



Lioness Chairman Calling

September 2019

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Your MD Committee

Chairman:

Lioness Liz Alcock

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State Coordinators:

C & W Districts

Lion Beccy Field

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N Districts

Lioness Wilma Holmes

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O Districts

Lion/Lioness Jo Lynes

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V & T Districts

Lion Cynthia Robinson

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Lioness Kings Coordinator

Lion Lenore Howard

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Link to a Web page

lionsclubs.org.au/members/lioness/

Facebook Page

[lioness clubs multiple district 201](https://www.facebook.com/lionessclubsmultipledistrict201)

New promotional accessories...

The MD Committee thought that it was time that we added a new PR item and we decided that an A4 size tabletop bannerette may prove useful. Each Lioness Club should have received this item by now and I have had some very positive feedback from some of the clubs.

If your club has not received this item, would you please contact me. I have not had any returned through the post, so I hope you have all got them.

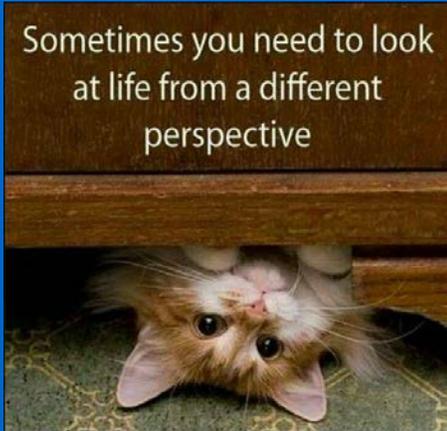
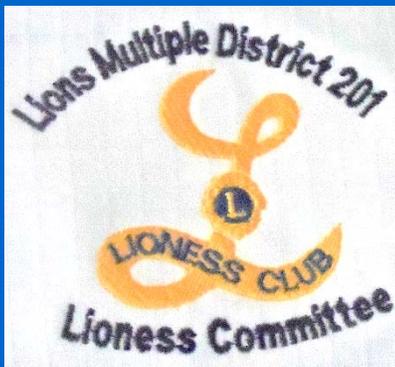
We are looking at getting some new merchandise items for the Lions Shop. This all takes time, so when we do have something, we will let you know what it is and the costings for each item.

New additions to the Lioness Page on the Lions Australia website...

Please take the time to have a look at our Lioness page. You will find... Link to MD Facebook page; Lioness Club Handbook; Generic Policy Minutes; Lioness Constitution & By-Laws; Lioness Membership Key Award criteria & Application; List of MD 201 Lioness Clubs and their Charter dates; links to the Lions Code of Conduct. You will also find the Lioness Chairman Calling newsletter.

A New Lioness Monthly Activity Report Form...

Lions Clubs International has a new reporting system for our Lions Clubs. I realise many of our Lioness Clubs have their own version of the Monthly Membership and Activity reporting forms, which is not a problem, as long as it gives all of the required information. There is one change to include whether the activity/project fits into one of Internationals Global Causes which are: Diabetes, Vision, Hunger, Environment & Childhood Cancer. We have added a new column to include this. Michael Diessel, District Webmaster for N1 has very kindly organised a couple of versions, including PDF, with drop down windows so you simply have to click on the relevant Global Cause, or in Word, you just need to write it in the column. You may like to talk with your sponsoring Lions Club about the 'number of people served', which is to indicate the number of people your project/donation has helped. A challenging piece of information, so have a chat with your Lions and see how they plan to manage this part. We will be sending out the new forms via email and have them loaded on our web page ASAP.



Multiple District Convention in Adelaide 2020...

Our committee is already looking in planning the Lioness Luncheon at the convention. The Luncheon proved to be a very popular change from the dinner so we going with it again. As soon as we have a date for the Luncheon, we will let you know. We are also hoping to have a Lioness Forum (TBA) with the possibility of it following on from the luncheon if time and availability of a venue can be managed. Watch this space.

MD Lioness Committee vacancies coming up in January 2020

The following committee positions are due for renewal in 2020. Nominations will be called for in the January 2020.

Lioness Chairperson...responsible for the efficient management of the Lioness Committee

Lioness Kings Coordinator... responsible to the MD Lioness Chairperson for the efficient management of the Lioness Kings Clubs

Lioness Coordinators, one each for N District and also Q District ... Regular contact with Lioness Clubs in State, attending meetings as required by the Chairperson and submitting reports

If you are interested in becoming a committee member, please keep an eye on the Committee Vacancies either on the Lions Australia website lionsclubs.org.au or the Lion Magazine for the details on how to nominate.

A BLAST FROM THE PAST...

The Ten Commandments for reducing stress

1. You shall NOT be perfect, or even try to be
2. You shall NOT try to be all things to all people
3. You shall leave things undone that should be done
4. You shall NOT spread yourself too thin
5. You shall learn to say "NO"
6. You shall switch off and do nothing regularly
7. You shall schedule time for yourself and your supportive network
8. You shall be boring, untidy, inelegant and unattractive at times
9. You shall NOT even feel guilty
10. Especially, you shall NOT be your own enemy, but be your best friend.

This was in our June 2000 Lioness Pride.

Worthwhile considering...for your own good health & well being



News from MD 201 Clubs

Please submit an article about a project or news you would like to share by the 20th December 2019. This is your newsletter and we would like your contributions or suggestions.

Congratulations V1-4 District Chairperson, Mary Jolly

At our District Changeover held 27th July. Mary Jolly, our own Lioness Chairman was presented with a William R Tresise Award. This Award was presented to Mary from the 4 Lioness Clubs in our District, Ballan, Brown Hill, Golden City Bendigo and Hopetoun in appreciation of all Mary's hard work and dedication to Lioness Clubs. Mary is also very heavily involved volunteering around Ballarat in many other organisations. Well done Mary and well deserved.

Glenis Davis

Brown Hill & District Lioness Club.

Lioness Club of Lae, PNG

The Lioness Club of Lae has 14 members and are doing some amazing projects. This club has been addressing their community needs since it was established in 1978.

Some of their projects include an Annual Pink Lunch Day with approximately 300 guests who pay \$100.00 for the luncheon. This luncheon is aimed at corporate women with corporate sponsorship and held at the Yacht Club. They provide the opportunity for guests to have free breast checks/skin checks and listen to a variety of guest speakers. They hold an annual Arts and Crafts evening which is also held at the Yacht Club. Artisans across a number of arts and crafts participated and is well supported by the community. The ladies also support the Angau hospital Children's and Cancer Wards with meals and have just had ceiling fans installed in both children's wards. The children are provided with ice-cream every Wednesday, which I am sure would be the favourite day of the week 😊

The nurses are also looked after with the club purchasing their uniforms.

Well done ladies, you are doing some amazing projects and you are certainly making a difference to your community.



Congratulations Mary, a wonderful recognition from your V1-4 Lioness Clubs



You can tell the Lae Lionesses love pink and they look great

Lioness Club of Cairns...

Lions and Lionesses see value in Aged Care Music Resources

Letter from Graeme Pope



With summer coming, you may like to consider buying some Lioness Hats. You can purchase these for \$10.00 from our Club Supplies Shop.



Great gift/presentation ideas for your Guest Speakers or even in-house raffles. Available from the Club Supplies Shop for \$13.50 for the set.

It is incredibly frustrating, when you have first-hand experience of the benefits of music therapy for the elderly, yet, time and time again you witness staff being thwarted in their attempts to provide the best quality resources for those in their care, by the managers who hold the purse strings.

Wherever I go as I travel the country, knocking on the doors of nursing homes and aged care units, the Aged Care Music Resources program I am introducing is met with incredible enthusiasm by the lifestyle and activities staff. The staff at the coal face are the ones who know what works for their residents. They know the value of a well packaged, versatile and adaptable program such as this. They also know that, having this resource at their disposal will free them from time spent researching and downloading appropriate music themselves, often on their own unpaid time. Time that they can then spend doing what they love: engaging with and providing high quality care for the elderly. They will be more available to implement programs and provide the happy experiences that dementia and Alzheimer's patients need and thrive on.



*L-R Abby Earl (Lifestyle Assistant Mercy Aged Care Westcourt)
Liz Rex (Cairns Lioness Club), Sylvia Carswell (Cairns Trinity Bay Lions Club)*

The Aged Care Music Resources program we have created is designed to support lifestyle staff with their work and save them preparation time. All resources have been tailored to meet specific needs in care and have been developed in collaboration with those delivering lifestyle and activities programs.

During a visit to Cairns in 2018, I was encountering resistance from organisations and managers, who would not listen to the advice of their staff regarding the inherent value of our program. However, at this point I had the good fortune to bump into Sylvia Carswell who had not long retired from years of working as a lifestyle and activities facilitator. When she saw the resources and heard the story behind them, she became very excited. As a member of the Lions Club at Trinity Bay, she took her enthusiasm and a proposal to the Lions and Lioness clubs in Cairns and surrounds. Seeing the potential, these wonderful community members have stepped up to provide lifestyle and activities staff with Aged Care Music in aged care facilities in and around Cairns.

Thanks to the foresight and generosity of Sylvia, Liz and other Lions and Lioness club members of greater Cairns, the aged care facilities staff now have access to a high-quality resource and the residents can enjoy the stimulation and experience of a valuable music program.

This is another wonderful program which is happening thanks to our Lions family working together for a common goal.

