



Lions Club of Kiama Inc. (District 201N2)

## Ki-Lines Monthly Newsletter

Issue 2: August 2017

### President Rob's Comments

There are a number of projects on the month; Kai Restaurant Monday 20th, Sunday markets 20th, (teams 3 & 3 ). The Art Show set up is on Monday 21st at 8.00am. We will need a dozen members to complete the job in 90 minutes. It will be dismantled on Monday 4th September.

Thanks to those who helped with removal of plaster from the Respite House on 29 July. The use of Cris Favorito's truck made it possible. It is hoped that the project can be completed by March- April. Minnamurra lions have contributed \$2500.00 to the project, and both Minnamurra and Gerringong club members worked on the house on the 29th, and will provide assistance in the future.

We are to run Second Hand Saturday on Saturday 23 September, which is a good fund raiser. It will require a big turn out by us.

### From our Dinner Meetings Thursday 13<sup>th</sup> July



this year!

**Rotarian Ken Hutt** of the Rotary Club of Berry shared his personal story about how in 2014, he travelled to Tibet with the challenge of scaling 7200-metre Cho Oyu, the world's sixth highest mountain, and achieving one of the world's highest every paragliding flights, launching his glider near the summit – all to raise awareness of Rotary's push to eradicate polio worldwide.

Rotary in partnership with the World Health Organisation has reduced the number of reported Polio cases from 350,000 per year over recent years to 6 only

Guest Lions Lyn and David Hateley-James members of Australian Motorhomes Lions Club spoke about this "E club" where all meetings are on line every third Thursday. Members call in on Lions Clubs in their travels and volunteer their help. For more information <https://amlc.org.au/> The fastest growing Lions club in Australia.



## Thursday 27<sup>th</sup> July.

Dominic Kennedy from IRT spoke about IRT supporting seniors to live a better life at home.

\*IRT at Home Helps maintain your independence; helps you with everyday tasks and allows you to stay in your own home for longer.

\*Providing these services at home: Help around the home; Personal Care; Home and Garden Maintenance; Transport; Shopping; Social Support, Clinical and Carer Support.

How: 1.Private Payment can be Purchased as a one off or an ongoing payment. Or 2, Government Funding- a range of services are subsidised,

What to do: Call IRT at Home today 1800 024 915; Register with My Aged Care and Get your needs assessed.

## Subs are Now Due

Subs are due \$70 for members and \$50 for Life members. These can be paid directly into our Bank Account or at the next meeting.

Account name: Lions Club of Kiama Inc Administration Account

Bank: IMB Kiama

BSB 641 800

Account number 600201056

## Reports

### Carers Cottage

(from our Facebook Page)

#### GORDON'S GAZETTE:

The Lions Carers Cottage, in Shoalhaven Street opposite Kiama Bowling Club, is an exciting project allowing local Lions clubs to mark the centenary of Lions International. While you may not have observed much change from the outside, recently members of Gerringong, Minnamurra and Kiama Lions clubs did important interior work, removing the remaining wall plaster, cornices and plaster ceilings. The old bath, stove and hot water service were also removed and are ready for disposal. The fitting of windows and external cladding will be the next phase, for which we will require support from Lions and external sources. While we have been most gratified to date with the indications of support we have received from tradespersons, businesses and others we would nevertheless still be pleased to receive indications of future support from specialists such as electricians and plumbers. The completed cottage will provide a great service to those seeking some respite from the arduous task of caring for seriously ill children, cancer patients and the like. If you could help in this way please contact Lion Tony Grainger by email ([apgrainger66@gmail.com](mailto:apgrainger66@gmail.com))



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## Coming up and Lions support needed:

- **Thursday Dinner Meeting 10 August** Guest Speaker Peter Parkinson Personal Trainer at Kiama Council Leisure Centre Topic: Healthy Living – Exercise and Diet

Menu: Bacon and Pea Arancini Balls with buttered Pea sauce / Roast Cauliflower and Rosemary Soup with crouton Slow Roast Pork with honey roast vegetables, greens+ pork gravy / Lamb and Rosemary Sausages with sweet potato mash, peas and onion gravy

- **Kiama Lions Charity Dinner- Kai Asian Restaurant, Monday 14 August, 6.30pm for 7pm**  
Since the opening of Hanoi on Manning restaurant in 2009 we have been invited by owners Le and Mark to organise a charity night each year at one of their restaurants, when all of what we pay for a multi-course banquet goes to the

nominated charity and which passes through our Activity Account. Many of our members have participated in these dinners over the years and know what a good night it always has been. This year the \$50 per head will go fully to a Kiama Public School P&C project, and we expect to have a number of parents at the function, a good opportunity in itself for us to be exposed to a younger demographic and important for our longer term viability and relevance.

We do not have raffles, auctions etc on the night; it is purely social, enjoying good food knowing that, thanks to the generosity of Le and Mark we have 100% profit for a good cause!. You may bring your own wine.

Please contact Gordon Bell (42331788) as soon as possible to register your interest for this event.

- **Markets 20<sup>th</sup> August see teams below.**
- **Joint BBQ Lions and Kiama Public School 20<sup>th</sup> August**
- **Booklet Of Club's history and achievements due 20<sup>th</sup> August**  
The Convention Committee for this year's District 201N2 Convention, hosted by the Lions Club of Queanbeyan, is seeking the assistance of all Clubs in the District to produce a special booklet that pays tribute to the history and achievements of all Clubs in our District as a means of celebrating the Lions Centenary. A link to this document was sent out to all members. If you wish to contribute click on the link in the email.
- **Art Show Set Up Monday 21 August Pull Down Monday 4<sup>th</sup> September**  
Rob McKinnon will be requesting assistance
- **Thursday Dinner Meeting 24 August**
- **Hot Rod Barbeque 10<sup>th</sup> September**  
Gerry G H will be looking for help with the Hot Rod BBQ on 10th September
- **Olive & Vine for 14<sup>th</sup> September – partners night.**  
This is a pre paid event and bookings are essential. Please contact Geoff Heinecke.
- **Induction of New Lion Brad Kelleher. 12<sup>th</sup> October Jamberoo Dinner Meeting**

Brad is a Professional Firefighter who has been employed by Fire Rescue NSW (formally NSWFB) for 35 years. He has worked in a wide variety of areas within the Brigades including large and small fire stations, Training sections such as ComSafe, (the brigades commercial training arm that offers services such as First Attack Firefighting through to Confined Space Training). He is currently a member of the Brigades Appliance Training Unit which provides services such as issuing Heavy Vehicle licencing, training and assessing of all brigades appliances and along with being qualified to Assess as an Accredited HV Assessor for the RMS. He is also a licenced sedan instructor. Another role is of Accredited High Risk Work Assessor responsible for assessing and issuing licences on behalf of Workcover.

Some of his scholastic qualifications include graduating year 10, Qualified Electrical Fitter/Mechanic, Cert 4 in Training and Assessing and Graduate of Institution of Fire Engineers (GIFE)

Brad is always keen to assist people when ever needed, is a team player. Throughout his career he has been awarded several awards including Royal Humane Bronze Medallion, Meritorious service awards, brigades long services and National medals, St Johns citation and award.

Brad is married to a wonderful woman, Michel, and have been living in Kiama for approximately 18 months. Between them they have 3 children and 3 grandchildren. Brad enjoys his time off and loves travel, and enjoys watching the odd game of Rugby. He likes to try and play the guitar, (very ordinary!) and help others, sometimes by just talking and listening.

Brad would like to offer his services to the Lions of Kiama as he enjoys assisting people, volunteering and helping out where possible. Brads motto in life are many, but two that are important to him are "if it is to be it is up to me" and "enjoy the journey not so much the destination"

Finally, thank you for considering Brad for a position within the Lions, I'm sure he would be a valuable asset us, the difference between ordinary and extraordinary is that little bit extra, with Brad, that's what you get.

## Kiama Legacy Laurel Club

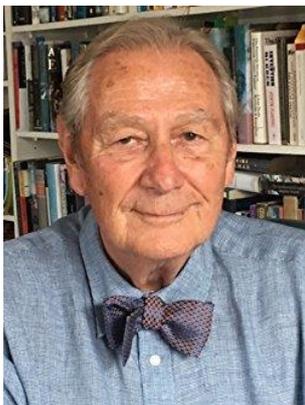
Gerry Mcinerney addressed the Kiama Legacy Laurel Club last Thursday lunchtime on our Cancer Care Trust. Their club had earlier given a donation of \$200 and requested that their members be updated.



Many questions at the end related to the new combined Lions' clubs' project, the Carers' Respite Centre in Shoalhaven St with most wanting to know when it would be opened.

The Legacy Laurel Club is made up of war widows, so it is an ageing group. When Gerry first came to Kiama, the social event of the year was the Annual Legacy Dinner, a black tie affair and organised by Past Deputy District Governor and Kiama Lions Past President, Geoff "Porky" Wilson and held just before the Legacy Badge day.

## Ken Methold and "The Missing Baronet"



Ken Methold, a past and still strong supporter of our Club, has just completed a book "The Missing Baronet" with its launch taking place at Kiama Council Library on Saturday 29th July 2017. This was very well attended including a number of our Lions Club Members and partners.

We wish Ken every success with this well researched and interesting tale. This is Ken's first work of historical fiction.

.....Hilton.

## A Special Invitation for partners of Lions.

Ros McKinnon (wife of President Rob) would like to know if any partners of LIONS would be interested in getting together to have dinner at The Sebel on the fourth Thursday of each month while LIONS are having their meeting elsewhere. If anyone is interested call Ros on 42 360 363 two days before 24 August for this month's dinner.



## Club Facebook

The Club Facebook page has attracted a lot of attention. Would all Kiama Lions on Facebook please Like the page if they have not done so already and also Share,

## For Your Diary – Members' Activities and Events

<b>Monday 14 August</b>	<b>KAI Restaurant Fund Raiser with Partners 6.30 for 7.00pm</b>
<b>Thursday 10 August</b>	<b>Dinner Meeting @ KLC</b>
<b>Thursday 17 August</b>	<b>Board Meeting @ KLC</b>
<b>Sunday 20 August</b>	<b>Kiama Markets (Teams 3 &amp; 4)</b> <b>Set Up Team:</b> Jeff Gray and Peter Wilson <b>Team 3 (7:30- 12 Noon)</b> Janet Bruce Captain; Michael Fox Co-Captain; Jerry Grainger-Holcome; Warren Steel; David Robson; Brenda Hungerford. <b>Team 4 (11:45-4pm)</b> Peter Wilson Captain; David Wardle Co-Captain; Graham Bradley; Hilton Bloomfield; Rob McKinnon; Maurie Kelly.
<b>Sunday 20 August</b>	<b>Kiama Primary Market BBQ</b>
<b>Monday 21 August</b>	<b>Art Show at Kiama Leagues Club</b>
<b>Thursday 24 August</b>	<b>Dinner Meeting @ KLC</b>

<b>SEPTEMBER</b>	
<b>Monday 4 September</b>	<b>Art Show at Kiama Leagues Club</b>
<b>Sunday 10 September</b>	<b>Hot Rod Show at Black Beach</b>
<b>Thursday 14 September</b>	<b>Dinner Meeting @ Olive &amp; Vine</b>
<b>Sunday 17 September</b>	<b>Kiama Markets (Teams 5 &amp; 6)</b>
<b>Thursday 21 September</b>	<b>Board Meeting @ KLC</b>
<b>Thursday 21 September</b>	<b>Kiama High Vice Capt Awards</b>
<b>Friday 22 September</b>	<b>School Holidays 22/9 – 8/10</b>
<b>Thursday 28 September</b>	<b>Dinner Meeting @ KLC</b>
<b>Saturday 23 September</b>	<b>Second Hand Saturday at Black Beach</b>

## What do we do?

I joined Lions to work on the Markets. I was unaware of the many other things Kiama Lions do. Each month we will look at one of the many things we actually do. This month -

### The History of our Lions Cancer Care Trust

In 1995, the year of President Rob Danby, the local Lions Club members were reflecting on the loss of several members and wives through cancer, some at a relatively early age. What sort of help could we provide to the cause? Rob appointed a committee under the chair of Past President Jim Hinchliffe to come up with some ideas.

The consensus of that committee was that we should confine ourselves to assisting citizens of our municipality. There were already major fundraising organizations such as the Cancer Council and research centres like the Garvin Institute and Wollongong University and Wollongong Hospital.

The suggestion was that we establish a trust and use interest and dividends from any monies invested to help in situations that fell “between the cracks”, so to speak, and no other assistance was available. It was also decided that as the carers of cancer patients were usually the spouse, and often seven days a week, twenty-four hours a day, that arrangements could be made to get them some time off, and include them in our Governing Document, placed with the Australian Charities and Not-for-profits Commission. So, some twenty-two years ago the trust was established and Lion Jon Phipps, a local General Practitioner, together with Past President Jim Hinchliffe and Past President Gerry McInerney, both practising pharmacists, were appointed as trustees, with Gerry as the chair, a position he still holds. Today Lion David Grant has replaced Lion Jon Phipps, Lion John Larkins has replaced Lion Jim Hinchliffe, and we have added the Lions Treasurer, Graham Bradley, and the 2016 Immediate Past President, Hilton Bloomfield. We decided we needed to raise \$50,000 but that wasn't enough.

Through the courtesy of the NAB Bank, Telstra installed a series of telephones there and a volunteer group of Lions had their first telethon, phoning, as soon as the bank closed for the day, all numbers in the Wollongong White Pages Directory that related to Minnamurra, Kiama, Jamberoo, and Gerringong. Local citizens were extremely generous. Other fundraising events have included Race Days at Kembla Grange and containers in local shops for any spare five cents coins. Today the trust asset is valued at over \$160,000. We receive donations from funeral services of cancer patients, grants from the Lions Club, usually annually, and individual donations, some quite substantial.

The first person we helped was a single mum with three young children, and we subsidised a holiday for them. Coming to terms with diagnosis of cancer can be quite difficult, particularly if it is terminal. The trust will pay for attendance and accommodation at seminars or conferences where all issues associated with cancer diagnosis are explained; the need to get your affairs in order, if terminal; the need for a will and financial advice, understanding the disease, finding organisations that provide advice and support. Where a spouse is looking after a cancer sufferer full time, the trust will pay for a sitter, so that the spouse might have some free time, e.g. to go to the movies or perhaps have a game of bowls.

Palliative care nurses used to come out at night if called by a cancer sufferer to effectively manage the patient's pain. Following several attacks on nurses, as a safety issue the nurses' union asked the state government to only allow nurses to do home visits at night in pairs. The government said that this would be too expensive, but recognised the danger and stopped nurses going out at night altogether. The answer to this problem was providing the patient with a morphine syringe driver, a machine that allowed the doctor to determine how often and how much morphine the

patient could administer to his or herself with the nurse calibrating the machine in the daytime. However, Kiama Hospital had only one of these morphine syringe drivers, the Kiama home nursing service run by Council, had none, and Blue Haven and Mayflower, that had relied on night visits by the nurses, had none either. The Cancer Care Trust provided extra syringe drivers to all these establishments at a cost of just on \$2,000 per syringe driver.

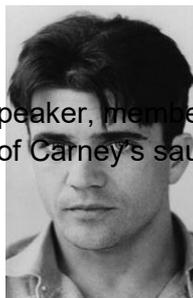
The palliative care nurses also used to carry with them medications required by terminally ill sufferers in the last few days of life. As a cost cutting measure the state government decided that these medications should be obtained for the patient at his or her cost from a pharmacy, and they were generally not on the Pharmaceutical Benefits Scheme. The difficulty was that these medications were primarily used in hospitals and pharmacies as a rule did not carry them, which meant that the loved one or neighbour would have to chase around trying to find a pharmacy that kept them. A palliative care specialist Dr Michael Barbato, who worked from Port Kembla Hospital, addressed a Lions meeting one night and expressed his frustration at this situation. The Cancer Care Trust was able to get a Kiama pharmacist to keep all such palliative medications in stock, and have them supplied to the patient at no cost, with the trust picking up the tab. Today all Kiama and Gerringong pharmacies are involved in this program.

Who is eligible to receive assistance from the trust? Any resident of the Municipality of Kiama, diagnosed with cancer, and there is no means test. How are applications made? These are made to the Chair of the Trust by local general practitioners, palliative care doctors or nurses or local pharmacists, indicating what assistance would be appropriate. How are assessments made? For amounts less than \$200 the Chair makes the decision. On receiving a request for amounts greater than \$200, the Chair calls a meeting of the trustees and a decision is made within 24 hours of receipt of the request. The other trustees are not given the name of the applicant, for privacy reasons, and make their judgment on the information before them. What support is provided will depend on firstly, the funds available for that year, and secondly, the extent of the need. In any year up to one hundred or so patients might receive assistance.

Any donation over \$2 is completely tax deductible, as the trust is classified as a Beneficial Financial Institution by the Australian Charities and Not-for-profits Commission and has Deductible Gift Recipient status with the Australian Taxation Office.

### **Brush with Fame Evening**

At a future dinner meeting, possibly when we don't have a guest speaker, members will be given 2-3 minutes to explain a "brush with fame moment", like the time I sold 2 pounds of Carney's sausages to a 17 year old Mel Gibson. Start racking your brain.



### **PRE-MEETING APOLOGIES**

If a Lion is **NOT** attending he/she needs to apologise by **emailing (NOTE – NEW email address):** [kiama.nsw@lions.org.au](mailto:kiama.nsw@lions.org.au) by **6pm** the evening before the meeting.

Likewise advise if you are bringing a guest, including your husband, wife or partner.

Lions not apologising will be charged the cost of the meal as the Club is charged for the number booked in. **Please be mindful of this**