Lions family in Australia to support those in need.



Happy New Year and Welcome to LEHP in 2013!

I am looking forward to a fulfilling year ahead. We already have many activities and campaigns organised including information workshops in Newcastle, Port Macquarie, Sunshine Coast and Gold Coast, a dedicated campaign to promote our multi-lingual resources, LEHP radio announcement, establishment of State Plans and a focus of generating more localised activity.

For your information please find below the FINAL 'participating club list' for 2012. Congratulations to everyone involved. The support we are receiving from clubs is unwavering! I would like everyone to encourage these clubs to not only support us financially in 2013 but take the next step, order brochures and posters and distribute them amongst their communities.

I look forward to working with you all again in 2013!

Kind Regards

**Leah Evans**

National Program Manager, Lions Eye Health Program - Australia

Level 1, 32 Gisborne Street, East Melbourne VIC 3002

T: +61 3 9929 8328 | F: +61 3 9662 3859 [www.lehp.org.au](http://www.lehp.org.au)

Hours in the office: Tuesday (9am – 5pm), every second Wednesday (8am – 4pm) and every Friday (8am - 4pm)

Dist	Club	Total
<b>201-N2</b>	Austinmer Thirroul	120.00
<b>28 Clubs</b>	Bega	100.00
	Bombala	200.00
	Bowral	124.00
	Braidwood	300.00
	Canberra Brindabella	100.00
	Canberra Kambah	120.00
	Canberra Valley	1,000.00
	Canberra Woden	100.00
	Dapto	60.00
	Eden LIONESS	200.00
	Figtree	350.00
	Gungahlin	100.00
	Helensburgh	52.00
	Jervis Bay	100.00
	Kangaroo Valley	128.00
	Kiama	320.00
	Marulan & District	50.00
	Minnamurra	200.00
	Moruya	100.00
	Moss Vale	50.00
	Nowra	128.00
	Pambula-Merimbula	200.00
	Queanbeyan	200.00
	Wakeley-Fairfield	48.00
	Wollongong	100.00
	Wollongong Heights LIONESS	64.00
	Yass	68.00
	<b>N2 progressive total</b>	<b>4,682.00</b>

## Lions: champions of change

“The White House Champions of Change program honors everyday Americans



doing extraordinary things in their communities.” – [whitehouse.gov/champions](http://whitehouse.gov/champions)

On October 2, the White House recognized 11 Lions club members selected to represent Lions in the U.S. as Champions of Change. Lions serve across the country and the globe, wherever help is needed, making every Lion a Champion of Change. Lions are Champions of ...

- **Community:** Lions participate in hands-on service projects that help improve local schools, shelters, food pantries, playgrounds, community facilities and more.
- **Sight:** Lions work to prevent blindness, restore eyesight and improve eye health and care for millions of people worldwide.
- **Environment:** Lions plant trees, recycle, clean the environment and educate others to protect the planet.
- **Youth:** Lions implement targeted, creative projects to meet the needs of millions of local children in 46,000 communities in more than 200 countries.
- **Health:** Lions support local and large-scale global health programs that focus on sight, hearing, diabetes, breast cancer and more.

**DISASTER RELIEF:** WHEN A NATURAL DISASTER STRIKES, LIONS ARE AMONG THE FIRST TO OFFER VOLUNTEER DISASTER RELIEF.

### PROGRAM HIGHLIGHTS

The event at the White House included:

- **White House Community Leaders Briefing:** Lions were briefed by government officials from the U.S. Department of Education, Federal Emergency Management Agency, U.S. Agency for International Development and members of the administration.
- **Champions of Change Panel:** Two panels were held in the afternoon, and Lions discussed their efforts to make our communities more sustainable.

Source: <http://www.lionsclubs.org/EN/news-and-events/lions-day-white-house.php>

## SCAMwatch: Bogus bushfire or flood appeals

[An N2 Lion recently received a scam alert email about '809 Area Code', which doesn't appear on the SCAMwatch website. This email explains about missed call messages or texts asking you to phone a number in area code 809 (the Dominican Republic) and if you do phone you'll get a massive phone bill. I'm not sure what the email scam is other than to frighten people, but because this doesn't appear on the SCAMwatch website I have reported it to them. I'll let you know the feedback I receive.

Regarding donations to any organisation other than Lions foundations, or well-known charities, please consider the following advice from SCAMwatch. David Robson]

January 2013: SCAMwatch is urging consumers considering donating to help those affected by the summer bushfires [or floods] to make sure that their money goes to a legitimate charity, cause or appeal.

Scammers have been known to take advantage of people's generosity in the aftermath of disastrous events, including bushfires such as the devastating Victorian bushfires that struck in 2009.

Not only do these scams cost people money, they also divert much needed donations away from legitimate causes.

**If you are considering making a donation to a bushfire appeal, donate wisely by thoroughly checking that you are donating to a legitimate organisation. Don't let scammers appeal to your generous side.**

### HOW THESE SCAMS WORK

- You are approached on the street, at your doorstep, on the phone or via email by someone claiming that they are collecting on behalf of a legitimate cause or charity, or a fictitious one they have created.
- If you are approached on the street or at home, the 'collector' may not have any identification or has forged identification, and lack a detailed knowledge about the charity they claim to represent.
- If you are approached online, you may be directed to a website that looks much like those operated by real charities, with official looking logos and information, but which in fact is subtly different.
- The street or doorstep 'collector' may only accept cash donations, or insist

that any cheque be made out to them rather than the charity. They may also try to avoid providing you with a receipt, or provide one without the charity's details on it.

The online scammer will insist on payment by a money transfer service. It is rare to recover any money sent this way.

### PROTECT YOURSELF

- If you are considering making a donation to a charity, cause or appeal, approach the organisation directly using their official contact details to make the payment.
- If you are approached by a street collector, ask to see their identification. If you have any doubts about who they are, do not pay and contact the organisation directly. Don't rely on contact details provided by the person – find them through an independent source such as a phone book or online search.
- If you are approached at home or over the phone, ask the collector for details about the charity such as its full name, address and how the proceeds will be used. If they become defensive and cannot answer your questions, close the door or hang up.
- If you receive an email from an unverified sender, do not click on any links or open attachments and press 'delete'.
- Never give money or your financial details to someone you don't trust - it's rare to receive money from a scammer.

**If you are considering donating to a charity, check their credentials first at the [Australian Charities and Not-for-Profits Commission](#) (ACNC) website.**

## LCI President at Save Sight Institute

During his recent visit to Sydney, Lions Clubs International President Wayne Madden visited the Lions NSW Eye Bank and the Save Sight Institute at the Sydney Hospital and Sydney Eye Hospital in Macquarie Street, Sydney.

The sign reads:

*"The Save Sight Institute proudly acknowledges the generous support of the Lions NSW-ACT Save Sight Foundation Sydney Hospital and Sydney Eye Hospital a teaching hospital of the University of Sydney."*

In 1984 at the annual Lions convention in NSW, Professor Frank Billson spoke of the urgent need for an eye institute to be associated with Sydney Eye Hospital. Following further meetings with representatives of NSW Lions Clubs, the Lions Save Sight Foundation and Lions Clubs of NSW agreed to provide seed funding for an Institute to be established.

In partnership with the University of Sydney, the Save Sight and Eye Health Institute was established on 4th June 1986. Professor Frank Billson AO, Head of the Department of Clinical Ophthalmology, Sydney University, was appointed Director of the Institute. With this Institute we offered the community, the government, and the university, the opportunity to share in a joint mission - "to prevent blindness".

The Institute exists to support and extend the work of the University's Dept of Clinical Ophthalmology.

Source: Dec 2012 edition of 'Perspective' newsletter of the NSW / ACT Foundations



**THE UNVEILED ACKNOWLEDGEMENT SIGN IS PROUDLY FLANKED BY, ON THE RIGHT, INTERNATIONAL PRESIDENT WAYNE MADDEN AND ON THE LEFT, THE HEAD OF THE SAVE SIGHT INSTITUTE PROFESSOR PETER McCLUSKY AND LIONS NSW-ACT SAVE SIGHT FOUNDATION CHAIRMAN JIM FIELD**



**Lions Cakes & Puddings**  
**N2 Chairman: Lion**  
**Colin Woodley**  
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**Mob: 0438 682 968**  
**Email:**  
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 For more information contact your local Lions club or go to [www.lionsclubs.org.au/cakes](http://www.lionsclubs.org.au/cakes)

*Plays for kids to listen to*



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