

The Lions Pride

NOVEMBER 2014

Newsletter of the Lions Club of Moorabbin Inc.

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Ageing & Wellness



Lion John Lissenburg and Lee Osborne

Living well to a ripe old age was the theme of a talk to members by Isagenix Health and Wellness, Weight Loss and Anti-Aging Consultant Lee Osborne at a recent Dinner Meeting.

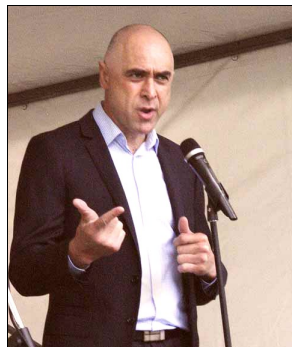
Lee told the meeting that when he talked about anti-aging and living longer, people immediately say that the planet was already overcrowded – what would happen if people lived a lot longer? But while it might bring problems, he considered that humans were ingenious enough to overcome whatever new problems might be presented.

Living longer was not so much a matter of lifespan, but it was more a matter of “healthspan” and finishing well. “I think what finishing well means is about wellness, good health, being physically fit to be able to do the things you want to do.”

Lee explained at some length how Scientists in the 1950's had discovered that each person had an individual “body clock” which determined their lifespan. Some understanding of the “body clock” came about when Australia's Elizabeth Blackburn, Carol Greider and Jack Szostak were awarded the 2009 Nobel Prize in Physiology or Medicine for discovering how chromosomes are protected by telomeres and the enzyme telomerase.

(Until recently there was no recognition that the telomere-shortening normally limits cells to a fixed number of divisions, suggesting that this is responsible for aging on the cellular level and may be a limit on lifespans. *Cont..P2*

SUPPORTING MENTAL HEALTH AWARENESS



Moorabbin Lions once again lent their support to the 8th Annual Celebrate Mental Health Walk Wednesday Oct 8th at the Highett 'Sir William Fry Reserve.'

Organised by the Kingston-Bayside 'Act-Belong-Commit' committee, the annual walk is part of a comprehensive health promotion campaign that encourages each individual to take action to protect and promote their own mental wellbeing, and encourages organisations that provide mentally healthy activities to promote participation in those activities.

Kingston City Council and Kingston Bayside Primary Care Partnership became the first Victorian organisations to become professional partners with 'Mentally Healthy WA' and adopt the 'Act-Belong-Commit' Mental Health Promotion campaign. The campaign aims to provide a positive and proactive approach to mental health by encouraging people to do things to stay connected and keep mentally healthy.

Keynote speaker at this years 'Celebrate Mental Health Walk' was former high profile AFL footballer and mental health advocate Wayne Schwass, who shared his own experiences with depression during his successful AFL career.

Wayne Schwass was one of the most highly rated performers in the AFL history, playing 282 AFL games over 14 years with the North Melbourne Football Club (1988-1997) and the Sydney Swans (1998-2002). Wayne is also the Founder of 'The Sunrise Foundation', an organisation he created after becoming one of the first AFL footballers to openly speak out about his battle with depression. Though no longer operating, the Sunrise Foundation was created to develop and deliver purpose built preventative education programs addressing depression for young people aged between 12-24 with a particular focus in the education system, athletes from all sports across all levels including the elite and rural Australia.

Wayne spoke passionately about the devastating effect depression had on his life, and his loved ones. Unfortunately, at times he thought he would be better off dying than living. He was ashamed of those thoughts, which he'd had many times, and took solace in alcohol in trying to battle the self-defeating negative unhappy person inside his head. “Its not just the sufferer who goes through the pain of depression. It's your partner. She's seen the worst and she's seen the best.” Wayne wants people to learn of the impact it has on those closest to the sufferer.

Wayne said he had unfortunately put his wife through the mill – she had never asked for it, nor did she deserve it, but she's still there and she was the main reason he'd been able to manage his depression.

As with so many people suffering depression, Wayne had hidden his debilitating condition, being ashamed to acknowledge his depression for fear of losing the respect of fellow players, friends, and family. *Cont... Page 2*



Moorabbin Lions Joanne Dunn, Marilyn Lissenburg and Gillian Lelah – official carpark wardens!



Ageing & Wellness *Cont...*

Many aging-related diseases are said to be linked to shortened telomeres.)

Lee explained that his interest in telomeres came about as a result of his searching for a treatment for his wife's Fibromyalgia – a painful condition which she had suffered for some 15 years. “I'm happy to say, as things turned out, it had a happy ending because she began to take an all natural botanically based product. Within 26 days of taking it her symptoms were allayed.”

The Lions Club Of Moorabbin Inc. has no formal association with 'Isagenix.'

SUPPORTING MENTAL HEALTH AWARENESS

Cont...

On of the biggest challenges that comes with mental illness is the stigma attached to it, and Wayne was frightened, and chose not to disclose his condition for fifteen years before owning up and accepting his situation. By bringing those closest to him into his situation, he got his life back.

Wayne has previously said he was saved by former North Melbourne team doctor Harry Unglik, who recognised he had a serious problem, and Wayne says that without the support of wife Rachel and without Dr. Harry he has no idea what life might have held for him.

Wayne suspects that depression was an understated problem in football. He urges those who are prone to depression to seek help as early as possible.

'Act-Belong-Commit' is a comprehensive health promotion campaign that encourages individuals to take action to protect and promote their own mental wellbeing and encourages organisations that provide mentally healthy activities to promote participation in those activities.



Those participating in the 'Act-Belong-Commit' Mental Health event were treated to a performance by the Heatherton Christian College Glee Club presenting a great range of popular music, including Motown favourites, and also free sausage sizzle.

DIARY DATES

November

- Wed 5th Business Meeting
- Thurs 6th Book Sale at Den
- Sat 8th Lions V5 Personal Development Training - Part 1
- Sun 9th Marshalling: Tri-Series Green Point, Brighton
- Fri 14th Strategic Planning Committee Meeting
- Wed 19th Dinner Meeting – **Guest Speaker Robert Waneck, a past President Moorabbin Lions Club** will speak on the subject of Mountain Climbing
- Thurs 20th Kingston Service Clubs 6pm - 7pm Billy T & Gillian
- Sat 22nd Lions V5 Personal Development Training - Part 2

December

Monday 15th

Royal Melbourne Golf Club - Charity Golf Day
Once again the Royal Melbourne Golf Club has made its renowned West Course available for a Charity Golf Day on Monday 15th December 2014. If you know golf, or know anyone who knows golf, there is no need to say more. Suffice to say the course has been confirmed by Australian Golf Digest as the number one course in Australia, and it consistently ranks in the top 15 in the world!

Pride of Australia Medal For Lion Melinda Shelley

Lion Melinda Shelley, a member of the Lions Club of Mordialloc/Mentone, and founder of the '123Read2Me' program, who earlier in the year addressed one of our Dinner Meetings has been awarded a News Ltd. 'Pride of Australia Medal for Community Spirit.' “You can imagine how surprised and shocked I was and then I had to give an acceptance speech in front of 200 people.”

Through her program, Lion Melinda has distributed more than 12,000 free books to children on the Mornington Peninsula, and with the help of the Lions Clubs, the program hopes to go national next year.

Ten years ago Lion Melinda read a book, 'Babies Read Books: Sharing the Joy of Books with Children from Birth to Six' by Dorothy Butler, which advocated that parents pick up a picture book and read to their child everyday to stimulate the development of all the child's brain connections. When Lion Melinda had her own son, she remembered that book and decided to expose him to a “wonderful” range of children's books mostly sourced from a variety of Opportunity Shops.

It wasn't long before Lion Melinda had way more books than she needed – it was then she decided to establish the '123Read2Me' - free Children's book program.

Lion Melinda is also very active in her community, having campaigned for better health services, joining the Breastfeeding Interest Group and Women's Community Advisory Group at Peninsula Health as a consumer representative.

More than 70 medals have been awarded across the country in ten categories at Pride of Australia Medal ceremonies in each state.



Anniversaries

December

- 10th Charlie & Kathleen Smith
- 12th Mandy & Dennis Fraser-Jones

Lions Club of Moorabbin Inc/
The Royal Melbourne Golf Club
15th December 2014

CHARITY GOLF DAY TOURNAMENT

toxfree
MAJOR SPONSOR

This year, entries will be taken ON LINE
www.moorabbin.vic.lions.org.au/RMGC-Golfday

<p>AM and PM COMPETITIONS for MEN and WOMEN Golf Link Handicap players - Individual Stableford Non Golf Link players - Individual Stableford</p>	<p>ENTRY FEE Before 15th Nov. \$175 pp After 15th Nov. \$200</p>
<p>BBQ and REFRESHMENTS available on the course with an AUCTION of donated items</p>	<p>PRIZES FOR BEST SCORE (Women and Men) NEAREST THE PIN X 2 LONGEST DRIVE (Women and Men) STRAIGHTEST DRIVE</p>

ENQUIRIES TO:
Geoff Thomas - gelythomas@optus.net.au
03 9583 8523

Golfers must comply with THE RMGC DRESS CODE
Please visit www.royalmelbourne.com.au for more information

Carnegie Lions Combined Clubs Night

As in past years, members attending the Carnegie Lions Combined Clubs Night were treated to a great night of fellowship, and a very informative presentation by Guest Speaker Dr. Sue Schofield from 'The Orangutan Project (TOP.)

Dr Sue Schofield, who is a volunteer with 'TOP' and has a background in zoology, presented a comprehensive address on orangutans, their habitat and forest biodiversity, deforestation and the threats they face, the role, aims and activities of 'TOP.' With a PhD from University of Cambridge, she had a successful 30 year career in the pharmaceutical industry, managing clinical trials with new drugs, before turning her back on it to concentrate on helping with animal welfare and wildlife conservation – her true passion and vocation.

The Orangutan Project (TOP) is the world's foremost not-for-profit organisation, supporting orangutan conservation, rainforest protection, local community partnerships and the rehabilitation and reintroduction of displaced orangutans back to the wild, in order to save the two orangutan species from extinction.

Dr Sue Schofield said that 'TOP' collaborates with several orangutan conservation projects, as well as providing habitat protection through its own programs to deter wildlife poaching, illegal logging and land clearing in Indonesia.

The Australian Orangutan Project's founder and current President is Leif Cocks, Perth Zoo's Curator of Exotic Mammals, where he has been working with orangutans for over 20 years. It also supports a range of other organisations working in the field, such as the Borneo Orangutan Survival Foundation (BOS),

Annual Book & Garage Sale Raises \$1266

The annual Book & Garage sale held on Saturday 18th and Sunday 19th October was a great success. We were very appreciative of the Executive Director of the Kingston Centre, Shannon Wight who organised a Sausage Sizzle on the Saturday manned by staff, and there was also a Coffee Cart selling very nice coffee which the public enjoyed.

The "Buxton" sign near the main entrance was fantastic thanks to Lion Russell Jackson's artistic artwork and great PR, and also excellent Lion Gillian Lelah's excellent notice in "What's On" in the Leader.

Firstly a thank you to Lion Russell for altering the dates on the fence signs and to Lion John Lissenburg for putting up all the fence and corner banner signs and large pole banner sign. Thanks to Lion Charlie Smith for putting out all the signs and also Lion Lex Richardson for bringing them in.

Thank you to Lion John for putting out all the trestles and to Lions Gillian, Russell "Friends of Moorabbin Lions" Marion Wallace and Lorna (Pastoral Care Volunteer) and the three staff members for assisting me with the set up on Friday Oct. 17th in the very warm weather.

Over the weekend my thanks to Lions John, Bill Tomkinson and L/L Susie, Lions Michael and Margaret Greenwood, Craig Walker, Karen Mitri, Lex, Gillian, Di Fensham and Friend of Moorabbin Lions Marion Wallace, who either worked in the Book part or White Elephant & Bric-a-brac.

Thank you to Lion John for erecting our marquee with assistance from members, (it looks really impressive.) Thanks to Lions Lex and Michael for sorting out quite a number of books prior to the sale.

Quite a large quantity of books were sold. Thanks to Lion Lex, with assistance from Lions Michael, Gillian and June our Book Den is well set out. Donations of various items including from members enabled many items to be sold in the garage sale section.

I would like to particularly thank, Lion Marlene Richardson for her delicious sandwiches on both days, also Lion Craig's lamingtons, and chocolate biscuits and sweet biscuits from L/L Susie, supplementing my Lions Fruit cake

A big thank you to Lions, Bill & L/L Susie, Cerise de Gelder, Gillian, Di & Craig for assisting me with the pack up of the Garage sale section. My thanks to President Bill for folding up all the trestles and many thanks to Lion John for putting them away with assistance of Bill. I would like to acknowledge John's effort over the week end, it was magnificent and much appreciated by me.

Weather wise, apart from the wind it was a perfect Saturday- fine and warm and Sunday was also fine and warm and windy!!!

Saturday the books raised \$600 and White Elephant & Bric-a-brac raised \$666 making a total of \$1266.

– Lion Marilyn Lissenburg