

The Lions Pride

AUGUST 2017



Newsletter of the Lions Club of Moorabbin Inc.

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Cerise de Gelder - President, Gillian Lelah - Secretary, John Lissenburg - Treasurer
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CHANGEOVER 2017 - 2018

Completing a fourth term as President of the Lions Club of Moorabbin Lion, Jack Hellyer said in his annual report that it was good to have members working together on the many projects undertaken by the club. "It is also very pleasing to see the newer members of the club working to make a success of the Lions projects."

"Activities for the year have been National Tree Planting Day at Karkarook Park, and also cleaning up the park," he said. "Our support for the formation of Karkarook Park Run instigated by Lion Richard Young which has been a great success."

Pres. Jack said that the Charity Golf Day at Royal Melbourne had raised over \$55,000 for the community - "unfortunately we have lost this excellent venue due to the change of policy by Royal Melbourne Golf Club, however through the efforts of Gary McInnes who along with the golf committee we have been able to secure Kingston Heath Golf Club for our next golf day."

It was very pleasing to note that two golfers Jonathan and Matt, who attended our last day at Royal Melbourne, were helping to promote the clubs 2017 golf day. "We have also engaged the expertise of Golf Select to help in the running and promotion of the day."

Other projects included developing the grounds at Moorabbin Primary School, an ongoing project soon to be finished. "Parents from Moorabbin Primary School assisted us with Sausage sizzles at Tasman Meats at the DFO Moorabbin Airport - these were a great success, providing funds for children from the school to attend Licola Camps."

The club had also conducted Youth of the Year, writing Santa Letters for the children, marathon marshalling, and the garage sales at Kingston Centre. The monthly book sales continued to be run by Lion Lex Richardson, well assisted by Lion Michael Greenwood his very able volunteer.

The hard working Social Committee had organised outings for dinner, the club Christmas break up at the Presidents home which was very well supported and ran smoothly with the help of Lions Lady Lyn and Jack's mother-in-law Lorna, everybody had a great time.

"There were a few very special occasions during the year particularly the presentation of the Melvin Jones award to Lion Jessie Brent which was well deserved, and also Life Membership Awards to John and Marilyn Lissenburg - Lions Marilyn and John have done a great service to our club. Lion Jack thanked Secretary Lion Gillian Lelah in her roll of supporting the president and thanked Gillian and Victors for opening their home for board meetings.. Also thanks to our Newsletter Editors Sam and June Dalley for another great year - I don't know how they do it they both need to be commended for their work. I thank every member for their continued support to our club and its activities it has been a great team effort in giving as much support as they are able."

"On a sad note we lost one of our members this year due to ill health. Jason Frelich, in his short time in Lions was a very active member and he will be sadly missed."

"In closing I would once again like to thank the Board Members for their support during the year. I think we have had a good year. I also offer my congratulations to President Elect Cerise De Gelder and the incoming board for 2017-2018 I am sure you will have a successful year with our club going from strength to strength."



Outgoing Pres. Jack Hellyer presented incoming President Cerise de Gelder with the symbols of office after her installation by District 201V5 Children's Mobility Chairman Bev McLennan



Moorabbin Lions Board Members 2017-2018: IPP Jack Hellyer, Membership Chairperson Jen Tomkinson, Secretary Gillian Lelah, President Cerise de Gelder, District 201V5 Children's Mobility Chairman: Bev McLennan, Treasurer John Lissenburg and Vice President Marilyn Lissenburg.

DIARY DATES

AUGUST

- Wed 2nd Business Meeting
- Thurs 3rd Book Sale
- Wed 16th Dinner Meeting
- Sat 19th Book Sale at The Lions Den at the Kingston Centre 9am – 3pm
- Sun 27th Marshalling Sandy Point Marathon 9.15am – 11am

BIRTHDAYS

August

12th David Blyth

30th Margaret Greenwood

National Tree Planting Day At Karkarook Park

Fine weather and a good community turn-out for National Tree Planting Day at Karkarook Park saw the establishment of 2,950 trees! Moorabbin Lions were represented by Cerise, Di and Marilyn, with Marilyn doubling to assist John on registration and Cerise doubling to assist Jen on serving the lunch.

A 15 acre block of land, previously used as a golf driving range, has been appended to Karkarook Park. The 2,950 trees, propagated by Friends of Karkarook Park, and planted by the community, is the first step on a long road. Until now the area has been fenced off and neglected wasteland but, as the trees develop it will slowly be integrated into the parkland.

The BBQ lunch, provided by Clarinda and Moorabbin Lions (for the 14th year straight!) was a real winner! – *Lion John Lissenburg*



Developing Abilities and Enriching Lives

The Riding for the Disabled Association Australia (RDAA) is a voluntary, non-profit organisation which provides opportunities for anyone with a disability to enjoy safe, healthy stimulating, therapeutic, horse-related activities in Australia, and the club was delighted to have Guest Speaker Paula Rockman address our July dinner meeting and expand on the wonderful work of RDAA.

Paula outlined the roll of RDAA, saying the not-for-profit organisation opened its first centre in Brisbane in 1964. “The mission, which I believe encapsulates everything that we do, is to enable individuals with a variety of disabilities to develop independence, a sense of freedom and reach their equestrian goals.”

“The services that RDAA provide are structured riding classes, recreational rides, vaulting, and carriage driving for people who are wheelchair bound and may not be able to sit on a horse.” Other activities include mounted games, competitive riding, dressage and equestrian camps.

“Our organisation is completely dependent on volunteers – throughout Australia there are three thousand volunteers that help over four thousand children and adults with disabilities to participate in the program.”

Paula said that horse riding was beneficial in relaxing the individual. “A lot of our people who have cerebral palsy or other strictures in their muscles find it helps to reduce the spasms – it improves balance and posture.”

She said that when you are sitting on top of a horse which is moving in an unusual way you have to use all you core muscles to go the way its moving. “It helps with coordination and helps individuals to regain mobility. It gives them a sense of achievement and, of course achievement which improves their quality of life.” Riding For The Disabled - Victoria has thirty eight centres in the state, with 11,000 volunteers catering for 1,200 riders.



Paula Rockman from Riding For The Disabled received a vote of thanks, and a presentation from Lion Michael Greenwood.

The Moorabbin centre is situated near the South Rd. and Warrigul Rd. intersection just behind Karkarook Park. “The riders we have come from special development school groups, community groups, and some are individual riders.”

“The activities might look like games, but they are actually structured to challenge the rider and to help them get really good strength.”

All the coaches have to go through special training which includes a practical exam and a written exam. Every year they have to do a certain number of hours to update their skills. “Our coaches are very experienced and passionate, and they are very clever in the way they structure their lessons.”



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MOORABBIN LIONS Book Sale



at The Lions Den
KINGSTON CENTRE
Sat August 19th
9am – 3pm