

The Lions Pride

JULY 2017



Newsletter of the Lions Club of Moorabbin Inc.

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Enhancing Mobility And Quality Of Life

Lions Marilyn, Lex Richardson and Michael Greenwood recently visited the Kingston Centre to present a cheque for \$4,000, for the purchase of two Sara Stedy aids – Sara Stedy is a new standing aid which promotes active participation by the resident or patient for toileting, transferring and transportation activities. It is a transfer aid for standing designed for use by patients with balance, lower extremity, mobility or waking disabilities or spinal cord injury.

ArjoHuntleigh Products Patient Transfer Solutions Standing and Raising Aids Sara Stedy Long Mobility-promoting standing aid for dignity and independence The Sara Stedy is a further development of the successful and proven mobility-promoting support tool that encourages more mobile residents/patients to stand up independently.

The enhanced standing aid concept has become well established in a wide range of care environments, such as in elderly care and healthcare facilities, because it offers a more suitable and dignified alternative to a wheelchair for the more mobile residents/patients it enables good, reassuring eye contact between the resident/patient and caregiver, unlike a wheelchair it provides transportation to the toilet and washbasin, and can support a wide range of other everyday activities.

With a number of new improvements, the Sara Stedy helps to minimise manual handling by caregivers in an even wider range of care environments. An increased inner width, a new seat shape and a higher safe working load of 182 kg, means the Sara Stedy can also be used to lift bariatric residents / patients.

Enhanced features include a pivoting divided seat and pedal-operated chassis legs, for greater resident / patient comfort and support, and to improve working routines for caregivers.

women and their children living with family violence – access to professional support through a comprehensive range of services to enable them escape from violent situations

“Family violence is a serious topic and the most important and growing social epidemic of our time – the former UN Secretary General Ban Ki-moon said that there is one universal truth applicable to all country's, cultures and community's, violence against women is never acceptable, never excusable and never tolerable.”

“However the terrible truth is that nowhere in the world is a woman safe from family violence – it is a crime, a violation of a women's human rights, or anyone's human rights,” Sue said. “Family violence can happen to anyone, It is endemic in the community and effects people from all walks of life regardless of your age, culture, sexuality, ability, ethnic background, religion, or socio-economic status.”

She said that one in four women experience intimate partner violence, and in one in three acts of violence reported to police, children were present at the time of the assault. Family violence is the leading cause of illness and death of women aged fifteen to forty four and....

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SAFE STEPS FOR ABUSE SURVIVERS

The Safe Steps Family Violence Response Centre is a state-wide not-for-profit service for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them.

At our June dinner meeting guest speaker Sue Whittaker from the Safe Steps explained that the centre provides emergency accommodation, a free 24-hour crisis line, outreach services, advocacy, referral, and information and support services to enable women and children to become, and stay free from violence.

Sue said that Safe Steps aims to build the voice of women and children in order to influence research, policy, service provision and the wider community to eliminate violence.

Safe Steps offers professional support at no cost to



IPP Lion David Blyth presented a donation to Guest Speaker Sue Whittaker from the Safe Steps Family Violence Response Centre.

SAFE STEPS *Cont...*

... it is the primary cause in 44 percent of all homelessness. Sue said that Family violence is estimated to cost the Australian economy more than 21 billion dollars each year.

Sue said that isolation often made it hard for women to reach out. "That is someone who may be new to the country and doesn't have any friends here, or maybe she has moved interstate, or moved from the country to the city."

Shame and stigma, and the threat of violence to her children often deters women from leaving a violent partner. Lack of housing and resources was another barrier to moving out of the family home.

Sue has worked on and of in women's refuges for seventeen years. "Once a woman comes into a refuge she can no longer tell her family where she is – she must leave her job and her children must leave their school, and they are usually placed on the other side of the city."

**42nd Moorabbin Lions
Annual Charity Golf Day.**

Gary McInnes Chair – Moorabbin Lions Golf Committee

Our 2017 event will be played at the prestigious Kingston Heath Golf Club on Tuesday 28 November. We will have an AM field and a PM field and the event will be singles stableford. We will have the usual activities such as NTP's, longest drive, straightest drive, a raffle, auctions, winning prizes. We will be assisted in the management of this year's event by GOLFSselect. Key aspects of GOLFSselect's involvement is the setting up of a specific website to handle player registrations and payments, and the provision of a mobile scoring system on the day showing a live leaderboard after you play each hole.

Funds raised at this year's charity golf day will go toward specific Lion's Project throughout 2018. Lions Moorabbin is proud to say that every single cent raised from our charity golf day goes back to the community. This is a very special event for our Club, as it occurs in the Centenary Year of Lions International serving the community in Australia. The entry fee is \$260 per player. While this is an increase on what it cost to enter our event last year at Royal Melbourne golfers receive:

- a round of golf at the Kingston Heath Golf Club which is not available to members of the public unless they are introduced by a member
- a light breakfast, including coffee, and post-game snacks for lunch for the AM field
- a light buffet lunch and post-game snacks for the PM field
- free entry into a hole-in-one competition on the 5th hole and the 19th hole where the prize on each hole is a \$1,000 holiday/travel package for the AM field
- free entry into a hole-in-one competition on the 10th hole and the 19th hole where the prize on each hole is a \$1,000 holiday/travel package for the PM field
- free pre-game range balls on the practice driving range and chipping areas.

Celebrating 21 years of National Tree Day

Moorabbin Lions will once again be participating in National Tree Day at Karkarook Park on Sunday July 30th . Planet Ark this year celebrated 21 years of National Tree Day and Schools Tree Day - Australia's largest community tree-planting and nature care event. Proudly sponsored by Toyota Australia, Tree Day is an opportunity to do something positive for the local environment and community and to reconnect with nature. National Tree Day started in 1996 and since then more than 3.8 million people have planted 23 million trees and plants and it's still growing.

DIARY DATES

JULY

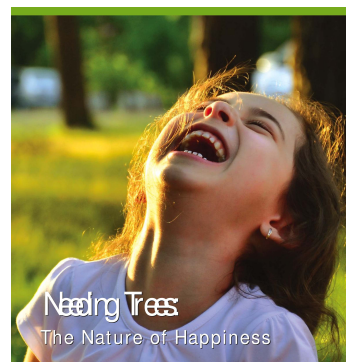
- Wed 5th Club Changeover Dinner
- Thurs 6th Book Sale
- Sun 16th District Changeover Dinner – Venue, The Wantirna Club 350 Stud Rd, Wantirna South 11.30 am - 2.30pm
- Wed 19th Business Meeting
- Sun 30th National Tree Planting Day Karkarook Park

BIRTHDAYS

JULY

- 9th Craig Walker 10th Marlene Richardson
- 17th Charlie Smith 23rd June Dalley
- 29th Kevin Upton

**National Tree Planting Day
Sun July 30th
at Karkarook Park**



**9am to 12 noon
BBQ Lunch to Follow**

Lions District 201V5

41st District Changeover Luncheon



DG Brian Buchanan invites you to attend the District Changeover to celebrate the past Lion's year and welcome District Governor Elect Pat Mills.

To be held at
The Wantirna Club
350 Stud Rd,
Wantirna South 3152
Sunday July 16th 2017
11.30 am - 2.30pm

Cost \$28.00
Drinks at Bar Prices
Dress : Smart Casual

RSVP July 7th 2017
Trish Hayward
Mobile : 0418 936 279
Email: athpeh@outlook.com

Payment by eft to:
a/c name: LCI DISTRICT 201 V5 INC
BSB: 033-065 a/c: 372316
Ref: CO & Your Surname

PDG Ann Eldridge

“A discussion on future directions”

PDG Ann Eldridge initiated “A discussion on future directions” for Lions clubs in general and Moorabbin Lions in particular when she attended our June 7th meeting. Ann ran a highly interactive presentation on “future directions”. She started with historical milestones, including being 100 years old that very night, its worldwide community service since the first Lions Club Meeting on 7th of June in 1917.



Lions in Australia is 70 years old, with the establishment of the Lions Club of Lismore in 1947, and Leos clubs are 60 years old this year. Women came into Lions only 30 years ago in 1987.

Reflecting on why people joined Lions 50 years ago – we concluded it was for same reasons as today, it was for input into community, interesting projects, friendships, etc., but today people do so many other things, for example taking their kids to swimming, tennis, etc., so they choose very carefully what further activities to commit to. Ann gave an example, in Warrandyte you can choose between 80 different not-for-profit groups.

She said if you invite someone to a meeting, it had better be a good one if you want them to attend a follow-up meeting.

Ann asked do we need to have meetings, which prompted responses such as we need connection, without which we probably would lose interest, friendship, great guest speakers of interest and learning to organize projects

However, Ann believes we may need to adapt a bit to target new members. Have a session to brainstorm and let everyone have their say. We may have a feeling of comfort in a well established venue, but what do people think when they walk in? Is this for me? “When you consider stipulations such as a attendance requirements, bear in mind that a Lions Club got rid of John Farnham because he wasn’t attending enough meetings! He is in fact a very community focused person. Ann said a member can still work on projects, even if not able to attend meetings.”

Lions is a perfect organization for people who wish to help the community in a variety of ways. “Lots of Rotarians and Lions are joining together.” (*Lions in in country communities have been co-operating with Rotarians for many years. Ed.*)

Ann believes there are still people very interested in the community, the same as 50 years ago, but people need to be aware of joining. Young people moving on is common and okay, as long as they are not leaving owing to dissatisfaction.

In conclusion, Ann suggested we follow-up this discussion with firstly a survey, which should give an indication of change which would be beneficial to membership. Secondly a brainstorming session on membership. Many of the ideas generated in Ann’s session could be a starting point. – *Lion Gillian Lelah.*

Celebrating 21 years of National Tree Day Cont...

Traditionally it is always held on the last weekend in July, as this is the most appropriate day for the majority of regions. The dates for 2017 are: Schools Tree Day Friday 28th July 2017 and National Tree Day Sunday 30th July 2017. However Planet Ark believes "every day is Tree Day." For organisation who wish to hold their Tree Day on an alternative date, insurance covers every day of the year.

National Tree Day and Schools Tree Day combine to make Australia's largest community tree planting and nature care event. Environmental Benefits

National Tree Day aims to inspire, educate and recruit Australians to actively care for our unique land and create future generations of committed environmental custodians.

Planet Ark's research demonstrates the benefits of interaction with nature for children's health, wellbeing and development. The continued support of National Tree Day sponsor Toyota has ensured the ongoing success of National Tree Day. Planet Ark and Toyota Australia have commissioned research for the last four years on the implications of contact with nature on an individuals' health, wellbeing and development. Research shows that time in nature helps us thrive as individuals – physically, intellectually, emotionally, mentally, and ethically. The results present a compelling business case regarding the value of nature and the multitude of benefits associated with green time including enhanced learning, concentration, healing, relaxation and recovery, to name a few.

Planet Ark research shows that for every hour Australians spend on outdoor leisure activity we spend 7 hours in front of the TV or computer. The research also shows that our backyards are shrinking and the smaller our backyards, the less time we spend outdoors.

Each year, around 3,000 preschools, kindies, primary and high schools across Australia take part in Schools Tree Day. Students nation-wide have learnt how to plant, and care for the seedlings they grow. Schools Tree Day 2017 will be held on Friday July 28th, although events can be held at any time during the year.

National Tree Day is a great opportunity for organisations to engage members, recruit new participants or just have a great day out. It can mark the beginning of a long term environmental program or be used to demonstrate the great work you're already doing. What ever the case is, National Tree Day is a much loved event that will sit nicely on your organisation social calendar.