





SYDNEY NEWS

OFFICIAL PUBLICATION of
DISTRICT 201 N5
LIONS, LIONESS & LEOS of
SYDNEY & NORFOLK ISLAND

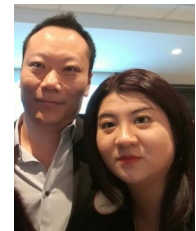
JULY 2020

JON COPSON - DISTRICT GOVERNOR 201 N5 2020 - 2021

MEET THE 'A' TEAM



1st VDG Sunil
& Yasanti
Amaratunga
and
2nd VDG Vin
& Ceney



DG's MESSAGE

As we enter the new fiscal year, let me first thank our IPDG Jennifer Touzel and Peter for their exceptional leadership through 2019/20, a period that will always be remembered for the pandemic. But, like most events in our lives, out of adversity comes triumph. You all triumphed by embracing these modern means of communication and have been active in your own clubs and communities in different ways. Service to each other is also very important and cannot be undervalued nor denied. Welcome to all the newly installed Cabinet & District Officers. Your team is here to support all of our clubs and members. Please reach out to as many of these members as your club may need. District is there for you all and you are never alone in what you do.

Thank you to each of you who participated in the Online Development Sessions for 2020 recently. Again, this was a first for the District and we saw some wonderful participation from members. The feedback has been fantastic and it does show that we really do need to embrace the electronic world as we move forward and think about future years. This was really only possible this year because of the way the team embraced the challenge and soldiered on. I know I am a little "zoomed out" presently but we have learnt a great deal and plan to use this technology this year.

We welcome all of the new club executives for the 2020/21 year and look forward to working with you all throughout the year. As leaders of your respective clubs, it is vital that you communicate regularly, be empathetic and kind as well as create succession plans to enable your clubs to continue to grow and be a strong force in your own communities. In the next few months, we will see that more restrictions will be lifted, more venues will open, and we will once again be able to start to serve our communities, raise vital funds and see some normal operations take place. But are we prepared? Now is the time for Club Presidents to start to prepare for the transition. Each of you have the capabilities and responsibility to ensure that your members are on board with the goals created to ensure they are achieved. Dream big, but never forget that without goals, dreams remain just that.

We would also encourage all clubs in the district to continue to use the tools and resources available in the G Suite. These products have only enhanced the profiles of clubs.

What a wonderful virtual changeover we all recently participated in. Thank you to all those members who joined in at home or one of the many "hubs" that housed numerous members together. An evening that was perhaps different and for a first ever attempt at producing an event like this, credit must go to all involved as it really was a wonderful occasion.

Normally at this time of year the District Governor would be starting to visit with clubs in the District. With COVID restrictions and many clubs not able to meet, the diary as such is looking very blank presently. If your club has an online meeting or a physical meeting and you would like one of either the District Governor, 1st Vice District Governor or 2nd Vice District Governor to visit with your club, please email the Cabinet Secretary Paul McInnes with a suitable lead time. Also, we encourage any of those clubs in the District with milestone anniversaries to also reach out so we can add these dates to our diaries.

DG's GOALS continued Page Four

'By Embracing Diversity, we CAN Change the World'

Welcome New Members

The strength of our organisation is in our members, and in particular those new members who join us to inject vital new life, ideas and enthusiasm into our Association.

District Governor Jon Copson and members of District 201N5 extend the hand of friendship and welcome the following new members into the Fellowship of the family of Lions.

NEW MEMBER	CLUB	SPONSOR
Brett Nipper	BEROWRA	Graham Estreich
Nimal Bandara	KINGS LANGLEY	Nirosh Thoranage
Allison Jeny	MANLY	Genevieve Jeny
David McCrae	MANLY	Nigel Jeny
Jillian Rafferty	MANLY	Tom Roberts
Kam Chuen Au	SYDNEY FOLLOW YOUR DREAM	Anny Po
Yvonne Wells	WINSTON HILLS	Trevor Cole

And some older ones



Bob Baines receiving his 30 year tab as a member of Emu Plains.

Not sure which is more funny; the church name, the city or the message. 😂



DG Diary

JULY

Mon 13	St Ives Changeover
Tue 14	Hornsby Changeover
Wed 15	Epping Eastwood Change/O
Thu 16	City of Ryde
Wed 22	District Certification
Wed 22	Parramatta Changeover
Thur 23	Blacktown Ponds Change/O
Fri 24	Nurses Scholarship Mtg
Sat 26	DG Executive Meeting
Sat 26	Sydney Indian Changeover
Thu 30	Sydney News Deadline

AUGUST

Sat 1	Organ Donor Awareness Week
Sun 2	1st Cabinet Meeting
Tue 4	District Report due to Lions Customer Service
Wed 12	World Youth Day
Sat 15	India Independence Day
Sat 15	Korean National Day
Sat 22	Save Sight & Public Health
Sun 23	Care Meeting
Wed 26	Parramatta Club Meeting
Thu 27	Sydney News Deadline
Sat 29	GAT Forum (Venue TBA)
Sun 30	New Membership Energizer (9-12 Venue TBA)

Richmond Installing their 63rd Board



PCC Warren Latham installed the 63rd Board. Warren was accompanied by Lion Marilyn, also present were ZC David Brown & Lion Cheryl, and two guests. Sadly we were missing four Board members due to illness and/or precautions.

It was the first 'face to face' since lockdown, and with all protocols in place, an enjoyable evening was had by all. Congratulations to our new President Mark Grisedale.

'By Embracing Diversity, we CAN Change the World'

BALGOWLAH DRIVE IT HOME



A wheelchair accessible vehicle has been handed over to the Agnihotri family, following a mammoth effort from the Club and assisted by other Lions Clubs within the District.

The mother of Kareena reached out to Balgowlah as a last resort. Kareena suffers from Cerebral Palsy and Epilepsy. Their current arrangement was far from satisfactory, and this would literally be a life-saver. The Club jumped into action and sought assistance to reach the \$29k goal.

The Club handed over the keys to the van in June. With the help of the Zone, Manly, Mosman, Frenchs Forest & Balgowlah and Clubs from Bondi, Blacktown Ponds & St Ives. To top up the balance required, ALF came to the party.

The family has been granted exclusive access to the vehicle by Cerebral Palsy Alliance, who will also cover Green Slips, Registration & Insurance.

Continuing Service after 58 years **As recalled by Bruce Eaton who joined 1969**

The Club was chartered in May 1962 as I recall, 7 years before I joined. There were about 35 members then. The major activity was the Lovely Mother Quest with competitors supplied by schools in the district and proceeds divided amongst the various P & C's they represented. This ran for about ten years.

Our regular fund raiser (like Bunnings) was the pub raffles at Manly Vale Hotel and operated every Friday night for 30 years. Later when Brookvale Lions merged with us we continued the meat raffles at Brookvale Hotel.

Other projects included Chocolate Wheels at Dalwood and Sunnyfield Fetes. Working bees at various locations and money raising at traffic lights and the Spit Bridge (all forbidden now).



Times have changed, but there is always a way

So now our current 14 active members have made cash donations of \$26,500 in the 2019/20 financial year to various Lions foundations and local not-for-profit organisations. Like many clubs, most of our members have acquired a few more grey hairs, however our three newer and younger members are enthusiastic and looking at projects that will progress our community involvement.

Our major sponsor is our local Bunnings who are happy for us to hold monthly BBQs. COVID-19 restrictions resulted in our fundraising activities ceasing in March. Our usual annual fund-raising projects included our participation in Northern Beaches Australia Day celebrations, Lions NSW/ACT Save Sight Foundation car raffle, Xmas raffle, sale of Lions cakes and mints and Heartkids BBQ.

We also actively participate in despatching thousands of spectacles to Lions Recycle for Sight plant in Qld and forwarding thousands of postage stamps to the Australian Lions Stamp Club which supports ALCMF in the purchase of Hart walkers.

Since April our dedicated member Ann Sawtell has spent 400+ hours home cooking for delivery to the needy in our area, working on behalf of the Community Coop Northern Beaches which is a project of "One Meal". Ann cooks and freezes soup, quiches and fruit crumbles, makes biscuits, jars of chutney and packs rice which volunteers collect from her and deliver to people in need. 2,500 meals are delivered per week by One Meal. Local organisations provided with food or meals include Grace Church, Link Church, The Salvation Army, St Matthews Church, Birdikin Association, Talamunde, The Community Pantry and Catholic Care.

This month we were very pleased to be one of eight clubs together with ALF to fund the purchase of a modified car for Cerebral Palsy Alliance. The vehicle will assist a mother to take her disabled daughter to various appointments.

Our social get togethers include dinner meetings with guest speaker, gatherings at a local restaurant or perhaps a breakfast BBQ at a northern beaches park. Social distancing has put a stop to all face to face gatherings since March 2020. In July we held our first face to face business meeting since March – social distancing of course!

Otherwise we have kept in touch via google and gsuite.

'There is little doubt that Balgowlah Lions have raised over a million dollars in their 58 years of existence.'

'By Embracing Diversity, we CAN Change the World'

DG's Goals and Thoughts

Please keep in mind the seven core areas of focus that form part of the District Goals for this year:

Ambience – be the creation of energy and vibrancy in all that you do.

Kindness – with our words, actions, thoughts and deeds.

Succession – build your plan, share your plan and see your plan come to fruition.

Use our “online platforms” – report in MyLION and MyLCI on all activities.

Fun, fellowship, Banter – Laughter is the best medicine and leads to meaningful fellowship.

The art of human connection – remember your voice and that not all needs to be typed.

Teams – there is no “I” in TEAM. Teams share the workload but leverage members skills.

Please remember to join/like the District Governors & Lions.Sydney Facebook pages. There will be many stories to share, pictures and inspiration along the way this year. You may just also find some pictures of yourselves along the way.

One of the differences you will see this year will be that it won't always be myself that will write the reports in the Sydney News. Your Vice Governors will also be included to report on the District happenings throughout the year. Remember that Sydney News is a publication that can only be created by stories from the Lions of N5. We encourage you all to keep submitting articles with pictures (plus description) to enhance the publication, but to also share those stories, funny pictures, events and milestones.

Finally let me personally thank each of you who took the time to message, call or email me recently. Your words and sentiments mean a great deal to me. Every year the incoming Governor aspires to leave their own mark on the District and I am no different. I hope that together we can enjoy the journey this year as we embrace diversity and change the world.

Yours in Lionism

Jon Copson

District Governor 2020/21

Parramatta's Ongoing Support

Many of you may remember me putting out a call for clubs to offer assistance last year around Christmas time, so I thought I would revisit the Davy family now that COVID restrictions have been softened and prior to becoming very busy during this big year.

Many clubs in N5 answered that call to assist a Seven Hills family with possibly their last festive season together. With your support we were able to raise just over \$10,000 with the support of the Australian Lions Foundation and The Follow Your Dream Foundation – Australia. Not all of his treatment or medication is completely subsidised, even to this day.

I have maintained close contact with the Davy Family after we were able to purchase a whole raft of new goods, eye glasses, clear some bills (which we continue with to this day), fix their car as well as some fantastic donations from Lions Clubs to assist this family as they prepared for one last Christmas together. Jay Davy has just undergone a recent bout of chemo and radium therapy which leaves him very depleted of energy and unable to eat much food at all as he can't keep most of it down. Donna Davy has been able to successfully apply for the carers pension, which was enabled through Lions again with supportive letters and documents and this has allowed her to focus on the day to day support Jay requires to function.



Jay has recently also started to receive injections weekly that are aimed at building and maintaining his bone density so that his hip or femur doesn't break on him. He looks very weak but his spirits remain high and he still loves to hear a joke or two.

It is getting harder to travel each day, up and down the stairs at home, so Jay spends most of his time at home up in his room.

I presented the Davy family with another \$500 of gift cards on behalf of the Lions Clubs generous donations that Parramatta Lions Club still hold in trust. We still have about \$3,000 remaining to assist the Davy family.

Jay was so grateful to receive the gift cards recently which will allow him and his family to continue to purchase groceries and the like as he continues his battle.

Jay and Donna wanted to say a massive thankyou to all those Clubs that have supported them along their journey and continue to believe in providing hope and dignity to those less fortunate in their communities.

There are projects you participate in that make you understand the real reason Lions was started, but more importantly the reason why you continue to be a member of the world's largest service organisation.

'By Embracing Diversity, we CAN Change the World'



Our Focus Areas



Diabetes
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Vision
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Environment
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Childhood Cancer
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Disaster Relief
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Hunger
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Youth
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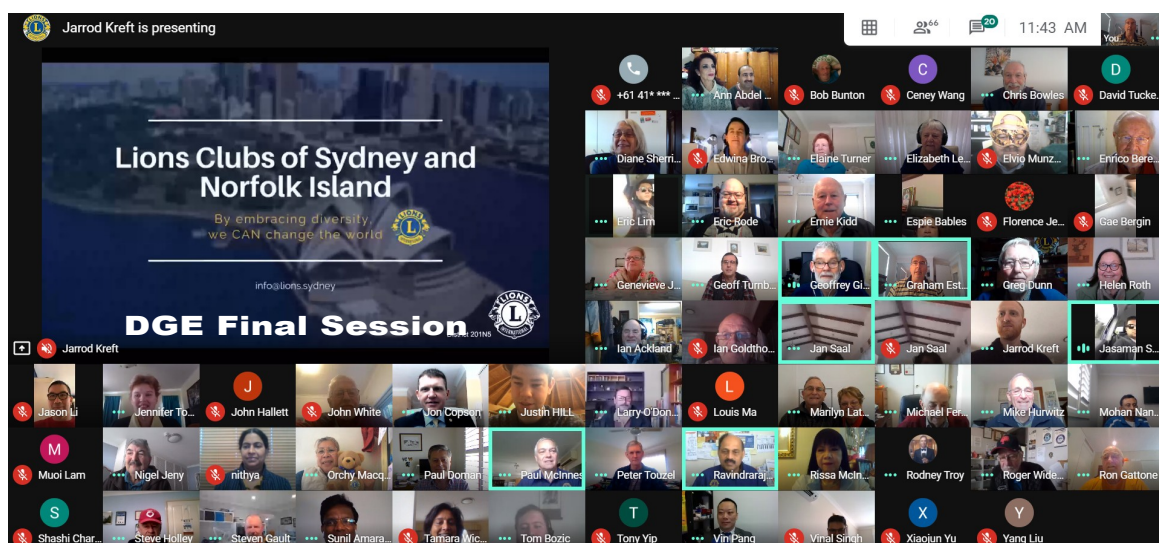
Humanitarian
[Learn More](#)

Blacktown Ponds getting out there again



Our first Meat Raffle Project at Ettamogah Pub on the Saturday night, 20th of June 2020 amidst the Covid - 19 pandemic crisis. Social distancing was observed as you can see the big gap space between tables in the area. Thanks for the generosity of the public. Congratulations to the winner Nathan and thanks for your personal message. It touches our heart knowing people like you and your family recognized and appreciate the good deeds we do for the community. Thanks for your message below Nathan...

*Hey there Rissa,
My name is Nathan, I was tonight's winner of the Meat Raffle at The Ettamogah Club. Just want to say a big Thanks for the prize; My parents was in shock...
Appreciate your kindness and all the best with your future endeavours*



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CHILDREN'S VISION SCREENING©gregdunn

I didn't know my eyes were bad, I thought they were ok.
Why should I be different to the others where I play;
I'd stumble over rocks and things and often bump my head;
"How come you didn't see that"? I often heard it said.

In fact, I really did see it, but it didn't seem so near,
and it looked a little hazy; it wasn't very clear;
I often wondered why the other children where I play
Did not encounter all those things I met with every day.

They used to call me stupid and I always wondered why
The bigger kids would taunt me and they often made me cry.
My mum would hug and kiss me but she didn't understand
Just why her child just could not cope with danger close at hand.

The teacher where I went to school thought I was really dumb.
"Your child appears backward", I heard her telling mum.
Then one day when I went to school, I wasn't really sure
Just why this group of people were waiting at the door.

They set up their equipment then called us one by one;
They covered one eye then the next, it seemed a lot of fun.
They all were very friendly; except for one big bloke;
He opened up this book type thing and told me where to poke.

He put some glasses on my nose, I wasn't sure just why;
He wanted me to see if I could pull wings off a fly.
Another test with colours and then to my surprise
They brought out this big camera and took a photo of my eyes.

They said it was a Lions Club who check for children's sight.
I'm not sure just what Lions do but they must have done it right;
'Cause mum took me for further tests, and I'm so glad she did,
'cause now I jump and run around like any other kid.

The playground looks so different, things so crisp and clear;
And mum's a happy lady now without ongoing fear.
My new glasses don't bother me in fact I look quite smart.
And thanks to Lions who checked my eyes, I've won my girlfriends heart.
THANK YOU LIONS



Priceless Wonder-paws:- “Gidget” and “Chewie”.

This month we're sharing the life changing stories from two very grateful recipients of our very special Hearing Dogs -

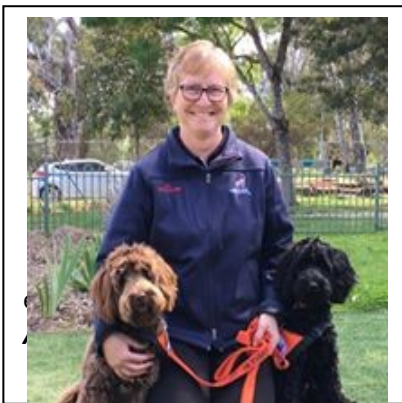
Liz and ALHD “Gidget”

My name is Liz, I'm 54 and a retired Aged Care Nurse. I suffer from Meniere's Disease and can no longer work. I was not born deaf, but due to Sensorineural hearing loss, and Meniere's Disease, I'm now almost deaf. My life was very lonely, and I felt socially isolated because of my hearing loss.



Since 21 January 2019, the day I received Gidget, my life has changed in ways too numerous to mention! She has given me back my self confidence, I now have so many friends every-where we go! Gidget makes me want to go out and engage in the community, we are always stopping and talking to people, who want to know what an Australian Lions Hearing Dog is and does.

Gidget has improved my socialising, and I'm now back doing something that I love - Public Speaking. She has given me so much to live for now, as I didn't have much to live for before she came into my life, I would be lost without her now. "

[illegible]

Chris & ALHD “Chewie”

"He's the hearing I could never have".

When Chris received his Australian Lions Hearing Dog Chewie in July 2019, Life changed for Chris and his family. Chris, who has dealt with severely diminished hearing all his life, was often missing important messages from clients and suppliers which was a problem when on-site for his building business.

Now, Chewie taps Chris to tell him “phone Message” and Chris can respond immediately. At home, Chris always felt anxious. When they had friends and their children visiting, Chris was always afraid of children falling into the pool.

Chewie lets him know if the pool gate is opened, everyone is protected, and Chris can relax more.

Lions Hearing Dogs. At night, Chris says he sleeps so well now knowing that Chewie will alert him to any emergency and help keep his family safe.

<<<<<<<<<>>>>>>>>>>

To the Lions and Clubs of Australia - Thank you for your generosity and support. Your help enables us to continue training these wonderful dogs to assist Deaf & Hard of Hearing People to live more normal lives.

Board of Directors, CEO & Staff - Australian Lions Hearing Dogs .



BLACKTOWN PONDS LIONS CLUB INC. felt privileged to be a part of this project knowing we helped make a difference in the lives of Samarth who is a 5-year-old boy with Cerebral Palsy. Below is the thank you letter from Australian Lions Children Mobility Foundation (ALCMF) and photos during the fitting.

Fellow Lions,

I would like to thank you for your generous and kind act of providing funding to change Samarth's life for the better. Samarth is a 5-year-old boy from Toongabbie who needed a Buddy Roamer walker at a cost of \$7,390.00. Your gift has enabled Samarth to have the ability to walk upright & participate & associate with peers of his own age. Samarth's family has asked me to thank you all for such a life changing gift for both him and them.

Funding Clubs Blacktown Ponds Lions Club Inc, Winston Hills, Parramatta, Carlingford-Dundas and Baulkham Hills .



"You just can't lose"

Schedule of Events 2020-2021

Club, Zone / Region Finals

Details will be confirmed shortly

District Finals should to be completed by
28th March, 2021 (*Easter is the following weekend*)

State Finals must to be completed by
Saturday, 17th April, 2021

• **The National Final —**

- Will be held at our Australian Lions Convention in Canberra. Monday, 10th May, 2021

District and State Final information will be on the Lions YotY website as details come to hand.



VALE

We express our sincere condolences to the families and friends of the late

Ian Cavanagh OAM

West Pennant Hills-Cherrybrook

John Patterson

Frenchs Forest

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