

Make Today Count in November

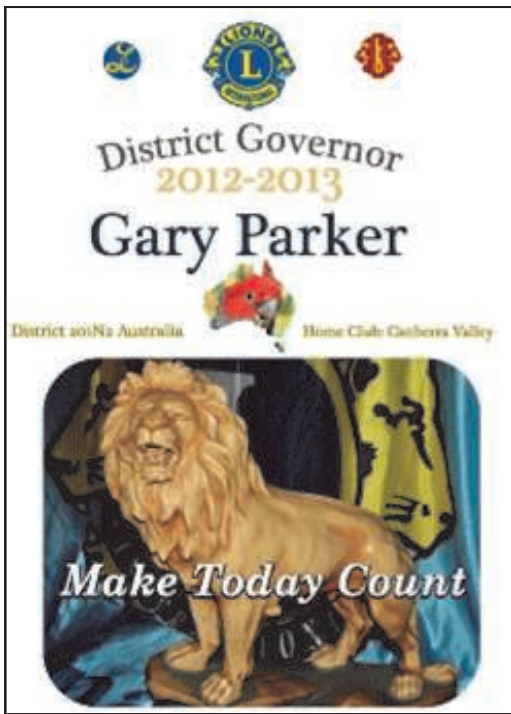


lions australia
we serve



District Governor—Gary Parker

District 201 N2 of the International Association of Lions Clubs



Greetings from District Governor Gary

The excitement of family and a District Convention have all subsided. We had a lovely time with all of our family – it is now a rare occasion to have everyone together so we enjoyed that time very much.

The excitement of the District Convention has also passed and I cannot praise everyone enough for the great effort that produced a wonderful Convention. If you went home not happy then I am not sure what we needed to do. The program ran very well and the variety of presentations gave plenty of entertainment for the weekend. I was disappointed that I was so tied on Friday night that I could not take in more of that great Irish band.

I would like to congratulate all of the success candidates who stood for District positions at the Convention. I also compliment Cabramatta-Cabra Vale for their successful bid for the 2014 Convention.

I must register my concern at the state of our membership. There has been a major bleed which sees our number in negative territory. Can I encourage everyone to go out and invite people to join your club because it is through growth that we move forward in all of our activities. I also encourage Clubs to look to the welfare of your current membership so they feel a part of the club and don't leave.

We thought we had a busy month in October with the family, Convention and club visits. November is heading to be equally as busy as we celebrate the Dapto Club's 50th Anniversary, attend the V2 and N5 Conventions and then round the month off with the NSW/ACT Save Sight Foundation meeting plus add a few Club visits along the way. The role of District Governor certainly provides lots of variety to one's life.

I have been highlighting the work being done by Daniel and William Clarke in my club presentation as an example of "Making Today Count". Daniel Clarke, is a cerebral palsy sufferer, and his younger brother William have raised more than \$650,000.00 to save the natural habitat of Borneo's orangutans. They were recently awarded the Pride of Australia Environment Medal for 2012 in the National competition. They also went on to win the People's Choice Award which came with a \$10,000.00 prize for their charity. They are really an inspiration to our nation.

Thank you for all of the wonderful work being done in your local communities – your work is also inspirational.

Enjoy your month

District Governor
Gary



DG Gary Parker presenting convention bannerettes to the large number of 1st time conventioners

"Through Friendship We Develop Ideas"

61st MD201
CONVENTION
CANBERRA
25 to 28 April
2013
Go to:



<http://lionsclubs.org.au/conventions/canberra2013.php>



Photo by Australian Capital Tourism

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

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



DG's SNIPPETS

Lois and I were delighted to welcome V2 District Governor Lou Scholten and Carol to our Convention. It turns out Lou had previous contacts through Ken and Stella McLeish (Canberra Kambah and Canberra Woden) and also Mike Rogerson (Canberra Lake Tuggeranong) and enjoyed the opportunity to catch up with them again.

District Governor N5, Greg Dunn, also had time to renew some friendships with our N2 members. Greg was a previous chair of the NSW/ACT Save Sight Foundation and had visited many clubs during that time. His poem that he delivered during his presentation appears elsewhere in the bulletin.

I was honoured to present a Melvin Jones Fellowship on behalf of the members of the Marulan and District Club at my recent club visit. The club acknowledged the services of Ray Walters who has provided audit services to their club over many years. Lois took the opportunity of visiting the Marulan community shop (special private opening!!) and found some great "bargains".

If you attended the District Convention in Goulburn you were introduced to a novel way of being called to order for our various sessions. For your information the music piece was "Belfast Polka" from the Celtic Thunder CD album "Take Me Home". The various individual reactions to the music was also very entertaining.

Our club visit to the Tathra Club was a combined visit with the Eden Lioness members at Eden. I was delighted to have the opportunity to welcome Bob Kermode as the newest member of the Tathra Club. Eden was boasting a Mum and Bub whale in the bay but we were not provided with any entertainment!!

Congratulations to John Smith (Taralga & District) on winning the Christmas Cake stand raffle – an iced Christmas Cake. Members will be pleased to know that a donation of \$156.00 will be going to the Spinal Cord Foundation as a result of the hard work done by Lion Col Woodley. There will be an additional amount of \$85 to go with that from the profits on the sale of "Gary the Gang Gang" books.

Members still have an opportunity to meet the International President, Wayne Madden, by attending the 201N5 District Convention in Lithgow. Application forms are on the 201N5 website. Come along and have a great time.

DG's Gary's Calendar

November 2012

- 1 Bega
- 3 Dapto 50th Anniversary
- 4 District Cabinet Meeting
- Cabramatta High School Leo
- 7 Visit
- Ingleburn Club Visit
- Canley Vale High school Leo
- 8 Visit
- Cabramatta Cabra Vale Club Visit
- 9 V2 Convention
- 12 Moss Vale
- 16 N5 Convention
- 19 Camden Lioness

November 2012

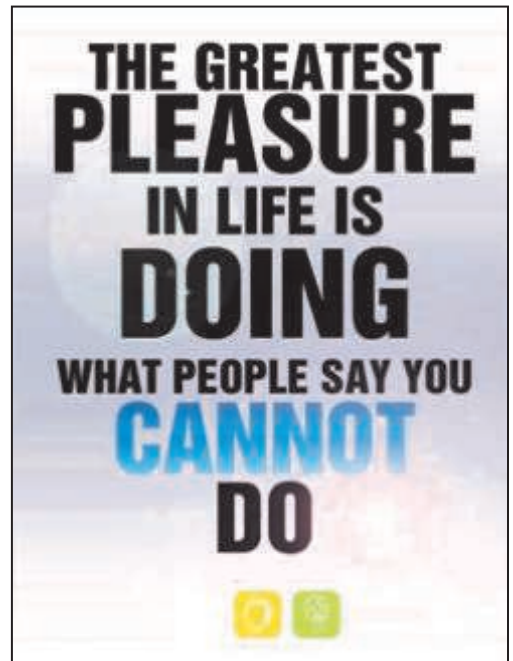
- 21 Narellan
- 24 NSW/ACT Save Sight Foundation
- 27 Bundanoon
- 28 Taralga & District

December 2012

- 4 Gunning
- 5 Bemboka
- 9 Fairfield
- 11 Bowning & District

January 2013

- 14 Sydney Baseball
- 16 Corrimal
- 17 Yass
- 18 Council Meeting
- 19 Council Meeting
- 20 Council Meeting
- 21 Narooma
- 23 Narooma
- 31 Gerringong



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 during October 2012 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.

Club	New member	Sponsor
Austinmer Thirroul Lions	John Dening	Colin Woodley
Cooma Lions	Kevin Kirton	Richard Moser
Kangaroo Valley Lions	Allyssa Smith	Marjorie Wilkie
Marulan Lions	Graham Smith	Marjorie Wilkie
Marulan Lions	Andreana Cachia	Marjorie Izzard
Narooma & District Lions	Ian Noormets	Annette Noormets
Pambula Merimbula Lions	Patrick Steele	Ron Russell
Shoalhaven Lioness	Jenny Mitchele	Kay Hardy
Ulladulla Milton Lions	Mary Turner	Kathy Wykes

Lions	1,654 (as per 30/10/2012 WMMR)
Lioness'	107 (as per Nov 2012 Lioness Report)
Leos	231 (as per Apr 2012 Leos Report)
N2 total members	1,992

Past members remembered

The following members of the N2 Lions family who passed away since the 2011 N2 Convention, were remembered at the 'Celebration of Service' during the 2012 N2 Convention in Goulburn on Saturday 20th October 2012. 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.

Club	Name
Batemans Bay Lions	Lion Yvonne O'Connor
Bega Lions	Lion Sheridan "Derry" McGarrigle
Camden Lions	Lion Aubrey "Aub" Moore
Canberra Belconnen Lions	Lion Colin Fereday OAM
	Lion Stan Neimic
	Lion Ray Swan
	Lions Lady Betty Thomas
Canberra Woden Lions	Ray Boyle
Corrimal Lions	Lion Arthur "Noel" Field
Kiama Lions	Lion Bruce Lanham
Marulan & District Lions	Gregory Cardilini
Nowra Lions	Former Lion Graham Murray
	Also former N2 Cabinet Officer
	Lioness Partner Don Ritchie
Pambula Merimbula Lions	Lions Lady Eleanor Beasley
Tahmoor Lions	Lion Robert Beveridge
Taralga & District Lions	Lion Ian Cameron
Tathra Lions	Lion Colin Ferguson
Ulladulla Milton Lions	Lions Lady Margaret Horan
Wollongong Lions	Lion Keith Waller
	Lion Patrick Thomas

Official publica-
tion of
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N2

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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/>

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

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.**

50 years service to Lions

The Lions Club of Ingleburn New South Wales organised a luncheon to celebrate 50 years of service to Lions by Past District Governor Lion Keith Kent. The luncheon was attended by over 130 Lions, Lionesses and friends of Lions and no less than seven Past District Governors and people from more than twenty Lions and Lioness clubs. Also in attendance was the Mayor of Campbelltown City Mr Anoulack Chanthivong and ex-mayor cnr Aaron Rule. The venue was beautifully set out with Lions banners and bannerettes displayed around the room. Chairman and President Lion Wayne Franshaw commenced proceedings and pretty soon all the PDG's and others including the mayor and ex-mayor were honouring one of Lions finest with wonderful words and sentiment.

After lunch presentations were made; Zone 13 Chairperson Lion Sharon Bishop presented Lion Keith with a 50 year Monarch. This was followed by PCC Franz Mairinger and wife Lion Lorraine who brought the house down with their presentations. Lions Lady Muriel Kent was presented the Helen Keller Medal the very first presented in Australia. Lions Lady Muriel has worked tirelessly for and with the Lions over the 50 years. Lion Keith was presented with a Melvin Jones Medal accompanied by a congratulatory letter from Lions International President Lion Wayne A Madden, and a 50 year service medal from the Australian Lions Drug Awareness Foundation (ALDAF). An International Presidents Certificate of Appreciation and the International Presidents pin were also presented to Lion Keith, Lions Lady Muriel and President of the Ingleburn Lions Lion Wayne Franshaw.

A break for tea and coffee was taken and the 'Lolly Bar' in the corner was an absolute hit for those that made their way there. A "50" year cake decked out in purple and yellow was brought out and cut to a 'Happy 50 years service to you' being sung. Little helpers helped in the blowing out of the candles.

The final presentation was made by the members of the Lions Club of Ingleburn and the Lions Ladies Auxiliary. A large framed photograph of Lion Keith and Lady Muriel was presented, much to their delight and the oohs and the aahs from those gathered. Not to miss an opportunity, Lion Keith belted out his "I've got that Lions feeling" song much to the merriment of all. It was a fitting end to a terrific day.

Article & photo supplied by Wayne Franshaw



L-R: PCC Franz Mairinger, PDG Keith Kent, Lions Lady Muriel Kent, N2 1st Vice District Governor Elect Lorraine Mairinger, and Ingleburn Lions Club President Wayne Franshaw

PDG Keith Kent's Awards

- 1965 - Treasurers Testimonial Appreciation Award
- 1967 - Liverpool Lions Club Appreciation Award
- 100% Presidents Award (Liverpool)
- 1979 - International Presidents Award**
- 1979 - Sight Conservation and Work for Blind Award
- 1984 - District Governors Convention Award
- 1984 - Lions NSW/ACT Save Sight Foundation Outstanding Service Award
- 1985 - District Governors Appreciation Award
- 1985 - Lions Club of Ingleburn Outstanding and Dedication Award
- 1993 - Presidents Appreciation Award
- 1993 - Presidents Distinguished Service Award
- 1993 - Royal Blind Society Life Member Award
- 1995 - Presidents Appreciation Award
- 1996 - District Governors Appreciation Award
- 1998 - International Presidents Certificate of Appreciation**
- 1999 - International Presidents Membership Growth Award**
- 1999 - William Tresise Fellow Award
- 1998 - District Governors Appreciation Award
- 1983 - Life Member 201N2 Lions Club Blind Appeal
- 1984 - Life Governor Lions NSW/ACT Save Sight Foundation
- 1985 - Presidents 100% Award
- No 391 James D Richardson Award
- 1992 - Melvin Jones Fellowship (by DG)**
- 1992 - Life Governor Lions NSW/ACT Public Health Care Foundation
- 1996 - Dr Harry Jenkins Fellow Award
- 1998 - Life Membership Lions Club of Ingleburn
- 2000 - Ian Stockdale Humanitarian Award
- 2003 - International Presidents Certificate of Appreciation**
- 2004 - District Governors Appreciation Award
- 2004 - Keith Small Gold Honour Award
- 2005 - James McLardie Honour Award
- 2005 - International Presidents Certificate of Appreciation**
- 2006 - International Certificate of Appreciation**
- 2007 - Neville Tucker Silver Honour Award
- 2008 - International Presidents Certificate of Appreciation**
- 2008 - Neil Williams Honour Member Award
- 2008 - International Presidents Ambassador of Goodwill**
- 20 Jun 09 Presidents Appreciation Award
- 3 Jul 10 Distinguished Service Award
- 5 May 12 Life Member Past District Governors Club
- 4 Jul 12 Presidents Appreciation Award



Peter "Muddy" Waters is now on his way to Melbourne

At 8.45AM on Monday 29th October, 2012 Peter "Muddy" Waters (a mem-

ber of he Lions Club of Werribee) set off from The Museum car park and grounds at Liverpool on his "Gutsy" Gopher Ride to Melbourne.

The Lions Club of The City of Liverpool were proud to host Peter and his support crew for Dinner and accommodation on Sunday evening.

Monday morning every body rose very early to meet at the Museum site for a pre-send off bacon, eggs and sausages breakfast , with tea, coffee and cold drinks hosted by the catering crew of Liverpool Lions. They were also joined for breakfast by some important dignitaries including Councillor Peter Harle (Representing the Mayor of Liverpool City), State Member for Menai (Menai Sub-division takes in a fringe part of Liverpool) Melanie Gibbons (Representing the Premier of NSW), and MD201 Past Council Chairman 1981/82 Lion Bruce Hudgson who came in on an early flight to surprise Peter and wish him well on his journey.



Peter rearing to go followed by Liverpool Lions President Yvonne, MP Melanie Gibbons and Councillor Peter Harle bearing the original Liverpool flag



Support Vehicles ready to go



The 2 Gophers rearing to go. Sophisticated charging equipment in forward part of trailer

At the conclusion of breakfast the gathering was addressed by Liverpool Lions President Lion Yvonne Ross, Councillor Peter Harle, MP Melanie Gibbons and Lion Trevor Hirth, Chairman of Australian Lions Childrens Mobility Foundation.

Behind the scenes were Nicole Leppitsch from Variety Victoria, driving the motor home supported by Lion Les Connally from Altona Lions. Driving the International Truck which is fitted out with all the gear that would be needed to support a fleet of vehicles was Johnny "Cowboy" Paydon. "Cowboy" is a retired heavy transport fleet operator and is a qualified truck mechanic. The unit was used in his business and is now used for support to all of Variety's "Events or Bashes". Travelling with "Cowboy" was Steve Pante who is an auto electrician whose job it is to keep the batteries charged on the 2 "Gophers" that were housed in the trailer attached to the "Inter". A look inside this trailer revealed the state of art sophisticated charging equipment fed from batteries within the trailer and backed up from the truck. On the back of the truck was strapped a push bike. Steve Pante when not keeping an eye on the charging equipment rides the bike close to Peter. Steve will effectively be riding the bike from Liverpool to Melbourne. All of this is supported by Lion Trevor Hirth (Chairman of ALCMF) and his wife Jan in their self contained camper van.

Liverpool Lions President Yvonne Ross presented a Club cheque of \$500-00 to Peter to start his fundraising task, Melanie Gibbons gave a personal cheque for \$250-00, Peter Harle gave a cash donation of \$100-00 and volunteers from the Museum (who had opened the Museum early in the morning to enable the use of toilet facilities) gave a further sizeable cash donation, a good start.

Liverpool Lions President Yvonne and her committee really weren't sure what to expect when the Club agreed to take on the task to host Peter and his Crew and arrange the "Send Off"; however were very proud to meet Peter and such a dedicated group of people.

Congratulations Peter on such a "Gutsy" exercise and Liverpool Lions will be following your progress.

Article & photos supplied by PDG Bob Grimson

Hart Walker for Finn Reynolds

About a month after the fitting of the Hart Walker Finn Reynolds finally got to meet some of the members from Kangaroo Valley Lions club.



L-R Carolyn Green, Finn Reynolds, Franz Mairinger and Kangaroo Valley Lions Club President Dan Cole

The Zone Chairman, Les Johnson from Bundanoon Club, was one of the first on board and he drove the coordination of all clubs in his zone to work together. Kangaroo Valley was supported by other clubs in the district in their quest to get Finn moving. Club President, Dan Cole expressed his gratitude to the three other clubs of Bowral, Bundanoon, Marulan and Mittagong for getting behind the project.

Dan suggested that this has highlighted how some of the local clubs can work together to achieve what would normally be impossible. The reward for Lions now is to see young Finn more mobile as he gets use to the walker.

The annual recurring cost to assist in fitting and changes to the walker is being funded by the Australian Lions Children's Mobility foundation.

Article and photo supplied by Jason Horton

2012 N2 Convention—Goulburn



MC Lion Ray Redgrave calls the convention to order for the 1st time



PDG Ray Strong presented the Opening Flag Ceremony



Country music 'Golden Guitar' finalist & Friday night Keynote Speaker Lorin Nicholson spoke on 'Making today Count' & opened the convention



L-R DG Gary Parker presents a framed convention bannerette to Keynote Speaker Lorin Nicholson



Saturday & Sunday breakfast at the Goulburn Workers Club was catered by Lions



Enjoying breakfast at the Convention venue

2012 N2 Convention—Goulburn



L-R DG Gary Parker & MD201 Council Chairman Lou Onley present convention bannerettes to 1st time conventionneers



L-R Lion John Smith & IPDG Geoff Hobart participated in the blind tie contest during the 'Fun & Fellowship' presentation



Lion Allan McDonald was elected N2 2013-14 District Governor



Lion Lorraine Mairinger was elected N2 2013-14 1st Vice District Governor



Lion Sally Wilton was elected N2 2013-14 2nd Vice District Governor



Lion Trish Friend was elected a Director of the NSW ACT Foundations



Cabramatta Cabra-Vale Lions Club, supported by the Canley Vale & Cabramatta High Schools Leo Clubs, was elected as the 2014 N2 Convention hosts

2012 N2 Convention—Goulburn



Leos lunch-time workshop



Lioness' lunch-time workshop addressed by DG Gary Parker & N2 Lioness Chairman Kay Hardy



Canley Vale High School Leos accept the 2011-12 Best Leo Club award from IPDG Geoff Hobart



L-R Evan McHugh receives DG Gary Parker's appreciation award after his Keynote Speech on 'Bush-ranging in the Goulburn District'



L-R Jindabyne Lions Brian Farmer & Wendy Hukins (a 1st conventioneer) enjoyed the convention, & dressed the part for the Convention Dinner



L-R MD201 Council Chairman Lou Onley received a DG's appreciation award from DGE Allan McDonald for his 'Moving Forward' speech at the Convention Dinner

2012 N2 Convention—Goulburn



L-R N2 LCIF District Coordinator Peter Scifleet at the LCIF display stand with DG Gary Parker & N2 Foundations Chairman Peter Howe



L-R N5 DG Greg Dunne & V2 DG Lou Scholten discuss organ donation with N2 Donate Life District Ambassador Ken McLeish at his display stand



Lion Donna Munro presented 'Building Youth through Lions Quest' on Sunday



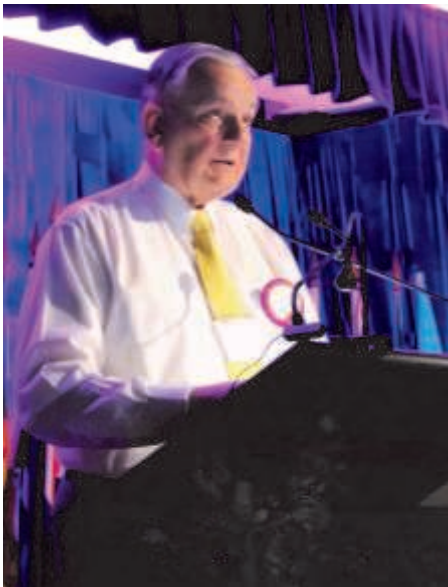
L-R DG Gary Parker presents his appreciation award to Convention Chairperson Lion Jenny Cee



L-R DG Gary Parker presents his appreciation award to Cabiner Secretary Lion John Flarrey



L-R Dg Gary Parker presents his appreciation award to Cabinet Treasurer Lion Danny Howard



PDG Ray Strong conducted the closing Flag Furling Ceremony with the flags passing to the Ulladulla Milton Lions Club for 2014



DGE Allan McDonald accepts the Lions flag for the Ulladulla Milton Lions Club to conduct the 2014 N2 Convention



L-R DG Greg Dunne, DG Lou Scholten, Carole Scholten, DG Gary Parker, Lois Parker, CC PDG Lou Onley, & Kaye Onley



LCIF ready for Hurricane Sandy disaster relief.

OCTOBER 29, 2012

Dear Fellow Lions,

What many experts are calling “the storm of the century” is about to hit the east coast of the United States. Hurricane Sandy is expected to impact the United States from Virginia north to New England, and as far inland as Ohio, with high winds, significant flooding, and major power outages.

We know Lions everywhere join us in sending their thoughts and prayers to the 60 million residents in the storm’s path. That includes some 3,000 Lions clubs. Lions Clubs International and [Lions Clubs International Foundation](#) (LCIF) are standing by to assist where needed by providing disaster relief and emergency grants.

Lions have shown time and time again their readiness and willingness to respond to natural disasters. We must always be ready and able to provide disaster relief at a moment’s notice – whether from hurricanes, typhoons, earthquakes, tsunamis, or man-made disasters. It is important to maintain funds for disaster relief efforts.

In just the last year we have provided tens of thousands of dollars in emergency grants for flood relief in Nigeria, Thailand, Canada, MD300 Taiwan, Bangladesh, United Kingdom and Japan, as well as typhoon relief to the Philippines, earthquake relief to Italy and wildfire relief to western areas of the United States. This was made possible by the generosity of Lions, who donate selflessly to LCIF.

This year’s presidential theme is “[In A World of Service](#).” Lions literally serve communities around the world 24 hours a day, 7 days a week. Disasters strike at a moments notice, and we must be ready to respond.

We encourage all Lions to consider [making a donation to LCIF disaster relief](#) so we can answer the call to provide much needed funding when and where needed.

Sincerely,
Wayne A. Madden
Wing-Kun Tam

Contact:
N2 LCIF Co-Ordinator, Lion Peter Scfleet

LIONS SPEAK (Understanding Confusion)

I heard about the C.E.P. and so I asked a P.D.G.
Just how would this apply to me, He didn’t have a clue.
Now this is what he said to me, I wrote it down so all could see
He told me that the V.D.G would know just what to do

The V.D.G., he says to me that it’s run by the G.L.T.
Who works close with the G.M.T., and they both have a crew
Who wander ‘round incessantly in search of them what wants to be
A future chief, well that ain’t me, but maybe it’s for you

From what I found, a P.I.D. took our ideas across the sea
He gave them to the P.I.P. who said to give it a go
First letter of each task to be, when jumbled up did not agree
But sorted out was clear to see, together spelled MERLOT

Each M.D. was asked to try. Instructions came from L.C.I;
It worked for some but others high, but most gave it heads up
Membership increased as well; Club statistics seemed so swell
What caused this rise we couldn’t tell, but wine sales went up.

Concern was raised by our H.Q. The I.P. not sure what to do,
And only after he’d had a few; he sent out his decree
The story unconfirmed as true, alleged the I.P. liked a brew;
Demanded that we like it too, and call it C.E.P.

© Greg Dunne

WOMEN’S HEALTH ISSUES

THE PELVIC FLOOR MUSCLE (PFM) Basics.

How are you? well I hope, and taking care to stay that way !.

Lets talk about PFM – The first time you raise the subject of PFM and/or weak bladder, might be a little embarrassing. However it is essential that we bring this important aspect of health into our lifestyle.

These days we are bombarded with information about serious illnesses and every one has the basic ideas what to do to stay healthy, but there are some more obscure problems not so openly spoken about.

I am thinking of healthy bladder and bowel habits. Check out the well behaved bladder and bowel.....

- You pass urine 4-6 times during the day and once over night.
- You open your bowel anywhere between 3 times each day to 3 times a week.
- Bowel actions are soft, formed and easy to pass – No straining.
- You feel in control and do not have to rush to the toilet or leak before we get there.

HEALTHY LIVING IS =

- Eating well
- Drinking well. (1.5 – 2 litres per day)
- Exercising regularly (Walking is good)
- Keeping your pelvic floor toned.
- Practicing good toilet habits

= BETTER BLADDER and BOWEL CONTROL.

Practice these 5 simple habits to keep you in control of your bladder and bowel.

If you travel a lot around Australia, i.e. Gray Nomads, you can print out the National Public Toilets map that shows the location of more than 14,000 public and private toilet facilities across Australia – www.toiletmap.gov.au

Until next time, keep healthy, Janet Hughes, N2 Women’s Health Chairperson

MEN'S HEALTH ISSUES

Dementia.

On 10th August, 2012, the Minister for Ageing, Mark Butler, announced that Dementia has been designated the ninth National Health Priority Area. So, what does this mean? Firstly I am sure, it means that funding will be allocated into future research and we can probably expect that new guidelines will be forthcoming. As Lions, should we become involved, both through support and funding?

The incidence of dementia is rising, but people are living longer which contributes to that rising figure. It is predicted that dementia will be the leading cause of disability in less than 4 years.

The onset of dementia is an increasing risk in continuing a healthy lifestyle for both men and women. I have recently experienced the disease first hand through personal involvement in moving an elderly relative to high care in a retirement village. What struck me was that dementia had affected many younger people than I expected so the assessment of it being a 'priority area' by the federal government is one to which we must devote attention. The impact on quality of life is a major concern.

Early diagnosis has been shown to have significant potential benefits for both the person with dementia, their carer and their family. In Australia today, more than 280,000 live with dementia and it estimated that by 2050, the figure will rise to over 1 million.

What is Dementia?

Dementia is not a single illness but a group of symptoms caused by damage to the brain. The symptoms include loss of memory, mood changes and confusion. Dementia is caused by a number of diseases of the brain, the most common that is known to many of us is Alzheimer's disease.

Vascular dementia is the second most common cause. High blood pressure, heart problems, high cholesterol and diabetes can increase the chances of developing vascular dementia so it is important to identify and treat these conditions at the earliest opportunity.

What are some of the Early Symptoms.

- Struggling to follow conversations or programs on Television.
- Forgetting the names of friends or everyday objects.
- Having problems thinking or reasoning.
- Struggling to remember recent events but easily recalling things that happened in the past.
- Becoming angry about your own memory loss.
- Feeling confused when in a familiar environment.

When should you see a Doctor?

If you are worried, speak to your doctor as soon as possible as they may be able to prescribe treatment that reduces the severity of symptoms.

I Love This Quote: *"Forgetting where you put the car or the keys is one thing..... Not being able to remember whether it is blue, red, silver or white is another entirely."* (www.nhs.uk/dementia)

Maybe I should do something. I have been out shopping with my wife, get separated and can't remember when trying to find her, the colour dress or coat she is wearing!!! I will return to this subject in a later Newsletter release with some helpful hints. I think it is very important.

May, you continue to lead a long and active life.

Bill Bransom – N2 Men's Health Issues

you will be sent a "starter pack" with all the necessary forms to conduct the event. The club will also be sent Youth of the Year pens for presentations.

Important Dates:

23rd February, 2013- Club Finals must be completed. We recommend completion before this date.

2nd March, 2013 - Region Finals must be completed. Contact your Zone Chairman for details of actual date, host club and venue.

16th March, 2013 – District Final to be held at Sapphire Club, Merimbula. Further details will be provided at a later date.

6th April, 2013—State (N Districts) Final to be held in Sydney. Venue to be advised.

26th / 27th April, 2013 - Multiple Districts Final to be held at the Canberra Convention. (Anzac Weekend).

Website:

Clubs are reminded that they should make full use of the Youth of the Year website <http://www.lionsclubs.org.au/yoty> where up to date information is available regarding the quest. The site also provides promotional material and access to a Club Chairman Manual which can be downloaded. Some forms are restricted and application needs to be made to the Multiple District Chairman for a user name and password. Contact details are on the website.

Winners Advisory Forms:

Please ensure that immediately following you Club Final that you on forward the Winner Advisory Form together with the Contestant Entry Form to your Zone Chairman or your nominated Region Chairman. Please ensure that the Winner Advisory Form includes the postcodes of all contestants at the Club Final.

Please don't hesitate to contact me should you have any question you can't find answers to on the website or in the manuals.

Lion Brian Thompson
N2 Youth of the Year Quest Chairman
Email: bthompson@optusnet.com.au
Phone: 4455.6099 Mobile: 0402145747



At the time of writing, the response to this year's quest is very heartening with several new clubs registering for participation. However, numerous clubs who have paid the registration fee and who have participated in the past, have not yet submitted a Club Registration Form. Clubs are reminded that upon receipt of your Club Registration Form

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Lioness Report



Back in Australia after the most memorable trip to Canada. While we were there we paid a visit to

Pemberton Lions Club, which is a 3 hour drive north of Vancouver, we were asked to be their guest speakers for the evening. I was so proud to be able to show case the Lioness Clubs of N2. Good food and fellowship were the order of the day. They are a very active club, managing a Senior Citizens village, they have just completed 16 new one bedroom units, working with the BC Canada Government, that was our first stop on our tour, before we headed for the dinner meeting. They have extended an invitation for us to return, next year, and stay with them for a few days. Our daughter Sherone organised our visit as her friends are members.

Congratulations to Past President Lyn of Camden Lions, for receiving her 100% Presidents Award, well deserved. Their fashion parade for the Activity Centre went off really well, with some of the Lioness modelling the clothes, they also had the Seniors picnic at Belgenney Farm, helping Camden Lions supply lunch for 180 seniors kept them on their toes. Six of the girls attended DG Gary's visit at Camden Lions. The softball season has commenced, no we won't see them playing, but they will be there for every match, manning the canteen.

Wollongong Lioness have a special project, making pillow cases for the children's hospital, they are made in lovely bright material, so far their sewing bee's have turned out 64, not to mention, they have filled 21/2 large striped bags with knitting. Once again they have assisted the Eisteddfod, giving 62 hours of service, they also had a tinned food drive within the club, the proceeds to go to the Coniston Men's shelter.

It is pleasing to see the clubs supporting each other with their projects, the Oak Flats and Wollongong girls attended the Shoalhaven Lioness Clubs annual luncheon, it was once again a huge success, with the money raised from the raffle going to Chress Village Orphanage in Cambodia, via the Clare Holman Trust Fund. Oak Flats and Wollongong clubs also donated \$200.00 each to the Orphanage.

What would we do without Bunnings and Office Works; Shoalhaven, Wollongong, Oak Flats and Liverpool girls, all work hard at these venues to raise monies for the community.

Eden Lioness are very busy getting ready for their open gardens, weekend, worth a visit if you get a chance. It is amazing what Liverpool Lioness achieve, volunteering at the local hospital, sewing and knitting for their stalls. Oak Flats have their annual duck Derby on the 28th October, let you know who's duck came home, the monies raised will be going to Father Chris Rileys, Youth off the streets. Their Trivia night raised \$1500.00, and the first of their knitted beanies have gone of to Missions without Borders, they have received a lovely thank you letter from them.

Shoalhaven Lioness had the pleasure of inducting a new member, Jenny Mitchele, with another lady waiting to join. They are all very busy knitting, sewing and cooking for their street stall, not to mention the ongoing work towards their annual Quilt Show in March.

Congratulations to Camden Lioness for the best club award (photo top right) and Wollongong Lioness for the best bulletin award (photo bottom right), for the year 2011-2012, well deserved. I'd like to thank all the Lioness that came to the Goulburn Convention and attended the Lioness Forum, 21 strong, your support was wonderful, and I'm sure all who attended the Convention had a great time.

Lioness Kay Hardy, N2 Lioness Chairperson



KEY STATISTICS

Approximately **575,000** Australians are vision impaired

Three quarters of vision loss is either **avoidable** or **treatable**

Regular eye examinations can **save sight!**

FIND IT BEFORE IT BLINDS

About 300,000 Australians have **glaucoma** yet half of these don't know they have the potentially blinding disease.

Further, it's estimated that the ageing of the population will see this figure increase by 40 per cent to 420,000 in 2025, at a cost to the community of \$4.3 billion a year.

Glaucoma has a strong genetic connection. If an individual has a first degree relative with glaucoma then this person has a 10-fold increased risk of themselves developing this condition.

175,000 Australians at risk of diabetes-related blindness

A large number of Australians are at risk of losing their sight due to a common complication of diabetes.

Researchers at the Centre for Eye Research Australia have found that 35 per cent of diabetic Australians don't have regular eye tests, putting themselves at risk of vision loss and blindness from diabetic retinopathy.

Diabetic retinopathy is a leading cause of vision impairment and anyone with type 1 or type 2 diabetes is at risk of developing the disease.

Source: <http://www.lehp.org.au/index.php?q=latest-news.html>



Reading Action Campaign



Lions Clubs International Reading Action Program- Activity Reporting

Follow the steps below to report your club's Reading Action Program activities and receive a banner patch award for the first activity you report this fiscal year:

1. Select the month in which your club participated in the Reading Action Program activity and click "Add New".

2. When selecting the Activity Type, click on "education/language/literacy" under the Community & Cultural Activity header.

3. Enter an

- Activity Title
- Activity Description
- Activity Data such as number of Lions and Lion Hours (whole numbers only)

4. Share up to two photos of your activity by uploading images (optional).



Reading Action Program- Activity Reporting 05/2012

Lions & the United Nations

On March 14, 2008, Lions International President Mahendra Amarasuriya and Soren Petersen, Head of the UN Global Compact, signed a letter of intent at UN Headquarters in New York, during the 30th Annual Lions Day with the UN. As a result, Lions will implement three UN Global Compact projects to help fulfill the UN Millennium Development Goals:

- Eradicate extreme poverty and hunger
- Achieve universal primary education
- Promote gender equality and empower women
- Reduce child mortality
- Improve maternal health
- Combat HIV/AIDS, malaria and other diseases
- Ensure environmental sustainability
- Develop a global partnership for development

At least three joint Lions/UN Global Compact projects – one in Africa, one in Asia, one in Latin America – will be identified. The Lions will work with UN Global Compact offices to help fulfill the UN Millennium Development Goals. All Lions

clubs are encouraged to implement projects that fulfill these humanitarian goals.

The international president annually appoints representatives to UN organisations, ECOSOC, WHO, UNICEF and UNESCO, and LCI has a relationship with FAO.

With regard to the second and third stated purposes of the UN, "To develop friendly relations among nations" and "To achieve international cooperation in solving international problems of an economic, social, cultural or humanitarian character ..." comparison is invited to the Third Purpose of Lions Clubs International:

To create and foster a spirit of understanding among the peoples of the world.

Lions Clubs International supports the United Nations ideal of a world at peace. Lions are encouraged to be informed, to support, and to promulgate information about the UN, its humanitarian objectives and the work of its agencies – especially in public observances of United Nations Day on October 24 and Lions Day with the United Nations, held in late February or early March each year.

LIONS DAY AT THE UN

Lions will celebrate the historic 68-year partnership between Lions Clubs International (LCI) and the United Nations (UN) during the 35th Annual Lions Day with the UN to be held on February 1, 2013, in New York City, USA. This event is an opportunity to reflect on the common goals of the two organisations, the many accomplishments of working together, and a shared commitment to meeting the humanitarian needs of the global community. Event highlights are:

- Presentation by Lions Clubs International President, Wayne A. Madden, and invited UN speakers with special attention to our collaboration in fulfillment of the Millennium Development Goals
- Luncheon with UN ambassadors (pre-registration required)
- Reflections on the 25th Anniversary of the Lions Clubs International Peace Poster Contest
- Tour of the historic UN building (pre-registration required, limited capacity)

Source: www.lionsclubs.org

Plays for kids to listen to



FREE Download from kiamacat.podbean.com or on CD for \$9.90

Compass Media  

A Lions Club initiative for young people
Catalogue and full details at www.childrens-audio-theatre.org.au



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 N2 Chairman: Lion Colin Woodley
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 Mob: 0438 682 968
 Email: colinwoodley3@gmail.com
 (N.B. Changed email address)

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