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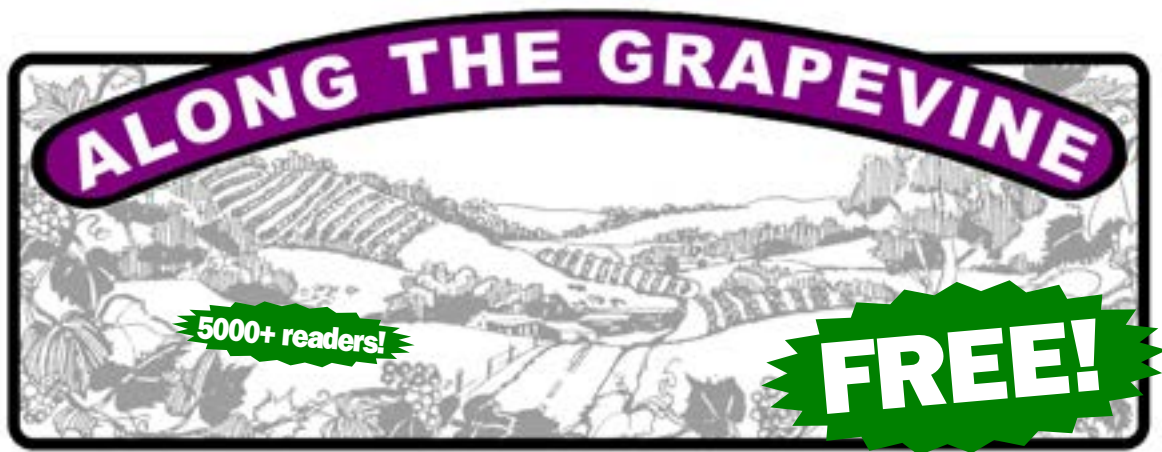
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June 4th - June 17th, 2022

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Veterans supporting veterans by walking the Heysen Trail

Two Afghanistan war veterans are walking 1200km along the Heysen Trail in South Australia to raise money for veteran charity, Soldier On. The two walkers, 64-year-old Ross Boyd (pictured right), and 65-year-old Ian Errington (pictured middle), are walking from the Flinders Ranges through the wine-growing valleys to the Fleurieu Peninsula, a distance of about 1,200 kilometres. They have a support crew of one, 76-year-old Tony Turner (pictured left), a Vietnam veteran.

"The scenery is amazing, and the people are beautiful," says Ian of the trek so far. At time of writing, the team was heading into Kapunda, having trekked over 400km so far.

"The weather is challenging sometimes, with horizontal rain and the cold snap" says Ross. "And some bloody big hills," adds Ian. But all three agree it's a truly beautiful part



of the world and the people they've met are very friendly and welcoming. "It's just been

incredible. We've met locals and other hikers and everyone has been so kind."

CONTINUED
ON PAGE 6



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It is generally thought that the Old Testament prophet, Jeremiah, wrote the book of Lamentations, and although he wrote of the suffering that the people of Jerusalem were undergoing as a result of the Babylonian invasion of 586BC, he also wrote of God's love and compassion (Lam 3:22): *“Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”* Jeremiah deeply lamented what happened to the people of Jerusalem, but he trusted in God and was able to state: *“For men are not cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love.”* (Lam 3:31-32).

And in Psalm 30:4-5, King David's words are recorded: *“Sing to the Lord, you saints of his; praise his holy name. For his anger lasts only a moment, but his favour lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.”*

Aaron Berry, on crosswalk.com, comments: “There isn't a human being alive on this planet who isn't acquainted with troubles. Times of difficulty arrive unexpectedly, often remain indefinitely, and the sorrowful memories they produce take deep root in the mind. It is no wonder, then, why Jesus's promise in John 16:33 also takes deep root in the minds and hearts of so many Christians: *‘In this world you will have trouble.*

But take heart! I have overcome the world.’... Following Christ is difficult and there will be opposition. Yet, the reality of Christ's victory over sin and death via his own death and resurrection provides peace and courage in the midst of that opposition.

And Mike Riccardi in blog.tms.edu states: “The world today wants nothing to do with sorrow. It drowns out its sorrow with busyness, music, therapists, and even medication... But sorrow can be beneficial; it is not always a bad thing... There is a sorrow that God wants you to experience, because the sorrow that is according to the will of God *‘produces a repentance without regret, leading to salvation’* (2 Cor

7:10) ... repentance begins with an intellectual recognition and confession of sin, but it does not end there. There is also a “change of heart”—an emotional component in which the genuine believer mourns over having sinned against the God whom he loves. That is why in the classic psalm of repentance, Psalm 51, David says, *“The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.”*

Troubles may be considered valuable if they bring us recognition of our own need for repentance and forgiveness. Let us remember that *“weeping may remain for a night, but rejoicing comes in the morning.”* We believe we all matter to God.

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Free Skin Cancer Screening at Woodside

The Lions Skin Cancer Screening Unit will be visiting Woodside on Saturday 18th and Sunday 19th June 2022. Hosted by the Lions Club of Onkaparinga, the mobile unit will be located at the Adelaide Hills Swimming Centre, 8 Nairne Road, Woodside and will conduct free skin cancer checks for members of the community.

Australia is known as the skin cancer capital of the world and early detection is crucial for successful management of these cancers. Commencing



in 2011, the joint Lions Districts Skin Cancer Screening Program now extends across SA, NT and parts of western Victoria and NSW. The mobile unit was introduced in 2017 and has enabled access to screening for community members in rural and regional

areas. The program aims to detect and refer at risk skin cancer patients to their general practitioners for further investigation.

Over 135 Lions Clubs across Australia along with donations from the public support this valuable community service

program allowing it to be provided free of charge. Everyone involved in providing this critical service, including the fully trained screeners, provide their time voluntarily. The Lions Club of Onkaparinga is proud to bring this service to our local community.

Screenings take on average 15 minutes and are undertaken by visual inspection using a small handheld

device. Examination is from scalp to the soles of the feet and includes the eyes, ears and mouth. COVID safe precautions are followed.

Due to high demand for these screenings, bookings are essential.

Bookings will open from Sunday 5th June 2022. Please phone mobile 0455 139 083 for your appointment.

DEADLINE

For next issue, ads & editorial
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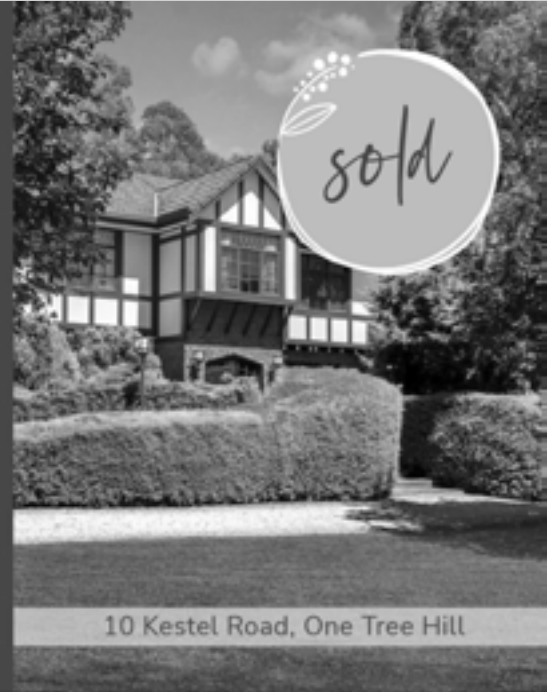
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Jack Buckskin presents 3 Kurna Language Sessions

Jack buckskin is returning to the Hills Environment Centre to present a series of three Kurna Language sessions, following the booked-out presentation he gave last year.

The three sessions will cover the Kurna language, history and culture in more depth.

“The participants will learn basic sounds and sentence structures, basic greetings, birth order names and how to introduce yourself and read unfamiliar words, along with a deeper understanding of Kurna culture and how the language is being revitalized”, said Val Hunt.



This is a unique opportunity for people to gain an understanding of this almost extinct language and will appeal to teachers, community workers and anyone who wants to broaden their knowledge

of indigenous culture.

Jack Buckskin’s mission is to renew the Kurna language and to inspire a new generation to connect with the land and culture of his ancestors.

The three, one-hour ses-

sions will be held from 6.30-7.30pm at the Hills Environment Centre, 4 Crescent Drive, Norton Summit.

Registration is essential as places are limited.

To book email: events@hecinc.org.au

The cost is \$45 for 3 session or \$20 for individual sessions. Prepayment will be required when your booking is confirmed.

The three sessions will be held on:-

28th June - Introduction to Kurna Language.

26th July - Kurna language and history.

30th August - Greetings and Introductions.

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Veterans supporting veterans by walking the Heysen Trail

Continued from page 1

All three are doing the track to support Soldier On, an ex-service organisation (ESO) that provides health, employment, social and educational support for veterans.

"We've been meeting lots of people in these small towns who have family members in the military or have just got out and they'd say appreciate the help," says Tony. "It's been great to connect with them and let them know Soldier On is there to help."

Calling themselves "Old Vets Stomping", Ian and Ross have previously walked many

trails together, the Kokoda Track, El Camino and a host of smaller endeavours. They have raised in excess of \$14,000 for Soldier On in previous treks and to date, they've raised over \$6000 for the Heysen trek.

They both enjoy the companionship, the reflective time, and the challenges to both mind and body provided by long walks. As they have always walked by themselves, they are enjoying the new experience of having a support element. "I'm chief cook and bottle washer. I'll leave

the walking up to the young blokes," says 76-year-old Tony, laughing.

Although the Heysen Trail travels through a lot of areas controlled by SA Parks and Forestry there are ample opportunities for the veterans to travel through the more populated areas and the team has been sampling the famed wines and culinary experiences of the district. The plan is to finish the trek at the end of June at the Fleurieu Peninsular. To support Old Vets Stomping, head here: <https://bit.ly/OldVetsStomping>

LIONS NEWS

As our Club year comes to an end, final details are being prepared for our Handover Dinner where incoming President Phil Dennis will take over from outgoing President Bruce Tapp.

As we look over the past year, it has been challenging, but fortunately the Lions Club of Torrens Valley were still able to assist various community groups by providing or cooking BBQs or assisting in other ways.

The Club also made donations to the following:- Community Pantry, Foodbank, Aust. Lions Foundation - Flood Appeal, Lions Wellbeing Foundation, Lions Medical Research Foundation, Lions Mobile Cancer Screening, Lions Hearing Dogs, Haemophilia Foundation, Garvan Institute, Careflight, Lions Eye Health & Craniofacial Aust.

The Club members thank all who deposit their loose change into our coin drive containers, every little bit helps to help us help those in our community.

If you would like more information regarding our Club, who we are, what we do, where we meet - please contact Phil on 0419 830 754 or Dave on 0417 821 107.

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Kersbrook Soldiers Memorial Park is inviting 2 Community Representatives to join their committee. Phone 0415 700 172 for enquiries.

Top of the Torrens Theatre Group presents Noel Coward's **Blithe Spirit**. See booking details on tott-tg.com.au Booking Helpline: 0435 403 364. Dates: 23/24 July 29/30 and 31 July. Where: Soldiers Memorial Hall Mount Pleasant. Please support local live theatre. Usual Cabaret-style BYO with drinks/nibbles available to purchase.

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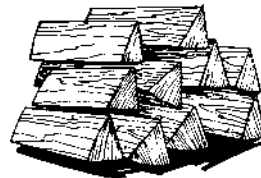
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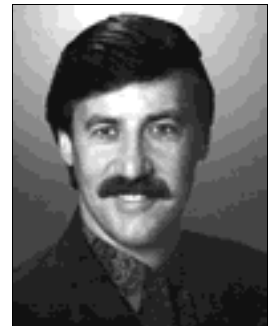
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